

Littleton Courier

WEDNESDAY, MAY 1, 2019

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Shaheen hosts health roundtable

BY ANGEL LARCOM
angel@salmonpress.news

LITTLETON — Before holding a town hall meeting in Berlin on the evening of April 26, Sen. Jeanne Shaheen made a stop at Amoonosuc Community Health Services (ACHS) in Littleton to hold a roundtable discussion with regional health leaders and stakeholders.

The focus of the hour-long conversation at ACHS was the protection of the Affordable Care Act (ACT) from what Shaheen calls the “Trump administration’s ongoing efforts to sabotage the health care law,” as well as the promotion of her recently-introduced health care affordability



ANGEL LARCOM

(Left) Sen. Shaheen listens as representatives from multiple healthcare facilities in the North Country discuss the Affordable Care Act and Medicare at ACHS on April 26.

about what happens to ACT,” Shaheen said to local representatives.

“I’m also very worried given the current lawsuit trying to overturn ACT,” she continued, referring to the current administration’s position that the Affordable Care Act is unconstitutional.

According to Shaheen, the Affordable Care Act has been responsible for the decrease of uninsured New Hampshire residents from 10 percent of the population to just over 5 percent. “One hundred thousand people have health care who didn’t have it before,” she said at the roundtable. “If ACT goes away, not only do we lose coverage, but we go back to a time when people with

package. While Shaheen believes ACT was an essential first step, she

continues to author additional legislation for affordable health care in

America.

Health care leaders attending the roundtable included Ed Shanshala, Chief Executive Officer of ACHS; Ed Duffy Executive Vice President and Chief Medical Officer at Littleton Regional Hospital; Lars Nielson, Chief Medical Officer at Weeks Medical Center; and Tess Stack Kuenning,

Chief Executive Officer at Bi-State Primary Care Association. Additional representatives from all of these organizations were present, as well as employees of the North Country Health Consortium and The Mental Health Center in Colebrook.

“I’m back because I am very concerned

Landfill opposition group files ethics complaint

BY ANGEL LARCOM
angel@salmonpress.news

DALTON — A Dalton resident recently filed an ethics violation complaint with multiple state agencies on behalf of a newly formed organization called Save Forest Lake.

In an email addressed to both the Office of License and Certification and the Department of Environmental Services, Jon Swan focused on events at a recent Dalton Planning Board meeting held earlier in the month.

At the April 3 meeting, a lot line adjustment request was made by Eric Pospesil of Horizons Engineering on behalf

of Casella Waste Management Services. Lot line adjustments were requested for approximately 300 acres of land currently owned by J.W. Chipping near Forest Lake State Park. With a unanimous vote, the Dalton Planning Board rejected the lot line adjustment request, as written. They informed Pospesil that it needed to be resubmitted as a subdivision request.

Dalton currently has no zoning ordinances. According to Swan, an attempt was made to create a 50-foot border of land encompassing the proposed landfill site. The border would

remain in the name of the seller, Douglas Inger-LANDFILL, PAGE A14



COURTESY

Executive Councilor Mike Cryans hosted a group from Littleton on a tour of the State House in Concord recently. Pictured here in the Council Chambers: Cryans, Andrew Dorsett, Littleton Town Manager, Governor Chris Sununu, Nick Meachon, Chamber intern and Nathan Karol, Executive Director of Littleton Chamber of Commerce.

Car bomb investigation continues in Franconia

BY ANGEL LARCOM
angel@salmonpress.news

FRANCONIA — Franconia Police Chief Mac Cashin reported to the board of selectmen on April 8 that his station received a report five days prior about a suspicious device in a vehicle. The IED was discovered on the evening of Wednesday, April 3, and the State Bomb Squad was immediately called to the scene.

“Right now, for the integrity of the case, we are not releasing too much information,” said Cashin, who was the first responder to the scene. “Nobody was hurt, and the device did not go off.”

According to Cashin, it’s still too early in the investigation to determine if it will become a criminal case.

“We do have a suspect, and we are following up,” he said.

This was not the first time the State Bomb Squad was called to Franconia. Cashin described a recent situation where a suspicious package was found planted against a tree in an old ammunition can in Franconia Notch. He said that, unlike the current investigation, that particular circumstance turned out not to be criminal.

CAR BOMB, PAGE A18

Kuster tours hydroelectric station

BY ANGEL LARCOM
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LITTLETON — On April 23, Congresswoman Annie Kuster visited the hydroelectric plant at Moore Reservoir and discussed both the low environmental impact of hydro energy and her recent assignment to the Democratic Energy and Commerce (E&C) Committee.

Established in 1795, the E&C Committee has broad jurisdiction over critical national issues such as broadband and Internet policy, health care, energy, climate change, the environment, and both interstate and foreign commerce.

KUSTER, PAGE A15



ANGEL LARCOM

Congresswoman Annie Kuster toured the hydroelectric plant at Moore Reservoir on April 23, along with a delegation from the facility’s parent company, Great River Hydro. The recent tour is the result of her recent assignment to the Democratic Energy and Commerce Committee in Washington, D.C.

Littleton, N.H., 36 pages
79 Main St. Lancaster, NH



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LOCAL

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Local News

New martial arts center opens in Lisbon

BY ANGEL LARCOM
angel@salmonpress.news

LISBON — “I didn’t know if I would be able to stick with it for the first couple of months. I would drive home and crawl up the stairs to the bathtub,” Shawn Meenan, a retired State Trooper from Pennsylvania, recently said, describing his start in Brazilian Jiu-Jitsu in 2004.

Last September, Meenan and his wife opened Lisbon Jiu-Jitsu. Embraced by the regional community, they now offer ten different classes with more than thirty students. The youngest participant is four, and the oldest is fifty-one, and the classes are packed with men, women and children from several towns.

Meenan started his practice at a mixed martial arts academy in Hatfield, Pa. He says he came to the sport late in life, looking for something to fill the void left by retirement.

“My daughter did Taekwondo for ten years. One of her instructors would call me out and beat me up for forty minutes straight; he was a Judo guy,” continued Meenan. “That’s where my interest in martial arts started. Most physical confronta-



Shawn Meenan, the owner of Lisbon Jiu-Jitsu, guides students in grappling techniques at a class in his new Lisbon martial arts studio.

tions are going to end up on the ground. If you can handle yourself on the ground, you put yourself into a small population.”

Lisbon Jiu-Jitsu is a traditional school that focuses on grappling and submission. They are open Tuesday through Saturday and offer five age-based classes for children and four adult

classes, including one women-only course. All classes are offered on a monthly basis, with no contractual obligations. Drop-in rates are also available for the curious or those with inconsistent schedules.

“We are a school of white belts right now, which is great because no one is coming



Angel Larcom Shawn Meenan, a purple belt in Brazilian Jiu-Jitsu, teaches grappling techniques to one of the adult classes at his new Lisbon martial arts studio.

with bad habits,” said Meenan.

When asked what he likes most about Lisbon Jiu-Jitsu, Matt Culver, who has lost 35 pounds since he began in September, smiled and said, “Family. This is something my children and I do together.”

What makes Jiu-Jitsu different, according to Meenan, is the sense of community.

“Camaraderie, the bonds formed with the people in a class. That’s where it’s at,” he said.

Meenan said his first date with his wife Rachel was at a Jiu-Jitsu class.

“She has multiple sclerosis. It helps her coordination,” he said. “With MS, it’s an effort to get your body to move the way your brain wants it to. Jiu-Jitsu helps.”

“Brazilian Jiu-Jitsu is an owner’s manual for the body.” Meenan summarized. “I am hoping to recreate all of the pieces that I have enjoyed from gyms over the years. My goal is to have a place where all are welcome in an environment where members can decompress mentally and reach their own personal fitness goals while learning Brazilian Jiu-Jitsu.”

New task force aims to support addiction counselors

BY ANGEL LARCOM
angel@salmonpress.news

REGION — As the opioid crisis continues to rage across the country and New Hampshire holds a seat as one of the top five states dealing with opioid-related deaths, members of ‘big pharma’ have begun to



Nathan Morin of the Gorham Family Resource Center is flanked by Angela Jones (left) and Elaine Davis (right) of the newly formed North Country Task Force on Improving Opioid Treatment Outcomes. They stand in front of a community quilt displayed in the lobby of the Family Resource Center after completing a task force orientation session on Tuesday, April 23.

come under fire for their role in the pandemic. Federal prosecutors announced in April that the drug distributor Rochester Drug Cooperative and its former CEO, Laurence Doud III, have been charged with drug trafficking, making this a benchmark case.

While this news may seem to some like a glimmer of hope for an epidemic that, according to the Centers for Disease Control and Prevention, takes more than 100 American lives

each day, there has not been much conversation about the care providers serving on the front lines of this catastrophe, nor about the support they may require.

Last summer, a group of North Country addiction counselors gathered at The New England School of Best Practices in Waterville Valley for a half-day workshop. Attendees included Angela Jones, a Littleton-based drug and alcohol counselor and her sister, Cynthia Thomas, who is

a registered nurse and faculty member of the Graduate Nursing Informatics at Western Governors University. They had one goal - to raise awareness and decrease the frequency of anxiety and burnout among care providers.

According to Jones, a new task force was formed as a result of last year’s workshop. The sisters sent a survey to two hundred service providers throughout the North Country, including staff from Littleton Regional Healthcare, North Country Health Consortium, the North Country members of the New Hampshire Alcohol & Drug Abuse Counselors Association (NHA-DACA), and Ammonoosuc Community Health Services.

Ninety-six percent of the respondents said they struggle with “vicarious trauma,” when caregivers begin to grapple with personal feelings of trauma as a result of exposure to and empathy with their patients’ situations. Vicarious trauma can present as burnout, or feelings

of grief, sadness, mood swings and irritability. Additionally, more than seventy percent of the survey participants said fatigue compromises the quality of care they provide.

After reviewing the results of their survey, the sisters secured a technical assistance grant from the Substance Abuse and Mental Health Services Administration (SAMHSA). They formed a committee, named it the North Country Task Force on Improving Opioid Treatment Outcomes, and held the first organizational meeting in December 2018.

Jones says the task force currently has four independent working groups; Public Safety, Education, Administration and Policy. Along with Elaine Davis, Jones is putting the task force goals to action as they begin to work with the Gorham Family Resource Center. One staff orientation session has been completed, and another is scheduled for May 22.

Davis says that self-care is not currently supported as part of a business model, but she believes it needs to be an inherent part of the work culture at any facility handling the opioid epidemic. Jones and Davis both recognize that organizations must first acknowledge that burnout exists before action plans for self-care can be established.

While there are no accurate statistics about the number of nurse suicides in America, it is estimated that at least one doctor dies each day from self-inflicted methods. According to findings at the 2018 annual meeting of the American Psychiatric Association (APA), the number of doctor suicides, 28 to 40 per 100,000, is more than twice that of the general population and higher even than the military.

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SHOWS & TIMES FOR WEEK BEGINNING FRIDAY 5/3

AVENGERS: ENDGAME
Brie Larson Scarlett Johansson
IN 3D--DAILY 4:45 SAT & SUN 12:30 4:45
IN 2D--DAILY 4:00 7:30 8:15 SAT & SUN 1:15 4:00 7:30 8:15

LONG SHOT R
Charlize Theron Seth Rogan
DAILY 4:15 7:00 9:20 SAT & SUN 1:30 4:15 7:00 9:20

BARGAIN MATINEES DAILY \$4
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MAY 4-8
Apollo 11
Directed by Todd Douglas Miller; 93 min., Rated G
A cinematic event 50 years in the making, Apollo 11 features never before seen large format footage of the mission to land on the moon.

SUNDAY, MAY 5, 4:00 PM
Who Will Write Our History
FREE and Open to the public • Bethlehem Hebrew Congregation, in partnership with The Colonial Theatre, will join venues all over the world in presenting this documentary film, as part of BHC’s annual observance of Holocaust Remembrance Day. In November 1940, days after the Nazis sealed the 450,000 Jews in the Warsaw Ghetto, a secret band of journalists, scholars and community leaders decided to fight back.

THURSDAY, MAY 9, 7:30 PM
Anniversary Series: Dr. Strangelove Or How I Learned to Stop Worrying and Love The Bomb
Tickets: \$10/\$8 members. Available online or at the door.
Directed by Stanley Kubrick (1964); Written by Stanley Kubrick & Terry Southern; Cast: Peter Sellers, Georg C. Scott, Sterling Hayden, Keenan Wynn & Slim Pickens; 95 min., PG

FRIDAY, MAY 10, 7:30 PM
REEL Outdoors: REEL ROCK 13
Tickets: \$12/\$10 members. Available online or at the door.
REEL ROCK 13 blazes across the planet with a brand new collection of the year’s best climbing films, delivering jaw-dropping action, soulful journeys and rollicking humor.

THURSDAY, MAY 16, 8 PM
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Monday-Thursday	—	—	7:00pm
Friday	—	—	7:00pm 9:15pm
Saturday	1:00pm	4:00pm	7:00pm 9:15pm
Sunday	1:00pm	4:00pm	7:00pm

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Local News

Courier Almanac

The word

“The month of May was come, when every lusty heart beginneth to blossom, and to bring forth fruit.”

— Thomas Mallory, “Le Morte D’Arthur”

Upcoming Meetings:

No meetings this week

By the numbers:

Town Offices:

Bethlehem (869-3351)
Littleton (444-3996)
Lisbon (838-6376)
Franconia (823-7752)
Lincoln (745-2757)
Easton (823-8017)
Bath (747-2454)
Landaff (838-6220)
Sugar Hill (823-8468)
Lyman (838-5900)
Woodstock (745-8752)

Police:

Bethlehem (869-5811)
Littleton (444-7711)
Lisbon (838-6712)
Franconia (823-8123)
Lincoln (745-2238)
Sugar Hill (823-8725)
Woodstock (745-8700)

Fire:

Bethlehem (869-2232)
Littleton (444-2137)
Lisbon (838-2211)
Franconia (823-8821)
Lincoln (745-2344)
Easton (823-5531)
Bath (787-6222)
Sugar Hill (823-8415)
Woodstock (745-3521)

Dial 911 for emergencies

Local Libraries

- Abbie Greenleaf Memorial (Franconia) (823-8424)
- Littleton Public Library (444-5741)
- Bethlehem Public Library (869-3409)
- Lisbon Public Library (838-6615)
- Haverhill Library Association (989-5578)
- North Haverhill Patten Library (787-2542)
- Woodsville Public Library (747-3483)
- Richardson Memorial Library (823-7001)
- Moosilauke Public Library (No. Woodstock) (745-9971)
- Bath Public Library (747-3372)
- Gale Medical Library @ LRH-Anna Connors Patient & Family Resource Center (444-9564)
- Lincoln Public Library (Carol Riley 745-8159)

Five Questions

1. For what performance artist’s wedding did NBC order 10,000 imported tulips from Holland?
2. What famous cartoon character was inspired by a bird pecking on the roof of his creator’s honeymoon cottage?
3. What was the first American sitcom to air on British television?
4. What beloved variety show host once famously teased an upcoming show with “Next week: the Beatles and the Piëta?”
5. What classic game show was re-titled after debuting as “Occupation Unknown?”

- Answers...
1. *Thinly Tim*
2. *Woody Woodpecker*
3. *“Love Lucy”*
4. *Ed Sullivan*
5. *“What’s My Line?”*

Property Transfers

Bath
Porter Road (Lot 55-2); \$85,000; Janet Surette Mills Trust to Marcelle S. Benenati

Bethlehem
68 Cottage St.; \$175,000; Sonya R. and Mark Taylor to Alex J. Kittridge and Cori Hanlon

56 Meadow St.; \$127,000; Darren E. and Pauline M. Perkins to Paul T. and Rhienna L. Miscio

Canaan
Follansbee Road; \$39,000; Matthew Wilson and Tammy W. Martin to Matthew and Ellen-Marie Wilson

Follansbee Road; \$46,666; Matthew Wilson and Tammy W. Martin to Matthew and Ellen-Marie Wilson

1088 US Route 4; \$95,333; Matthew Wilson and Tammy W. Martin to Mark and Leeann Wilson

Dalton
397 Ridge Rd.; \$680,000; Residuary Trust to Al and Ivette M. Helal

Address not available; \$200,000; Residuary Trust to Al and Ivette M. Helal

Franconia
37 Pioneer Rd.; \$240,000; Christopher V. and Steven H. Freitag to Jacqueline P. and John P. Agostinelli

Haverhill
Benton Road; \$99,866; Becket Academy Inc. to Mount Prospect Academy

Brushwood Road (Lot); \$120,000; Jonathan and Daniel Paschkes to Michael J. and Lori A. Clark

199 French Pond Rd.; \$209,533; Bradford Mill LLC to Richards Fiscal Trust

Lincoln
23 Hummingbird Rd., Unit 7; \$150,000; Kevin J. and Joanne A. Freeley to Charles and Jenna Busa

One 6th Fractional International, Unit 215; \$121,000; Riverwalk At Loon Mountain LLC to Karla M. Hentschel

5 Pemigewasset Dr., Unit 3; \$265,000; Matthew R. Omara and Lara C. Hanlon to Colin R. and Lauren Confoey

22 S. Mountain Rd., Unit 502; \$76,933; Riverwalk At Loon Mountain LLC

N/A (Lot 54); \$215,000; Ronald R. and Lisa M. Pezzuco to Carla B. Luther RET

Lisbon
Address not available (Lot 6); \$100,000; Reginald K. Lockwood to Rebecca S. Lockwood

Littleton
238 Foster Hill Rd.; \$347,533; Farrell 2015 Fiscal Trust to Sherman and

Theresa Brown
221 W. Elm St.; \$208,533; Timothy P. Houlihan to Kevin R. and Valerie G. Kihlsinger

Address not available (Lot 3); \$34,000; Merlene F. Hagan to Louise G. Tabbut

Orford
2710 NH Route 25a; \$210,533; Lucas E. Moyer-Eldridge to Steven K. Dillavou

Piermont
Address not available (Lot 23); \$18,000; John and Brenda Crompton to Billy Bouley

Address not available; \$18,533; John and Jill Lachance to Lawrence Marobella and Robin Irvine

Woodstock
11 Cascade Dr., Unit 288; \$255,000; Brian T. and Dale E. Stone to Stewart S. Willits and Victoria Pattison-Willits

45 Kancamagus Highway, Unit 2; \$114,933; Victoria Shaw to David E. Shea and Kathleen M. Corcoran

Meadows Deer Park Condo, Unit 108; \$255,000; Elizabeth J. Dejoie Trust to John and Sharon Giurleo

St. Johnsbury Elks Lodge #1343

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Sunday, May 5, 2019

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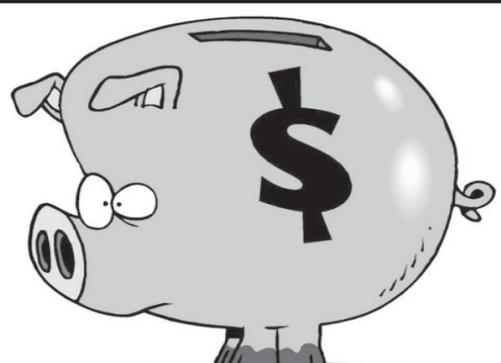
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EDITORIAL

Big changes

Local business advertising has taken an amazing number of twists and turns in the past 20 years. Technology we could not have foreseen or even dreamed of in the 1990s has caused major changes in nearly every aspect of our daily lives, including how and where businesses choose to advertise.

In 1999, the “go-to” print advertising choices were obvious and simple: the daily newspaper and the phone book. Placing an ad in the local weekly community newspaper was a sort of enhancement to both of those. It was important, but not the focus. It was “extra.”

By 2009, Facebook, which was then a relatively new and rapidly growing social media site, gained popularity as a place to advertise. The Yellow Pages – both print and the new online version – remained a strong presence. Local, weekly newspapers remained relevant, but still as an “add on” to most advertisers. Daily newspapers had already fallen out favor.

In 2019, some of what is old is new again, some of what was once popular is obsolete, and trust issues have clouded the former favorite. When was the last time anyone picked up a phone book? And daily newspapers have had issues with readership for years. Facebook has experienced serious identity-theft and security breaches, and is no longer the trusted platform it was five years ago. What is the new front-runner for local business advertising? You’re reading it. Local, weekly hometown newspapers have survived the many, many changes in print and digital media and are emerging as the preferred advertising method.

Sometimes, in looking for the best version of something, it makes sense to look at what has lasted. Web sites come and go; blogs are followed and then forgotten; apps are replaced by better apps; social media sites are subject to suspicion. So, what remains? Community newspapers.

In keeping with the 21st century, the Littleton Courier now exists not only in the print version you currently hold in your hands, but also online at www.salmonpress.com. Our advertisers know and trust us. We provide a consistently hometown-focused weekly newspaper with the emphasis on local news, local sports, local businesses and local residents.

The weekly content you’ll find in the Courier reflects the vibrant, thriving communities it serves. Our advertisers are part of those communities. We work hard for you, and for them, to earn your trust and your loyalty, by providing a quality product, distributed locally and always accessible online. We are constantly learning how to be better and how to roll with the big changes in media, and we will continue to embrace change without giving up quality and hard work. Our readers and advertisers deserve nothing less.



COURTESY

Bethlehem Country Club opens this weekend

The golf course will be open the weekend of May 4 and 5, said Matt Courchaine, who manages the 18-hole course. Courchaine says 50 new Club Car carts are a major improvement this year. But there has also been extensive work on the course. “Our greens look great and the course is coming in wonderfully,” said Courchaine. In addition, on Tuesdays, two can play for the price of one, Courchaine said. The course began with nine holes in 1898. In 1909 Donald Ross was commissioned to expand it to 18 holes. Bethlehem purchased the course in 1949.

SUMMIT BY MORRISON AND THE MORRISON ASSISTED LIVING AND SKILLED NURSING CARE

Living safely at home



BY SHANNON LYNCH
EXECUTIVE DIRECTOR

Many seniors desire to remain in their homes where they are

comfortable, secure and have created a lifetime of memories with family and friends.

Seniors are often confronted with making decisions about staying in their homes and maintaining their independence versus choosing to move to a place or facility that provides more care than can be received at home. While choosing to move does

not always mean a loss of independence, many seniors want to stay at home if possible. When seniors choose to remain in their homes, various steps can be taken to ensure that the home continues to be safe, accessible and offers a great quality of life.

Open space is important for safety. Remove clutter, such as unnecessary rugs and furniture,

to lessen the chance of tripping. Also, be sure that electric cords are placed outside of high traffic areas.

By age 75, most people require twice as much light as the recommended standard and nearly four times as much as a 20-year-old, so consider upgrading the lighting both inside and outside.

SUMMIT, PAGE A15

LETTERS

What is the alternative to a landfill?

To the Editor:

I would be tempted to agree with Jon Swan’s opinion that a new landfill in Dalton would be devastating ... but probably for Bethlehem, rather than Dal-

ton.

I have gotten used to the free cart-based curbside pick-up of my recyclable and landfill waste ... this saves my town \$450,000 a year.

I have gotten used to the free transfer station and swap shop conveniently off Route 302 ... this saves my town \$250,000 a year. I would like to get used to a monthly check for \$190,000 (equal to my town’s total municipal expenditure) and a tax rate comparable to our neighbors.

I would agree that the 90 garbage trucks per day traveling 53 miles per day through the heart of Twin Mt., Whitefield and Bethlehem would be inconvenient and unnecessary, compared to the present 5.5 mile trip passing zero residences by the 150 towns of New Hampshire looking for a place for their waste.

I tried the trip myself last week and stopped to talk to “Chick” Ingerson. Understandably frustrated by being labeled “the bad guy,” he told me seven times that the landfill “belonged” in Bethlehem, but that he would be glad to take on the responsibility, if necessary.

Which brings me to the big point ... if not Bethlehem, if not Dalton, if not the North Country, where do we put all the trash? I have 2 suggestions:

1. Put it in Concord, right by all those politicians; or
2. Leave it in Bethlehem surrounded by 31,500 acres of trees and run by a professional waste manager who wants to lower my taxes and improve my environment.

If you agree, call me, 869-2582, or email noelcliff@msn.com.

Cliff Crosby
Bethlehem

How your reps voted

To the Editor:

How Democrats voted - through April 11. On all of these votes, more than 90 percent - in most cases, 98 percent - of Republicans voted the other way.

Ridiculous

- 97 percent FOR banning plastic straws (HB558)
- 96 percent FOR banning plastic or paper bags (HB560)
- 65 percent FOR eliminating wood stoves built prior to 1986 (HB290)

Taxes and fees

- 100 percent FOR creating an income tax with rates set by an unelected bureaucrat (HB712)
- 99 percent FOR raising business taxes (HB623)
- 99 percent FOR letting bureaucrats increase elec-

LETTER, PAGE A16

It’s easy to use The Littleton Courier - here are some helpful tips on how:

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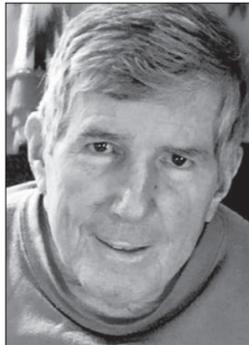
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North Country Notebook

Of big spiders, beetles, and dogs, and skullduggery under The Dome



By JOHN HARRIGAN
COLUMNIST



JOHN HARRIGAN

I took my favorite photo of Millie, the North Country's alleged most spoiled dog, one spring morning a couple of years ago. As for the sign, which is on my front lawn, two excellent daytime cougar sightings have been reported within eyeshot.

Until the spider thundered around the corner, I thought I had the floor, and the new arrival didn't even raise his hand (he didn't need to). He just came to an abrupt stop on the threshold, a big, black spider about the size of a half-dollar. All eyes were upon him--mine, Millie's, and creatures living in the room's cracks and crevices, presumably part of the spider's lunch menu.

It bears mentioning that Millie is a dog. She doesn't know it, which explains some of her aberrant behavior. She thinks she is a human, and is only acting like her owner.

But most of the time, Millie is all dog. One display of this is her near total indifference toward insects. Maybe she's found out that their skeletons are on the outside, I don't know.

Even when this dog is mildly curious about a creature on the floor, and follows it along for a little bit, she doesn't get too close. Researchers are always trying to divvy everything up into learned behavior versus instinct.

The following would go under learned behavior:

One morning, I urged Millie to check out some sort of gigantic beetle that had suddenly appeared on the kitchen floor.

She was interested, all right, trying her best for the old nose to tail business, but the beetle turned around and around to face her, tank-like, and all she got for her interest was

a painful pinch on the nose.

+++++

According to the Web site Spider ID (yes, spider people have their own Web site), "Spiders found in New Hampshire include 25 unique species from confirmed sightings by contributing members of Spider ID." The article dryly notes that spiders are not easy to count, because they don't go through toll booths or anything like that, where if they did, they would have to be highly trained to answer complicated questions, such as "Is there anything above Franconia Notch,

or does it, like, you know, just sort of drop off into empty space?"

(Answer: "Boy, mister man, I'll tell you what, come to think of it there's lots of stuff up there. Berlin, for instance, and it's not the one in Germany. This means that you don't go driving like you're on the Autobahn. And then there's Pittsburg, which for some reason refuses to put the "h" at the end of its name.")

This will have to suffice for now, and it's irrelevant anyway, because the nearest toll booth is in Hooksett, as "Is there anything above Franconia Notch,



COURTESY

This photo of *Dolomedes tenebrosus*, the Dark Fishing Spider, somehow reminds me (in the In Name Only category) of fisher cats--the animal and the baseball team. It looks pretty much like my most recent large spider. (Photo courtesy Spider ID)

+++++

At the State House, people in the Corner Office are thinking about this question too, on the possibility that there might actually be something north of the notches, even people, which could lead to more money for the Campaign Slush Fund.

These are the same legislators, lobbyists, special interest groups and decision-makers, by the way, who were oh-so-eager to line up like toy soldiers behind

the Governor, et al, to support the heinous and landscape-trashing Northern Pass proposal, the biggest construction scheme ever foisted (my word) on New Hampshire.

Sources said politicians and power-brokers are mostly unfamiliar with the territory because they have not viewed or visited the proposed route, which runs through some of the most magnificent scenery in the state. There is a 21-minute

film on this, beautifully produced (Jerry Monkman and Roger Wood) and partly shot from a drone. The usual comment of people watching the film-credits roll goes something like "Whoever could even think of putting such massive machinery in there and hacking out a big scar would have to be mad."

State House observers said the Governor and staff were too busy lining up the horsepower to pack the Site Evaluation Committee with friends and allies of the Governor and others who favor the project. As one jaded media person joked, "When you're playing billion-dollar hardball like that, who's got time to watch a film about trees?" Assuming that the state Supreme Court votes to allow the SEC to reconsider its decision against the proposal, he said, "When they vote, we should jump out of a big cake and yell "Surprise!"

(Please address mail, including phone numbers, to campguyhooligan@gmail.com or 386 South Hill Road, Colebrook, NH 03576.)

Keeping warm with our masonry heater

BY DAN CROSBY
Ammonoosuc Regional Energy Team

We have no oil furnace. Instead, we heat our 1,900-square-foot home in Bethlehem by burning three and a half to four cords of wood each year in our masonry heater. A masonry heater is an option that I would encourage everyone to consider for a newly constructed home, and it may also be an option for retrofitting an existing home. We rely on our masonry heater to keep our house warm, but many people who have masonry heaters do have another heating system. If they are away for multiple days in the winter, their other system can keep their house warm. Once back home, however, using the masonry heater

causes the other system to run much less, or not at all.

So, what is a masonry heater? Its core, which can withstand very high-temperature fires, is surrounded by some type of facing material, such as brick. The exhaust does not go directly from firebox to chimney, but takes a much longer path through heat-exchange channels in the core, thereby heating the large thermal mass of the heater. This heat is then released evenly between the, at most, twice-a-day burns. Depending on the outside temperature, sometimes we burn just once a day. Twice a day is typical for us in midwinter.

A masonry heater offers several advantages. The rapid, hot burn of the wood allows a more complete burn, reducing the amount of wood needed to produce

the same amount of heat as compared to a metal wood stove. The hot, clean burn means less frequent chimney cleanings. In 17 years, I have never had to clean our chimney. Also, with the exception of the metal

and glass of the fire box door during and right after a burn, the surface temperature of the heater never gets so hot as to cause burns from a quick touch. In fact, it is very pleasant to lean right against the heater

during a cold winter evening. Since a glass door for the fire box is common, and a typical burn may last one and a half to two hours before we close our chimney-top

HEATER, PAGE A13

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Local News

WREN offers scholarships for business owners

BETHLEHEM — The Women's Rural Entrepreneurial Network knows that business owners often benefit by learning a new skill or meeting with a "just in time" expert. Along with a variety of classes and workshops offered at our Beth-

lehem center, we are now providing one-on-one assistance geared to a business owner's needs. Marketing, business planning, and pricing are just a few of the topics our experts can help you explore.

We also know that finding the time and

money to build your business know-how may be a challenge. If you have the time, we may be able to help with the money part. For those who qualify for WREN's CDBG Business Development Program, this business help is free. Selection

for this program depends on three factors. The first is that the owner must reside in New Hampshire. The second is household income. A single person living in Grafton County qualifies if their annual income is less than \$40,900; for a

family of four, less than \$57,100. The final eligibility factor is up to you. Do you really want to grow your business? Are your business idea and goals reasonable? If yes, contact us to apply for a scholarship today!

For more information on WREN's

current classes, go to <http://wrenworks.org/events/>. Click on the scholarship tab beneath the classes and events to access WREN's scholarship application forms. If you have any questions, contact Katy Curnyn at kayc@wrenworks.org.

Lisbon company faces OSHA penalties

BY ANGEL LARCOM
angel@salmonpress.news

LISBON — At the beginning of April, the U.S. Department of Labor's Occupational Safety and Health Administration (OSHA) issued 37 health and safety violations against DCI, Inc. in Lisbon, resulting in fines totaling \$378,488.

Founded by Henry Kober in 1975 and considered to be one of the larger employers in the region, DCI began with only three employees. Today, the corporation employs more than two hundred people and operates facilities in California and North Carolina in addition to the company headquarters in Lisbon.

According to OSHA, one of the safety violations was the result of a complaint, is deemed to be willful, and has a price tag of \$119,338. While the other offenses are considered to be serious, OSHA has not marked them as deliberate.

OSHA began an investigation at the Lisbon plant after a DCI employee was seriously injured in 2018 by being pulled

into an automated wood cutting machine. The study uncovered that a supervisor had disabled a safety light curtain on the device. The curtain is what stops a machine's operation when an employee gets too close.

According to a press release issued by OSHA on April 19, other safety and health violations uncovered by inspectors include "obstructed emergency exit routes; lack of eye, hand, and face protection; inadequate hearing and respirator safeguards; lack of procedures and training to prevent the unintended activation of machinery; amputation and laceration hazards; flammable and toxic hazards; untrained forklift operators; and electrical hazards."

At the time of violation filings, DCI was given a 15-day response deadline of April 23. DCI was given a choice to comply, request an informal conference with a regional OSHA director, or contest the findings before an independent commission.

Henry Kober, the

owner of DCI, responded, "DCI is still actively investigating the alleged violations at issue and will be engaging in settlement talks with OSHA over the weeks to come. DCI can say, however, that it did not willfully violate any safety and health regulations and will vigorously defend itself accordingly."

"DCI, Inc. is a family-owned business that has been making high-quality furniture in New Hampshire's north country for over 44 years. DCI's success is tied directly to its commitment to workplace safety and health," continued Kober. "This is a small community, and DCI cares deeply for the health and well-being of each and every one of its employees. To this end, DCI has been an active participant in OSHA's consultation program WorkWISE NH for the years leading up to the present citations."

New AHEAD project underway in Bethlehem

BY ANGEL LARCOM
angel@salmonpress.news

BETHLEHEM — As masses of trees are removed for a new AHEAD driveway along Route 302 in Bethlehem, a recent newsletter delivered to residents by new Selectman and ex officio Planning Board member, Chris Jensen indicates that AHEAD plans to make changes to the already-approved site plan.

Called Lloyd's Hill, this new housing development will add twenty-eight new apartments to AHEAD's current collection of 399 units of multifamily rental housing. While AHEAD's properties spread across nine North Country communities in both New Hampshire and Vermont, this project is slated to become the

third such property in Bethlehem. Half of the units will be two-bedroom units, measuring 1,120 square foot each. The remaining fourteen apartments will be 420 square feet larger and hold three bedrooms.

According to AHEAD, the development will be condensed to four buildings, each of which contains seven apartments. The plans call for two fully accessible single level units: one with two bedrooms and the other with three bedrooms.

The Bethlehem project also includes a seven hundred square foot community building, and rent includes heat, hot water and cooking utilities. According to Jensen, AHEAD now wants to modify the site plan from three-story buildings to two stories.

The non-profit organization has been added to the agenda for the May 8 Planning Board meeting, and Jensen expects that the change may require a new review of the already-approved site plan.

In September 2018, AHEAD representatives asked the Planning Board for a time extension to their two-year requirement to begin a project, which was scheduled to expire on Oct. 26, 2018. At that time, AHEAD Business Manager Larry Berg and Executive Director Mike Clafin said necessary permits were taking longer than anticipated and delaying construction. According to the AHEAD Web site, completion of the Lloyd's Hill project is expected for early 2020.

Healthy Living Series continues Saturday

LITTLETON — The Healthy Living Series at All Saints Episcopal Church, now in its second year of successful outreach to the Littleton area community, presents Dr. Phil Lawson, emergency and palliative care physician, on Saturday, May 4 at 10 a.m. at All Saints' Episcopal Church, 35 School

St., Littleton. Free and open to the public. All invited. Light refreshments served.

His informal talk is titled "How to Prepare for and get the best possible medical care as you age." Mostly in a question-and-answer format, the informal discussion will focus on getting the most from your medical care, particularly in the setting of life-limiting illness. There will be discussion of how to set goals for medical care and how these can be formalized to support the type of care most consistent with your values and wishes. Advanced Care Planning, Advanced Directives, and other forms that we should all have in place as we age will be covered. There will also be discussion of the role of Palliative Medicine and how it can support pa-

tients struggling with advanced illness in all settings, including aggressive cancer care, specialty based chronic care and comfort and hospice-based services. We will review the similarities and differences between hospice and palliative care, and how to qualify for and access these services. We will discuss the role of spirituality in end-of-life care and how to do the most possible to assure your wishes are followed when life nears its end.

Mostly in a Question-and-Answer roundtable format, this valuable discussion will Dr. Phil Lawson should help anyone with the difficult choices that aging presents all of us.

Questions? Please call All Saints' Episcopal at 444-3414. Web site: www.allsts.org.



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What is the Bible?

Isa. 1:18a Come now, let us reason together, says the Lord

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The Bible is divided into two sections; the Old Testament which serves as a teacher to bring us to Christ, and the New Testament, which tells us about Christ and how to follow and obey Him.

Today, under Christ, we no longer follow the Old Law (Galatians 3:24) but we follow Jesus, in a better law and covenant under the New Testament (Hebrews 8:6,7). Scripture, the written word of God, is the final word in settling all religious questions issues and questions; it is the only source of all spiritual preaching and teaching.

Sponsored by the Northern Valley church of Christ. For free Bible study materials or in home study contact us at: 603- 788- 4073 or 603-684-8379

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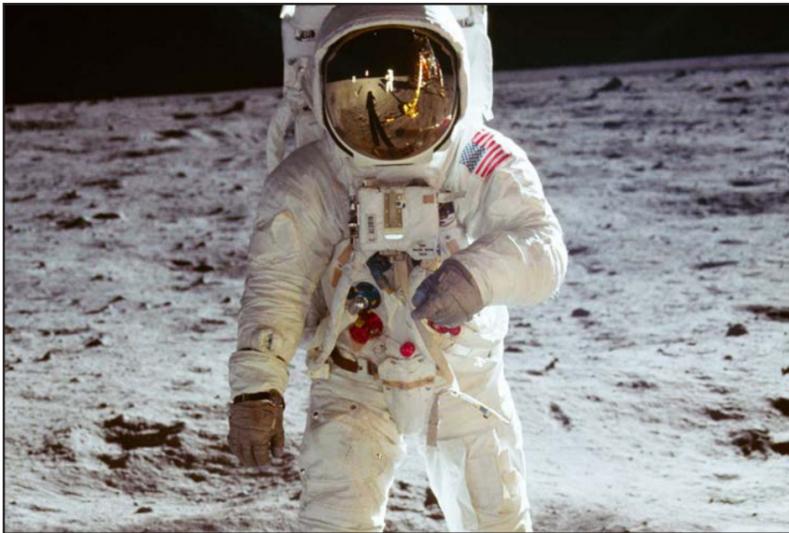
The Colonial blasts off for a new season

BETHLEHEM — On Saturday, May 4, the newly renovated Colonial Theatre in Bethlehem will open for its 104th consecutive season with more movies, more music, and more fun than ever before.

The 2019 season blasts off with a cinematic event 50 years in the making. "Apollo 11" chronicles the making of the mission to land on the moon led by Commander Neil Armstrong and pilots Buzz Aldrin & Michael Collins and features never-before-seen large-format film footage of one of humanity's greatest accomplishments.

This year's LIVE! at The Colonial performance series kicks off with a solo performance by 20 time Grammy Award winning jazz guitarist Pat Metheny. Throughout his career, Pat Metheny has continued to re-define the genre by utilizing new technology and constantly working to evolve the improvisational and sonic potential of his instrument. Metheny's versatility is nearly without peer on any instrument. Over the years, he has performed with artists as diverse as Steve Reich to Ornette Coleman to Herbie Hancock to Jim Hall to Milton Nascimento to David Bowie and won countless polls as "Best Jazz Guitarist" and awards, including three gold records for Still Life (Talking), Letter from Home, and Secret Story. His 20 Grammy Awards are in 12 different categories including Best Rock Instrumental, Best Contemporary Jazz Recording, Best Jazz Instrumental Solo, and Best Instrumental Composition. The Pat Metheny Group won an unprecedented seven consecutive Grammys for seven consecutive albums.

Following Metheny on stage is an expanded roster of established and exciting emerging touring artists including: Natalie Merchant, Bela Fleck and Abigail Washburn, Ghost of Paul Revere, Bombino, The War & Treaty, Hot Sardines, Quebe Sisters, Gangstagrass, Iris Dement, Anais Mitchell, Adonis Puentes and the Voice of Cuba Orchestra concluding with a Halloween Bash with Kat Wright. In addition this summer The Colonial will host The Capitol Steps, a troupe of Congressional staffers-turned-comedians who travel the States satirizing the very people and places that once



COURTESY

A scene from "Apollo 11."

employed them and the ever popular Summer Children's Series in July and August.

As always, The Colonial will feature the very best of independent and world cinema. This season The Colonial will be presenting more great film specials than ever before! Adding to the popular Manhattan Short Film Festival and White Mountain Jewish Film Festival, REEL Outdoors Series launches with REEL ROCK 13 a collection of this year's best climbing films. Festival Fridays commence with Cat Video Fest (in partnership with Second Chance Animal Rescue). What better way

for us humans to come together than by watching cats? And that's not all. Continuing will be the Anniversary Film Series, classic features with significant birthdays, Curtain Call Films; a series music related films in all genres from punk to opera, and Spotlight Films, overlooked gems that deserve more attention. New series this season includes: Exhibition on Screen, films which offer a cinematic immersion into the world's best loved art, opening with Van Gogh & Japan in June, and In Her Image, a series that will revisit some of the acclaimed and (no surprise) overlooked

achievements by women directors of the last 100 years. As always, you can purchase fine chocolates, organic popcorn with real butter, and beer and wine at all movies and live events.

The mission of the Friends of the Colonial is to preserve and improve this historic landmark theatre; provide previously unavailable high quality film and performing arts programming; support other community organizations

North Country Spine welcomes Stephane Rene, AGNP

LITTLETON — North Country Spine at Littleton Regional Healthcare is pleased to announce the appointment of Stephane Rene, AGNP who will work with Dr. Anthony Salerni, LRH's recently appointed neuro-spine surgeon. Stephane joins North Country Spine with several years of experience in the healthcare setting previously working in Greater Boston Area at the Massachusetts General Hospital's surgical trauma unit. She provides healthcare with a clinical interest in spine and pain management, specializing in adult-geriatric patients.

Ms. Rene attended the University of Massachusetts Boston - College of Nursing earning her Bachelor of Science in Nursing. She continued at University of Massachusetts Boston receiving her Master of Science in Nursing, specializing as an Adult Gerontological Nurse Practitioner. During her studies, Ms.

Rene received honors/awards as a Sigma Theta Tau Inductee - International Nursing Honor Society - Theta Alpha Chapter.

Ms. Rene holds professional licensures, certifications and affiliations with the American Academy of Nurse Practitioners (AANP); Licensed Registered Nurse, Commonwealth of Massachusetts; Certified Nurse Practitioner CNP, New Hampshire; Licensed Registered Nurse, New Hampshire; member of the North American Spine Society (NASS); and basic life support provider with American Heart Association.

Dr. Anthony Salerni, Spine Surgeon, is pleased to have Rene join his team at Littleton Regional Healthcare stating, "Stephane will bring her vast experience to the patients served at North Country Spine to allow us to continue to provide high-quality services to the communities we serve."

that work toward an improved quality of life for our residents; and offer vision of small town revitalization based on the arts. To learn more about upcoming movies and events, buy tickets, become a member,

register to receive The Colonial's weekly e-Announcements, or just find out how you can help, please visit www.BethlehemColonial.org or find The Colonial on Facebook.com/BethlehemColonial.



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Local News

Upstage Players present "Shrek"

LITTLETON — The Upstage Players invites audiences to Shrek the Musical, presented at the Littleton Opera House on May 10, 11, 12, 17, 18 & 19. Come see all your favorite characters from this childhood favorite in a funny, witty musical that is sure to entertain the whole family.

Shrek the musical has a book and lyrics by David Lindsay-Abaire, music by Jeanine Tesori, and is based on the DreamWorks Animation Motion Picture and the book by William Steig. It was originally produced on Broadway by DreamWorks Theatricals and Neal Street Productions

Upstage is excited to bring as fully a realized production as possible to Littleton and the surrounding communities. Included in this fantastical production are a 16' long dragon puppet with wings that stretch

into the audience, a gingerbread man puppet with robotic elements designed through a new partnership with the White Mountain Science Institute, and special added performances for children to meet the fairy tale characters. This will be a wonderful way to close out the season and we hope you will join us.

Shrek the Musical is directed by Upstage Artistic Director, Andrew Lidestri, with choreography by Andrew Lidestri & Madalyn Sheehy and musical direction by Marie Snyder. The cast features Owen Fogg as Shrek, Catherine Carter as Fiona, and Connor MacDonaldasFarquaad.

A talented supporting cast of almost 40, features local children and adults playing more than 100 characters throughout the course of the play. They are all backed up by a talented



COURTESY

George Mitchell & Andrew Lidestri Assemble the Dragon.

local orchestra of nearly 20 instruments. None of this would be possible without the generous grants given for this production by Santilli Family Dentistry in Littleton and Casella Resource Solutions in Bethlehem,

Performances on May 10, 11, 17, & 18 will be at 7:30 p.m. There are two afternoon matinee performances on May 12 &

19 at 2 p.m. We've also added two special morning shows where our fairy tale creatures will all stay in character to meet and greet kids after the show. There will be photo opportunities and a chance to meet the dragon. These two performances are on May 11 & 18 at 10 a.m.

Tickets are \$14 when purchased in advance

or \$16 at the door. All seating is reserved and can be purchased in advance online by visiting upstageplayersnh.org. Seats are going fast, get yours today.

Stay tuned for information on our Facebook page (www.facebook.com/upstageplayersnh) and Web site (www.upstageplayersnh.org) in the next few weeks as

Upstage Players will be partnering with restaurants in our community to offer theatre patrons options and deals for dinner and a show at different venues.

Upstage Players is a not for profit community theater company, serving the North Country with quality theatrical experiences for over 40 years. The company has recently adopted the mission to "create exceptional theatre in the community setting", making theatre accessible to interested thespians and audiences at the Littleton Opera House. For more information about participating in or attending events presented by the Upstage Players, please visit our Web site at www.upstageplayersnh.org or like us on Facebook at www.facebook.com/upstageplayersnh.

Littleton takes down Manchester Central on "Granite State Challenge"

DURHAM — It was a David and Goliath battle! Littleton High School, with an enrollment of a little over 200 students, took down Manchester Central High School, one of the largest public high schools New Hampshire, with an enrollment of more than 1,400 students, on this past weekend's episode of "Granite State Challenge."

The game got off to a rocky start. Neither team could name the injured quarterback Tom Brady replaced on his way to becoming the GOAT, Robert Lewis Stevenson's novel Kidnapped, or the athlete Jim Thorpe, but Manchester Central found their footing and at the end of Round One held a lead of 110-40.

In the second round, Littleton correctly answered questions about caviar, Proust and John Wilkes Booth and tightened the score to 190-160.

In the 60-second round, Littleton chose the category "Four in a Row" where they had to identify words with four vowels in a row. They correctly identified sequoia, Hawaiian, and onomatopoeia and picked up 30 points. Manchester Central had more



COURTESY

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luck with their category "By and By" where they had to identify words or phrases they that included the letters b and y in that order, missing on only the poet Lord Byron and picking up 90 points.

At the end of the round, Manchester Central had a commanding lead of 280-190.

In the third round, where an incorrect answer can cost a team 20 points, leads can quickly turn around. Littleton came on strong and with a little over two minutes left in the game took a 10 point lead and went on to win the match by a final score of 330-280.

The Crusaders of Littleton High were repre-

sented by captain junior Jenna Doucette, junior Marcos Silveira, senior Aidan Hastings, freshman Vincent Silva and alternate junior Breanna Corliss. The team was coached by Charles Denny.

Playing for the Manchester Central High Little Green were captain senior Tamsin Weissberg, senior Max Nakos, junior Karishma Manchanda, freshman Kellan Barbee, and alternates Jonas Weissberg and Eamonn Ryan. The team was coached by Lorraine Meyette.

Tune in to the second game of the semifinals between Plymouth Regional High and Merrimack High, Saturday May 4 at 5:30 p.m. on NHPBS.

Oh, and that quarterback Tom Brady replaced - it was Drew Bledsoe.

"Granite State Challenge" features New Hampshire's top high school academic quiz teams as they demonstrate remarkable teamwork, quick thinking and smarts to beat the clock and buzz in first on this iconic New Hampshire game show. The game emphasizes quick recall of math, science, social studies, language arts, and fine arts facts - along with questions about current events, entertainment, sports and New Hampshire.

You can follow your favorite team, test your own knowledge with "Granite State Challenge" online quizzes and more at the "Granite State Challenge" Web page or try your hands at daily brainteasers on the Facebook page.

"Granite State Challenge, PAGE A9

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Unique experiences up for sale at Rotary Scholarship Auction

LITTLETON — Have you ever wondered what it's like to ride up Cannon Mountain on one of the large groomers? Ever have a gourmet meal cooked for you and your friends in the comfort of your own home? These are just a few of the many experiences that will be up for auction at the Littleton Rotary Clubs Annual Scholarship Auction being held at the Mountain View Grand on May 10

starting at 5:30 p.m. "We are really excited to be able to offer these unique experiences for auction goers" said Chad Stearns, auction chair. "These distinct items have an intangible value that you can't find at the store. It will liven up the event and enable the club to raise substantial funds to be awarded to graduating seniors."

The list of experiences starts with a ride in the groomer up Can-

non Mountain, where the winner will get to ride with staff during their grooming shift at night. Next is a gourmet meal for 6 (or more with arrangements) prepared by a fabulous team of rotarians that includes drinks, appetizers, several meals and sides, and a fantastic dessert. Other items include interior design consulting, free college courses at White Mountains Community College, and much,

much more. Tickets for the Scholarship Auction Event are limited and can be obtained online at www.littletonrotaryauction.com or from any member of Littleton Rotary.

The Littleton Rotary Club makes scholarship awards to graduating seniors at Littleton High School, Lisbon Regional School, Profile School, White Mountain Regional School, and Littleton Charter

Academy. In just the past ten years, the club has awarded more than \$250,000 in scholarships with a record \$48,000 being awarded in 2018!

"We feel strongly that helping our students overcome the significant financial hurdles they now confront in pursuit of their further education and dreams is money very well spent," said Rotarian Rusty Talbot.

The Littleton Rotary Club provides

service to the community through its support of programs for youth, scholarships, and other critical issues that impact local communities, as well as Rotary International programs throughout the world. More information about Littleton Rotary and possible membership can be found at its website www.littletonnhrotary.org or by contacting a member of the club.



COURTESY

Teddy Bear clinic held at WMCC in Littleton

The Medical Assisting Program at the Littleton Campus of the White Mountains Community College conducted a 'Teddy Bear' Clinic for the Littleton Head Start Program on April 9, 2019. A total of 32 students brought their favorite stuffed animal to the Medical Assisting Clinic to be examined by the Medical Assisting students. MA students Back Row from left to right: Carissa Rogers, April Sumner, Danielle Bickford, Lindsay LeBrun, McKenna Wales, Samantha Drummond, Amanda Van Speybroeck, Heidi Webster, Theresa Giles, Amanda Heald.

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CHALLENGE

(CONTINUED FROM PAGE A8)

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Local News

Tillotson Fund announces more than \$350,000 in grants

REGION — The Neil and Louise Tillotson Fund of the New Hampshire Charitable Foundation recently awarded 16 grants totaling \$358,259.

Kids will get backpacks filled with nutritious food to keep their bellies full for the weekend. Adventure seekers will learn about mountain-biking opportunities in Coös County thanks to a new marketing campaign. A local theatre will entertain thousands of guests with live performances and film. And more.

Established in 2006, the Tillotson Fund is one of the largest permanent rural philanthropies in the country, distributing more than \$3 million in grants annually to support projects that focus on community revitalization. Grants are awarded to municipal, educational and nonprofit organizations throughout northern New Hampshire and bordering communities

in the United States and Canada.

“From supporting basic needs to improving outcomes for our kids to boosting economic development, we have an extraordinary network of organizations working to make life better for so many,” said Phoebe Backler, Foundation senior program officer for the Tillotson Fund. “We are honored to partner with them to help build stronger communities for everyone in the region.”

Grant awards were made to the following organizations:

Acti-Sports MRC de Coaticook, Coaticook, Quebec received \$6,475 to improve recreational access and opportunities for people living with physical disabilities.

Area Churches Working Together, Colebrook received \$45,000 (over three years) to support general operations for the Colebrook Food Pantry.

Arts Alliance of Northern New Hampshire, Littleton received \$20,000 to support general operations and develop a comprehensive organizational plan.

Big Brothers Big Sisters of New Hampshire, Portsmouth received \$20,000 to support youth mentoring in the North Country.

Cohos Trail Association, Lancaster received \$1,740 to purchase professional mowing and trimming equipment to improve trail maintenance.

Cross New Hampshire Adventure Trail, Glen received \$13,620 to provide professional marketing materials and directional signage for The Cross New Hampshire Adventure Trail bicycling route, which now includes Coös County.

Episcopal Diocese of New Hampshire, Concord received \$20,000 to provide weekend meals through the St. Paul’s Episcopal Church Back

Pack program serving children attending five area Coös County elementary schools.

Friends of the Colonial Theatre, Bethlehem received \$60,000 (over two years) to provide operating support.

Municipalite de Dixville, Dixville, Quebec received \$15,500 to renovate an outdoor hockey rink into a four-season, multi-sport concrete surface.

New Hampshire Jobs for America’s Graduates (NH-JAG), Manchester received \$19,000 to provide paid summer employment opportunities for youth living in Berlin and surrounding communities.

North Country Charter Academy, Littleton received \$20,000 to upgrade technology and improve teaching strategies for STEM-related coursework.

Northern Forest Canoe Trail, Waitsfield, Vt. received \$17,805 to improve access, increase portage trails

and build campsites along northern New Hampshire and Vermont waterways.

Northern Forest Center, Concord received \$20,000 to produce a collection of short videos marketing the multistate Borderlands mountain-biking experiences and area communities.

Plymouth State University, Plymouth received \$44,400 to provide stipends for teacher candidates in the 2019/2020 North Country Teacher Education Certification Program to complete student teaching requirements.

Ressource Communautaire en Sante Mentale L’eveil, Coaticook, Quebec received \$14,719 to renovate its basement and create a more welcoming place for young adults living with mental health disorders.

Tin Mountain Conservation Center, Inc., Albany received \$20,000 to provide environmental education programs

for students K-12 in Berlin and Gorham.

The next deadline for the Neil and Louise Tillotson Fund is Thursday, July 18, 2019. Please visit our website for more information: www.nhcf.org/grants.

The New Hampshire Charitable Foundation is New Hampshire’s statewide community foundation, founded in 1962 by and for the people of New Hampshire. The Foundation manages a growing collection of 2,000 funds created by generous individuals, families and businesses, and awards more than \$40 million in grants and scholarships every year. The Foundation works with generous and visionary citizens to maximize the power of their giving, supports great work happening in our communities and leads and collaborates on high-impact initiatives. For more information, please visit www.nhcf.org or call 225-6641.

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Roadside cleanup planned in Bethlehem

BETHLEHEM — On Saturday, May 4, the Bethlehem Conservation Commission will hold its annual roadside clean-up.

Volunteers sign up between 9:30 and 10 a.m. at the Gazebo on Main

Street. They’ll be given the Blue Bags, disposable gloves and road assignments. Please wear something bright to be visible to traffic. Come prepared with proper footwear (since it could be wet), water, insect re-

pellent and work gloves if you prefer them to the disposables. Bags are left alongside the road to be picked up later in the day.

At 11:30 a.m., volunteers will meet at the Bretzfelder Park for

Bishop’s ice cream and donuts from Ben Woo’s Les Fauves on Main Street. In case of rain or snow, the clean-up will be held on the 11th.

How to Submit Obituaries & Announcements To Salmon Press Publications

Obituaries and Announcements of special events such as weddings, engagements, and anniversaries are published **FREE OF CHARGE** in any/all Salmon Press newspapers. Obituaries can be sent to: obituaries@salmonpress.com Wedding, engagement, and anniversary announcements are welcome at: weddings@salmonpress.com

Photos are also welcome, but must be submitted in jpeg format. Please contact Executive Editor Brendan Berube at (603) 279-4516, ext. 101 with any questions regarding the submission process.

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Local News

NEK Chamber to hold Annual Meeting May 8

JOHNSON, Vt. — When the Northeast Kingdom Chamber holds its annual meeting on Wednesday, May 8 at Northern Vermont University, there will be a new element added, highlighting business accomplishments from the past year. The luncheon meeting will be held from noon to 1:30 p.m. in the Moore Room of the Lyndon campus. The Business Cele-

bration, always held in the fall, was postponed last autumn due to scheduling difficulties with potential speakers, said Chamber Executive Director Darcie McCann. She noted a decision was made to include a number of business speakers at the spring annual meeting, to combine the two gatherings, so people get a sampling of some of the business news in the area as well

as hearing of new chamber developments. “We purposely decided against having a guest speaker at this year’s annual meeting because there is so much news coming from our businesses as well as the chamber,” said McCann. “We also plan to open up the end of the meeting, as we have in the past, so that businesses can give updates and share accomplishments on their

respective companies.” In addition to presentations by representatives from the St. Johnsbury Distillery, Mobile Medical, the Depot Building and more, guests will hear of developments from the Northeast Kingdom Young Professionals Network, a committee within the chamber, and see the chamber’s new four-color membership plaques for the first time.

“We as a chamber have not changed our plaques for more than 30 years, and the new ones are absolutely gorgeous, environmentally friendly and really feature the Kingdom,” said McCann. “Everyone we have showed the initial design to has told us they can’t wait to display them at their businesses.” There will also be a number of Kingdom Rec-

ognition Awards that will be bestowed at the gathering. The chamber director and president will give brief chamber and legislative updates. The cost of the pasta luncheon is \$17. Please contact the chamber immediately to secure a space. For details or to make reservations, contact the Northeast Kingdom Chamber at 802-748-3678 or nekinfo@nekchamber.com.

NCHC’s Ways2Wellness CONNECT program offers Web site

REGION — Ways2Wellness CONNECT, a program of the North Country Health Consortium (NCHC) is based in the idea that “health starts at home.” Medical providers are essential when dealing with illness or a chronic disease, but so many of the small steps taken to get healthy are the things people do in their everyday lives.

The Ways2Wellness webpages at ways2wellness.org are for those looking for ways to make small changes to their lifestyles that can impact their health in big ways. These webpages offer ideas and links to resources to eat healthy, be active, stress less, and make connections in the community. The Web pages, along with suggestions and resources, are all locally sourced and/or accessible to residents of Coös and Northern Grafton Counties, but the ideas are universal and helpful to everyone. To learn more, head to the website, ways2wellness.org, and click on the button that reads, “I want to get healthy.”

The Ways2Wellness webpages are part of a program at NCHC called Ways2Wellness CONNECT.

Through the Ways2Wellness CONNECT program, residents of Coos and Northern Grafton Counties who are 55 and over and managing a chronic disease—such as heart disease, arthritis, or diabetes—



COURTESY

Littleton resident, Rosie, catches up with her Community Health Worker (CHW) from the North Country Health Consortium’s (NCHC), John Gilbert, during a regular check-in meeting at Rosie’s home, where they discuss health issues that are important to her and how to stay on track with her goals. During their talk, John shares with Rosie the newly revamped Ways2Wellness.org Web site, which boasts tips and local resources for community members to stay healthy in the North Country.

can be connected with a trained Community Health Worker (CHW) to help them reach their goals. A CHW does not provide clinical services, but instead is a liaison—or bridge—between the patient and healthcare or social services providers. CHWs help people find the direction that meets their needs and desired goals, while translating and simplifying the often-complex healthcare and social service “landscape.”

If you want to find out more about the Ways2Wellness CONNECT CHW program, visit ways2wellness.org and

click the “Learn more about Ways2Wellness” button. This part of the website shares details about the Community Health Worker program, including how healthcare providers and social service organizations can refer patients to be matched with a CHW, and success stories, like local resident and CHW client, Rosie’s (pictured below). Rosie has worked hard with her Community Health Worker, John, to get to know resources that can provide her with the services she needs to live a happy and healthy life. Like many other inde-

pendent North Country residents, it was hard at first for Rosie to accept help, but after developing a trusting relationship with her CHW, Rosie and John became a team and tackled her health goals together.

When it comes to your health, what small step might you be willing to take? Ways2Wellness.org has a “Personal Assessment” that you can take to help you get started!

The North Country Health Consortium is a non-profit public health organization based in Littleton that collabo-

rates with health and human services providers serving northern New Hampshire. For more information about the Ways2Wellness CONNECT program and how to get referred to a Community Health Worker (CHW), visit: www.NCHCNH.org or contact Way2Wellness CONNECT Program Manager, Annette Carbonneau: acarboneau@NCHCNH.org or 259-3700, ext. 221. Explore ways2wellness.org to learn about local resources and tips for getting healthy in the North Country.

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The Annie Lake difference: “I really love the challenge of new patients and making them feel like their smile can be turned around, even after just a cleaning. It’s nice to watch people graduate into the confidence of having a healthy smile again.”

The NCD difference: “Patients say it’s like night and day compared to some other offices they’ve been to. They say our examinations are very extensive, very thorough, very gentle. They like the way we’re so approachable. They’re very glad they found us.”

Annie’s passion: Esther and Simon, her rescue cats. Architecture and Design. Restored commercial building in Gorham in her free time. It now houses an Air B&B, two commercial spaces, a rental apartment and Annie’s own apartment.

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Local News

Taproot hires 2019 Gleaning Coordinator

LANCASTER — Taproot Farm & Environmental Education Center (Taproot) is pleased to announce the recent hire of Jennifer Brown as its Gleaning Coordinator for its North Country Gleaners program. Brown has previously worked for Taproot as a sales associate at the Root Seller Marketplace. She has a background and bachelor's degree in horticulture, is on the Lancaster Farmers Mar-

ket board, and co-owns Stockton Hicks Greenhouses in Whitefield. North Country Gleaners collects surplus produce from local farmers and backyard gardeners that would otherwise go to waste and distributes it to food pantries, soup kitchens, senior housing, and other need-based recipients. In 2018 North Country Gleaners distributed more than 3000 pounds of produce to 14 different organi-

zations throughout the North Country. Taproot's gleaning program is one of 6 partners in the larger New Hampshire Gleans network in the state, with Taproot's region consisting of Coös and northern Grafton counties and eastern Essex county in Vermont. North Country Gleaners, now entering its fifth year, recently received a \$25,000 Healthy Food Fund grant from Harvard Pilgrim Health

Care Foundation to support the program, which enabled Taproot to hire Brown for pre-season outreach beginning in March, and to purchase equipment such as a flash freezer and a vacuum sealer that will be used to extend the life of donated produce. The program will be housed in the Parker J. Noyes building along with the expanded Root Seller Marketplace once renovations are complete.

If you are a backyard gardener or farmer interested in donating produce, are a recipient organization interested in receiving gleaned produce, or you are interested in volunteering, you can connect with Brown by calling 631-7790 or at gleaning@taprootnh.org. Taproot's work is guided by its mission, which is nurturing care for the environment by educating, inspiring,

and connecting communities to the land, to their food, and to each other in a holistic manner. Taproot's other programs include the Root Seller Marketplace, the Lancaster Community Garden and a diverse slate of education programming, including a Nature-based summer camp. You can learn more about the organization by visiting www.taprootnh.org.



COURTESY

Guest speaker, Davis Hill, former Program Director at Penn State's Managing Agricultural Emergencies Program, discussed general farm safety, topics farmers should discuss with their farm employees, farmers, and neighbors can plan for incidents during UNH Cooperative Extension's Farm Safety Training workshops held in Lancaster, Mt. Vernon, and Goffstown earlier this month. "We're going to have a family meeting tonight to discuss safety concerns on our farm," said one farmer at the conclusion of the meeting.

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Local News

Sheriff's Department announces promotion

HAVERHILL — The Grafton County Sheriff's Department is pleased to announce the promotion of Det. Sgt. Fredrick James III

to the rank of Lt. Commander of the Department's Criminal Investigation Division. The effective date of this promotion is April 28.

Lt. James has worked for the Grafton County Sheriff's Department for approximately 20 years, serving as a uniformed

Deputy, Detective and Detective Sergeant. Prior to this, he served for several years as a police officer with the Waterville Valley

Department of Public Safety after earning his Bachelor's degree from Roger Williams University in Rhode Island.

Lt. James and his family reside in Grafton County, where he is active in an array of community functions.

HEATER

(CONTINUED FROM PAGE A5)

damper, we have ample opportunity to enjoy the fire. Masonry heaters are attractive, too. They can look quite different depending upon what material is used for the outer layer. Brick, soapstone, adobe, fieldstone, riverstone are just some examples. If you want to, your design can also include heated benches.

How about the cost? The initial cost of a masonry heater is more than, say, an oil furnace, but then costs less for fuel. Our brick-faced, relatively simple, masonry heater cost about \$13,500, including its foundation, the heater core, facing material, and a two-flue chimney I asked them to build. Let's assume we use four cords of wood per year, which is equivalent to about 700 gallons of heating oil. Since I work up our wood myself, our wood is "free" (Hmm...). If we had purchased wood at \$200/cord, our annual costs would have been \$800.

If we had installed a new oil furnace, our initial investment would have been much lower, but our annual fuel costs would have been much higher. A new oil furnace installation would only have cost around \$4,000, less than a third of the cost of our masonry heater. However, we would have used about 700 gallons of fuel oil each year. Using the average cost of heating fuel from 2001 to 2018 (about \$3.00/gallon according to the New Hampshire Department of Energy), we can do a rough comparison of my actual costs for heating my home using the masonry heater with what it would have cost if I had installed an oil furnace.

So, my actual cost for heating my home with the masonry heater was just the initial cost of the heater: \$13,500. If I had actually bought four cords of wood each year at \$200/cord, then my



cost for fuel over 17 years would have been \$13,600 (17 years * 4 cords/year * \$200/cord). The total cost would have been about \$27,000. If we had instead installed an oil furnace for \$4,000, we would have paid another \$2,100 annually for fuel oil. Over the course of 17 years, we would have spent roughly \$36,000 for 12,000 gallon of fuel oil, and our total cost would have amounted to nearly \$40,000. So, a masonry heater can definitely make economic as well as environmental sense. It can even make sense as a retrofit. How much and which type of fuel you use and to what degree you use your masonry heater instead of your current system will

influence your payback time.

For more information about masonry heaters, including a gallery of photos, check out the website of the Masonry Heater Association of North America (<https://www.mha-net.org>). The author, Dan Crosby, lives in Bethlehem. He is a member of the Ammonoosuc Regional Energy Team, an all-volunteer non-profit organization that encourages and supports economically and environmentally sensible energy practices in the Ammonoosuc region of Northern New Hampshire. For more information about ARET and local energy solutions, go to www.ammenergy.org.

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The Project generally consists of the replacement of the existing steel grid deck with glulam deck panels and railing system.

A pre-bid conference will be held at the site local time on May 14, 2019 at 10:00 a.m. **Attendance at the pre-bid conference is mandatory.**

Prospective Bidders may examine the Bidding Documents at the Town of Franconia, HEB Engineers (603-356-6936), and on www.constructionsummary.com. To be considered a responsive Bidder, the Contractor shall have obtained at least one set of electronic or paper plans and specifications from HEB Engineers, Inc.

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LANDFILL

(CONTINUED FROM PAGE A1)

son, Jr., thus allowing Casella Waste Systems to proceed with plans for the development of the garbage landfill without being required to notify property abutters.

Following the failure to secure a lot line adjustment with the Dalton Planning Board, John Gay and Kevin Roy of Casella Waste Management and North Country Environmental Services addressed the Dalton

Select Board a few days later on April 8.

According to the Select Board meeting minutes, Gay and Roy indicated they want to be open and transparent with the town. While they are very early in the process of landfill development, they say they welcome comments and concerns and want to let the town know what is happening.

The opposing group, Save Forest Lake, is

composed of 15 members from Dalton, Bethlehem, Whitefield and Littleton, as well as others from out of state who own land near the State Park. The group proposes that the landfill would have a devastating regional impact on not only Forest Lake State Park, but neighboring Burns Pond, Alder Brook, the Johns River, and the Ammonoosuc River watershed as well.

"I'm not an eco-warrior by any means, but this is going to have such a negative impact on the quality of life up here," said Swan. "I'm not against landfills at all. I understand that we need them, but this is a horrible location."

"Obviously, this is going to have a regional impact. There are already issues with the notification of other towns," Swan said, adding that members of Save Forest Lake intend to be present at all future Select Board and Planning Board meetings in multiple communities that will be impacted by the proposed landfill, including both Dalton and Whitefield.

"We don't know what's going to happen, and we can't be lulled into a false sense of safety," Swan continued. He said the group has begun outreach to both state and local officials in addition to heightening awareness on social media.

Invitations have been sent out to the offices of Sen. Shaheen, Sen. Hassan, Congresswoman Kuster, and Gov. Sununu for a June 1 site visit at Forest Lake State Park, where the group hopes to share their concerns about the project. The group also just launched an informational Web site, saveforestlake.com.

The Family of Janice Hall would like to thank the folks at The Morrison for the fine care they gave her during her recent stay.

It was very appreciated.
Peter Hall and Family

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REDUCE RECYCLE RENEW



Local News

SUMMIT

(CONTINUED FROM PAGE A4)

If possible, create a first-floor living space. If the home is two stories, consider adjusting the configuration so that one can live solely downstairs.

Locate often-used items so that they are al-

ways within easy reach. The more difficult an item is to reach, the greater the chance for injury.

Safety in the bathroom is a major concern. There are many modifications seniors can consider to reduce the risk of a fall and increase us-

ability:

Add levered handles to doors and faucets. Opening doors and turning on faucets can be challenging when arthritis sets in.

Install an elevated toilet seat. This makes the process of getting up and down easier.

Replace the bathtub with a walk-in shower or walk-in tub for easier entry. Adding a safety bar and a chair to the tub or shower, as well as traction slips to the bathroom floor, will also help prevent slips and falls.

If there is ceramic tile in the bathroom, consider replacing it. Ceramic tile is cold, hard and slippery when wet. And it can really cause injury in the event of a fall.

Install a hand-held shower head. This will make it easier to bathe while seated or for seniors with limited mobility.

Many of these home modifications can be done with the help of a local handyman or other professionals who offer cleaning, decluttering and home organization solutions. Also, many areas have local organizations that offer help to seniors. To learn more about additional resources available to seniors and their loved ones, go to www.servicelink.nh.gov.

Being able to remain independent can greatly improve a senior's outlook. A well-designed living arrangement is paramount to ensuring the safety and independence of seniors.

KUSTER

(CONTINUED FROM PAGE A1)

It is the oldest continuous standing committee in the House of Representatives.

"I'm excited about the opportunity to serve on the Energy and Commerce Committee and fight for the priorities that are important to New Hampshire communities," said Kuster. "We are touring the state talking about health care and renewable energy," she added.

Her District Director, Corey Garry, joined Kuster, along with her North Country Congressional staffer, Brian Bresnahan, and four employees of Great River Hydro LLC, the current owner of the Moore Power Station. Scott Hall, the Chief Executive Officer of Great River Hydro, led the tour along with the company's FERC License Manager, the Vice-President of Legal and the Manager of Strategic Initiatives.

Along with its affiliate, a Boston-based private equity firm called ArcLight Capital Partners, Great River Hydro purchased Moore Station in April 2017. The partners acquired TransCanada Corporation's entire New England hydroelectric power portfolio, including Moore Station, for \$1.07 billion in April 2017.

In terms of average power generation and installed capacity, Moore Station is considered to be the largest conventional hydroelectric plant in New England.

"The hydros of New Hampshire allow for the penetration of other renewables," said Scott Hall, the CEO of Great River Hydro as he and Kuster discussed clean energy.

"Everything you hear now is about the Green New Deal, but it only covers wind and solar energy," Kuster stated. "But in New Hampshire, we've got hydro, we've got biomass, and nuclear energy is at 43 percent."

As Kuster discussed her new committee role

and the Green New Deal, she indicated that she would like to see the initiative encompass other forms of low-carbon energy beyond just wind and solar.

"Hydro is perfect because what everyone is waiting for is batteries, but this reservoir is your battery," she said.

"The language has changed," Kuster continued. "When we say renewable what we should be saying is carbon-neutral because that's more to the point. That's why I would like to change the name of the Green New Deal to the Clean New Deal."

Kuster also said she would like to see the inclusion of both hydro and biomass in federal energy initiatives.

"Politically, there is a lot of energy and enthusiasm behind carbon-free, clean energy," she said.

While Kuster acknowledged that hydro has gotten a bad name in New Hampshire because of the Northern Pass, she said it's not the only thing happening here.

Great River Hydro CEO Hall said, "The real irony is that on the federal level, existing hydro is not considered renewable by definition in many cases. Logically, it doesn't make any sense."

"We can operate the hydros when we want. We are not reliant on the wind or sunny days," Hall continued.

John Ragonese, the FERC License Manager for Great River Hydro, pointed out, "How could this not be renewable when some of our plants are over one hundred years old and still using the same equipment and the same energy source?"

"This plant is at a level of hydro that is unlike most in New England," said Ragonese. "It's not that it is impact free, but it is renewable."

According to Hall, virtually all of the facilities owned by Great River Hydro are certified as low impact.

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Obituaries

Walter J. Hyde, 84

BETHLEHEM — Walter J. Hyde, 84, of Bethlehem passed away peacefully at his home, with his daughter and daughter-in-law by his side, on Tuesday, April 23, 2019. He was the beloved husband to the love of his life, the late Dolores (Paquin) Hyde, who passed away after a battle with Parkinson's disease, in the presence of her husband at her home, in 2008.

Born on May 10, 1934, in Attleboro, Mass., Walter was the devoted son of the late Charles C. and Bridget V. (Kelly) Hyde.

Walter was raised in educated in Attleboro. In 1987, he and his wife Dolores relocated to Bethlehem.

A man who took great pride in his work, Walter was employed for nearly 30 years by First National Supermarket. After the closing of the company, Walter worked for 12 years at Kelley's Supermarket in Franconia. He ultimately retired from Kelley's Supermarket to take care of his dear wife, as she became ill.

In his spare time, Walter kept busy with many interests and hobbies. He was an avid reader, who took particular interest in studying history and politics. He



enjoyed watching the news, sports, and old movies on TV. Living in the New Hampshire wilderness, Walter was also an ardent outdoorsman, who loved to go camping and hiking. He took great pride in the upkeep of his home and he would frequently tackle projects of any kind, whether it was inside or outside of his beautiful home. Above all, Walter treasured the time spent and memories made with his wonderful and adoring family, especially spending two weeks every summer with his grandchildren. He will be greatly missed by everyone that had the pleasure of knowing him.

Walter is survived by his proud and cherished children, Yolanda Hyde and Wayne Hyde and his wife, Laura (Colgan); his grandchildren, Alyse and Brendan Hyde; his siblings, Beatrice (Hyde) Green, Patricia (Hyde) Fontneau, Catherine (Hyde) Turley, and Edward Hyde and his wife Anne (LaRocque).

In addition to his wife and parents, Walter was predeceased by his siblings, Charles Hyde, Alice (Hyde) Savastano, Ralph Hyde, Eileen (Hyde) Lee, Shirley (Hyde) Maynard, and Joan (Hyde) Lavendier.

Relatives and friends were invited to attend a visitation from 4 – 7 p.m. on Monday, April 29, 2019 at the Duffy-Poule Funeral Home, 20 Peck St., Attleboro.

A funeral was conducted on Tuesday, April 30, 2019 at 9:15 a.m., from the Duffy-Poule Funeral Home, followed by a Mass of Christian Burial at 10:30 a.m. at St. Vincent de Paul Parish, 71 Linden St., Attleboro.

Burial followed at St. John's Cemetery, Attleboro, where Walter will be laid to rest with his late wife.

In lieu of flowers, donations in Walter's memory can be made to the Pulmonary Fibrosis Foundation: 230 East Ohio Street, Suite 500, Chicago, Illinois 60611 or to <https://www.pulmonaryfibrosis.org/ways-to-give/donate-now>

For directions or to send Walter's family a message of condolence or remembrance, please visit duffy-poule.com

David Little Estabrooks, 76

JAMAICA PLAIN, Mass. — David Little Estabrooks, a year round resident of

Jefferson at differing times for various reasons from 1950 to the 1980's, died on Tuesday, April 9, 2019 quietly in the company of his life partner and memory of his pet dog at 71B Spring Park Ave., Jamaica Plain, MA 02130.

He was born on Dec. 30, 1942 in Melrose, Mass.; his family moved to Center Harbor, for the balance of the 1940's.

He is survived by his Life Partner, Linda Imperial Nahabedian. Former husband to Maureen Hodgkins of Gloucester, Mass., he was the beloved father to Kathleen Ghannam of Springfield, Va. He also leaves brothers, Peter & his wife Esther Estabrooks of Gorham, and Bruce & his wife Jane Estabrooks of Hanover, Mass.; sisters, Suzanne (a.k.a. Lakshmana) Estabrooks of Robins Bay, Jamaica, West Indies and Pamela Estabrooks of Brewster, Mass.; and

the late brother Duncan Estabrooks of Guildhall, Vt. He was brother-in-law to Mary (a.k.a. Teen) Estabrooks of Guildhall, Vt., and grandfather to Lillian Ghannam of Springfield, Va. He was son of the late LeBaron (a.k.a. Bud) & Margaret Hall-Estabrooks, Mass., and son-in-law to Phyllis Estabrooks of Winchester, Mass.

David Estabrooks is also survived by many cousins, nieces, nephews, and friends.

Visiting hours were held at the Mann & Rodgers Funeral Home, 44 Perkins St., Jamaica Plain, on Tuesday, April 16 from 6-8 p.m. for a large group of well-wishers. In anticipation, for many months, David had been quietly reaching out to his dispersed family and friends.

The well-wishing was followed the next day by a Funeral Service at Mann & Rodgers, 9 a.m., and then interment at Mount Hope Cemetery, Mattapan, Mass. with military hon-

ors that recognized David's service in the US Air Force during the Vietnam War. Donations in David's

name can be made to the Angell Animal Medical Center-Jake's Fund for MCPCA, 350 South Huntington Ave., Jamaica Plain, MA 02130.

A memorial celebration of David Little Estabrooks' life on earth is planned for Saturday, May 18 at his favorite watering hole, the well known Doyle's Cafe, circa 1855; and first

home & intro of Samuel Adams Beer (See Doyle's Café & Restaurant web site for their story):

Located at 3484 Washington Street, Jamaica Plain, MA 02130 within a short walking distance of David & Linda's home and Mann & Rodgers. The family requests & will greatly appreciate your intentions to attend by RSVP email to office. doyles@gmail.com or phone call to Mickey at Doyle's Office on (617) 524-2345. Thank you.

LETTER

(CONTINUED FROM PAGE 4)

tric rates (HB166)

99 percent FOR creating an income tax with rates set by an unelected bureaucrat (SB1)

99 percent FOR increasing state spending by a massive \$1.5 billion, or 13 percent (HB1)

99 percent FOR creating an income tax, and new taxes on capital gains, vaping, and sports betting; increasing business taxes (HB2)

98 percent FOR doubling and tripling various fees (HB682)

97 percent FOR creating a new tax on capital gains (HB686)

96 percent FOR creating an additional room tax (HB641)

94 percent FOR creating a tax on vaping, making it harder to quit smoking (HB680)

94 percent FOR creating an additional room tax (HB641)

93 percent FOR unfunded mandate raising towns' and schools' retirement costs (HB616)

100 percent AGAINST reducing the statewide property tax (HB497-0113h)

99 percent AGAINST reducing the interest & dividends tax (HB185)

99 percent AGAINST prohibiting an income

tax (CACR12)

99 percent AGAINST reducing electric rates (HB477)

99 percent AGAINST reducing electric rates (HB157)

99 percent AGAINST replacing a mandatory family leave plan funded by an income tax with a voluntary plan (HB2-1435h)

Gun control

96 percent FOR protecting criminals by disarming law-abiding citizens (HB109)

96 percent FOR creating a guilty until proven innocent standard (HB696)

95 percent FOR protecting criminals by disarming law-abiding citizens (HB564)

95 percent FOR protecting criminals by disarming law-abiding citizens (HB564)

94 percent FOR protecting criminals by disarming law-abiding citizens (HB514)

94 percent AGAINST clarifying that self-defense includes defending one's family (HB208)

Vote fraud

100 percent FOR making it easier for out-of-staters to vote in NH (HB106)

99 percent FOR making it easier for out-of-staters to vote in NH

(HB105)

97 percent FOR making it easier for illegal aliens to get a driver's license (HB397)

94 percent FOR making voter fraud easier (HB611)

99 percent AGAINST ensuring that drivers' licenses cannot be used by non-citizens to vote (HB471)

Other

100 percent FOR micromanaging businesses' hiring practices (HB272)

100 percent FOR recreating ObamaCare's unaffordable and inferior care (HB233)

99 percent FOR micromanaging businesses' hiring practices (HB253)

99 percent FOR killing entry-level jobs for unskilled workers (HB186)

98 percent FOR micromanaging businesses' hiring practices (HB211)

100 percent AGAINST repealing a never-used and unconstitutional infringement on free speech (HB124)

99 percent AGAINST prohibiting "sanctuary" cities (HB232)

99 percent AGAINST merely collecting statistics about abortions (HB158)

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Lisbon Public Library announces plant sale

LISBON — The Lisbon Public Library will hold its fifth annual plant and bake sale on Saturday, May 18, from 9 a.m.-noon. Once again, shoppers get to choose the price that they pay for any plants or baked goods.

If you would like to help out by donating

either plants or baked goods for the sale, you can drop them off at the library on Friday, May 17 or early Saturday morning. All donations are appreciated. Shoppers appreciated too! The library is located on School Street across from the town hall.

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	CURSE OF LA LLORONA PG Fri.-Sat.: 7:15, 9:45 PM Sun.: 7:15 PM Mon.-Thurs.: 7:15 PM		

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Local News

CAR BOMB

(CONTINUED FROM PAGE A1)

While Cashin cannot determine how long the investigation will take, he did say two members of the bomb squad re-

moved the device from the vehicle. The local police department is now relying on the State Police lab to complete an analysis of the evidence.

Cashin said the vehicle owners found the device and called public safety. No information

about motive has been released at this time. Those in the vicinity were evacuated on April 3.

ROUNDTABLE

(CONTINUED FROM PAGE A1)

pre-existing conditions can be denied coverage, including the elderly and pregnant women."

She blames the current administration's efforts to incentivize consumers to choose junk health insurance plans.

Shaheen aims to increase access to critical care hospitals and reduce patient costs through lowered deductibles and premiums. Her new package, announced on April 1, proposes the expansion of cost-sharing reductions that insurers must provide to people enrolled in marketplace coverage. According to Shaheen, the reimbursable funding that would be paid to the insurers to make up the difference would be appropriated, though it is not clear from where.

According to Shaheen's office, the pro-



ANGEL LARCOM

Left to right: Tess Stack Kuenning, Chief Executive Officer of Bi-State Primary Care Association; Senator Jeanne Shaheen (D); and Ed Shanshala, Chief Executive Officer of Ammonoosuc Community Health Center (ACHS) led a roundtable discussion with regional healthcare leaders at ACHS on April 26.

posed health care package is composed of three elements; the Marketplace Certainty Act, the Reducing Costs for Out-of-Network Services Act and the Improving Health Insurance Affordability Act. The package aims to increase the current value of tax credits for eligible families so that more middle-income families gain eligibility. Additionally, it calls for a cap on the amounts health care fa-

cilities can charge for out-of-network medical services.

The proposed package defends the ACA, lowers out-of-pocket costs and improves access to care, according to statements issued by Shaheen's office.

"Republicans must work with Democrats to address these issues and expand access to quality, affordable care," said Shaheen after visiting ACHS.

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Woodsville baseball finally gets a piece of Littleton

BY COREY MCKEAN

Corey@salmonpress.news

LITTLETON — It's been a long time coming for the Woodsville Engineers baseball team to get a piece of the Littleton Crusaders, nearly five years to be exact, and on Thursday, April 25, two of the top teams currently in Division IV went head to head as the Littleton Crusaders hosted the Woodsville Engineers.

It was Littleton in the early going who took a 2-0 lead after the first inning but the Crusader defense struggled in the fourth, allowing four runs while Woodsville tacked on another in the fifth and two more in the seventh to seal a 7-2 win. Woodsville pitcher Zach Moore was excellent on the day, throwing a complete game while allowing six hits and striking out six. The bottom of the Engineer lineup also came to play as



Woodsville catcher Donny Bowman and pitcher Zach Moore share a hug after the Engineers defeated the Crusaders 7-2 on Thursday afternoon.

COREY MCKEAN/THE COURIER

their six through nine batters in Brendan Walker, Calvin Roy, Stephen Aldrich and Ricky Vinnacombe combined for four hits and four RBIs.

“Littleton has been very solid since I've been with Woodsville and they proved once again they are going to be tough outs. Right out of the gate they

scored two runs and I am very proud of my team for not hanging their heads and giving it their all. We were finally able to get something going in

the fourth after making solid contact several times earlier but couldn't get past their defense,” said Woodsville coach Brent Cox. “Zach Moore battled

through seven innings today and wanted the ball from pitch one. We were able to get past a couple early mistakes and started making the routine plays.”

The Littleton defense behind starting pitcher Nick Sanborn had a strong start to the game as they helped Sanborn to hold the Engineer offense scoreless through three innings. Sanborn would record three strikeouts in the first three innings while allowing just one hit, but in the fourth, Woodsville turned things around.

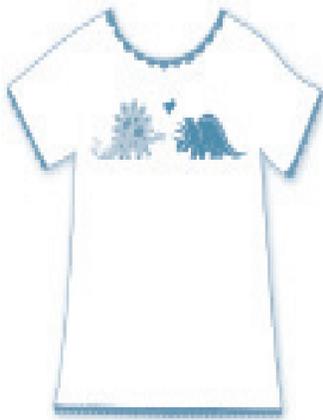
In the first inning, however, it was the Crusader offense that got the bats going early as Parker Paradice singled, stole second, and was brought around to score off an RBI single to deep center field by Josh Finkle. Finkle would also steal second and come around to score off an RBI single

BASEBALL, PAGE B5

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REGION — Would you like to earn extra money and get some good exercise while participating, not just watching, the beautiful game of soccer? The New Hampshire Soccer Officials Association (NHSOA) is looking for people ages 18 and up to referee high school soccer this fall. If you would like more information,

please contact Ed Meyer through the NHSOA web site at www.nhsoa.net or go to www.nhsoa.org and click on links. Then click on become an official.

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Climb Above Addiction uses adventure therapy to promote awareness of New Hampshire's battle against addiction, especially the opioid epidemic. This year teams are raising funds to support the work of CADY (Communities for Alcohol- and Drug-Free Youth), which offers comprehensive substance abuse prevention programs and services. The suggested donation is \$10 for adults and \$5 for kids over 12. Climb Above Addiction features a fun and friendly environment filled with games, a climbing wall, entertainment, live music, and food, bringing together people who are committed to fighting the epidemic. On the day of the event, teams from The Plymouth House, a Twelve Step recovery retreat, will be climbing at Rumney Rocks. For complete details visit climbaboveaddiction.org.



Sports



COREY MCKEAN/THE COURIER

Woodsville's McKenzie Dennis hurled a no-hitter for the Engineers through four innings of work on Wednesday afternoon against Lisbon.



COREY MCKEAN/THE COURIER

Lisbon's Moriah Jellison makes a tough play at third base while Woodsville's Emily Prest comes in to score in the second inning.

Woodsville softball blanks Lisbon

Two Engineer hurlers combine for no-hitter

BY COREY MCKEAN
Corey@salmonpress.news

WOODSVILLE — It was all Woodsville softball on Wednesday, April 24, as the Engineers hosted the Lisbon Panthers and earned a 12-0 victory in five innings. Woodsville hit the ball extremely well on the afternoon, recording 13 hits in just four innings while being led by extra hitter Emily Farr as well as Leah Krull, who both went 2-3 on the day with an RBI.

“We hit the ball very well tonight. It was good to see the girls that came off the bench swinging the bat so well. McKenzie Dennis was very good on the mound as well, keeping Lisbon off balance all game,” said Woodsville coach Dana Huntington.

Dennis was spectacular on the day as she threw four innings of



COREY MCKEAN/THE COURIER

Woodsville's Sarah Britton smashes a two-RBI double to right center field in first inning action for the Engineers.

no-hit softball for the Engineers while Mackenzie Kingsbury came in to relieve Dennis in the fifth, also allowing no hits while striking out a pair.

The Engineers wasted no time getting on the scoreboard as they tallied four runs in the first

inning with Emily Prest leading off with a double to center field while Leah Krull singled. An RBI groundout by Morgan Wagstaff brought Prest in to score and an RBI single up the middle

by Dennis brought Krull around to score. Kingsbury continued to hot hitting for Woodsville, hitting a single up the middle and Sarah Britton brought both pinch runner Anna McIntyre and Kingsbury around to score with a two-RBI double to deep right center field, giving Woodsville an early 4-0 advantage.

It continued to be all Engineers in the second inning as they registered four more runs off an error and five hits by Maud McIntyre, Prest, Krull, Kingsbury and Farr.

The error would be most costly as it brought two runs in to score, pushing the Engineers ahead 8-0 heading into the third inning.

Lisbon continued to struggle with the bats in the top of the third but it was also the Woodsville defense that was strong on the day. With two outs in the inning, Lisbon's Chloe Houston hit a deep shot into left center field, but Woodsville left fielder McIntyre was there to make an excellent play on the ball, keeping the Panthers off the scoreboard.

A scoreless bottom of the third for the Engineers and another scoreless inning for the Panthers in the top of the fourth brought Woodsville back up to bat in the bottom of the fourth where they put the game away, scoring four runs yet again off two errors on hits by Wagstaff and Dennis as well as three hits by Jordan Sargent, Farr, and Emma Restelli, earning the Engineers the 12-0 victory.

“Not much to say about this one. Woodsville played better than we did and we will practice and get ready for our next game,” said Lisbon coach Arthur Boutin.

The Engineers were led by Farr and Krull with two hits and an RBI on the day while Dennis and Britton both added a hit and two RBIs.

Woodsville improves to a record of 3-1 on the season while Lisbon falls to a record of 2-1. The Engineers will play again on Wednesday, May 1, as they travel to play Pittsburg-Canaan. Game time is posted for 4:30 p.m. The Panthers will play again on Wednesday, May 1, as they host Colebrook. Game time is posted for 4 p.m.

Kids invade NHMS in May

LOUDON — It's time for outdoor family activities, and New Hampshire Motor Speedway is the place to be this May, as kids as young as five years old participate in racing-style events, bringing family fun and entertainment to “The Magic Mile.”

“With 1,200 acres to utilize, we are proud to be able to provide a home for different types of quality racing action,” said David McGrath, executive vice president and general manager of New Hampshire Motor Speedway. “Families can experience the thrill of a race car or a motorcycle speeding by, and this month, we'll have kids taking part in the New Hampshire Soap Box Derby and the New Hampshire State Police hosting the D.A.R.E. Classic, which puts runners right on the race track.”

The 29th annual D.A.R.E. Classic 5K Road Race on May 3 features a one-mile run for kids followed by a 5K road race on “The Magic Mile.” The event also includes

demonstrations by the New Hampshire State Police K9 Unit, Drill Team, Aviation Unit and Motorcycle Unit. Kids can get their face painted and meet Daren the D.A.R.E. Lion.

The New Hampshire Soap Box Derby Spring Rally May 11-12 will feature kids seven and older assembling and racing gravity-powered cars down a 500-foot (or more) track in side-by-side competition.

Up and coming teen racers blend with adults in the Loudon Road Race Series as motorcycles take on the 1.6-mile road course May 18-19 with

Championship Cup Series racing. Fans can also watch legend drivers, aged 12 years and up, race on the road course in the MOAT Mountain Road Course Series and on the 0.25-mile mini oval in turns one and two of the speedway in J&J's Yolk & Co. Oval Series.

NHMS hosts many other clubs and events throughout the month of May including:

Sunapee Racing Team on May 2, 9, 16, 23 and 30

North East Motor Sports Museum's Historic Motor Sports Exposition on May 4

Rusty Wallace NHMS, PAGE B4

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Sports

Aldrich grand slam sends Engineers over Panthers

BY COREY MCKEAN

Corey@salmonpress.news

WOODSVILLE — The Woodsville baseball team remained undefeated on Wednesday, April 24, as the Engineers hosted the Lisbon Panthers and came away with a 14-2 win in five innings, moving to a record of 4-0 on the season. Woodsville's Patrick Reardon-Estes got the start on the hill for the Engineers and threw very well, recording eight strikeouts in just three innings of work. The Engineers also hit the ball hard all day, tallying 12 hits, but the biggest coming from Stephen Aldrich in the fourth inning, a grand slam over the left field fence that put the game away early.

"I was really impressed with Patrick Reardon-Estes' performance on the mound. We are easing him in to mound time as he threw 50 pitches and was able to provide three innings and eight strikeouts. It will be important for us to have guys step up like that and contribute the way he did. We also continued to hit the ball hard tonight, which should be great momentum. Stephen Aldrich with his first career grand slam was a highlight," explained Woodsville coach Brent Cox.

Reardon-Estes got the Engineer defense started off strong in the top of the first as he recorded back to back strikeouts. A single by Jared Jesseman up the middle gave hope to the Panther offense but a groundout by Carrol LeClair ended the inning with the Panthers going scoreless.

In the top of the first, Woodsville got on the scoreboard fast as they recorded six runs in the first. Corey Bemis and Zach Moore led off with singles and a Lisbon error on a hit by Billy Green scored both Bemis and Moore. A walk to Brendan Walker put



COREY MCKEAN/THE COURIER

The Woodsville team comes to congratulate Stephen Aldrich (30) after his grand slam in fourth inning action on Wednesday.



COREY MCKEAN/THE COURIER

Lisbon's Donnie LeClair ropes a single to right center field in the third inning for the Panthers.



COREY MCKEAN/THE COURIER

Woodsville's Patrick Reardon-Estes threw three innings of solid baseball, recording eight strikeouts while allowing just one hit.

runners on first and second for Woodsville and back to back doubles by Calvin Roy and Aldrich brought three more runs in to score. Aldrich would even-

tually come around to score off an RBI single by Ricky Vinnacombe, giving the Engineers a 6-0 lead heading into the second inning.

Reardon-Estes stayed consistent for the Engineers, recording three strikeouts in the top of the second to keep the Panthers off the scoreboard yet again. The Lisbon defense behind Donnie LeClair would also have a strong second inning, holding the Engineers scoreless, bringing the game into the third with Woodsville still leading, 6-0.

Another three-strikeout inning by Reardon-Estes brought the Woodsville offense back out quickly but the Panther defense stayed solid, recording a one, two, three inning to keep the score at 6-0, Woodsville, going into the fourth inning.

Roy came in to relieve Reardon-Estes on the mound in the top of the fourth where an

early walk to Carrol LeClair and a single up the middle by Donnie LeClair seemed like the Panthers might generate some offense, but Roy battled back to record a strikeout while the Engineer defense made back to back plays for outs, holding Lisbon scoreless yet again.

In the bottom of the fourth, the Engineers erupted for eight runs off three walks, an error, and five hits with Bemis, Moore, Green, Roy, and Aldrich all recording hits, the biggest coming from Aldrich who blasted a grand slam over the left field fence, clearing the bases and giving Woodsville a commanding 14-0 lead.

Lisbon finally generated some runs in the fifth inning but it would be too late as Dylan Colby and Logan Trahan both drew a walk to start the inning and Carrol LeClair and Donnie LeClair also drew walks, bringing Colby in to score. Another walk to Nathan Superchi brought Trahan in to score but a defensive play as well as two strikeouts by Roy ended the game with Woodsville earning the 14-2 win.

"Another tough one for us, we didn't make a couple of plays in key situations so that allowed the game to get out of hand. We had a chance to end the first inning with a foul pop out to keep the score 1-0 instead they hit some balls hard and it ended up 6-0. You have to make those plays against good teams like Woodsville. They definitely can hit the ball as they showed again in the bottom of the fourth," said Lisbon coach Jeremy Aldrich.

The Engineers were led by Aldrich with two hits and six RBIs while the Panthers were led by Donnie LeClair with a hit and an RBI.

Woodsville improves to a record of 4-0 on the season while Lisbon falls to a record of 0-3. The Engineers will play again on Wednesday, May 1, as they travel to play Pittsburg-Canaan. Game time is posted for 4:30 p.m. The Panthers will play again on Wednesday, May 1, as they host Colebrook. Game time is posted for 4 p.m.

Fly fishing class May 18 in Waterville Valley

WATERVILLE VALLEY—The Pemigewasset Chapter of Trout Unlimited and the NH Fish and Game Department will present a one day "How to Flyfish" class on Saturday, May 18, 9 a.m. to 3 p.m. (bring a lunch) at the Waterville Valley Recreation Department, 11 Noon Peak Road.

Fundamentals of Fly-Fishing will cover basics of fly-fishing techniques. It will include what makes fly-fishing unique, rod reel and line assembly, basic equipment, knots, fish habitat, fish

forage, fish identification, fishing ethics, casting instructions and will answer any question you have about flyfishing.

The instructors are certified by the NH Fish and Game Department and bring a wealth of experience and knowledge. The Pemi TU volunteers are there to help the beginning angler get started in the art of fly-fishing.

Rods (5 weight fly rod, reel and floating line) will be provided but bring your own equipment if you have

any. The class will be limited to the first 10 registrants. Age restriction: 13 and over, individuals 14 and under must be accompanied by an adult. A fee of \$10 will be charged to cover facility cost. Hats and glasses are recommended for the casting session.

To register on the NH Fish and Game Let's Go Fishing web site, and for additional information contact Waterville Valley Recreation Department, at recdirector@watervillevalley.org or 236-4695.

NHMS

(CONTINUED FROM PAGE B3)

Dream Drive Exotics on May 4

Rusty Wallace Racing Experience on May 4-5
NASCAR Racing Experience on May 10-11

New Hampshire Karting Association Racing Series on May 11

Team O'Neil Rally School on May 11-12
Fishtail Riding School on May 13

Penguin Roadracing School on May 17

Boston Chapter of the BMW Car Club of America on May 18

North East Drift Co. on May 19

United States Classic Racing Association on May 20

New England Region of the Sports Car Club of America on May 24-26

Sports Car Club of New Hampshire on May 26

Xtreme Xperience on May 31

For ticket information for events at New Hampshire Motor Speedway, including the June 8-16 Motorcycle Week at NHMS, the July 19-21 Monster Energy NASCAR Cup Series Foxwoods Resort Casino 301 race weekend and the Sept. 20-21 Full Throttle Fall Weekend, visit the speedway website at NHMS.com or call Fan Relations at 783-4931.

Ash smashes Profile past Gorham

BY COREY MCKEAN

Corey@salmonpress.news

GORHAM — Profile's Connor Ash didn't let spring break distract him from staying consistent at the plate as he went 5-5 against the Gorham Huskies on Tuesday, April 23, hitting four singles and smashing a homerun, while tallying six RBIs to lead the Patriots to a commanding 17-8 win, their third straight win in a row.

"We started slow and had too many errors in the first two innings, we need to come with the right mind set. We had a couple of kids hit the ball hard today. Connor Ash had six RBIs and Evan Lloyd had five to lead a big day at the plate. Defensively it was not our best game but it is early and we will definitely improve. We have some younger guys getting better everyday, Dean Stone came in and gave us 5.1 innings of relief. Overall it was a great win.

There wouldn't be much separating the Profile Patriots and the Gorham Huskies in the early going as Profile took just a 6-5 lead through the first two innings. Both teams hit the ball well early as Rylan Grimard recorded back to back singles while Ash added a single and Evan Lloyd an RBI double.

Robert Morehouse kept the Huskies in it as he recorded two RBIs while hitting a single, but it was Profile who led by a run, 6-5, heading into the third inning.

In the top of the third inning, the Profile offense continued to hit well while being patient at the plate. Quintin Paradise led off the third with a walk and with two outs, Ash would hammer a homerun over the left field fence, giving Profile an 8-5 lead.

Stone seemed to find his rhythm on the hill in the bottom of the third as he let up two singles but got himself out of a jam by recording three strikeouts, keeping Gorham off the scoreboard heading into the fourth.

A scoreless fourth by both teams brought the game into the fifth where Profile tacked on two more runs as Grimard led off with a double down the right field line and was brought in to score off an RBI single by Ash. Ash would move to second after Andrew Eastman was hit by a pitch and Ash came around to score off an RBI single by Lloyd, pushing Profile ahead, 10-5.

In the bottom of the fifth, Stone stayed strong on the hill for Profile, allowing no runs yet again while

recording his eighth strikeout on the game, bringing the game into the sixth with the Patriots up five runs.

The Patriot offense continued to roll as they generated three more runs in the sixth off four walks and three hits from Paradise, Ash and Eastman, extending the

Profile lead to 13-5.

In the bottom of the sixth, Gorham caught on to Stone and made a little comeback, scoring three runs as Morehouse, Nolan York, and Dan Stody all recorded hits, bringing the score to 13-8 heading into the final inning.

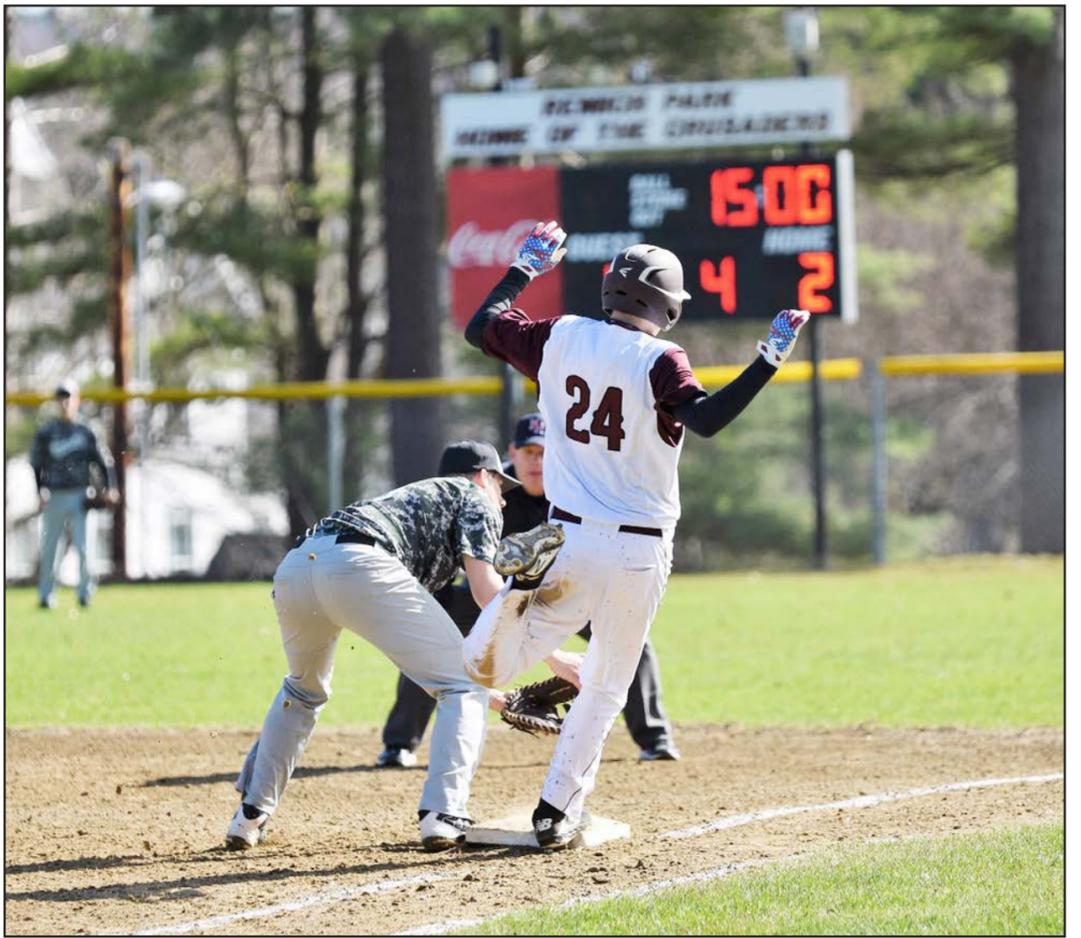
Profile tacked on four insurance runs

in the top of the fourth with another huge hit coming from Lloyd, a two-RBI double, giving the Patriots the 17-8 lead as well as the victory.

The Patriots were led by Ash with five hits and six RBIs while Lloyd added three hits and five RBIs. The Huskies were led by

Morehouse with two hits and three RBIs on the day.

Profile improves to a record of 3-1 on the season while Gorham falls to a record of 1-2. The Patriots will play again on Wednesday, May 1, as they host the Lin-Wood Lumberjacks. Game time is posted for 4 p.m.



COREY MCKEAN/THE COURIER

Littleton's Quinton Eastman hustles hard down to first as the ball gets past Woodsville first baseman Patrick Reardon-Estes.

New type of racing introduced at Speedway 51

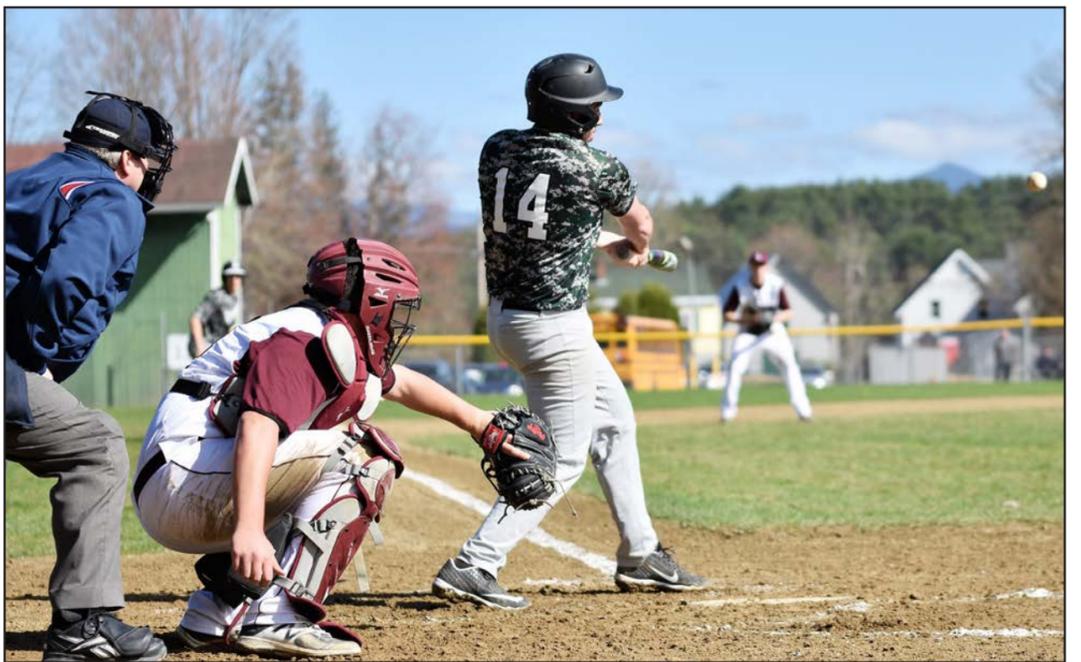
GROVETON — Speedway 51 once again will be the innovator of something new that hasn't been tried before in the region. A new class of racing will be brought to the track bi-weekly, and will bring in a completely different type of vehicles and spectators.

Dick Therrien, Speedway 51 promoter, is proud to announce the birth of the UTV Side By Side Front Stretch Drags. "The division sponsor, Mom's North Country Powersports of Groveton is helping me design this excitingly intense new form of racing. These off-road, high performance units will line up in turn four, and race one on one to turn number one reaching speeds of 60-70 mph. The rules are similar to spectator drags except they only race down the front-stretch not all the way around the track. As far as we know this has not been done before and it should be awesome."

This type of racing will be divided into

five classes featuring the 0-700 c.c., 750 and up c.c., open class including turbos, mods and hopped up units, utility vehicles such as Rangers, Treks and Commanders, and the sport class, featuring units like the Razors and Mavericks. You must be at least 16 years of age to compete, and you may run in more than one class but must have different machines for each class and register in each class. Registration is just \$10 per class. All drivers must have a certified helmet, gloves and working seatbelts. Races will be held at intermission.

The first event for the Side by Sides Front Stretch Drags will be held on Saturday night, May 25. The rules are ready to be posted and will be up at www.speedway51int.com in the very near future. Speedway 51 is located at 78 Craggy Road in Groveton. For any information, contact Therrien at 802-274-8823 or e-mail dprdick@gmail.com.



COREY MCKEAN/THE COURIER

Woodsville's Ricky Vinnacombe laces an RBI single in fourth inning action for the Engineers.

BASEBALL

(CONTINUED FROM PAGE B1)

to left center field by Tyler Murro, giving Littleton an early 2-0 advantage.

Neither team would register another run until the top of the fourth as walks proved costly for the Crusaders. Woodsville's Billy Green led off the inning with a walk and was moved to third off a double to right center field by Patrick Reardon-Estes. An RBI single by Walker brought Green in to score and a walk to Roy brought up Vinnacombe, who hit a single into shallow left field, bringing in Reardon-Estes to score. Back to back walks to

Donny Bowman and Moore brought both Walker and Roy in to score, giving Woodsville a 4-2 lead heading into the fifth inning.

The Engineers tacked on another run in the fifth while Littleton went to Finkle on the mound. Walker would draw a walk to start the inning and a fielder's choice play moved him to third. Walker would come around to score off an RBI groundout by Vinnacombe, extending the Engineer lead to 5-2 heading into the sixth.

Both Woodsville and Littleton would go scoreless in the sixth, bringing the Engineers' bats back out in the top of the sev-

enth where they added a pair of insurance runs off a walk and two hits by Roy and Vinnacombe, giving the Engineers a 7-2 advantage.

In the bottom of the seventh, Grady Millen and Paradise would both register hits but the Crusaders struggled to bring them around as Woodsville hung on for the 7-2 victory.

"I thought we played well but they played better. There were two differences in the game. We walked seven and Moore only walked two. Their six through nine hitters got four hits and five RBIs, ours two hits and zero RBIs. I was happy with

our defense. Obviously we have things to improve on and I believe we will," said Littleton coach AJ Bray.

The Engineers were led by Vinnacombe with two hits and three RBIs while the Crusaders were led by Paradise with two hits.

Woodsville improves to a record of 5-0 on the season while Littleton falls to a record of 3-1. The Engineers will play again on Wednesday, May 1, as they travel to play Pittsburg-Canaan. Game time is posted for 4:30 p.m. The Crusaders will play again on Wednesday, May 1, as they host Gorham. Game time is posted for 4 p.m.

Calendar

Please submit Calendar items at least one week before publication date to brendan@salmonpress.news, or call 444-3927.

WEDNESDAY, MAY 1

Baby's Morning Out, 10-11:30 a.m., Littleton Regional Healthcare, 600 St. Johnsbury Rd. A great opportunity for new moms to gather and talk about their experience as a new parent. Babies are welcome, of course! Meet in the Medical Office Building conference room, level 2 of Littleton Regional Healthcare.

Community Supper, 5-6 p.m., Franconia Community Church of Christ.

Family Support Meeting, 6-7 p.m., North Country Serenity Center, 33 and 39 Main St., Littleton. Please join us for a meeting for families dealing with alcohol and addiction.

Alzheimer's Support Group, 6:30-8 p.m., Littleton Community Center, Bowker Room, 120 Main St. The Littleton Community Center announces a weekly support group for caregivers and loved ones dealing with Alzheimer's and other dementias. Friends, family and community partners will gather in the Bowker Room to share information and resources available in the local area.

THURSDAY, MAY 2

All Saints Food Cupboard, 9-10 a.m., All Saints Episcopal Church, 35 School St., Littleton.

Bone Builders, 10:30-11:30 a.m., Littleton Regional Healthcare, 600 St. Johnsbury Rd. Bone Builders is an osteoporosis prevention and reversal program, an effective combination of stretching, balance and weight exercises. Free and open to everyone. Requires written permission from a physician. Meeting located in Medical Office Building in lower level conference room. For information, call Gail Clark at 444-9304.

HEALTH RELATED & SUPPORT GROUPS

Alzheimer's Support Group, 6:30-8 p.m., Littleton Community Center, Bowker Room, 120 Main St. The Littleton Community Center announces a weekly support group for caregivers and loved ones dealing with Alzheimer's and other dementias. Friends, family and community partners will gather in the Bowker Room to share information and resources available in the local area.

Bereavement support group, 1-2:30 p.m., 1st and 3rd Tues., at North Country Home Health & Hospice, 536 Cottage St., Littleton; call 444-9221 or 444-5317.

Support Center at Burch House, ongoing support group for women and teens; call 444-0624.

NAMI support group for families living with mental illness, 6:30-8:30 p.m. 3rd Thursday of each month, at All Saints Parish House, School St, Littleton; 846-5554.

Play Mah-Jong, 1-4 p.m., Littleton Community Center, 120 Main St. If you enjoy playing cards, chess, checkers, backgammon, tic tac toe, or any other memory game, you'll love Mah-Jong. Originating in China and developed throughout the world since the early 20th century, Mah-Jong is a game of skill, strategy and a certain degree of luck. For more information, please call 444-5711 or email littletoncommunitycenter@gmail.com.

Weight Watchers, 4-5 p.m., Littleton Regional Healthcare, 600 St. Johnsbury Rd. Meetings held every Thursday in the Medical Office Building conference room. For more information, call Carrie Way at 444-9000.

Zumba class, 5:30 p.m., Littleton Opera House, 2 Union St., Littleton. With Patience Marsh. Open to the public.

FRIDAY, MAY 3

Chowder Luncheon, 11:30 a.m.-1 p.m., Littleton Methodist Church, Main Street. Your choice of fish or corn chowder, delicious sandwiches, and mouth watering homemade pies. Free delivery. Call your orders in to 444-5567 or 493-9934 between 7:30 and 10 a.m. for delivery. Pick-up only available after 10 a.m. A great social event, fun for all ages. Bring your spouse, friend, secretary, or even your boss!

Friday Night Suppers, 6-7 p.m., Littleton VFW, 600 Cottage St.

SATURDAY, MAY 4

Car Wash Fundraiser, 9 a.m.-2 p.m., Neskaya Movement Arts Center, 1643 Profile Rd. Wash off winter! Suggested donation.

Healthy Living Seminar, 10-11 a.m., All Saints Episcopal Church, 35 School St., Littleton. A

series of free workshops brought to you by All Saints. Light refreshments will be provided. For more information, call 444-3414.

Community Baby Shower, 11 a.m.-1 p.m., Littleton Community Center, 120 Main St. The Family Resource Center invites new and expectant moms and dads to a Community Baby Shower. Come and select from new and gently used baby items, enjoy refreshments, visit our resource table, receive a complimentary maternity photo and so much more.

L.E.G.O.S. Little Engineers Group, 1:30-2:30 p.m., Littleton Public Library, 92 Main St. Creative fun for children ages five and up in the children's room. For more information, call 444-5741.

SUNDAY, MAY 5

All Saints Food Cupboard, 9-9:45 a.m., All Saints Episcopal Church, 35 Main St., Littleton.

Car Wash Fundraiser, 9 a.m.-2 p.m., Neskaya Movement Arts Center, 1643 Profile Rd. Wash off winter! Suggested donation.

MONDAY, MAY 6

Free Open Sew, 10 a.m.-4 p.m., One Stitch Two Stitch, 81 Main St. (out back), Littleton. For information, contact Beth Anderson at hpenpeckedquilts@yahoo.com or 444-5284 or visit www.onestitchtwostitch.com.

Story Time, 11 a.m.-noon, Little Village Toy & Book Shop, 81 Main St., Littleton. Story time opens up the world of books to young children. Join us on Mondays at 11 a.m. to discover a new adventure every week. Ages six and under. For more information, call Angie Low at 444-4869, e-mail lit-

tlevillagetoyshop@gmail.com, or visit the Web site www.littlevillagetoy.com.

TUESDAY, MAY 7

All Saints Food Cupboard, 9-10 a.m., All Saints Episcopal Church, 35 School St.

Coffee and Conversation, 9-10 a.m., Littleton Area Chamber of Commerce Welcome Center, 107 Main St. Join our Executive Director for informative, often topic based conversation in the relaxed atmosphere of the Chamber Welcome Center. Some weeks may have a specific conversation topic, others may be organic, casual conversation. Coffee and light refreshments will be served. RSVP required.

Bone Builders, 10:30-11:30 a.m., Littleton Regional Healthcare, 600 St. Johnsbury Rd. Bone Builders is an osteoporosis prevention and reversal program, an effective combination of stretching, balance and weight exercises. Free and open to everyone. Requires written permission from a physician. Meeting located in Medical Office Building in lower level conference room. For information, call Gail Clark at 444-9304.

Grief Group, 1-2 p.m., North Country Home Health and Hospice, 536 Cottage St., Lisbon. Open to anyone experiencing a loss. Held the first and third Tuesday of the month. No end date. All are welcome!

Intentional Stitching, 3 p.m., Abbie Greenleaf Library, Franconia. Facilitated by Beth Harwood. Free and open to the public. Regular Mindful Stitching can be a means to personal meditation. It can also be a means to express oneself clearly, creatively and emotionally. Whether you've been

stitching since you could hold a needle or you've never stitched but would like to give it a try, this group is for you. If you would like to patch clothing, recycle, upcycle, or use up some fabric scraps from your stash, this group is for you. If you'd like to take time out to make new friends or rekindle old friendships, this group is for you. The idea is to meet once a week, learn a new stitch at the beginning of each gathering, then spend the remainder playing with the new stitch.

Dinner Bell Meal, 5-6 p.m., All Saints Episcopal Church, 35 School St., Littleton. All are welcome to this free community supper.

Friends of the Littleton Public Library Monthly Meeting, 5:30-6:30 p.m., Littleton Public Library, 92 Main St. The Friends meet on the first Tuesday of each month.

Zumba class, 5:30-6:30 p.m., Littleton Opera House, 2 Union St. Every Tuesday and Thursday with Patience Marsh. Open to the public.

Alcoholics Anonymous, 6-7 p.m., First Congregational Church, 189 W. Main St., Littleton. For more information, call 444-3376.

Landshark Mountain Bike Ride, 6-7 p.m., PRKR lot, School Street. This Tuesday ride is for riders of all abilities. This is a group ride for one to two hours. Helmets are required, and lights may be required during the winter months. For more information, you can call the shop at 444-3437 or send an email.

WEDNESDAY, MAY 8

Baby's Morning Out, 10-11:30 a.m., Littleton Regional Healthcare, 600 St. Johnsbury Rd. A great opportunity for new

moms to gather and talk about their experience as a new parent. Babies are welcome, of course! Meet in the Medical Office Building conference room, level 2 of Littleton Regional Healthcare.

Book Club, 1-2 p.m., Littleton Community Center, 120 Main St. Do you love to read? Join us at the LCC to discuss a new book over light snacks. Reading activates the mind. It is a key to success for our young children, but it also contributes to important health benefits as we age. Admission is free. Donations welcome.

Adult Crafts, 4-5 p.m., Littleton Public Library, 92 Main St. We make crafts for the holidays or just for fun. Our crafts range from sock snowmen, paper folding, mandala coloring to water coloring, chalk pastel art, and glazing. Stop in and join us some time. Email litlibdesk@gmail.com for more information, or call 444-5741.

Community Supper, 5-6 p.m., Franconia Community Church of Christ.

Family Support Meeting, 6-7 p.m., North Country Serenity Center, 33 and 39 Main St., Littleton. Please join us for a meeting for families dealing with alcohol and addiction.

Alzheimer's Support Group, 6:30-8 p.m., Littleton Community Center, Bowker Room, 120 Main St. The Littleton Community Center announces a weekly support group for caregivers and loved ones dealing with Alzheimer's and other dementias. Friends, family and community partners will gather in the Bowker Room to share information and resources available in the local area.

ONGOING MONTHLY PROGRAMS AND MEETINGS

Please contact *The Courier* about any changes, 444-3927

New mothers' group, 10:30 a.m.-noon, every Wed., Littleton Regional Hospital; 444-9335.

Sight Services for Independent Living, vision rehabilitation group, 1-3 p.m., 2nd Thurs. even months, at Community House, Littleton.

AA meetings:

- St. Catherine's Church, Highland Street, Lisbon. Wed. 7 p.m.; 747-2038.

- Littleton Congregational Church, M-F, noon (BB, 12 Step, speak/discuss) and Sat., 7:30 p.m. (speak/discuss) Wed., 7 p.m. (Big Book); 444-3376

- Methodist Church Parish Hall, Littleton, Thurs., 8 p.m., 12-step; 444-5567.

- Littleton Hospital, Sat., 8:30 a.m., 12-step study group; 444-9000.

- United Methodist Church, Woodsville, Fri., 8 p.m., (speak/discuss); 747-3122.

- White Mountain Christian Church, 70 Reddington St., Littleton. Mon.-Fri., Morning Spiritual (read/discuss), 8 a.m.

- St. Rose of Lima Church, Littleton. Sun.,

6:15 (beginner group); 7:30 (speak/discuss). 444-2593.

- Durrell Methodist Church, Main St., Bethlehem. Tuesdays, 7-8 p.m. "As Bill Sees It", read and discuss.

Al-Anon meeting, St. Johnsbury Al-Anon 7 p.m., every Tues., Thurs. Kingdom Recovery Center (Dr. Bob's birthplace) 297 Summer St.

Al-Anon meeting, 10 a.m. Saturday Unitarian Universalist Church Cherry St.,

Al-Anon meeting, 6 p.m., every Tues. at First Congregational Church on Main St., Littleton; 444-3376.

Al-Anon meeting, 6 p.m., every Sun., at Trinity United Methodist Church, 18 Lancaster Road (Rt. 3) in Whitefield; call 837-2083 for more info.

Cloverleaf Drop-In Center peer support outreach, 3-9 p.m., Sun.-Thurs., and 1-9 p.m., Fri. and Sat., 241 Cottage St., Littleton; 444-5314.

Littleton Peer Sup-

port Group, 9 a.m.-4 p.m., Monday thru Friday, 267 Main St., Apt. 4, Littleton, tel./fax 444-5344. We are geared around Mental Health and Recovery. To EMPOWER and facilitate groups. To give tools so you can be self sufficient. All programs are free.

Chair Yoga for Wellness, 1-2 p.m., Mondays, Littleton Area Senior Center. Appropriate for all ages. Improve flexibility, balance and ability to reduce stress. Call Katrine with questions at 838-2421.

Brain Injury and Stroke Support Group, 2nd Wed. every month, 6 p.m., at the Ammonosuc Community Health Center, 25 Mt. Eustis Rd., Littleton. Jackie 616-1468 or Steve 444-2464 X9123.

Overeaters Anonymous Meeting, Mondays, 5 - 6 p.m., Franconia Community Church of Christ basement, 44 Church Street, Franconia, NH. Call 823-5292.

Weekly Blood Pressure Check, 10 a.m.-noon. At Littleton Fire Rescue/Fire Station.

Free to the public. Walk-in clinic, no appointment necessary. For more information, please call Bill at 444-2137.

RSVP Bone Builders At Littleton Regional Healthcare

RSVP (Retired Senior Volunteer Program) Bone Builders is a strength training and balance exercise program designed to address the issue of osteoporosis. Classes meet twice a week at LRH on Tuesday and Thursday mornings at 10:30 a.m. at LRH, 600 St. Johnsbury Road, Littleton - Medical Office Building - take elevator to 2nd Floor! Classes are ongoing, so you can join anytime. The classes are FREE of charge and weights are provided.

Narcotics Anonymous, Weds., 7-8 p.m. Trinity United Methodist Church, Lancaster Road, Whitefield.

Chronic Disease Self-Management Workshops-"Better Choices, Better Health" is a free 2-hour 6-week peer supported work shop held each week for peo-

ple living with chronic illness or caring for someone with a chronic illness. Connect with others who understand. Topics covered include nutrition, stress-management, exercise, and communication. Offered in Littleton, Haverhill, Berlin, North Conway, and Plymouth. Contact Becky at 259-3700 or bmcanany@nchnh.org for dates and locations of classes.

FOR SENIORS

Whitefield Senior Center Meals, noon, Mon. at Highland House and McIntyre Apts.; Wed. at McIntyre Apts.; Mon., Wed., and Thurs., at McKee Inn, Lancaster, 837-2424. Alternates Friday between McIntyre and McKee.

EDUCATIONAL

Free QuickBooks training: How to Use QB Online, Creating a New Company in QB, Common QB Mistakes, Creating Custom Forms, and Year-end Tasks. Classes held in Lancaster at Passumpsic Savings and in Littleton at Littleton Hospital. Contact Becky at Crane & Bell (788-4928

PROGRAMS

(CONTINUED FROM PAGE B6)

or rebecca.ring@craneandbellcpas.com) for dates, times and details or visit www.craneandbellcpas.com

FREE HiSET (High School Equivalency Test and English as a Second Language classes. Call Adult Learner Services at 444-6306 or email c.shawdorran@sau35.org for more information. 75 Bronson St., Littleton

HISTORICAL SOCIETIES

Littleton Area Historical Society, open Weds. 10 a.m.-2 p.m., Sat. 10 a.m.-2 p.m., at 2 Union Street, Littleton. Meetings are held on the 1st Wednesday of each month at 10:30 a.m. 444-6435.

Bethlehem Heritage Society open June on weekends, July 1st to Labor Day, daily from 10 a.m. to 4 p.m. Call for appointment during other times and winter months at 603-869-3330. Meetings held on 3rd Wednesday of the month at 6:30 p.m.

Dalton Historical Society, 7 p.m., first Thurs., at Dalton Town Hall; call 837-9120.

Lisbon Area Historical Society, open Friday 1 p.m.-3 p.m. May through October or by chance or appointment, at 6 South Main Street (Parker Block). Meetings third Weds. of the month at 6:30 p.m. Call 838-6146.

Sugar Hill Historical Museum Located beside the Sugar Hill village green (across from the old post office), this museum includes information of this scenic hillside town from 1780 to the present. Our campus consists of two barns, one main building, and the Reid-Burpee house adjacent to the Carriage Barn. The Carriage Barn is filled with tools, horse-drawn carriage

es, folk-style paintings of old Sugar Hill, and a Benjamin Morrill tower clock. The second barn, the Sleigh Shed, displays a vast and growing collection of historic public signs and sleighs, including one sleigh from the Bette Davis estate. It also garages the 1939 Ford fire Truck #2 given to the newly formed sugar Hill Fire Department in 1948 by Henry Crapo. This Ford truck, originally a farm truck, was retro-fitted by the firemen. When the museum is open, the fire truck magically appears on the front lawn. The main building contains extensive photograph archives, a local history and genealogy library, the Cobleigh Tavern public room, a gift shop, and a unique main gallery exhibit which changes annually to reflect the history of sugar Hill's people and places. Sugar Hill Quilts, the 2019 exhibit, will showcase quilts created by and owned by Sugar Hill residents. Alongside the quilts will

be a delightful display of vintage toys. The Reid-Burpee house highlights a 1930s kitchen, an outdoor chicken coop, and a garden shed. Open Memorial Day Weekend through Columbus Day Weekend, Fridays and Saturdays, 11 a.m. to 3 p.m. Admission is free. Memberships and donations are encouraged. Special tours may be arranged during the season. Contact Curator-Director Kitty Bigelow at 823-5336. Visit http://www.sugarhillnh.org/library-and-museum-sugar-hill-historical-museum/ and find us on Facebook at Sugar Hill Historical Museum.

Franconia Heritage Museum: 1-4 p.m. Saturdays, Memorial Day through the end of October; other times by special request. Call 823-5000.

CULTURE & RECREATION

The Littleton Community Center hosts a family game night the second Friday of each

month through April 12 from 6 to 9 p.m. Bring a game, bring a friend or just bring yourself and join us at Littleton's unique historical property to share and meet new acquaintances. Light refreshments will be served, and donations are appreciated. Free and open to the public. For more information, please contact the Community Center at 444-5711 or e-mail littletoncommunitycenter@gmail.com.

Littleton Area Garden Club meets second Thursday monthly at 1 p.m. Membership open to men and women of all ages, from all communities who are interested in gardening. Please call 823-5459 for location and program details.

The Arts Gallery, 28 Main St., Lisbon, fine art of the North Country.

The Frost Place Museum, located at 158 Ridge Rd. in Franconia, is open from Memorial Day Weekend through

mid-October. Visitors enjoy a self-guided tour of the 1915 home of Robert Frost, a short walking path featuring several of Frost's poems along the way, and a 20-minute video of Frost's life. The Museum is open Thursday through Sunday during June, and every day except Tuesday beginning July 1. Hours are 1-5pm, with extended hours during foliage season. For information on conferences, programs, evening poetry readings, and other opportunities at The Frost Place please call 823-5510, or visit the Web site at frostplace.org.

Catamount Arts films, 7 p.m. weeknights, Eastern Ave., St. Johnsbury, Vt.; Sat., 7 and 9 p.m., and Sun., 1:30 p.m.; 1-888-757-5559.

Littleton Quilt Guild Meeting, 3rd Thursday of each month, 6-8 p.m., at Littleton Community Center, 120 Main Street. Guests and new members welcome. 444-5941.

North Country Toastmasters, 6-7:30 p.m. Now meets 2nd & 4th Thursdays at Bailiwicks Restaurant in Littleton. Everyone over age 18 is welcome to attend. Experience the success of Toastmasters for yourself! Visit their website @ http://1431722.toastmast ersclubs.org/ call 802-473-0120 or email e_brisson@yahoo.com for more information.

French Conversation, 1st and 3rd Thursdays 4 PM, Bradford Public Library

Free and open to the public. Bradford Public Library, 21 S. Main St., Bradford, Vt. 802/222-4536 bradfordpubliclibrary@gmail.com, http://bradfordvtlibrary.org/

A Notch Above Photography Club meets the 2nd Saturday of each month at 1 PM in the conference room of the Bethlehem Public Library, 2245 Main St., Bethlehem, NH. The club is open to every-

PROGRAMS, PAGE B8

TAKE A BREAK

1	2	3	4			5	6	7	8
			10			11			
				14		15			
			17			18			
		20		21					22
23			24		25				26
	27			28		29			30
			31		32		33		
		34				35		36	
38				39		40		41	
				44			45		46
			49	50				51	
						54			55
							57		
58									59

ACROSS

- Type of fruit
- Unit of time
- Oil company
- Benson's "partner"
- Fictional mob boss Tony
- Remain as is
- Visual record
- Small constellation
- Popular family TV series
- Tough outer layer
- Cut
- Vietnamese offensive
- Horizontal mine passage
- Greek war god
- Have already done
- Six (Spanish)
- Remarks for the audience
- Relaxing spots
- Prevent from seeing
- Disguised
- Comedian Rogen
- Afflict in mind or body
- Sour
- People native to N. Mexico
- No seats available
- Ned ___ composer
- A fit of irritation
- Ability to move objects mentally
- Luke's mentor ___Wan
- Herbal medicine ingredient
- Oscar-winning director Bigelow
- Likes
- In a sound way
- Part of a staircase
- Exemptions from play

DOWN

- How will it play in ___?
- Grows
- Swiss river
- Canadian flyers
- Affirmative! (slang)
- Root of taro plant

- Large, long-legged rodents
- Recycled
- Pre-1917 emperor of Russia
- Sometimes it's on you
- Contrary beliefs
- Remain as is
- Spicy stew ___ podrida
- Play time
- Italian monetary unit
- Type of fuel
- Portable conical tent
- Yazoo and Mississippi are two
- What people earn
- Insect repellent
- After first
- Plays the viola
- Not good
- Esteemed guest
- Where rockers ply their trade
- Office furniture
- Ancient Greek oracles
- Quantitative fact
- Missing soldiers
- Minute
- This (Spanish)
- Maintain possession of
- Knife
- What to say on New Year's Day (abbr.)

This Week's Answers

S	E	A	R	T		H	E	L	S	
A	T	E	N	V	S		G	E	S	S
N	A	H	V	I	V		O	E	R	S
I	B	O	S	I	S		N	I	K	E
I	N	S	W	E	B		O	R		
S	O	V	I	G	I		T	V		
H	I	L	S		O		E			
T	I	S								
S	O	I	S	V		S	I	S		
O	I	O	S	E	M		A	I	O	
I	J	I								
E	S	O	H	E	B		T	E		
I	N	O	D	E	B		O	N	V	
S	E	D	O	E	H		O	V	E	
M	V	E	A							

Religious Directory
Bring your Family to a House of Worship

BETHLEHEM
BETHLEHEM CHRISTIAN CENTER
 Non-Denominational
 1858 Maple St., Bethlehem • 869-5401
 Sunday Worship: 10 a.m.
 Youth Group: 6 p.m.
 Pastor: Steven M. Palmer

BETHLEHEM HEBREW CONGREGATION
 Unaffiliated-Egalitarian
 39 Strawberry Hill, Bethlehem
 Sabbath Services Spring through Autumn
 Holiday Services Year Round
 Life Cycle Celebrations • Extensive Jewish Library
 Youth Programs • Adult Education
 Call 603-869-5465 • www.bethlehemsynagogue.org
 Community Participation Welcome

BREAD OF LIFE UPC
 Apostolic Pentecostal • 869-3127
 835 Profile Road • Bethlehem, NH
 Sunday Worship: 11:30 a.m.
Bethlehem Community Bible Study:
 7:00pm call for location
Lancaster Community Bible Study:
 7:00pm call for location
 Visit our website for other activities and calendar of events
 www.breadofflifeupc.com
 Pastor: James F. Sullivan, (603) 869-3127

DURRELL UNITED METHODIST
 Box 728 • 869-2056
Morning Worship and Sunday School
 for nursery through fifth grade at 11 a.m.
 Pastor: Aaron Cox

NEW LIFE ASSEMBLY OF GOD
 475 Whitefield Rd., Bethlehem • 444-1230
Sunday Morning Worship 10:30 a.m.
 Wednesday Evening 6:30 p.m. Prayer
Food Pantry: Every 3rd Monday 9 a.m.-Noon
Office hours: M-T 9 a.m.-noon 444-1230
 Pastor: Rev. Jay Dexter

DALTON
DALTON CONGREGATIONAL CHURCH
 Located on Route 135,
 across from the Dalton town building.
Sunday 9:30am
 Sunday Service and Children's Bible Class
Sunday 8:30am Adult Bible Class.
Wednesday 12:15pm Adult Bible Study
 in the back room of the Church
 Pastor: D Raymond, (cell) 802-535-8559

FRANCONIA
FRANCONIA COMMUNITY CHURCH OF CHRIST (UCC)
 44 Church St. (Box 237), Franconia 03580
Office Phone: 823-8421
Email: office@franconiachurch.org
Web site: www.franconiachurch.org

Office Hours: Tues. and Thurs. 10:00 am - 12:00 pm
Sunday Worship: 10:30 am
Choir Practice: Sun. 9:30 am, Thurs. 7:00 pm
Good Neighbor Food Pantry Hours:
 Tues. 11:00 am - 1:00 pm, A Lay-led Ministry

OUR LADY OF THE SNOWS CHURCH
 Roman Catholic • Main St., Franconia • 444-2593
Mass: Saturday at 6 p.m.

JEFFERSON
JEFFERSON CHRISTIAN CHURCH
 Meeting at the 100F Lodge on Route 2
 752-6215 • Affiliated with CCCC
 (Conservative Congregational Christian Conference)
Worship Service: 8:30 a.m.
Children's Sunday School: 9:00 a.m.
Weekly Bible Studies
 Pastor: Rev. Dean A. Stiles

LINCOLN
ST. JOSEPH CHURCH
 Roman Catholic • Church St., Lincoln • 745-2266
Saturday Mass: 4:30 p.m.
Sunday Mass: 7:30 and 10:00 a.m.
Daily Mass: Tues. 5 p.m., Wed. 8:30 a.m.,
 Thurs. 5 p.m., Fri. 8:30 a.m.
Eucharistic Adoration: 9 a.m. - 8:00 p.m. Wednesday
 Pastor: Rev. David Kneeland
 www.stjosephlincoln.org

LISBON
LISBON BIBLE CHURCH
 Non-Denominational • 21 Woolson Rd., Lisbon • 838-6184
Sunday School: 9:15 a.m.
Worship Service: 10:30 a.m.
Wednesday Prayer Meeting: 6:30 p.m.
 Pastor: Kevin D. McKeen

CHURCH OF THE SPIRIT
 Episcopal • School Street, Lisbon
Sunday Worship: 9 a.m., and coffee fellowship
 Pastor: Rev. Noel Bailey

CHURCH OF THE NAZARENE
Sunday School: (all ages) 9:30 a.m.
Worship Service: 10:30 a.m.
 at Lisbon Regional School Library
 (Nursery, Children's Church up to age 8)
Sunday Evening Study: 6 p.m. in private home
Wednesday Prayer Meeting:
 6:30 p.m. in private home
Friday: SonShine Club (Oct.-Apr.) up to age 12)
 Pastor: Tracy Davis, 838-5138

ST. CATHERINE OF SIENA CHURCH
 Roman Catholic • Highland Ave., Lisbon • 747-2038
Lord's Day Mass: 9 a.m.
Thursday Mass: 9 a.m.
 Pastor: Father Alan Tremblay
 www.stjoseph_church@yahoo.com

LISBON-LANDAFF
THE SHARED MINISTRY
 Landaff & Lisbon, U.M.C
 Lisbon Congregational, U.C.C.
 Meeting in the brick church,
 Main Street, Lisbon, through winter.
Sunday Worship: 10 a.m. with child care
 and children's Sunday School
Prayer Groups: As scheduled
Bible Study: Weekly at the Parsonage
 Pastor: Rev. Lyn Winter
 838-5008 (Parsonage) • pastor@thesharedministry.com

LITTLETON
THE ROCK
 35A Mill Street, Littleton, NH
 Satellite Facility of Bread of Life UPC
Littleton Community Bible Study:
 Wednesday's 5:45 - 7:15pm call for location
Youth Group: Wednesday's 7:30
 Visit our website for other activities and calendar of events
 www.breadofflifeupc.com • 603-869-3127
 Pastor: James F. Sullivan

CROSSROADS CHURCH
 Bible-Based • 1091 Meadow St., Littleton • 444-2525
Contemporary Sunday Worship: 10:30 a.m.
 Nursery care provided. Children's ministry and education.
Bible Study: Tuesdays, 5:30 p.m.
Men's Bible Study: Every other Wednesday
 (check website for dates)
Time for Women: 3rd Wed. of month, 6:30-8:30 p.m.
 Pastor: Mark Clements
Website: www.crossroadsfittleton.com
Email: pastor.crossroadschurch@gmail.com

ALL SAINTS' EPISCOPAL CHURCH
 Infinite Respect - Radical Hospitality
 35 School Street • Littleton, NH • 444-3414
Email: allsaints@allsaints.org
Holy Eucharist: All welcome to
 8 AM and 10 AM services.
Food Cupboard: 9-10 AM Tuesday,
 Thursday; 9-9:45 AM Sunday
Men's Breakfast: 8 AM
 3rd Wednesday every month
Dinner Bell: Meal served Tuesdays
 at 5:00 pm from September to June.
Office Hours: Monday - Thursday 9:00 am - 1:00 pm
 Friday 9 am - Noon
 Find us at http://www.allsaints.org
 On Facebook @All Saints' Episcopal Littleton NH
Rector: Reverend Curtis E. Metzger
Administrative Assistant: Verna White

FAITH BIBLE CHURCH
 Christ-Centered - Contemporary Worship
 355 Union Street, Littleton
WORSHIP GATHERINGS
Sunday: 8:00 & 10:00 AM
Wednesday: 6:45 PM
Sunday, 10:00 AM: Mission Discovery for kids
 Adult ministries & Small Groups
More information: www.nhfaith.com

Contact us: info@fbc-nb.org • Call: 444-2763
 Pastor: Mac Starring

FIRST CONGREGATIONAL CHURCH, UCC
 Landaff & Lisbon, U.M.C
 189 Main St., Littleton • 444-3376
Office Hours: M-F 9:00 a.m.-1:00 p.m.
Email: fstcong@myfairpoint.net
Web: www.1stconglittleton.org
Sunday Worship: 10 a.m.
Tuesday: 6-7 p.m., Al Anon Meeting
Wednesday: 7 p.m., Big Book AA Meeting
 Pastor: Rev. W. David Weddington

FIRST UNITED METHODIST CHURCH
 18 Main St. Littleton • 444-5567 • office@fumclittleton.org
Office Hours: Tuesday, Thursday & Friday 9-Noon
Sunday Worship: 9:30 a.m.
Sunday School: 9:30 a.m.
 (Nursery care provided)
Supper Service: Tuesday, 6 p.m.
 Free Food and Good News!
 Pastor: Rev. Shannon D. Keeney, 603-444-5567

LITTLETON BIBLE BAPTIST CHURCH
 (NV ONLY)
Sunday School: 10 AM
Morning Service: 11 AM
Evening Service: 6 PM
Wednesday: Prayer Meeting 7:00 PM
Dinner on Grounds: Last Sunday of month
 with no Evening Service
Contact: Pastor Ed Small, (603) 444-2880
Email: pastorlittletonbiblebaptist@gmail.com
Web site: littletonbiblebaptistchurch.org

ST. ROSE OF LIMA CHURCH
 Roman Catholic • High St., Littleton • 444-2593
Masses: 4 p.m. Saturday; 8 a.m. & 10:30 a.m. Sunday

ELEVATE CHURCH
 Christ-centered, charismatic, contemporary worship
 70 Redington Street, Littleton, NH 03561
 602-444-6517 • www.elevatechurchnh.com
Sunday service 10:00 am
Kids church / Nursery Provided 10:00 am
 Pastor: Jim Anan

SUGAR HILL
ST. MATTHEW'S CHAPEL
 Episcopal • Rte. 117, Sugar Hill, NH
Sunday Services: 10:00 a.m. in July,
 August & the 1st Sunday in September
 All are welcome. Refreshments following service.

SUGAR HILL COMMUNITY CHURCH
 Non-denominational • Rt. 117, Sugar Hill • 823-9908
Adult Sunday School: 10 a.m.
Child Sunday School: 10 a.m.
Sunday Worship: 11 a.m.
 Pastor: Ned Wilson

WHITEFIELD
THE CHAPEL OF THE TRANSFIGURATION
 (Located behind the Laconia Bank on Elm St.)
Rectory: 837-2724 • All Other Inquiries: 837-2552

CELEBRATING ITS 127TH YEAR OF CONTINUOUS SUMMER SERVICE IN WHITEFIELD.
 Join us in worship Sunday mornings
 at 9 a.m. from July 1 to August 26

TRINITY UNITED METHODIST CHURCH
 18 Lancaster Rd., Whitefield
Sunday Services: Sunday at 9 a.m.
 Pastor: Aaron R. Cox

WHITEFIELD COMMUNITY BAPTIST CHURCH
 27 Jefferson Road, Whitefield • 603-837-2469
Office hours: Tuesday - Thursday noon - 4pm
 www.cbcl816.church • email: cbcl816@myfairpoint.net
Sunday Worship: 10:00 a.m.
Sunday School: (preschool - adult): 9:00 am
Prayer Meeting: Wednesday nights 6:30 pm
Men's Breakfast: 3rd Saturday of the month, 8:00 a.m.
Ladies' Circle: 3rd Thursday of the month, 1:00 p.m.
Outreach ministries: Friends-N-Neighbors Thrift Shop
 and Food Pantry, 837-9044
 Pastor: Rev. Greg Vigne

WHITEFIELD CHRISTIAN CHURCH
 3 School St., Whitefield • 603-837-8849
 www.whitefieldcc.com
 Please visit our website for opportunities
 of fellowship and worship and for updated youth and
 children's ministry information.
Sunday Schedule: 10:30am Morning Worship

WOODSTOCK/N. WOODSTOCK
CHURCH OF THE MESSIAH
 School St., No Woodstock • 745-3184
Wednesday Service: 6:30 p.m.
Sunday Service: 9:00 a.m.
Priest in Charge: Teresa Gocha

PEMI VALLEY CHURCH
 Rte. 3, Woodstock • 745-6241
 (112 miles north of Exit 30 or 4 miles south
 of the light at Rte. 118 & Rte. 3)
Wednesdays: Prayer Group, 6:30 p.m.
Sunday Service: 9:00 a.m.
 Pastor: Rev. John Muehlike Jr.

WOODSVILLE
ST. JOSEPH CHURCH
 Roman Catholic • 21 Pine St., Woodsville, NH
Lord's Day Masses: Sat. 5:00 p.m.;
 Sun. 7:15 a.m.; Sun. 10:45 a.m.
Sacrament of Reconciliation:
 Sat. 4:00-4:45 p.m.
 Pastor: Rev. Alan Tremblay

ST. JOHNSBURY, VT
UNITARIAN UNIVERSALIST CHURCH
 Corner of Cherry St. & Eastern Ave.
 802-748-2442 • All Welcome
Sunday Services: 10:30 a.m.
Choir: 2nd and 4th Sundays
 Children's religious education program
 and childcare available.

National Geographic works featured at 42 Maple

BETHLEHEM — Local photojournalist, John Tully brings his work to 42 Maple Contemporary Art Center in May. Tully's ongoing body of work, titled "Shifting Sands" was first published online by National Geographic.

In the Shifting Sands collection, Tully focuses on the Outer Banks, a string of barrier islands along North Carolina's coast which brings in nearly \$1 billion a year through tourism-related spending. The bulk of this region's tourist season lasts just four months, from June through September.

Whether locals or natives, the people of the Outer Banks have always existed within the challenges associated with inhabiting the naturally migrating barrier is-



lands. In many ways, developing on this thin strip of shifting sand is a bit like trying to build permanent, often multi-million-dollar structures on a sandbar.

In 2010, North Carolina state officials said the ocean could rise thirty-nine inches over the next one hundred years, all but eliminating the Outer Banks. This an-

nouncement spurred heated debate between the real-estate industry, businesses, and environmentalists.

Lobbyists took to the North Carolina statehouse, convincing elected officials that admitting the data would mean an almost certain decrease in property value and increase to property insurance. Business own-

ers and investors called it a death sentence to the economy of the coastal communities.

According to Tully, North Carolina became ground zero for the denial of climate change as lawmakers not only dismissed sea level rise based on non-scientific conclusions but worked to limit the original findings through a newer, more short-term analysis. He said the lawmakers all but ignored a future plan of action.

"The Shifting Sands project came about at a crossroads in my career when I was trying to figure out how photography would fit into my life going forward after leaving a job as a newspaper staff photographer," said Tully.

"I spent a lot of time ex-

ploring and photographing my surroundings while living on the Outer Banks. As the project took shape, which happened rather quickly, I not only found the focus for sharing a slice of life and an area at risk of disappearing, but I found a focus for myself to slow down and work on issues that speak to me," said Tully.

A graduate of the University of Missouri School of Journalism and student at the Danish School of Media and Journalism, he worked as a staff photojournalist for several daily newspapers around the country before venturing on his own to focus on long-term documentary work.

Tully's body of work stems from his time focusing on quiet moments of everyday life as an exploration into the idea of home. He focuses on the backyards and backroads that make up a community, and he was the recipient of a 2018 grant from Duke University's Archive of Documentary

Arts Collection Awards for Environmental Change.

In 2015, Time Magazine named Tully as the Instagram photographer to follow in North Carolina, one of only fifty photographers selected in the country, and again in 2016 for the state of New Hampshire. He has worked with publications such as National Geographic and is a frequent contributor to The New York Times, The Washington Post, FiveThirtyEight, NPR and The Wall Street Journal, as well as non-profit organizations.

An opening reception for Tully is scheduled for Friday, May 3 at 7 p.m. at 42 Maple Contemporary Art Center. Shifting Sands will be on display through the end of May. Local band BeefStu is scheduled to perform at the opening reception, which is a free event open to the public. If you are interested in learning more about the events at 42 Maple, please call 575-9077 or visit the Web site at www.42maple.org.

THE OUTSIDE STORY

Tick-borne diseases on the rise

BY MEGHAN MCCARTHY
MCPHAUL

Eighteen years ago, when I moved back to New Hampshire, I rarely came across ticks. The dog didn't carry them unwittingly into the house, and I could spend the day in the garden or on wooded trails and not see a single, hard-shelled, eight-legged, blood-sucking creepy-crawly.

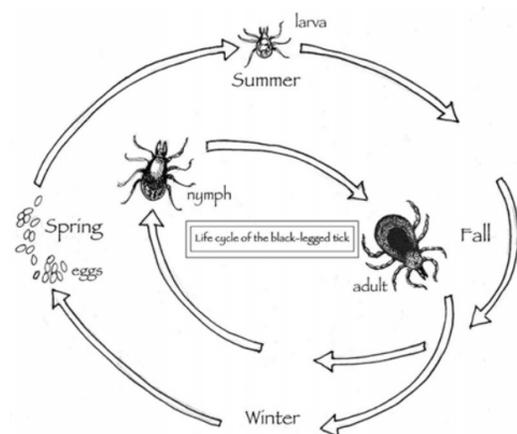
Not so anymore. Now, from the time of snowmelt in the spring to the first crisp snowfall of autumn – and often beyond – we find ticks everywhere: on the dog, crawling up the front door, along kids' hairlines, on backs or arms or legs, and occasionally (and alarmingly) walking along a couch cushion or bed pillow.

With the increase in tick numbers has come an upsurge in tick-borne diseases. Lyme disease is still the most well-known and most common. But now we can add Anaplasmosis, Babesiosis, Borrelia miyamotoi disease, Ehrlichiosis, and Powassan virus to the list of tick worries.

Vermont and New Hampshire are home to more than a dozen species of ticks. In almost all cases, however, the blacklegged tick (*Ixodes scapularis*) – also known as the deer tick – is the one transmitting tick-borne diseases to humans.

"The blacklegged tick is kind of the bad guy," said Patti Casey, environmental surveillance program director for the Vermont Agency of Agriculture. She noted that while some types of ticks feed almost exclusively on one or a few specific animal species, the blacklegged tick "tends to have a very broad menu."

That menu of hosts includes rodents – white-footed mice are a favorite – and other small mammals during the larval stage, and larger ones, ranging from deer to dogs to humans, during the nymph and adult stages. It's that first host – the small mam-



mals – that typically share the pathogens that cause tick-borne diseases in humans.

The most common tick-borne disease in our region, after Lyme, is Anaplasmosis, whose symptoms include fever, chills, headache, muscle pain, confusion, and general malaise. Fewer than three cases were reported annually in Vermont from 2008 to 2010, but more than 200 human cases of Anaplasmosis were reported in 2016. Similarly, cases of Anaplasmosis in New Hampshire rose from 88 in 2013 to 317 in 2017.

Babesiosis has also been on the rise in the region, with 76 cases reported in New Hampshire in 2017 (up from 22 four years earlier). In Vermont, fewer than 40 cases have been reported, but the numbers are climbing. Babesiosis symptoms are similar to those of Anaplasmosis and of Lyme disease.

Those symptoms of general malaise – fever, aches, chills, and fatigue – are also common in Borrelia miyamotoi, another infection transmitted by black-legged ticks, and of the tick-borne disease Ehrlichiosis, which is transmitted by the lone star tick (so named because of a distinctive light-colored circle on its back, not because of any relation to the Lone Star State of Texas). This tick is beginning to appear in northeastern states.

While still quite rare – with only one human case reported in New Hampshire in 2017 and none yet in Vermont or

New York – Powassan virus is causing concern for tick watchers. Although it hasn't spread yet to people in large numbers, 40 percent of the deer harvested last year in New York showed signs of exposure to Powassan virus. With the same general symptoms of other tick-borne diseases, this virus can affect the central nervous system and cause meningitis and encephalitis.

How quickly ticks transmit diseases varies and is difficult to study effectively. As Alan Eaton, a retired University of New Hampshire professor and UNH Extension entomology specialist notes, "Nobody wants to volunteer to see how long it takes to have a disease transmitted to them."

In experimental lab testing using rodents, it takes Lyme disease between 48 and 72 hours to be transmitted. But scientists have documented transmission of Borrelia miyamotoi disease and Anaplasmosis within the first 24 hours of attachment. Most terrifying is one study that showed Powassan virus being transmitted within 15 minutes of tick attachment.

While there are various reasons why ticks are becoming more abundant, climate change is a likely contributing factor.

Patti Casey said that longer shoulder seasons in April and October, when temperatures are not as reliably cold as they once were, give ticks a longer chance to mate and find a blood meal.

Lee Ann Sporn, a biology professor at Paul Smith's College, adds that one result of warmer, wetter weather trends has been that tick-borne diseases are an "almost year-round risk."

Alan Eaton points to another factor in the spread of ticks and the diseases they carry: a changing landscape.

"We've changed what had been a solid patch of woods decades ago to a situation where we've got little openings," he said, referring to what conservationists call "forest fragmentation."

Eaton noted that when people build houses in the woods, they make good mouse habitat in the process. With the mice come the ticks – and the diseases they transmit.

The most effective way to prevent tick-borne disease is to not get bitten. Experts suggest tucking shirts into pants and pant legs into socks when outside, treating clothes with a product that contains permethrin, wearing a repellent containing DEET, and performing daily tick checks, especially during the highest risk periods – from late spring through summer.

"You control a large amount of the risk," Eaton said. "You decide what you do, what you wear, whether you use repellents, whether you check yourself for ticks. We live in a beautiful state with wonderful things to do. Understand the risks, continue to protect yourself. But continue to get out and enjoy this wonderful place, too."

Meghan McCarthy McPhaul is an author and freelance writer based in Franconia, New Hampshire. The illustration for this column was drawn by Adelaide Tyrol. The Outside Story is assigned and edited by Northern Woodlands magazine (northernwoodlands.org) and sponsored by the Wellborn Ecology Fund of New Hampshire Charitable Foundation (wellborn@nhcf.org).

PROGRAMS

(CONTINUED FROM PAGE B7)

one interested in photography regardless of skill level. We meet for informal discussion, tutorials and photo critiques, and we schedule periodic field trips and nature hikes. New members are welcome. Contact doctortim@wildblue.net for more information or find us at Meetup.com. Join us for fun, fellowship and learning.

Peacham Corner Guild opening for season May 5, daily 10-5, closed Tuesdays. Featuring small antiques, fine handcrafted gifts and specialty foods. 643 Bayley Hazen Road, Peacham, VT. 802-592-3332.

VETERANS

Whitefield VFW Post 10675 meets at 52 Faraway Rd., Dalton, NH 03598 the second Monday of the month at 7 p.m.

Rep. of State Vet Council available 1st and 3rd Fri., 8 a.m.-noon, American Legion Post, 4 Ammonoosuc St., Woodsville and 2nd and 4th Fri. at N.H. Employment Security Office, Littleton. Call 444-2971 for appointment.

MISCELLANEOUS

The Dinner Bell Meal will be served at 5 p.m. every Tuesday (except July & Aug.) at All Saints' Episcopal Church, 35 School St., Littleton. All are welcome to this free community supper, which is sponsored by our organizations, churches and schools.

All Saints' Food Cupboard, Tuesday and Thursday, 9-10 a.m., Sunday 9-9:45 a.m. 35 School Street, Littleton.

Friday night suppers, 6 p.m., at Littleton VFW, 600 Cottage St.

Littleton Conservation Commission meeting, 7 p.m., 2nd Mon., Littleton Area Senior Center off Cottage St.

The Outreach Center, an extension of First United Methodist Church, Littleton, at 16 Pleasant St., is temporarily closed but still houses an emergency food pantry. This building is an extension of First United Methodist Church. Please call 444-5567 for further information.

Ammonoosuc Valley Softball board meetings, 7-8 p.m., 2nd Wed., public session at Littleton High School.

The Ammonoosuc River Local Advisory Committee Meeting, 4:30 to 6:30 p.m., held on 1st Wednesday each month, at the Littleton Area Senior Center. All meetings are open to the public.

Easton Conservation Commission monthly meetings, 6 p.m., first Thursday of every month, Easton Town Hall, 1060 Easton Valley Rd., Easton. For more information, please call 823-5755.

Plymouth Secular Alliance - meets 2nd and 4th Tuesdays at Pease Public Library. 7 to 8:30 p.m. Call George Maloof, 536-1179.

The Friends of Bethlehem Public Library need your help. Meetings are held on the first Thursday of every month at the Bethlehem Public Library at 6:30 p.m. Your input is needed. You can be on the Board or you can participate as much or as little as you want. Help support Library programs.

The FOBPL is a registered non-profit organization.

LITTLETON COURIER BUSINESS DIRECTORY

BUILDING

WARRENS TREE REMOVAL & STUMP GRINDING

Over 20 Years Experience
 FREE Estimates
 Fully Insured
 Warren Kenison
 7 Duval Rd., Dalton, NH 03598
 837-2792 • 823-7224

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LANCASTER: Nicely located on Bumside St. with a great back yard and a lovely landscape, this 3 bedroom, 2 bath home is bright, open and in great condition. There is a nice living room with gas insert in the fireplace, a picture window for natural light and distant view, and it is all open to the dining/kitchen area with sliders to the rear deck and yard. You can live on one floor, but the basement is partially finished with a family room, full bath, connected laundry and two car garage with direct entry. A great value at \$169,000



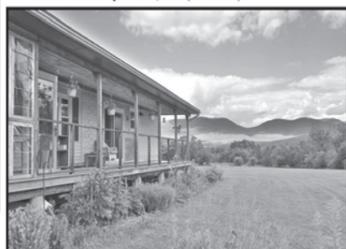
Randolph Hill Road: Situated on 2.43 nicely landscaped acres with a pond and spectacular Presidential Views, this charming 5 bedroom, 2 1/2 bath country home, built in 1838, is extraordinary. It includes a big country kitchen with vaulted family room, formal dining and living rooms, a large master suite on the first floor, a small study and an inviting sunroom with natural light and solar warmth. Outbuildings include a one bedroom cottage with kitchen/living/dining area, a Bunk House, and a 3 car garage. This is a beautiful home in a treasured community. \$395,000 (4741602)



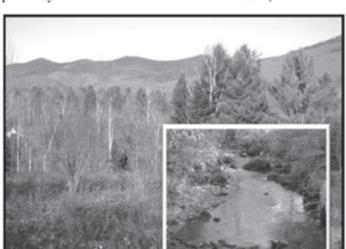
Dulton Ridge: Located on 957 acres with outstanding views and wonderful solar exposure, this extraordinary home was designed by architects to blend with the landscape and provide many special features. The living room with fieldstone fireplace includes a library area with refreshment bar, and glass doors open to the private backyard and view. There is a sunroom/den for meditation and reading, an open kitchen/dining area, three bedrooms with a lovely master offering its own exit to the outside and a double bathroom space. There is a family room/study in the lower level with walk-in wine cooler, and an attached 2 car garage connected by a mudroom entrance and a sheltered, rear barbecue area behind the garage. This is an elegant and efficient home, perfect as year-round residence or second home use. \$389,000



LANCASTER: Private end of road location with 58.71 acres, beautiful views, a small pond, woodland, lots of garden, yard and pasture space, outstanding buildings and many special features. It includes a 3700 sq. ft. early 1800s farmhouse with 1980s addition, 5 bedrooms, 3 baths, a country kitchen with exposed beams and fieldstone fireplace, 2 separate master bedroom suites, a big 27x31 family/rec room with great house/sunroom, geothermal heating and cooling systems for both the house and 40x60, 3 level barn which includes a 32x48 great room apt, vehicle & animal space and a big workshop. There is a 5 bay equipment shed 26x50, 3 livestock sheds (16x16 each) with automatic waterers, hay and grain feeders, paddock fencing, and more. Offered at \$995,000 (4693166)



LANCASTER: Cozy Ranch home privately situated on 2.78 acres with lovely views of Mt. Cabot right from the front porch. It offers an open a kitchen/dining/living space with 2 bedrooms, washer/dryer in the bathroom, plus a bonus room and workshop area in the full basement. The yard is flat and has beautiful perennial gardens, blueberry bushes, and multiple out buildings for all your work and storage needs. \$154,900 (4707751)



LANCASTER: 3 ACRES, more or less, beautifully located "out east" on Bone Brook, off McGary Hill Road, with excellent views of the Pike Range and the Kilkenny National Forest. The ample waters of Bone Brook flow for several hundred feet along one boundary, and the land is open field or pasture. This is an excellent site, with other land available. \$349,000 (4636340)

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NOTICES

THE STATE OF
NEW HAMPSHIRE
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Division-Haverhill

4/5/2019 thru 4/18/2019
APPOINTMENT OF
FIDUCIARIES

Notice is hereby given that the following fiduciaries have been duly appointed by the Judge of Probate for Grafton County.

All persons having claims against these decedents are requested to exhibit them for adjustment and all indebted to make payment.

Bishop, Etta May, late of Woodsville, NH. Lynn Young Rhoads, 12 Beech Street, Woodsville, NH 03785. #315-2019-ET-00157

Courtney, JR, John Joseph, late of Lyman, NH. Mildred S. James, 16 A Portsmouth Avenue, Exeter, NH 03833. #315-2019-ET-00148

Thomas, Alan L., late of Haverhill, NH. Cynthia Anne Thomas, 60 Mirror Lake Rd., N. Woodstock, NH 03262. #315-2019-ET-00182

Uresky, Barbara Jean, late of Haverhill, NH. Allison Weeks, 243 Pleasant St Apt 77, Concord, NH 03301. #315-2019-ET-00012

Dated: 4/19/2019

Bring your classified ad right into the office located nearest to you and drop it off. We'd love to see you!



White Mountains School Administrative Unit # 35
BETHLEHEM ♦ LAFAYETTE ♦ LANDAFF ♦ LISBON ♦ PROFILE
...where excellence links living and learning...

PRESCHOOL AND KINDERGARTEN REGISTRATION

2019 - 2020 SCHOOL YEAR
THE BLUE SCHOOL
LANDAFF, NH

Registration for Preschool (ages 3-4) and Kindergarten (age 5) will be held at The Blue School, 813 Millbrook Road, Landaff on Wednesday, May 15, 2019 from 8:30 AM to 1:00 PM. Please contact Molly Culver, Landaff Blue School Teaching Principal at 838-6416 with any questions.

In order to enroll in Kindergarten, children must be five (5) years of age by September 30, 2019. Please bring your child's birth certificate, social security card, proof of residence, and immunization records.

If you are unable to participate on this date, please contact Mrs. Culver at the Blue School to make other arrangements.

We look forward to meeting you and your family.

KINDERGARTEN REGISTRATION

Registration of Kindergarten students in Littleton, who will be five (5) years of age on or before October 1, 2019, will be held on **Thursday, May 9 and Friday, May 10** between the hours of 8:15am and 1:45pm at **Mildred C. Lakeway Elementary School.**

An appointment is required for registration. Please call the school at 444-2831. You will also need to provide your child's birth certificate, immunization records, social security card, proof of residence, and your driver's license.

KINDERGARTEN

The Lincoln-Woodstock Cooperative School District is already planning for the 2019-2020 school year. If you have, or know anyone that has a child that will be 5 years old by September 30th of 2019 **PLEASE** contact Nancy Kennison at the Lin-Wood Elementary School (745-2214) to schedule an appointment to register your child.

REGISTRATION DATES
Friday, May 17, 2019
&
Tuesday, May 21, 2019

White Mountains School Administrative Unit # 35
BETHLEHEM ♦ LAFAYETTE ♦ LANDAFF ♦ LISBON ♦ PROFILE
...where excellence links living and learning...

Lafayette Regional School District KINDERGARTEN SCREENING

Thursday, May 23rd, Kindergarten registration and screening for kindergarten youngsters in Easton, Franconia and Sugar Hill, will be held at the Lafayette Regional School. Please contact Toni Butterfield at 823-7741 or tbutterfield@lafayetteregional.org to schedule a screening time for this date.

To attend kindergarten, children must be five years of age as of September 30, 2019. Please bring proof of residency, a copy of your child's birth certificate, his/her social security card, your child's completed immunization record, proof of a physical examination within the past year, and proof of custody (in the matter of divorce). If you have any questions, please contact Toni Butterfield at 823-7741 or tbutterfield@lafayetteregional.org.

PUBLIC NOTICE

Town of Lincoln Planning Board
Wednesday, May 22, 2019 - 6:00PM
Lincoln Town Hall, 148 Main Street, Lincoln, NH

On Wednesday, May 22, 2019, commencing at 6:00 pm the Planning Board will hold a Public Hearing on the following application:

Application for Site Plan Review approval for an expansion of use per Article IV A of the Site Plan Review Regulations to expand the currently offered atrium wine-tasting experience/retail shop currently located in the Village Shops to include an additional 1250 square feet of space outdoors.

Applicant Mark A. LeClair d/b/a Seven Birches Winery of 25 South Mountain Drive, PO Box 304, Lincoln, NH 03251-0304 is currently operating a wine tasting retail operation in the former Peaked Moon Retail Shop/Bakery in the Village Shops building at 25 South Mountain Drive #16 (Map 118, Lot 046) owned by Village Shops ICH, LLC of PO Box 127, Lincoln, NH 03251 (Marcia and John Imbrescia). He wants to offer the same experience/retail experience in the 1,250 square feet of patio space outdoors. The property is located in the Village Center (VC) District.

Upon a finding by the Board that the applications meet the submission requirements of the Land Use Plan Ordinance and Site Plan Review Regulations, the Board will vote to accept the application as complete, and, if the Planning Board finds the application to be complete, then a public hearing on the merits of the proposal will follow immediately.

Should a decision not be reached at the public hearing, this application will stay on the Planning Board agenda until such time as it is either approved or disapproved.

School Administrative Unit #68
Lincoln-Woodstock Cooperative School District

NOTICE OF PUBLIC HEARING

The Lincoln-Woodstock Cooperative School Board will hold a public hearing on:

Wednesday, May 8, 2019
6:30 PM
Elementary MPR
AGENDA

I. CALL TO ORDER
- Tony Drapeau, Chairperson

II. PUBLIC FORUM/HEARING
The public is invited to meet with Board members to provide community input regarding:

1. Use of monies from the Equipment Expendable Trust Fund for the following:
a. Cafeteria Garbage Disposal

III. ADJOURNMENT TO REGULAR SCHEDULED BOARD MEETING



PUBLIC NOTICE

.....

The Town of Woodstock will be flushing hydrants beginning on May 6, 2019. Flushing will be completed on or before May 10, 2019.

Contact Mike Welch, Superintendent of Public Works at 603-348-8783 with any questions or concerns.



HELP WANTED

Classifieds



Help Wanted: Bookkeeper
 Coventry Log Homes is looking for a full time Bookkeeper. Must have accounting, payroll, AP, AR, computer experience. Looking for someone organized with good communication skills. Coventry Log Homes offers a competitive wage package with health insurance, retirement plan, vacation, sick time and much more.

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 Or email jeff@coventryloghomes.com
 603-747-8177

MOUNTAIN VIEW GRAND
 — RESORT & SPA —



Mountain View Grand Resort & Spa is currently hiring!
 Join us for a Career Fair on:
Thursday, May 2, 2019
 2:00 p.m. - 6:00 p.m. @ the Club House
 101 Mountain View Road, Whitefield, NH 03598

We have many full-time, part-time, seasonal and year round positions available across all departments. Fixed schedules are available.

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Career Information & Online Application:
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Northern Human Services
Changing Lives

Registered Nurse/Nurse Trainer NHS, Common Ground

NHS Common Ground has a full time opening for a Registered Nurse with interest in and or background in Developmental Disabilities and Mental Health. The successful candidate will work closely with the agency and the state to oversee medications of clients in accordance with state regulations. This position requires that you make regular visits to the homes of persons receiving agency services. Candidate will enjoy a busy, varied work routine, both inside and outside of the office. Excellent communication and listening skills are essential, as is prior experience and comfort working with individuals with developmental and psychiatric disabilities. Proof of valid, current RN license is required. We offer flexible week-day hours, a supportive multi-disciplinary work environment and the opportunity to utilize your nursing and people skills in a Human Services setting. Northern Human Services offers an excellent benefit package. We would love to talk to you about this opportunity the many benefits that we have to offer.

Please submit a cover letter and resume to:
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 Attn: Mark Vincent
 PO Box 299 Whitefield NH 03598
 email to mvincent@northernhs.org or fax to 603-837-9061.

This position requires a valid driver's license, proof of adequate auto insurance, completion of driver's and criminal background checks.

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~SAU #58~
VACANCIES 2019-2020

Groveton High School
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If you have any questions regarding these positions, please contact:

Carrie Irving, Secretary
 SAU #58
 15 Preble Street
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 Fax: 603-636-6102

EOE

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Changing Lives

Registered Nurse/Nurse Trainer NHS, Common Ground

Direct Support Providers – Full and Part Time Direct Support positions available at our Whitefield and Littleton locations. These Direct Support positions provide support to adults with Developmental Disabilities to live fuller lives, become more independent, and to participate in their communities. Experience is helpful, but is not necessary. We will happily train the right person! Full Time RN - We have an opening for a Full Time nurse with interest in or background in Developmental Disabilities. Flexible weekday schedule, both in and outside of the office. If you enjoy a busy, varied work routine we would be interested in talking to you about this opportunity!

Northern Human Services offers a supportive work environment, ongoing training, and an excellent benefit package, including paid time off and paid holidays.

Please submit a cover letter and resume to:
 Northern Human Services, Common Ground
 Attn: Mark Vincent
 PO Box 299 Whitefield NH 03598
 email to mvincent@northernhs.org or fax to 603-837-9061.

This position requires a valid driver's license, proof of adequate auto insurance, completion of driver's and criminal background checks. This agency is an equal opportunity provider and employer.



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 Experience with mill equipment and technical maintenance is preferred though will train the right person. Must be flexible to contribute to the team effort. Competitive pay, paid holidays and vacation. Retirement plan and health insurance included.

Please send resume to the attention of
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Classifieds

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EOE

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We are wanting to expand both our SALES and MANAGEMENT teams for the upcoming season. Looking for a few special people that love Christmas and enjoy working with the public. Must be flexible, some nights and weekends as well as some holiday weekends required. Register experience preferred but willing to train.

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EEO



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Community College

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- Good written and verbal communication skills
- Knowledge of electro/mechanical design, materials and/or production techniques is a plus

APPLICANTS ARE ENCOURAGED TO SEND A RESUME TO:
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Tel 603-838-7037 • Fax 603-838-6160
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~SAU #58~ VACANCIES 2018-2019

Northumberland School District Paraprofessional

Interested candidates must submit a letter of interest, resume, 3 current letters of reference, and must possess either an Associate's degree or a certificate of successful completion of the Para Pro test to:

Carrie Irving, Secretary
SAU #58
15 Preble Street
Groveton, NH 03582
Ph: 603-636-1437 • Fax: 603-636-6102

EOE

Temporary Position
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Ammonoosuc Community Health Services
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LINCOLN ZONING BOARD OF ADJUSTMENT (ZBA)
NOTICE OF HEARING ON REQUEST FOR AN EXPENSION OF A CONDITIONAL SPECIAL EXCEPTION

Wednesday May 8, 2019 at 6 PM

Notice is hereby given a ZBA hearing will be held Wednesday May 8, 2019 at 6:00 PM in the Conference Room of Town Hall, 148 Main Street, Lincoln, NH, concerning a request by Appellant Lyn Osborne Winter, Manager Director for a tourist attraction known as "North Country Center for the Arts/Jean's Playhouse", PO Box 1060, Lincoln, NH 03251-1060, for an extension for up to five (5) years for a Conditional Special Exception to have an off-premise sign as part of an approved Integrated Sign Plan for a tourist attraction not located on the main road so part of the purpose of the sign is to point travelers to the attraction when the attraction cannot be seen from the main road under Land Use Plan Ordinance Article VIII, Section A, Paragraph 2. On January 28, 2014, the "Request for a Special Exception" was approved with conditions: "Within five (5) years (January 28, 2019) the applicant shall come back to the ZBA with an application for a more permanent sign or show good cause why Jean's Playhouse needs an extension to build a more permanent sign. If Jean's Playhouse receives a grant or funds to fix up the sign before the five years is up, Jeans Playhouse may come in and ask the ZBA to remove that condition." No funds or grants to support the sign have been received. The Appellant requests an extension of the Special Exception to continue the use of the off-premise sign.

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Your application should be sent to:

Union Bank
Human Resources
P. O. Box 667
Morrisville, VT 05661-0667
e-mail: careers@unionbankvt.com
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Dorothy Baxter, Office Manager
St. Johnsbury Dental Associates
One Place Notre Dame, Ste. 1 - St. Johnsbury, VT 05819
Fax: 802-748-8770 or e-mail it to: dbaxter@stjdental.com

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Tabitha Cole, Recruitment Coordinator
Human Resources
North Country Hospital
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802-334-3210 Ext. 405 • Email: tcoble@nchsi.org

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2019-2020 School Year

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White Mountains Regional School District
SAU #36
14 King Square, Whitefield, New Hampshire 03598
TEL.: 603-837-9363/FAX: 603-837-2326
Email: rball@sau36.org

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Requirements:

- VT RN License; BSN preferred
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north country healthcare



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and
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www.Ready.gov/blackouts

Who to Call Where to Meet What to Pack **Ready**

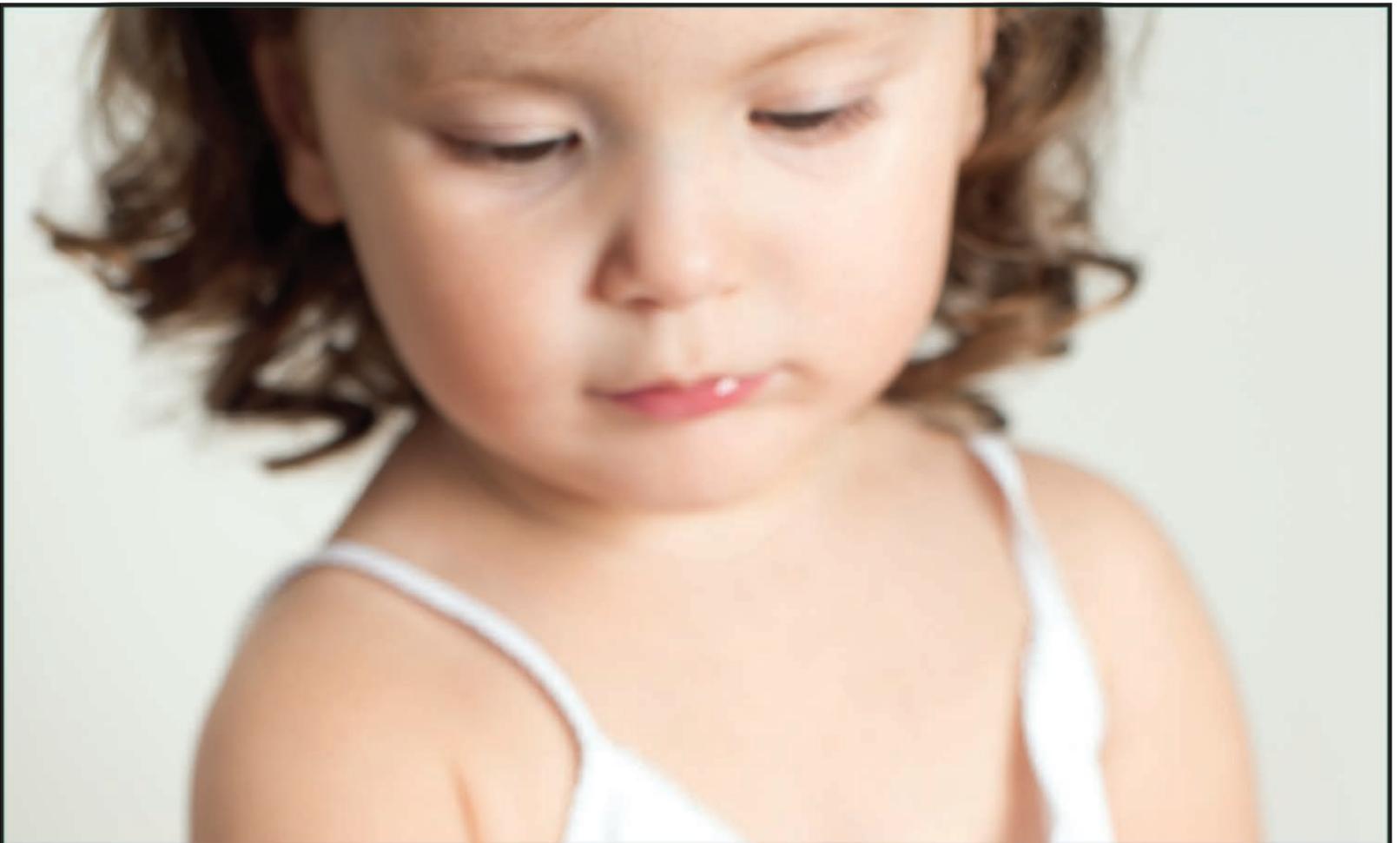
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LittletonHealthcare.org

Littleton Urgent Care | 600 St. Johnsbury Road | Littleton, NH 03561 | 603.444.9294



GUARANTEED LOWEST PRICES! on Name Brand Tires!



FREE!

Installation Mounting (with every tire purchase)

- Lifetime Flat Repair • Snow Tire Changeover • Lifetime Rotations
- 30 Day Test Drive on select tires • Tire Warranty anywhere in U.S.A.

PIRELLI
Purchase any set of 4 qualifying Pirelli Tires and receive a Mail-In Rebate **\$70**
Offer Valid 5/6/19 thru 5/18/19

GOODYEAR
Purchase any set of 4 qualifying Goodyear Tires and receive a Mail-In Rebate **\$200**
Offer Valid 4/1/19 thru 6/30/19

BRIDGESTONE
Purchase any set of 4 qualifying Bridgestone Tires and receive a Mail-In Rebate **\$140**
Offer Valid 4/4/19 thru 5/6/19



6 Months Promotional Financing



GENERAL TIRE
ALTIMAX RT43
215/55R16H **\$104**
225/60R17H \$121
235/65R17T \$124
235/55R18H \$149

SUMITOMO
HTR A/S PO2
195/65R15H **\$71**
215/60R16H \$85
205/60R16V \$85
225/55R17W \$109

FIRESTONE
TRANSFORCE AT2
215/85R16E **\$173**
225/75R16E \$178
245/70R17E \$206
275/70R18E \$248

BRIDGESTONE
DRIVE GUARD
195/55R16V **\$141**
205/55R16V \$143
225/45R17W \$187
225/50R17W \$197

CONTINENTAL
EXTREME CONTACT DWS06
215/55R16W **\$124**
225/45R17W \$131
215/55R17W \$133
225/50R17W \$144

GOODYEAR
WRANGLER FORTITUDE HT
265/70R16T **\$158**
265/60R18T \$171
265/70R17T \$176
275/65R18T \$192

MICHELIN
PREMIER A/S
215/60R16H **\$137**
205/55R16H \$137
215/55R17H \$172
225/50R17V \$185

HANKOOK
DYNAPRO HP2 RA33
245/60R18H **\$152**
235/65R18H \$158
235/55R20H \$171
255/50R20V \$188

MICHELIN
DEFENDER T&H
195/65R15H **\$112**
215/60R16H \$124
215/65R16H \$125
205/55R16H \$127

PIRELLI
PZERO ALL SEASON PLUS
215/45R17W **\$132**
235/45R17W \$148
235/55R17W \$159
225/60R18W \$171

TOYO TIRES
OPEN COUNTRY AT2
235/75R15X **\$159**
245/75R16S \$179
265/70R17S \$199
245/75R16E \$219

FIRESTONE
CHAMPION FUEL FIGHTER
195/65R15H **\$103**
205/55R16H \$110
225/60R16H \$116
235/65R17T \$136

HANKOOK
VENTUS V12 EVO2 K120
205/55R16W **\$93**
215/45R17Y \$108
205/45R17W \$116
225/45R17Y \$118

GOODYEAR
ASSURANCE COMFORTRED TOUR
195/65R15H **\$116**
215/55R17V \$147
225/65R17H \$156
225/50R17V \$161

TOYO TIRES
CELSIUS CUV
225/65R17H **\$179**
245/65R17H \$179
235/65R17V \$179
235/60R18V \$199

Nobody beats Town Fair Tire
“N-O-B-O-D-Y”

\$50	\$56	\$58	\$59	\$68	\$73	\$74	\$75	\$77	\$78	\$79	\$82	\$83	\$84	\$85	\$86	\$87	
175/65R14	185/65R14	175/70R14	195/65R15	205/55R16	215/70R15	215/45R17	195/55R16	215/55R16	215/50R17	205/65R16	205/75R14	215/65R17	225/65R17	225/55R17	205/50R17	215/70R16	
		185/65R15		205/60R16	205/50R16		225/45R17		215/65R16		215/55R17	235/75R15		225/60R17	235/55R17		
		185/70R14		205/70R15	215/60R16				225/50R17		225/75R15			235/60R16			
		195/60R15							225/60R16								
		205/65R15							235/45R17								
\$89	\$90	\$91	\$93	\$98	\$100	\$102	\$104	\$105	\$108	\$113	\$118	\$122	\$126	\$133	\$136	\$139	\$168
225/45R18	225/70R16	225/40R18	235/70R16	245/45R18	225/60R18	235/55R18	235/65R18	255/55R18	235/60R18	265/70R17	265/70R16	235/85R16E	275/55R20	255/65R18	275/60R20	275/65R18	285/70R17
	225/75R16		245/70R16	245/60R18	245/40R18				245/65R17	265/60R18	265/75R16			265/65R18			
	235/65R16			225/50R18	245/75R16				255/70R16		245/70R17			245/55R19			
	235/65R17			225/55R18													
				235/45R18													
				235/50R18													
				235/60R17													



TOWN FAIR TIRE *Speak To A Tire Expert* email: tireexpert@townfair.com call: 1-844-266-9884

ALL PACKAGES INCLUDE: • 4 Alloy Wheels • 4 Tires • Mounting • Alignment • High Speed Balance • Lug nuts • Installation

15" from \$749	16" from \$799	17" from \$929	18" from \$1,029	20" from \$1,349	22" from \$1,529
Winner 195/65R15	MGA 205/55R16	R7 205/40R17	Reno 225/40R18	Warrior 275/55R20	Mancini 305/45R22



570 Meadow Street, Littleton, NH 03561 (603) 413-3978

Store Hours: • Monday 7:45am-7pm • Tuesday-Friday: 7:45am-6pm • Saturday: 7:45am-4pm • Sunday: Closed

WWW.TOWNFAIRTIRE.COM