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Littleton Courier

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Littleton voters support union contracts

ANGEL LARCOM
angel@salmonpress.news

LITTLETON — Littleton approved three union contracts at the Town Meeting despite a low voter turnout, including the $72,875 Fire/EMS collective bargaining agreement that narrowly passed at 439 to 415.

Last week's ballot results did not reflect mail-in items. An hour before polls close, election officials reported that approximately 25 percent of Littleton's registered voters stopped by the polls last Tuesday.

The ballot included 47 warrants, 11 of which were requested by petition. All of the service-based petition articles gained voter support.

In a 554 to 295 vote, Littleton residents approved the proposed $9.8 million operating budget, unanimously recommended by the Budget Committee and Select Board officials. The default budget was $9,717,473.

With 476 votes, Select Board incumbent Roger Emerson secured another three-year term. Opponents Courtney Bowler and Rudi Gelsi gained 344 and 35 votes, respectively.

A $93,721 three-year collective bargaining agreement for the police department was approved at 523 to 333. At 556 to 293, voters passed a similar $54,510 contract with the highway department and transfer station employees.

Voters approved a $602,200 bond to improve Dells Dam at 618 to 249. The estimated tax impact was $0.161 per thousand, and the warrant gained unanimous support from the Select Board and the Budget Committee.

Likewise, Littleton residents responded favorably to a non-binding question allowing town officials to explore options for a permanent town office, with 555 in favor and 306 opposed. Proposed options include constructing or purchasing a property or renovating an existing building in town.

Proposed roadway culvert improvements for Manns Hill Road, Keeler Road, Riverside Drive, and South Street gained voter approval, with 680 in favor of the work and 190 opposed. The estimated tax impact is just over 16 cents per thousand, and the Budget Committee and Select Bard officials unanimously approved the warrant.

At 770 to 102, voters ap-

Lit Vote, PAGE A11



Angel Larcom

Voter turnout was slow but steady for Littleton's Town Meeting last Tuesday, with election officials reporting about 25 percent of registered voters casting ballots.

Antonucci, Gendreau elected to Littleton School Board

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LITTLETON — SAU 84 voters re-elected incumbent school board member Erica Antonucci for a three-year term last week with 577 votes. Newcomer Bill Gendreau will join the board after receiving 425 votes.

The ballot also reflected 275 votes for Donald Regnet, 130 for Rudy Gelsi, and ten write-in candidates. With 707 votes, Richard Loveland will serve a one-year term as treasurer.

Incumbent moderator Chad Stearns gained overwhelming support for a one-year term with 786 votes. There were two write-in votes. Likewise, Jenni Baird will serve a one-year term as district clerk after gaining 726 votes against nine write-ins.

The proposed Littleton School District operating budget of $17,565,000 passed with 695 in favor and 176 opposed. It bore a $16.03 per thousand tax impact and was a moderate $11,753 increase over the default $17,576,753 budget.

Article Three, which sought to deliver $150,000 to the school district's Elementary School Building and Grounds Improvement Capital Reserve Fund and bore a $0.21 tax impact, required a majority vote and earned 623 favorable votes to 246. The request of $50,000 for the School Facilities Maintenance Capital Reserve Fund earned 680 to 189 and required a majority vote.

Article Five, which sought $155,000 for the Elementary School Building and Grounds Improvement Capital Reserve Fund, passed 674 to 187. It bore no tax impact, as the funds would come from the fund balance made available on July 1.

The money approved by voters in Article Five will be invested in initial drawings and conceptual for a new elementary school, recommended earlier this year by the Lakeway School Committee.

During the school district's deliberative session in February, School

School Board, PAGE A10

Littleton extends EMS contract with Franconia

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LITTLETON — The Littleton Select Board voted unanimously last week to a 90-day contract extension to continue ambulance service coverage in the Town of Franconia. Select Board officials also voted 3-0 to develop a task force with constituents from both communities to develop longer-term solutions.

"The bigger picture is people need care," said Littleton Select Board Vice Chair Carrie Gendreau. "We could talk dollars all day long, but a life is way more important. And I think extending it for at least three months gives us a little bit of time, so we keep the conversations going."

Gendreau added that a retired firefighter reached out and told her that several New Hampshire communities were beginning to follow more regionalized and participatory routes.

In addition to the time extension, the contract also increases Franconia's payment per call from $300 to $500. It delivers an additional $100 per first responder stipend to ensure

EMS Contract, PAGE A10

Strand, Bruno elected to Bethlehem Select Board

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BETHLEHEM — Bethlehem voters weighed in on 33 warrants, including a $3.3 million operating budget, and elected two new Select Board officials at Town Meeting Day on March 14. Newcomers Nancy Strand and Michael Bruno ran unopposed for two three-year terms and filled seats vacated by Christopher Jensen and Ayla Queiroga.

Bruno stepped down as Planning Board Chair after completing the modernization of Bethlehem's site plan review process, which took about two years. In recent years, Strand served on the town's Transfer Station Committee and was instrumental in establishing clothing recycling units near the town hall.

Bethlehem voters passed a $3,370,220 operating budget at 248 to 84. The default budget was $3,174,742, and all warrants passed except one. A bid by Upper Valley Road residents to add their 800-yard road to the town's road system failed, with 232 opposed and 105 in favor.

Voters authorized town officials to enter into a lease-purchase agreement for a new commercial pumper fire truck, which required a $100,000 down payment. The request to add $100,000 to the Fire Truck Capital Reserve Fund passed at 251 to 84, and the down payment at 254 to 80.

Former Select Board member Linda Moore and newcomer Sean Gawlik were voted onto the Bethlehem Planning Board and will each serve three-year terms. Moore gained 281 votes, while Gawlik earned 238.

With 282 votes, Energy Commission member David Van Houten was elected to the Zoning Board for three years. Stephen Allen gained 289 votes for a two-year term as Cemetery Trustee.

Write-in candidate John Miller received four votes for a three-year term as a Trustee of the Trust Fund. Likewise, write-in candidate Clare Brown earned 13 votes for a three-year term as

Beth Volte, PAGE A10



Angel Larcom

Bethlehem resident Chris McGrath greeted voters outside town hall last Tuesday with clever signs, a toasty fire pit, and s'mores fixings - a tradition he's kept alive for several years.

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Local News

High school seniors earn DAR Good Citizen Awards

PLYMOUTH — The New Hampshire State Organization, Daughters of the American Revolution (NHSODAR) recently honored selected New Hampshire high school seniors as Good Citizens and one of them has been chosen to compete at the Northeast Division. This year's Winner for the State of NH sponsored by the Winnipesaukee Chapter, who will advance to the Northeast Division, is Abigail Bryant of Moultonborough Academy.

DAR Good Citizens Awards, first given in 1934, are presented locally and nationally to encourage and reward the qualities of good citizenship in high school seniors who possess outstanding qualities of dependability, service, leadership, and patriotism in their homes, schools, and communities. Each Good Citizen receives a certificate, pin, and wallet identification card. The New Hampshire State winner receives a $750 cash scholarship and will compete for a $1,000 prize in the Northeast Division. If successful, the winner in the National contest will be presented a $10,000 scholarship award.



Courtesy

Left to right, seated: Caden Sanborn; Sarah Sanborn; Cathleen Hargreaves; standing L-R: Brian Sutherland (Plymouth Regional HS Counselor); Deborah Plimmer; Paula Woodward.

Winners at the local level included from the following high schools:

Lindsey Marie Dattis—Hollis Brookline HS, Elena Fedrizzi—Keene HS (2nd place NH winner), Christopher Messmore—Bishop Brady HS (3rd place NH winner), Hadley Kate Harris—Souhegan HS, Emma Loudermilk—Monadnock Regional HS, Lilla G. Bozek—Newmarket Jr/Sr HS, Paige Johanna Burt—Oyster River HS, Kaitlyn DeTolla—Inter-Lakes Middle HS, Joshua Rapt—Nute Middle HS, Caitlyn Olivia LeVangie—Mascenic Regional HS, Anthony Peter Grauslys, Jr.—Alvirne High School, Lily Grace Cicavia—Kearsarge Regional HS, Emma Elizabeth Soucy—Timberlaine Regional HS, Kenyang Joseph Lual—Manchester Memorial HS, Jack Wilkinson—Goffstown HS, Caden Sanborn—Plymouth Regional HS, Olivia Marie Britton—Lebanon HS, Madeleine Lorenz—White Mountains Regional HS, Abigail Bryant—Moultonborough Academy (1st place NH winner).

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  Berlin, Colebrook
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  Home Health
- **Medical Technologist**
  Berlin, Colebrook, Lancaster
- **Physical Therapist**
  Berlin, Colebrook, Gorham
  Home Health
- **Radiology/CT Technician**
  Berlin, Colebrook, Lancaster
- **Respiratory Therapist**
  Berlin, Lancaster
- **Home Medical Supply**
  - Home Medical Equipment Technician (Littleton)
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Courier Almanac

The word

"When two or more people agree on an issue, I form on the other side." — Bill Hicks

By the numbers:

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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)

Dial 911 for emergencies

Local Libraries

•Abbie Greenleaf Memorial (Franconia) (823-8424)
•Littleton Public Library (444-5741)
•Bethlehem Public Library (869-2409)
•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)

Property Transfers

Canaan

330 Canaan St.; $680,000; Leo B. III and Darcy M. Dowd to Elizabeth McGean RET

577 Canaan St.; $431,000; Structured Asset Mortgage Investments and Bank of New York Mellon Turst Anson and Genevieve Smith

Prospect Hill Road; $811,695; Bear Heights Conservancy Trust and David M. Roby to State Department of Agriculture

Franconia

Agassiz Road; $650,000; Matthew N. and Jennifer Mike to Christine B. and David E. Buzinski

Haverhill

King Drive; $11,933; Richard and Laura Braz to Holland Plantation Trust and Sara M. Holland

Address not available (lot 71B); $10,933; Laura Braz to Giuseppe Puglisi

Landaff

Hodge Hill Road; $300,000; Bruce N. IV and Lisa R. Van Fleet to Obenshain Fiscal Trust and Daniel Obenshain

Jim Noyes Road; $1,336,200; James M. and Mark Clayton to Grafton Land Acquisition LLC

Lincoln

Address not available; $200,000; R.A. & Pauline A. Legare Trust to Coolidge Ridge LLC

Address not available; $300,000; R.A. & Pauline A. Legare Trust to Lincoln Valley Development LLC

Littleton

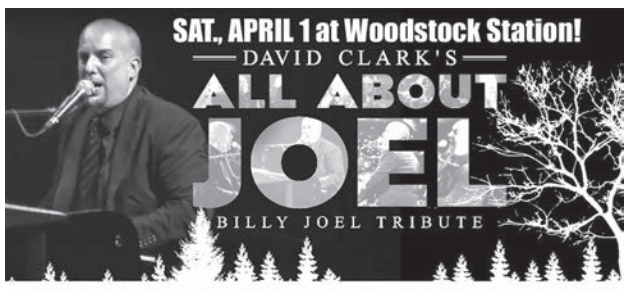
99 Pleasant St.; $259,200; Alecia Loveless to Ravi Kimar and Amelia H. Mitchell

Woodstock

6 Monroe Dr., Unit 109; $368,000; Robert L. and Angela Serpa to Brian Brennan and Christine Ayotte-Brennan



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EDITORIAL

Here comes the sun, and I say it's all right

After a long (and, we think, mild) winter, warmer, longer days are finally here. As the official first day of spring arrived on March 20, we're noticing people have more of a pep in their step. A refreshing sight!

While each season has its own perks, there is something about spring that seems to surprise us each year. We re-acquaint ourselves with our yards as they slowly reveal themselves as the snowbanks melt away. Muddy grass has never been a kinder sight.

Over the past few weeks, the common chatter has been about baseball, track, softball, springtime fitness goals, gardening, hiking, you know the usual. This week we reminisced about old April Fool's Day pranks in the office. Tacks on seats, the soda bottle filled with water sitting on top of a door waiting to be opened in order to drench an unsuspecting individual, saran wrapped cars, fake lottery winnings, fake wedding proposals and lost wedding rings to name a few. Stunts to make Larry, Moe, and Curly proud.

With spring, of course, comes spring fever. In modern times, this is a semi-positive term, however back in colonial times, 'spring fever' referred to the poor quality of health everyone was in, after sustaining a winter without fresh vegetables and proper diet. Today's 'spring fever' will have children restless, new romances transpire and people attacking their homes with dust cloths and Windex.

Experts say the changes that a person goes through during the springtime are due to hormonal changes in the body. During the winter months, the body secretes a large amount of melatonin, (the sleep hormone). The presence of more sunlight in spring sends the body a message to stop producing as much melatonin. This causes folks to be more awake. Add this to the uptick in your serotonin levels due to the sunlight and you will not only be awake but enthusiastic.

Interesting to note is that during the springtime the body becomes more susceptible to illnesses. Way back when, scurvy outbreaks always occurred during this time of year as did rubella and measles. Doctors note that in spring, gout, a condition that affects joints, peaks in individuals. Because there are more allergens in the air, you will see more cases of rosacea and other skin irritations on the rise.

During our research, we did notice that the mud wreaked havoc on our ancestors more than we've ever given a second thought. An excerpt from a 1929 newspaper based in northern New England read, "Easter Sunday was the one best weather offering of the week, although the season is much further advanced than last year. There is very little snow anywhere. There is an abundance of mud on the gravel or dirt highways. It is an unmentionable condition. Teams of horses have been on duty at Riverton to aid helpless motorists." We just love the fact that horses had to come to the rescue of motorists who could not make it through 'unmentionable conditions.'

We encourage everyone to spend as much time outdoors this spring. Get back to basics, back to nature, keep things simple and pick up an old hobby you have abandoned but have been meaning to reconnect with, life is meant to be fun.

Letter submission policy

Letters to the Editor must include the author's name, address, and a daytime phone number for purposes of verification in order to be considered for publication. Only the author's name and the town in which they reside will be published. Letters submitted without all of the required information will not be accepted.

It is the sole prerogative of the Editor to determine whether a submission satisfies our requirements and decency standards, and any submission may be rejected at any time for any reason he or she might deem appropriate.



ANGEL LARCOM

Shamus the six-month-old Scottish Highland peeks out of his toasty barn to see if spring has arrived yet.

BUSINESS BUZZ

Should I be a sole proprietorship or LLC?



BY MEG BROWN

Sponsored by Miss MegaBug, LLC

One of the first - and most stressful - questions entrepreneurs puzzle through is "Should my business be a sole proprietorship or limited liability company (LLC)?"

Are you scratching your head over this too?

Don't worry! It's not as complicated to figure out as you may think. Let's break it down.

Before we dive in, everything we're about to cover I have learned from experience. I am not an attorney or a certified public accountant. The information I'm about to share is meant to guide you and I highly recommend reaching out to an attorney, certified public accountant, or business advisor to help advise you on your specific journey.

Liability

Sole proprietors are completely liable for business debts, whereas LLC owners are not (in most circumstances). If you opt for an LLC, your personal assets are more protected.

Registration

Sole proprietors do not have to register with their state unless they are doing business as ("DBA") a trade name.

LLCs must register with their state and complete an annual report yearly. (This is pretty much verifying that your information is still correct and paying a fee.)

In terms of cost, the State of New Hampshire assesses a $50 fee to cover a trade name for five years and around $107 to renew an LLC annually. You can apply for both and renew them online, which is much speedier than snail mail. It's also really easy.

Bank Account

Both can open a business bank account, and both can apply for an employer identification number (EIN), which is required to hire employees.

I do not have employees, but I opted to apply for an EIN to protect my social security number. My EIN is used in place of my social security number on my bank account and business tax forms.

Apply for your EIN for free at irs.gov/ein

Employees

Both can hire employees, but it is highly recommended to form/"upgrade" to an LLC before taking on that liability.

Tax Filing

Both file taxes under your personal tax return on a Schedule C.

Note that there are additional nuances if you are starting a multi member LLC.

That's it! If you're unsure which structure is best for you, I recommend reaching out to your state's Small Business Development Center (SBDC) or county economic development council. Talking to an advisor is free!

Based in Littleton's Tannery Marketplace, Miss MegaBug, LLC helps aspiring entrepreneurs start and grow their businesses through online courses, consultations, and website design. Visit missmegabug.com to learn more, and enroll in Business 101, a no-cost online course.

Gratitude can be a potent ally

POSITIVELY SPEAKING

TOBY MOORE

Life is a whirlwind. We must contend with a relentless tide of stress that threatens to engulf us all. You may be motivated, determined, and competent, but our universe is filled with trials, and our dreams and goals will not be handed to us on a silver platter.

How can we find the balance amidst the chaos?

Exercise, healthy eating, family time, talking with a close friend, and connecting with your higher power are some ways to maintain equilibrium.

Gratitude is also a potent ally.

Enter the realm of The HeartMath Institute, an institution that has boldly ventured into the uncharted waters of human consciousness since its inception in 1991.

Years ago, I stumbled upon the intriguing works of Joe Dispenza, who spoke of HeartMath in his lectures. Since then, I've learned that some hospitals, businesses, and schools, including all four military branches, have worked with HeartMath to help their personnel develop a sharper focus using HeartMath techniques.

With a repository of over a hundred research papers spanning over three decades, the HeartMath Institute has revolutionized our understanding of the heart-mind connection.

Remarkably, our hearts contain over 40,000 neurons that engage in a dynamic dialogue with our brains. This fascinating discovery has led scientists to call this complex system the "Heart Brain."

This breathes new life into the old adage, "Let your heart be your guide."

By studying EKGs and brain scans of thousands of people, they've discovered that the heart's rhythm changes when feeling different emotions.

Experiencing love, Gratitude, and joy results in what HeartMath calls "Heart Coherence," as shown by EKGs, while negative emotions disrupt this harmony, leading to incoherence between heart and brain.

There is a phenomenon that athletes talk about called "Being in the Zone." "Being in the Zone" embodies peak human performance. When you achieve heart coherence, it's like being in the zone.

When we experience love, compassion, Gratitude, and other positive emotions, it facilitates harmony between the heart and the brain and helps us think clearly, finding solutions to our problems easier.

In contrast, incoherence invites stress, worry, and indecision, reducing mental functioning and creating a foggy state of mind and decreased immunity.

How can we learn to practice heart coherence? There are several tools and methods that HeartMath teaches, but one simple and powerful method is the practice of Gratitude.

Mother Teresa once beautifully expressed the power of Gratitude, stating, "The best way to show my Gratitude is to accept everything, even my problems, with joy."

Gratitude lowers cortisol levels and increases serotonin and dopamine. When feeling Gratitude, your brain releases Immunoglobulin A, which strengthens your immune system by attacking invading pathogens and fighting infections.

Gratitude can instantly pull you out of a state of incoherence.

A 2015 study on heart failure patients found that having an "attitude of Gratitude" led to improved mood, better sleep, less fatigue, lower inflammation, and better cardiac-specific self-efficacy. This is a big deal because feeling down or not sleeping well can make things worse for people with heart issues. Helping these patients feel more grateful is a simple, low-cost way to make them feel better and even improve their health.

How can we practice Gratitude? It's simple! Look at everything with a grateful heart.

Visualize your cherished pet, a beloved person, the warmth of sunshine, or a tranquil natural setting—anything that brings joy to your heart and makes you say, "Thank You."

Say Thank You in the good times, and thank You in the bad. Feel Gratitude when you're experiencing difficulty and stress. Why? Cause you're going to come out stronger on the other side.

In the wise words of Zig Ziglar, "Gratitude is the healthiest of all human emotions. The more you express Gratitude for what you have, the more likely you will have even more to express Gratitude for."

By embracing Gratitude, we can transform our lives and cultivate resilience in adversity. In a world filled with trials and tribulations, let Gratitude be the beacon of light that guides us through the storms, empowering us to emerge stronger, wiser, and more connected with our heart's innate wisdom.

THE LITTLETON COURIER

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Local News

Profile School budget approved at annual meeting

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BETHLEHEM — Profile School District voters commented on the absence of rancor during last week's annual meeting, which earned unilateral budget approval and saw two officials elected.

With 49 votes, newcomer Erin Talcott was elected to the seven-seat Profile School Board for a three-year term representing Bethlehem. She ran uncontested and filled a seat vacated by Tim Wenrich.

Incumbent Moderator Tim Egan of Sugar Hill maintained his position for one year with 98 write-in votes. Fellow write-in candidate Jim Walker of Franconia received three votes, while Nick De Mayo of Sugar Hill earned two.

The proposed $6.8 million operating budget for the 2023-204 school year earned a unanimous yea vote from attendees. It reflected a 1.91 percent, or $123,626 increase from last year. Principal Kerry Bushway said the increase was primarily due to wage, facility operations, and food service debt increases.

"I want to thank the school board for a 1.9 percent increase," said De Mayo. "It would have been nice to see a zero percent increase, but under the economic times we're in, you certainly are keeping an eye on the taxpayer and keeping it good for us. Thank you very much for all your hard work and for sharpening those pencils. Over the years, coming to the school board meetings and the annual meeting, there has always been a lot of tension. But I went to the school board meeting last month. It was very transparent, open, friendly, and welcoming. There was no tension, so I want to thank you for that, and I hope it continues."



Angel Larcom

SAU 35 Superintendent and former Profile School graduate Kate Segal thanked voters for supporting the school community near the end of the school's annual meeting last week.

Plant operations increased 17.17 percent from last year, from $472,968 to $554,183. Bushway noted the building was over ten years old, which meant increased repairs and replacements.

Despite a slight decline in enrollment, Bushway said Profile was fortunate that it hadn't taken as many hits as other schools in the area. Currently, the school has eight students enrolled that pay out-of-district tuition.

Special education saw a roughly 5 percent funding decrease, and the costs for physical, speech and occupational therapy decreased by 65.41 percent. While food debt shot up more than 41 percent, Bushway said no student went hungry.

"When it comes to free and reduced lunches, it's a very difficult situation," said Bushway. "We try to help [families] out and give them motivation [to apply]. It's all confidential, and the only people that know are the person in charge of cafe services and me. So if there's a kid that can't get lunch, they will always get lunch."

School Board officials opted to deliver wage increases to support staff this year. Board Chair Kim Koprowski said it was critical for paraprofessional staff retention.

"When I sat down one day this year to negotiate with our support staff, I was horrified at what some of their salaries were," said Koprowski. "And I think one of the reasons that we've had difficulty retaining some of our paraprofessionals and other support staff is because other schools are paying them more. And other schools locally, even within our district, in the last few years have increased all their support staff salaries up to a more decent living wage."

SAU 35 Superintendent Kate Segal spoke briefly near the end of the 40-minute meeting.

She said, "I was a Profile graduate, and I was also a guidance counselor here nine years ago. So I feel like I am back home, and it's a blessing. We are fortunate to have so many of you here tonight as a community to support our schools."

Northern Borders Regional Commission opens Catalyst Grant

ANGEL LARCOM
angel@salmonpress.news

REGION — Last week, the Northern Borders Regional Commission began accepting letters of interest for its Catalyst Grant Program, which funds nonprofit and municipal projects designed to stimulate rural economic growth.

In a statement, NBRC said it intended to make a "historic level" of funding available. It will distribute up to $45 million in grants, including $20 million from the federal Bipartisan Infrastructure Law. The first round of letters will be accepted until 5 p.m. on April 21.

Projects in regions that are considered distressed would be responsible for a 20 percent match. In comparison, North Country Council Executive Director Michelle Moren-Grey said those based in transitional areas would be required to deliver a 50% match, but attainment counties remain ineligible.

"Every year, the Northern Borders Regional Commission reviews the distress levels of all of their states, the counties, and the municipalities within those areas," said Moren-Grey. "From that, they determine the distress criteria. It determines whether or not a county is eligible for the funds and what the match would be, and those numbers fluctuate from year to year."

Coos County is considered distressed this year, while specific segments of Grafton and Carroll Counties are considered transitional. Moren-Grey said projects aren't necessarily place-based. Instead, NBRC evaluates the overall regional benefit of each proposal.

As a whole, the program is county-based. But recognizing that [northern and southern Grafton County are different], they peel back the layers a little bit and identify isolated areas of distress.

While the program isn't new, it did undergo a name change this year. It was formerly called the State Economic Infrastructure Development Investment Program and delivered $6.8 million in funding to New Hampshire projects last year.

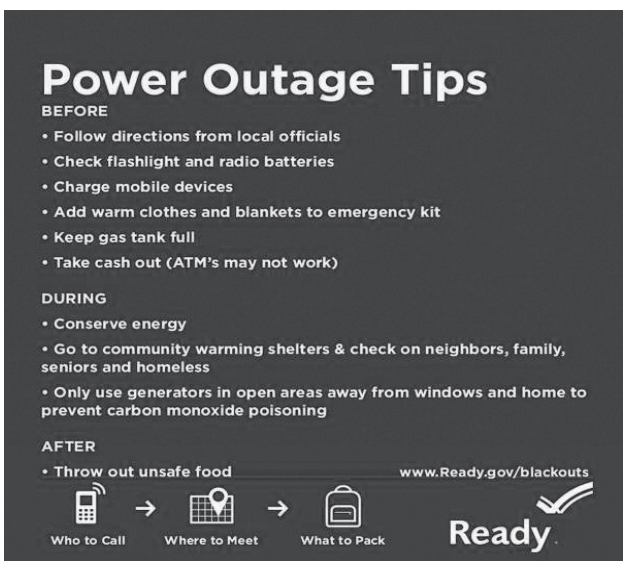
A handful of Grafton and Coös County projects gained NBRC funding through this program last year, including $244,000 for Littleton's North Country Community Radio and $350,000 for the Tri-Town Bike Friendly Initiative in Littleton, Bethlehem and Franconia. Coos County recipients included the Nansen Ski Club, the Town of Gorham, and the Taproot Farm and Educational Center.

The North Country Council has begun offering project development coaching sessions to assist municipalities and nonprofits with the grant application process. Moren-Grey said that these sessions aim to enhance an entity's capacity to advance regional projects.

"The biggest thing is to start early, now that the materials are out," said Moren-Grey. "With NBRC funds, we don't always know what the application manual will say, but we generally know who will be eligible and what types of projects they'll support. So let's start thinking about this all year round so that we can really begin and continue building fundable projects from the very beginning."

More detailed information can be found on the North Country Council website, including a complete application timeline and the 2023 application manual. To learn more, visit www.nccouncil.org.





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What's the Difference?

There are four differences between Picture A and Picture B. Can you find them all?

A



B



Answers: 1. Two plants on table 2. Bird in sky 3. Extra light on wall 4. Missing planter

SCIENCE FACT:



PRECIPTIATION MAKES THIS DEVICE USEFUL.

ANSWER: UMBRELLA

THIS DAY IN... HISTORY



- **1956:** PAKISTAN BECOMES THE FIRST ISLAMIC REPUBLIC IN THE WORLD.
- **1983:** PRESIDENT RONALD REAGAN MAKES HIS INITIAL PROPOSAL TO DEVELOP TECHNOLOGY TO INTERCEPT ENEMY MISSILES.
- **2021:** A CONTAINER SHIP RUNS AGROUND AND BLOCKS THE SUEZ CANAL FOR SIX DAYS.

New Word

PROTECT

to keep safe
from harm or injury

How they SAY that in...

ENGLISH: Rain

SPANISH: Lluvia

ITALIAN: Pioggia

FRENCH: Pluie

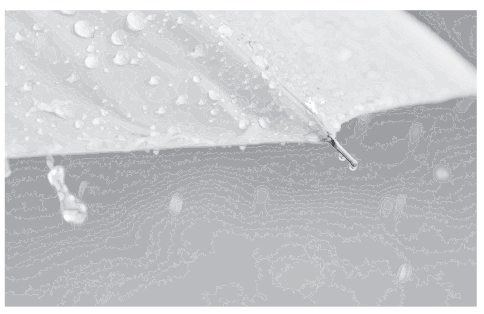
GERMAN: Regen

Did You Know?

UMBRELLA COMES FROM THE LATIN WORD "UMBROS," WHICH MEANS SHADE OR SHADOW.



GET THE PICTURE?



Can you guess what the bigger picture is?

ANSWER: UMBRELLA

CRYPTO FUN

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

Determine the code to reveal the answer!

Solve the code to discover words related to umbrellas.
Each number corresponds to a letter.
(Hint: **16 = I**)

A. **25 15 3 12 18 8 12**

Clue: Keep from being damaged

B. **15 6 16 23 13**

Clue: Falling water

C. **16 23 19 18 23 12 16 3 23**

Clue: Newly introduced product

D. **17 7 16 18 9 4**

Clue: Protective structure

Answers: A. protect B. rainy C. invention D. shield

SUDOKU

					9		1	2
	8							9
3		9					6	
5				8		6		
	7		6	1	4			
	1	4		3			8	
	5		3	4				
				9				5
7		1						

Level: Intermediate

Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Here's How It Works:
Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

ANSWER:

4	6	7	8	5	9	3	1	2
1	8	5	2	6	3	4	7	9
3	2	9	4	7	1	5	6	8
5	9	3	7	8	2	6	4	1
8	7	2	6	1	4	9	5	3
6	1	4	9	3	5	2	8	7
9	5	8	3	4	7	1	2	6
2	4	6	1	9	8	7	3	5
7	3	1	5	2	6	8	9	4

Local News

Museum of the White Mountains to host lecture on recent findings at Hubbard Brook Experimental Forest

PLYMOUTH — The Museum of the White Mountains at Plymouth State University (PSU) will host the final lecture in its 2022-2023 Mountain Voices Lecture Series on Thursday, March 16, at 7 p.m., via Zoom. PSU research professor Eric Kelsey, Ph.D., will present, "What We Know About Cold Air Pools in the Hubbard Brook Experimental Forest," which will explore how cold air pools, or dense pockets of cold air that settle into valleys, form and dissipate, and how they may play an important role in forest ecosystem function and biodiversity.

Kelsey will share what types of large-scale weather patterns are favorable for cold air pools to form and to dissipate within the Hubbard Brook Experimental Forest, a long-term ecological research forest located in the southwestern part of the White Mountain National Forest in New Hampshire. He will also discuss the potential impacts that cold air pools have on the overall function and biodiversity of a forest's ecosystem, how deep they can be, how cold they can get, and their seasonal regularity.



Courtesy

Eric Kelsey

Kelsey has spent a decade feeding his passion for studying extreme weather and climate by collaborating with other researchers in the Hubbard Brook Experimental Forest and applying his knowledge of atmospheric science to ecosystem functions of the Hubbard Brook Forest.

Kelsey, who originally hails from Nashua, New Hampshire, received a Ph.D. from the University of New Hampshire, a master's degree from State University of New York at Albany and a bachelor's degree in atmospheric science from the University of Missouri. Kelsey is an active member of the Hubbard Brook Experimental Forest Committee of Scientists and the American Meteorological Society.

The Mountain Voices lectures are free and open to the public but pre-registration is required. For information about the museum, current exhibits, and to register for the current lecture, visit www.plymouth.edu/mwm.

Dalton residents vote to keep Planning Board, Conservation Commission

BY TARA GILES

tara@salmonpress.news

DALTON — In Dalton, the contentious issue over whether or not to abolish the Planning and Conservation Commission was settled, with residents voting to keep both intact. The vote for the abolishment of the Planning Board was 192 no, and 131 yes.

The vote to abolish the Conservation Commission was 96 no, and 63 yes. Further, the warrant to elect the members of the Planning Board, rather than have them be appointed came down to 187 for electing, and 133 to appoint.

The Select Board race went to Tom Dubreuil with 174 votes, over Cathy Fountain's 157. Town Clerk and Tax Collector went to Jeanette Charon who ran unopposed. For Moderator, Pam Kathan won with 169 votes, to Jay Ennis's 152.

Library Trustee went to Robin Pilotte with 172 votes, to Kristine Ennis's 147.

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forestsociety.org/maplemonth

Local News

Mid-State Health Center takes part in National Alcohol and Drug Facts Week

PLYMOUTH — National Alcohol and Drug Facts Week (NADFW) is an annual event that takes place March 20- 27. The event aims to increase awareness about alcohol and drug use among young people and to debunk common myths and misconceptions related to substance use. In support of this effort, Mid-State Health Center plans to utilize their social media platforms throughout the week by sharing resources, educational materials, and statistics on drug and alcohol use specifically designed for parents and educators.

Mid-State Health Center RISE recovery programs

In addition to offering behavioral health services, Mid-State Health Center offers recovery support services to everyone in the community. Mid-State's RISE Recovery services include an Intensive Outpatient Program, Medication Assisted Treatment (MAT), as well as Recovery Support Services.

Though Mid-State's RISE programs are for adults 18 and over, they want to stress the importance of empowering teenagers with accurate information about drugs and alcohol. By doing so, the hope is that they can make informed decisions and resist peer pressure.

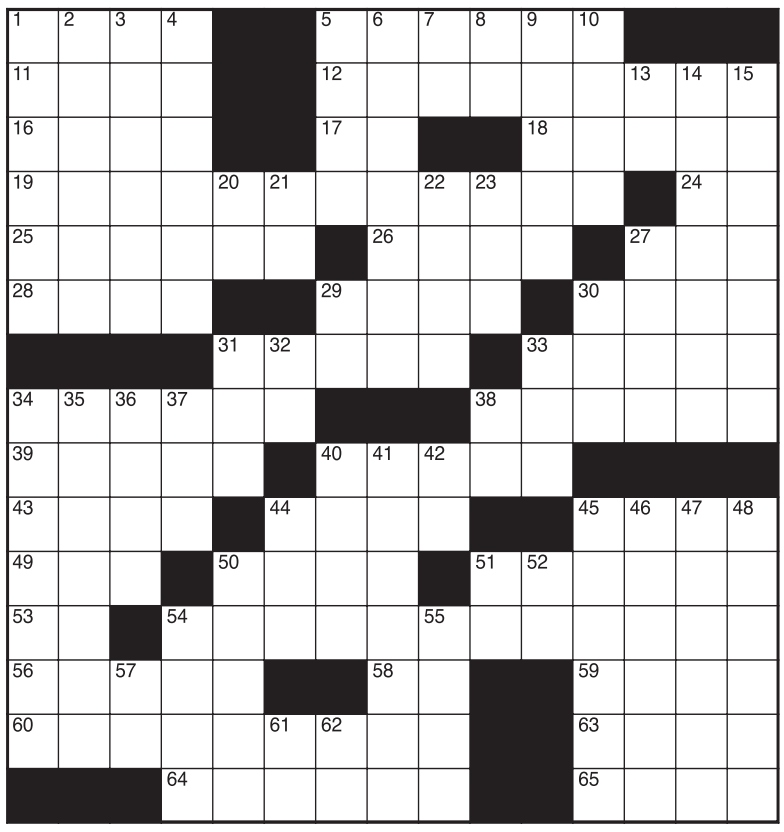
According to the National Institute on Drug Abuse (NIDA), alcohol and drug use among teenagers can have serious consequences, including poor academic performance, impaired driving, and even death. By participating in NADFW, Mid-State Health Center hopes to create a safer and healthier future for our young people.

Please follow Mid-State Health Center's Facebook page @midstatehealthcenter for drug and alcohol facts all week long and visit our website for more information on our RISE programs: www.midstatehealth.org Where your care comes together.

About Mid-State Health Center

Mid-State Health Center delivers primary care and supportive services at locations in Bristol, Plymouth, and Lincoln, offering medical services, dental services, behavioral health counseling, imaging, recovery, and care management for the entire family. The mission of Mid-State Health Center is to provide sound primary health care to the community accessible to all regardless of the ability to pay.

TAKE A BREAK



ACROSS

1. Influential American political family
5. __ Chantilly, __ de Menthe
11. Within
12. Pleasure seekers
16. Computer manufacturer
17. Home to college sports' Flyers
18. Fungal disease
19. Sleepwalk
24. Spielberg sci-fi film
25. Seasonable
26. Taxis
27. Radio direction finder (abbr.)
28. Thin, narrow piece of wood
29. "Mystic River" actor Sean
30. Ingenuous
31. Musical composition
33. Turkish surname
34. High or hilly area
38. Wilco frontman
39. Pour it on pasta
40. Electric car company
43. Sea eagle
44. Walk with difficulty
45. Sign of healing
49. Boy
50. Protein-rich liquid
51. Washington city
53. Individual portion of TV series (abbr.)
54. Thought over
56. Scads
58. News agency
59. Standard
60. Deadlock
63. Pre-Columbian empire
64. Removed
65. French commune

DOWN

1. Large, dangerous animals
2. Straighten out
3. Family tree
4. Large stinging paper wasp
5. European river fish
6. Cut down in size
7. Denotes past
8. Larry and Curly's partner
9. Samoyedic ethnic group
10. Male parent
13. Specific gravity
14. Demeaned oneself to
15. Rigidly
20. Yankovic is a "weird" one
21. Belonging to me
22. Path
23. Airborne (abbr.)
27. Level
29. Atomic #94
30. Born of
31. Midway between northeast and east
32. Northeastern bank
33. Defunct airline
34. Having no purpose
35. A low wall
36. Swedish city
37. Earn a perfect score

RAINY WEATHER WORD SEARCH

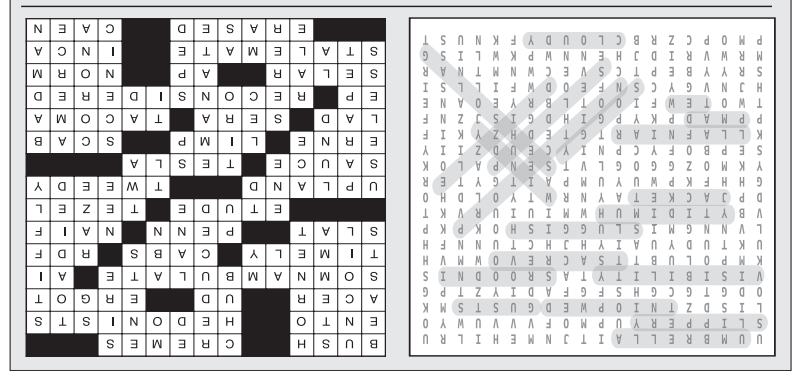
U	U	M	B	R	E	L	L	A	I	T	J	N	M	E	H	I	L	R	U
S	L	I	P	P	E	R	Y	U	P	M	O	F	V	V	V	U	W	Y	O
L	I	S	D	Z	T	N	I	O	P	W	E	D	G	U	S	T	S	M	K
O	D	G	T	G	C	G	H	S	F	G	F	A	D	I	Y	Z	T	P	G
V	I	S	I	B	I	L	I	T	Y	T	A	S	R	O	O	D	N	I	S
K	M	P	O	L	U	B	T	T	S	A	C	R	E	V	O	W	M	V	H
U	K	T	U	D	Y	U	A	I	Y	H	J	H	C	T	U	N	N	F	H
L	V	N	N	G	M	I	S	L	U	G	G	I	S	H	O	K	P	K	P
V	B	Y	T	I	D	I	M	U	H	W	M	I	U	I	U	R	V	K	T
D	P	J	A	C	K	E	T	A	Y	N	R	W	T	Y	O	L	D	H	O
G	H	H	F	K	P	W	U	Y	U	M	P	A	I	T	G	Y	T	E	R
Y	K	M	O	Z	G	G	O	G	L	V	T	S	E	N	P	A	L	O	K
S	E	P	B	O	F	Y	C	P	N	I	Y	C	E	U	D	Z	I	I	Y
K	L	L	A	F	N	I	A	R	T	G	T	E	D	H	Z	Y	K	I	F
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S	R	Y	Y	B	E	P	T	C	S	V	E	C	W	N	M	T	N	A	R
M	R	W	V	R	I	D	J	H	E	N	N	W	P	K	W	L	I	S	G
P	M	O	P	C	Z	R	B	C	L	O	U	D	Y	F	K	N	U	S	T

Find the words hidden vertically, horizontally, diagonally, and backwards.

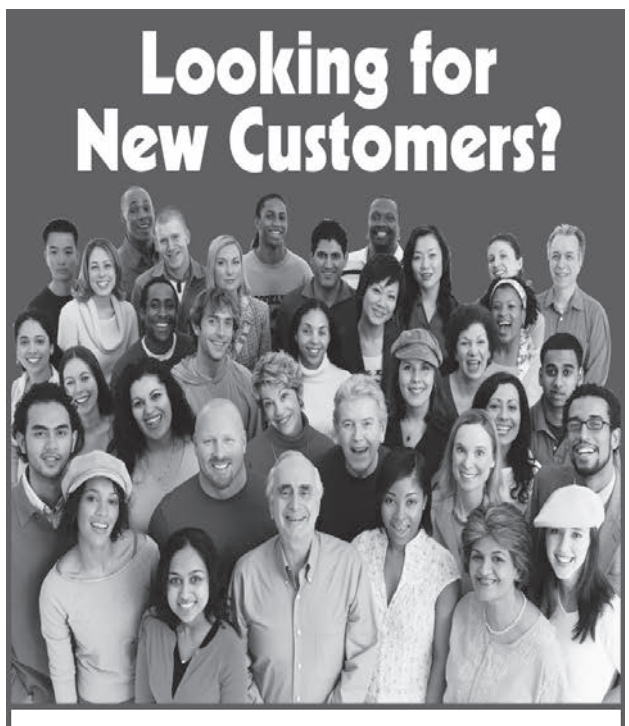
RAINY WEATHER WORD SEARCH

CLOUDY, DAMP, DEW POINT, DRIZZLE, GALOSHES, GUSTS, HUMIDITY, INDOORS, JACKET, OVERCAST, PROTECTION, PUDDLES, RAINFALL, SLIPPERY, SLUGGISH, SOGGY, UMBRELLA, VISIBILITY, WET, WINDY

This Week's Answers



THE LITTLETON COURIER'S
Dining & Entertainment
IN THE NORTH COUNTRY



FROM THE LAKES REGION
TO THE GREAT NORTH WOODS.

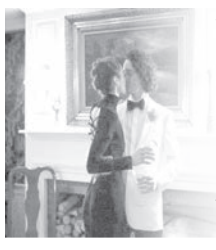
- The Baysider
- Meredith News
- Berlin Reporter
- Gilford Steamer
- Granite State News
- Littleton Courier
- Record Enterprise
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- Coös County Democrat
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Local News

Prioritizing nutrition in older adults: A key to optimal health and well-being

BY ANNA SWANSON
Pemi-Baker Hospice & Home Health

PLYMOUTH — As we age, the importance of good nutrition becomes increasingly crucial. Eating a balanced diet with the right nutrients is essential for maintaining optimal health and preventing chronic diseases. Yet, older adults often face challenges that make it difficult to maintain a healthy diet.

According to the World Health Organization, malnutrition is a significant health concern for older adults. Poor nutrition can lead to a weakened immune system, muscle weakness, and an increased risk of falls and fractures. Additionally, it can contribute to cognitive decline, depression, and other mental health problems.



COURTESY
Danielle Paquette-Horne, RN, Executive Director Pemi-Baker Hospice & Home Health.

"Good nutrition is vital for older adults because their bodies require fewer calories, but they need more nutrients to maintain their health," says Danielle Paquette-Horne, RN, Executive Director with Pemi-Baker Hospice & Home Health. "Unfortunately, many older adults struggle with eating a healthy diet due to a lack of appetite, difficulty chewing or swallowing, and other health issues."

To help older adults stay healthy, it's essential to prioritize good nutrition. Here are some tips for older adults:

1. Eat a variety of nutrient-dense foods, such as fruits, vegetables, whole grains, lean proteins, and healthy fats.

2. Stay hydrated by drinking plenty of water and other fluids.

3. Avoid empty calories from processed foods, sugary drinks, and snacks.

4. Pay attention to portion sizes to avoid overeating.

5. Talk to a healthcare provider or registered dietitian to develop an individualized nutrition plan.

6. Consider taking dietary supplements if recommended by a healthcare provider.

"Older adults need to be mindful of their nutrition and take steps to maintain a healthy diet," says Paquette-Horne, RN. "By making small changes to their diet and seeking guidance from healthcare professionals, they can live a healthy and fulfilling life."

Pemi-Baker Hospice & Home Health is a trusted, nonprofit agency proudly serving 29 towns in central and northern NH since 1967. Expert services include at-home healthcare and physical therapies (VNA), hospice and palliative care, and community programs including: American Red Cross CPR/AED/FA, Caregiver and Bereavement Support Groups and Ask A Pemi-Baker Nurse days at your local senior centers. Providing compassionate care with experienced staff who are trained, certified professionals and also your neighbors. In your time of need, we're right where you need us.

Pemi-Baker is located at 101 Boulder Point Drive, Suite 3, Plymouth. To contact us please call: 603-536-2232 or email: info@pbhha.org Like our Facebook Page: @pemibakerhospicehomehealth.

Littleton Area Chamber to host spring awards celebration April 1

LITTLETON — The Littleton Area Chamber of Commerce (LACC) would like to invite you to our 2023 Spring Awards Celebration! Please join us on Saturday, April 1 to celebrate with drinks and dinner by Lady Shaye, a silent auction and raffle at the Boys & Girls Club of the North Country from 4 to 8 p.m.

The menu for the evening will include a buffet style dinner with your choice of meatballs or spinach dip as an appetizer, entrees include BBQ chicken with roasted potatoes and mixed veggies, or Lady Shaye's signature mac & cheese served with broccoli. Dessert offerings are a sweet taco delight! Choices are blueberry cheesecake, strawberry cheesecake and apple cheesecake tacos.

There will be a coffee bar featuring Starbucks coffee provided by Artisans With A Mission, as well as live entertainment with the musical stylings of Mark Bonta on guitar, so be sure to bring your dancing shoes!

During this event, we will be presenting the George & Jan Kirk Volunteer of the Year Award, sponsored by Casella, as well as the Citizen of the Year Award which is sponsored by the Littleton Coin Company. We will also be recognizing Littleton's Student of the Year who will be awarded the Eames Family Scholarship for their academic and civic achievements. It truly will be an evening of celebration!

Visit our Web site at littletonareachamber.com to see our Event Sponsors which include Passumpsic Savings Bank, Mascoma Bank, Woodsville Guaranty Bank and the Bank of New Hampshire who have generously chosen to help make this event an evening to be remembered. Smaller businesses or organizations can join Joanne's Sweet Breads in sponsoring this event through purchasing a Flower Sponsorship ticket which gets your business name on a bouquet to be given away at the end of the evening. This sponsorship level is a great way for your business to get some exposure and includes a ticket to the event!

Sponsorship opportunities are still available for this event! If you would like more information on Event Sponsorship or would like to donate an item for our Silent Auction, please reach out to Meg Basnar at office@littletonareachamber.com. Sponsorship opportunities are detailed on the event page which can be found from the LACC homepage.

We hope to see you there!

LEGAL PROBATE NOTICE
THE STATE OF NEW HAMPSHIRE
2nd Circuit - Probate Division - Haverhill
3/3/2023 thru 3/16/2023

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.

Brand, Gary J, late of Monroe, NH. Gloria M Brand, 80 Cady Street, North Adams, MA 01247. Stephen Unwar Samaha, ESQ, Resident Agent, Samaha Russell Hodgdon PA, 69 Meadow St, PO Box 70, Littleton, NH 03561. #315-2022-ET-00737

Doran, Carole Ann, late of Littleton, NH. Jennifer Newell, 2349 North Littleton Rd, Littleton, NH 03561. #315-2023-ET-00087

Hazelton, Marie Anna, late of Lisbon, NH. Robert E Hazelton, 49 Broadmeadow Lane, Porter, ME 04068. William W. Oliver, ESQ, Resident Agent, Attorney At Law, PO Box 280, Franconia, NH 03580. #315-2022-ET-00706

Messier, Ernest Lee, late of Littleton, NH. Robert L. Messier, 1 Palmer Street, Brunswick, ME 04011. Michael Ransmeier, ESQ, Resident Agent, 76 Main St. - Box 31, Littleton, NH 03561. #315-2023-ET-00131

Westman, Edward W, late of Woodsville, NH. Timothy E Westman, 70 Wild Ammonoosuc Rd, Woodsville, NH 03785. #315-2023-ET-00048

Dated: 3/17/2023

PUBLIC NOTICE
VFW Post 816, NH Department of Defense Innovative Readiness Training Project

The VFW Post 816 intends to solicit assistance from the Dept. of Defense's Innovative Readiness Training Program (IRT). The VFW intends to partner with IRT to provide dental and support services through established VFW programs addressing the needs of underserved veterans. Written comments or requests for information may be submitted by **April 6, 2023**, to:

Linda Massimilla at: linda.massimilla@leg.state.nh.us
or 197 Orchard Hill Rd., Littleton, NH 03561

Persons not filing comments within the time frame noted will be considered to have waived their objection to military assistance for this work.

(UL-March 22: March 29)



FREE CHILDHOOD SCREENING

The Littleton School District (SAU 84), is excited to announce a **FREE** childhood screening on Friday, May 12th for children between the ages of birth and 5 years of age residing in Littleton, NH.

This free screening will be held at Lakeway Elementary School.

Childhood specialists will be available to screen:

- Speech and Language Skills
- Motor Skills
- Academic Skills
- Hearing and Vision Screening

The Littleton School District hopes that, through this screening, children in need of any type of early childhood educational services can be identified and receive the support they need.

Appointments will be taken starting **Monday, April 17th through Friday, April 28th**. You can call Lakeway Elementary School at (603) 444-2831 between the hours of 7:30 am - 3:00 pm and schedule an appointment with the Mildred C. Lakeway Office Staff.

If you have any questions about this FREE childhood screening, please call Jess Bisson, Preschool Coordinator at (603) 444–2831.

~SAU #58~

NOTICE OF MEETINGS

MARCH 2022

STARK SCHOOL BOARD
Tuesday, April 18, 2023
4:30 – Stark Village School

STRATFORD SCHOOL BOARD
Wednesday, April 11, 2023
5:30 – Stratford Public School

NORTHUMBERLAND SCHOOL BOARD
Tuesday, April 10, 2023
5:30 – Groveton High School

SAU JOINT SCHOOL BOARD
Tuesday, April 18, 2023
5:30 – Stark Village School

Obituaries

Gary Sanborn



Gary passed away peacefully at his home on March 12, 2023.

He led a full life. He was educated in the Bethlehem School system and joined the Air Force in 1956.

His many aspirations were fulfilled. Among these accomplishments to mention, he built a log home from start to finish. He built a beautiful home, and it still remains in the family. His son Rick is keeping his dream alive.

His goal was to become a pilot and be a fixed based operator at the Whitefield Regional airport. He had his own airplane and enjoyed taking people over the White Mountains.

He relocated to the Seacoast of New Hampshire in the 1980's. He operated heavy equipment for several years until his retirement. Once retired he and his wife spent several years being snowbirds.

He was predeceased by his mother and father, Howard and Elouise Sanborn, and his brothers, Gus and Duane Sanborn.

He is survived by his wife, Evelyn, his brother, Roy Sanborn of Meredith NH, sister, Nita Ross of Manchester, NH his children, Jean Sanborn of Grand Forks, North Dakota, Richard Sanborn of Bethlehem, NH, Terrie Chambers of Dover, NH, and Chris Sanborn of Wilton, NH. 3 Grandchildren, Rickieanne Baker of Tularsora , New Mexico, Christian Sanborn of Middleton, NH, and Jordan Chambers of Dover, NH. He is also survived by two great grandchildren.

A private grave side service will be held in the spring.

Louise Marie Conrad Spears, 93



LACONIA -- Louise Marie Conrad Spears, 93, died Wednesday, March 15, 2023 of natural causes at Concord Hospital – Laconia.

Louise was born July 27, 1929 in Littleton, NH, to the late Oscar and Martha Conrad.

Louise grew up in Lisbon. She graduated from Lisbon High School in 1947 and went on to attend the Laconia Hospital School of Nursing.

She lived in Laconia and spent her winters in Arizona. She loved traveling, and visited the entire continental United States. She loved her dogs, her flower gardens, and being outside in the sun. She was an excellent baker that treated her family with great deserts. She knitted family and friends beautiful sweaters and afghans. Louise especially loved her time with family.

Louise is survived by sons, R. Scott Spears and wife Gail of Meredith, NH, and Clifford Spears of Laconia, NH; daughters, Dawnn Suchocki and husband Donald of Bloomfield Hills, MI, Rhonda Taylor and husband Edward of Winchester, NH, and Juanita Stryker and significant other Richard Pickwick of Belmont, NH; nine grandchildren; and nine great-grandchildren. Along with her parents, she is predeceased by her husband, Warren S. Spears; her significant other of 23 years, Curt Pickwick; a son, Wayne Spears; and grandson, Jonathan Spears.

At the request of Louise, there will be no calling hours or funeral services.

Graveside services will be held in the spring for family and close friends at Union Cemetery, Academy Street, Laconia.

Please consider a memorial donation in Louise's name to Dartmouth Medical Center, 1 Medical Center, Lebanon, NH 03766; New Hampshire Humane Society, PO Box 572, Laconia, NH 03247; or to the American Cancer Society, PO Box 6704, Hagerstown, MD 21741.

Wilkinson-Beane-Simoneau-Paquette Funeral Home & Cremation Services and 603Cremations.com, 164 Pleasant Street, Laconia, NH, is assisting the family with arrangements. For more information and to view an online memorial, please visit www.wilkinsonbeane.com.

Joseph Valeda "George" Dumas, 95



Joseph Valeda "George" Dumas, 95, Whitefield, died on Monday, March 13, at his home with his daughter and son in-law by his side. George was born January 22, 1928, in Berlin, NH, the 4th son of Alphonse and Celina (Baillargeon) Dumas. He attended C.D. McIntyre School in Whitefield, NH, and has lived in Whitefield most of his life. On September 8, 1951, he married Carlene Joyce Martin of Littleton, NH, at St. Rose of Lima Catholic Church. They lived in Littleton a year before moving to Whitefield. He worked for the town of Whitefield for about 10 years after Mellon-Quincy Co. burned in 1954. He then worked at Nuroco Woodworking Company building cabinets and learning Formica work. He went on to work at M-BLT Corp. in Twin Mountain, NH. He then worked as a carpenter for Robert Murray, for Clare Packard Construction and then his son Charles Packard until his retirement in 1992. He had a special talent working with wood and enjoyed it immensely, making crafts, etc. He loved being outdoors using his tractor and believed "If you don't work every day, it was a lost and wasted day". George was a communicant of St. Matthews Catholic Church in Whitefield which was later changed to Gates of Heaven Parish. George was a very special person, loveable, good natured, friendly and helpful to everyone and will be missed by many. He was a loving, devoted caregiver to his wife for many years who predeceased him July 29, 2014. Also going before him was his daughter Linda Dumas Poulin, three brothers, Romeo, Henry, and Wilfred Dumas; two sisters, Dora Bourassa, Irene Bourassa, one niece and one nephew.

He leaves behind his beloved daughter, Donna and husband John Tholl Jr., Whitefield, three grandchildren, Dawn Marie and husband Douglas Laleme, Bethlehem, John F. Tholl II and wife Nicole, Littleton, and Bernard Poulin, Concord. Five great grandchildren, Eric Tholl, Dylan Laleme, Emily Tholl, Mia and Emma Rafuse, one great great grandson Jace Laleme, a sister Doris Whitcomb, Whitefield, sister in-law Lillian Anderson, Nashua, and numerous nieces and nephews.

A Mass of Christian burial will take place on Friday, March 24, 11:30 AM, at the St. Matthews Catholic Church, Whitefield, with Father Britto officiating. Burial will take place in the Spring at St. Matthews Catholic Cemetery. Donations may be made in George's memory to North Country Home Health & Hospice, 536 Cottage Street, Littleton, NH, 03561 https://northcountryhomehealth-hospice.org/donate/ or Whitefield Fire Rescue, 48 Littleton Road, Whitefield, NH, 03598. To offer your condolences to the family please visit www.rossfuneral.com

BETH VOTE

(CONTINUED FROM PAGE A1)

Cemetery Trustee.

Former Colonial Theater Executive Director Stephen Dignazio gained 274 votes for a three-year term as Library Trustee. Fellow candidates Leonard Grubbs and Douglas C. Harman also ran unopposed and earned 260 and 267 votes, respectively.

Voters approved eight recommended zoning amendments to eliminate redundancies and streamline efficiency. Among them was the proposal to eliminate the need for a special exception for manufactured homes, which passed 266 to 68, and the addition of home businesses as an accessory use, which passed 282 to 57.

SCHOOL BOARD

(CONTINUED FROM PAGE A1)

Board member Greg Cook said, "We'll have some architectural drawings and things to further the studies to determine what we need to do to the property where we would be building the new school. So we need some funds in there to be able to move forward. We have target dates that we need to hit to achieve state funding to help us with paying for it if we decide to move toward a new school. If we don't get those dates, it keeps pushing the can down the road. We've got to start spending some money to prepare and get a full report to the state to get approved for funding."

EMS CONTRACT

(CONTINUED FROM PAGE A1)

station coverage in Littleton when multiple calls occur.

Franconia officials will also return the town's ambulance to service as a transport vehicle for Littleton Fire and Rescue. The $5,000 investment will help to offset LFR labor costs.

"Hopefully, we can all come out better for this," said Franconia Select Board member Dan Walker. "Hopefully, we can secure staff, the people of Littleton can get more staff and the whole mutual aid system can with this partnership."

Franconia Town Administrator Sharon Penney suggested monthly meetings between the two towns to gain status updates. Littleton Fire Chief Chad Miller agreed.

"Transparency is so important for our firefighters and our communities, so that's why I've taken a lot of time to write some stuff down and to be on the record and as often as we need," said Miller.

Gendreau said it could be a model for the state of New Hampshire. Walker said they were mimicking a regional school district to a degree.

Littleton Board Chair Roger Emerson said, "To me, regionalization is for all the communities to build one station, have the ambulances in there, and create something that can be used throughout the area. The other communities around us, Lisbon, Whitefield and Bethlehem, are all having trouble, so it is something that really needs to be looked into."

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
Rabbi Donna Kirshbaum
WEEKLY SABBATH & ALL HOLIDAY SERVICES YEAR 'ROUND
*Life Cycle Celebrations * Extensive Library*
*Youth Programs * Adult Education*
Phone: 603-869-5465
Website: **www.bethlehemsynagogue.org**

BREAD OF LIFE UPC
Apostolic Pentecostal
835 Profile Road, Bethlehem NH
www.breadoflifeupc.com

DURRELL UNITED METHODIST
Box 728 - 869 2056
Sunday Worship 11 a.m.
Pastor Arthur Savage

NEW BEGINNINGS APOSTOLIC FELLOWSHIP:
Apostolic Pentecostal
100 Lancaster Road
Whitefield NH
& Bethlehem NH
Sunday Service 12:30 pm
Wednesday Bible Study: 7:30 pm
Fellowships & Events: listed on on facebook
www.apostolicnh.org • Apostolicnh@gmail.com
Pastor: Justin C Francis

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 I00F Lodge on Route 2
752-6215 • Affilated 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: *Wed., Thurs. and Fri. 8:00 a.m.*
Pastor: *Rev. John Mahoney*
www.stjosephlincoln.org

LISBON

CHURCH OF THE EPIPHANY
Episcopal • School Street, Lisbon
Sunday Worship: 9 a.m., and coffee fellowship
Pastor: *Reverend William J. Watts, Jr.*

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.breadoflifeupc.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.crossroadsoflittleton.com
Email: pastor.crossroadschurch@gmail.com

ALL SAINTS' EPISCOPAL CHURCH
Infinite Respect – Radical Hospitality
35 School Street • Littleton, NH • 444-3414
Email: allstslittleton@allsts.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.allsts.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-nh.org • **Call:** 444-2763
Pastor: *Nick DeYoung*

FIRST CONGREGATIONAL CHURCH, UCC
189 Main St., Littleton • 444-3376
Office Hours: M-TH 10 am - 1 pm
email: fstcong189@gmail.com
Web: www.1stconglittleton.org
Sunday Worship: 10 a.m.
Office Hours: M-TH 10 am - 1 pm
email: fstcong189@gmail.com
Tuesday: *AlAnon Meeting 6-7 pm*
Monday, Wednesday, Thursday and Saturday: *AA meetings 7pm*
Pastor: *Rev. Peter Ilgenfritz, Interim*

FIRST UNITED METHODIST CHURCH
18 Main St, Littleton
603-444-5567 office
FUMC_office@yahoo.com
follow us on fb
Worship Sundays 9:30 am

LITTLETON BIBLE BAPTIST CHURCH
(KJV 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
Services: Sunday at 9 a.m.
Pastor: *Arthur Savage*

WHITEFIELD COMMUNITY BAPTIST CHURCH
27 Jefferson Road, Whitefield • 603-837-2469
Office hours: Tuesday – Thursday noon – 4pm
www.cbc1816.church • email: cbc1816@myfairpoint.net
Sunday Worship: 10:00 a.m.
Sunday School: *(preschool – adult): 9:00 am*
Tuesday: 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
(11⁄2 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 Muehlke 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

Local News / The Rest of the Story

Badger Peabody & Smith Realty celebrates agents, staff at annual awards







COURTESY

Beth Horan, Karen Walsh & Nikki Barrett.

BRETTON WOODS — Badger Peabody & Smith Realty held their annual award celebration in mid-February with a dinner, award presentations, dancing and more at the Omni Mt. Washington Resort in Bretton Woods. The geographic location serves as a great meeting place for all the offices from Berlin to Holderness, Littleton to Conway.

According to Andy Smith, Broker/Owner of Badger Peabody & Smith Realty, "We had a special event and it was a celebration of the successes of the year. This year we added a few new awards, including the Good Neighbor Award and more. Our firm had a great year – we hosted a number of educational events for agents and staff, we participated in almost 1,000 sales transactions and our charitable contributions were celebrated. Our agents and staff worked hard for our clients and customers in 2022 and it was a pleasure to get to celebrate their achievements."

The Badger Peabody & Smith Realty Residential Sales Associate of 2022 was awarded to Beth Horan. Horan has been with the firm for more than 20 years and works in the Franconia office, and services clients and customers in the North Country.

Smith said, "Beth is a wonderful agent - she takes the time to really listen to folks, she is a great advisor for them and helps them achieve their goals. She enjoys her real estate career and it shows. She consistently goes above and beyond for everyone and we were thrilled to present her with this award."

They also recognized the top agents for each of the other offices.

Berlin office, the top agent was Janet Nickerson. Bretton Woods office, top agent was Michele Penner. Holderness office, top agent was Jackie Elliott. Jackson office, top agent was Kathleen Sullivan-Head. Littleton office, top agent was Nikki Barrett. North Conway, NH office, top agent was Kevin Killourie. Plymouth, NH office, top agent was Missy Sullivan.

Other awards included:

Mt. Madison Level sales achievement awards to: Paty Ciotto, Malcolm Badger, Vespar Duffy, Peter Pietz, Anne Foss, Daren Levitt, Karla Badger, Roland Turgeon, Ray Newton, Eric Turchon, Rachael Brown, Charles Crannell, Linda Matheson, Jane Swett, Patty O'Brien, Tara Peirce, Joy Moore, Norman Head, David Cianciolo, Linda Walker, Debbie Engelhardt and Sue Solar.

Mt. Monroe Level sales achievement awards to: Steve Gorman, Nubi Duncan, Fran Matott, Ralph Cronin, Bernadette Donohue, Jason Cape, Mary Doherty, Don Lapoint, Jerrod Mitchell, Ed O'Halloran, Matthew Penner, Karen Walsh, Tiffany Howard & Aaron Woods.

Mt. Jefferson Level sales achievement awards to: Diane McGregor, Jackie Elliott, Janet Nickerson, Zachary Hawkins, Kevin Killourie, Nikki Barrett, Kathleen Sullivan-Head & Missy Sullivan.

Mt. Adams Level sales achievement awarded to: Keegan Rice.

Mt. Washington Level sales achievement awards to: Michele Penner and Beth Horan.

The annual, Three Pound Sledge Hammar Award is giving to the agent in the firm who has a willingness to help their fellow agents and always having a helpful attitude throughout the year. This year the award was presented to Karen Walsh in the Plymouth, NH office.

New for this year - the Badger Peabody & Smith Realty Good Neighbor award. This award was nominated by their peers and recognizes the agent that makes an extraordinary impact on their community through volunteer work. The award was presented to Nikki Barrett from the Littleton office. Barrett works to help deliver meals on wheels through the Littleton Area Senior Center, she offers pet therapy with her dog Suzie at the Morrison in Whitefield, she helps raise money for North Country Boys & Girls club and she volunteers for the Lakes Region Board of Realtors as well.

Badger Peabody & Smith Realty is the North Country, Mt. Washington Valley, Lakes Region of NH, Western Maine and Northeast Kingdom of Vermont representative of LeadingRE (www.LeadingRE.com<http://www.leadingre.com/%22%20/t%20%22_blank%22%20/t%20%22_blank>). With a membership that spans six continents, LeadingRE connects more than 550 firms and 135,000 sales associates who produce over 1.1 million real estate transactions each year. With combined resources of over 60 full time agents, and eight offices, Badger Peabody & Smith Realty can be reached online at www.badgerpeabodysmith.com.

LIT VOTE

(CONTINUED FROM PAGE A1)

proved a $1.2 million sewer operating budget with no tax impact. The sum will come from the town's sewer fund and offset by user fees.

Likewise, Littleton Water and Light's $14.8 million operating budget gained voter support, with 713 in favor and 159 opposed. Because LWL operates independently, the budget bore no tax impact.

A three-year Mount Eustis ski hill lease agreement gained favor, with 778 in favor and 101 opposed. It bore no tax impact and was unanimously recommended by the Budget Committee and the Select Board.

The proposal to add the Opera House's annual operating budget to the town's special revenue fund with an expense limit of $122,950 gained voter support. Voters approved discontinuing the Opera House's special revenue fund at 652 to 202. The existing $40,000 balance will be withdrawn and applied to the annual expense limit, which bore an estimated tax impact of just over 11 cents per thousand and was approved at 479 to 377.

Voters also approved $465,037 for the Parks and Recreation Revolving Fund and $13,895 to install security cameras on park buildings. Likewise, a $35,000 request to replace lights at the Apthorp soccer and softball fields and $3,559 for a proposed dog park gained voter support. However, a $50,000 bid to renovate the Apthorp Commons dugouts narrowly failed, with 441 voters opposed and 422 in favor.



ANGEL LARCOM

Littleton residents approved a three-year, $$72,875 collective bargaining agreement with the Fire/EMS union.



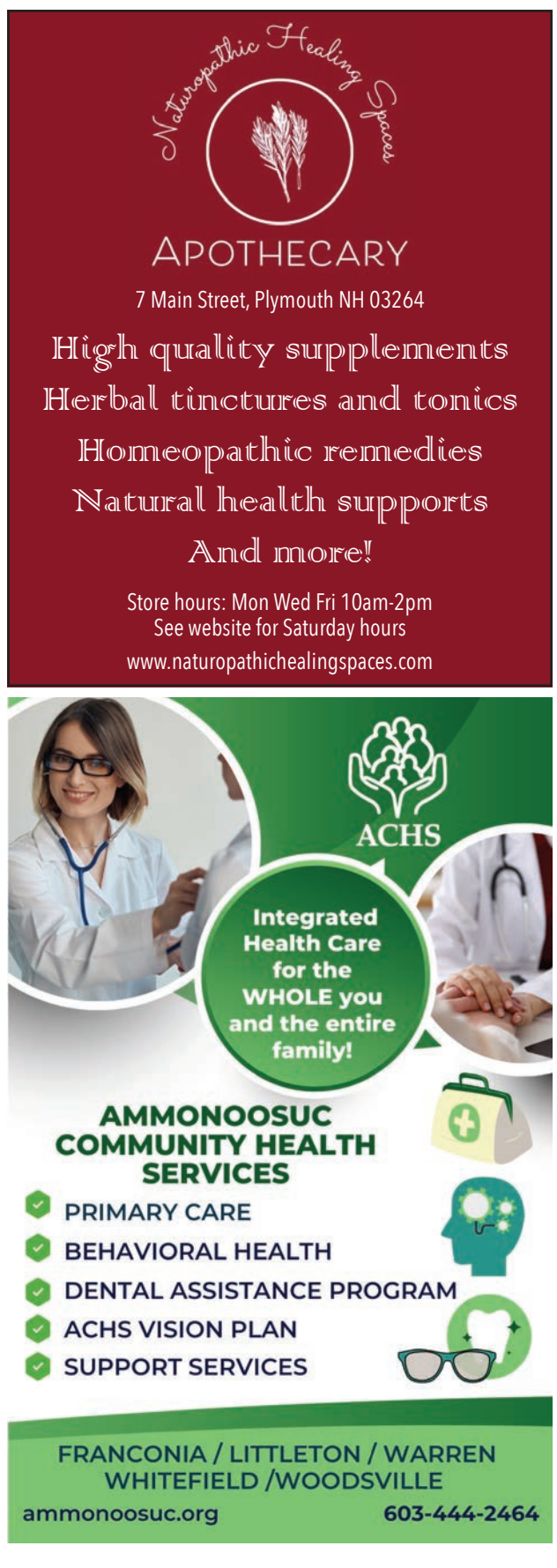
ANGEL LARCOM

Evening traffic was slow at the Littleton polling station for Town Meeting Day on March 14.

Two veteran tax credit proposals gained overwhelming voter support. The optional $500 tax credit for those in active service passed at 768 to 95, and the all-veterans tax credit passed and 752 to 96.







Local News

Three-alarm fire razes Cottage Street business

ANGEL LARCOM
angel@salmonpress.news

LITTLETON — A three-alarm blaze drew firefighters from ten towns to 443 Cottage St. last Tuesday. The fire devastated SBP Builders, a construction company owned by Littleton resident Stan Parker.

An off-duty police officer reported a first-alarm fire at 10:39 p.m. on Tuesday, March 14. Upon arrival at the scene with Engine One, Lt. Oleson found heavy fire through the building's roof and escalated it to a second-alarm fire. A three-bay garage, including construction equipment and commercial vehicles, was fully engulfed in flames.

Littleton and Saint Johnsbury firefighters battled the blaze from within the 13,500-square-foot building and aimed to prevent it from spreading to the attached New England Truck Tire company. However, the collapsing roof soon forced their evacuation.



COURTESY

A three-alarm fire at 443 Cottage Street last week devastated the SBP Builders company and kept firefighters working through the night.

Additional fire departments included Bethlehem, Sugar Hill, Lisbon, Whitefield, Twin Mountain, Franconia, Dalton, and Monroe. The New Hampshire State Police also assisted on the scene.

"It's considered a complete loss," said Littleton Fire Chief Chad Miller. "We ended up requesting a third alarm for additional manpower and engines."

Because of its proximity to the northbound lane of I-93 and the surrounding residential areas, firefighters utilized ladder trucks and three hydrants to fight the blaze from above with as much water as possible. At one point, three ladders were suspended over the building.

According to a statement from Littleton Fire Rescue, the Littleton Water and Light Department increased system pressure to deliver as much water as possible to the three hydrants. Miller said Littleton firefighters remained on the scene until 8:30 a.m. the following morning, though most mutual aid departments were released earlier at night.

"There was a tremendous amount of damage to the area where the fire originated," said Miller. "But based on the reports we received from the off-duty officer and interviewing people known to work in the building, we have a couple of causes that we are following up on, though it's officially listed as undetermined. There are a couple of accidental causes that we're trying to nail down."

Miller noted that the building's age and occupancy type posed additional challenges for the first responders because no fire detection or suppression systems were present. In addition, he said the large volume of undetected wood and accelerants on the property became fuel for the blaze.

"Depending on what you read, they'll say it can double in size every 60 to 90 seconds, so a 12 or 15-minute head start on us was pretty substantial," said Miller. "By the time firefighters arrived, about 3,000 to 4,000 square feet of the building was solidly on fire. That's a real hard thing to turn around."

Firefighters prevented the blaze from devastating the tire company. Miller said the smoke would have been highly caustic.

"I'd like to personally thank the other fire departments that were there," said Miller. It was a large building filled with not-so-nice stuff, and we got a great response from our mutual aid partners. They were invaluable in getting the fire under control."

The cause remains under investigation. But for SBP Builders, it was a catastrophic loss. Elementary school students from the Epic Christian Academy launched a Go Fund Me campaign over the weekend to help the company get back on its feet and replace all lost equipment, including generators, ladders, scaffolding, nail guns, compressors, and more.

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SPORTS

SECTION B

www.courier-littletonnh.com LITTLETON, N.H., WEDNESDAY, MARCH 22, 2023 SECTION B PAGE 1

Crusader spirit squad brings home second-straight state title

BY JOSHUA SPAULDING
Sports Editor



The Littleton winter spirit squad captured its second-straight Division III championship.

COURTESY PHOTO

DERRY — Just prior to the winter spirit championships at Pinkerton Academy, Littleton coach Danielle Cook was a bit worried about her squad.

After working incredibly hard over the course of the season to adjust to a totally new system, the defending champion Crusaders were in the back room and it appeared the pressure had gotten to them as they prepared for the championship routine.

"They broke down, the mental strain and the pressure may have gotten to them, that had never really happened before," Cook said. "We had to bring them out of that, and they pulled it off, they absolutely nailed it.

"The way they were in the back room to the performance floor, they really did a great job," Cook continued. "I am really proud of this group."

The Crusaders won their second championship in a row and third in four years with a score of 90.5 to edge out Mascenic at 89.3 points, continuing what has been a pretty impressive run for the Littleton squad. The team was the runner-up in 2019, champs in 2020, runner-up in 2021 and champions in 2022.

However, they accomplished all of those in a much different way than this year's team.

"The last five years, we've been coed and this year we went back to all girls," Cook said. "It's a big change because we relied on that one boy."

That one boy, Andrew Smith, is a pretty good gymnast, making the spirit team at Division I Kent State this year, and there was a lot of the routine that rode on his strength as the back spot, the person that is behind the flyer or person being lifted who plays a key role in catching teammates who are airborne.

Additionally, along with Smith the last few years, the team also had a front spotter, but this year, with the new spirit rubric, if you use front spotters, you have points taken off your final score.

Cook knew her young squad, with just one senior, couldn't afford to lose points for having a front spotter, so they began learning routines without the front spotter and without Smith for the first time in four years.

"Going into cheer camp this summer, it was the first time they realized they didn't have Andrew," Cook said. However, the team's lone senior, Hailee Beane, who came out for the spirit team as a junior, came through with an stellar performance as the new back spot.

"She was exceptional," Cook said. "The goal at camp was to learn everything without a front spotter and they mastered everything. They were just exceptional. We had never not had front spotters before."

With one eighth grader up to the varsity team, Cook had eight girls on the team and Littleton was the smallest school amongst all the Division III schools. Because of the small number of smaller schools that do winter spirit, there are only three divisions, forcing Littleton to compete against schools that fall in Division III for most of their sports, such as Laconia and Campbell. The Crusaders are the only team north of the notches to compete in winter spirit. Despite all of that, they were heading to the New England Championships this past weekend at Worcester State University, where they were set to compete in Division III against schools with up to 900 kids.

The first of three competitions at the end of the season was the AstroBlast Invitational at Pinkerton Academy in Derry, the site of the state championships. This gave the team a good look at how their routine would score on the new rubric and got the kids some experience in the big gym where the championships were taking place. This was followed by the preliminaries, where five of the nine teams in Division III moved on to the championship. Littleton finished second behind Mascenic in the preliminaries.

In the finals, Cook noted her goal was for the girls to "have fun," as they had already accomplished the two big goals coming into the season, learning routines without front spotters and without Smith as back spotter. And after the scare in the back room, they came out and nailed the routine and earned the school's 11th spirit championship.

In addition to Beane, the team's lone senior, the championship roster includes juniors Kierra Charest, Taytum Adams and Alyssa Pappa, sophomores Max (Ry-Ann) Lewis and Kahlen Stone, freshman Kendall Adams and eighth grader Emilee Silva. Cook is assisted on the sidelines by assistant coach Jenni Baird.

Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or josh@salmonpress.news.



Sports



Joshua Spaulding

Cam Davidson was named Granite State Conference North Player of the Year for boys' basketball.

Trio of locals earn top Granite State Conference honors

By Joshua Spaulding
Sports Editor

REGION — The Granite State Conference has announced its All-Conference Teams for the winter sports season, with a number of local athletes securing honors.

For girls' alpine skiing, Makenna Price of Profile was named Skier of the Year, while Mackenna Mack of Lin-Wood, Elaina Demaggio of Profile, Angela D'Orazio of Littleton and Elise Stewart of Moultonborough all earning All-Conference honors, along with Lilly Handwerk of Derryfield and Olivia Murgatroy of Sunapee.

For boys' alpine skiing, Dylan Modzelewski of Lin-Wood was named the Skier of the Year, with Thomas Fortner and Zach Porter of Littleton and Coen Mullins of Profile earning All-Conference honors, along with John Roth of Sunapee and Jack Schroeder of Derryfield.

Adah Chapman of Moultonborough was named the girls' Nordic Skier of the Year, while Profile's Wyatt Lawton earned All-Conference honors for boys' Nordic skiing.

For girls' basketball north, Marissa Kenison of Groveton was named Player of the Year, with All-Conference honors going to Addison Hadlock of Littleton, Mya Brown of Profile, Katie Velie of Moultonborough and Delaney Whiting of Groveton, along with Ariana Lord of Colebrook and Jacqueline Giroux of Pittsburg-Canaan.

Cam Davidson of Woodsville was named boys' basketball north Player of the Year, while teammate Landon Kingsbury, Cam Clermont and Jake Avery of Lin-Wood, Josh Robie and Alex Leslie of Profile and Kayden Hoskins and Carmichael Lopez of Littleton all earned All-Conference honors.

In the southern tier for girls' basketball, Elizabeth Tschudin of Sunapee was named Player of the Year, while Hannah Diaon of Portsmouth Christian, Lena Nicholson and Amaya Beckles of Newmarket, Laney McAniff of Epping, Kourtney Kaplan of Franklin, Brooklyn Pagach of Hinsdale and Sydney Coracus of Farmington all earned All-Conference honors.

For boys' basketball in the south, Brode Frink of Concord Christian was named Player of the Year, with All-Conference honors to Jack Krasnof of Derryfield, Jordan Berko of Farmington, Gabriel Lacasse of Holy Family, Ezekiel McCoy of Franklin and Baris Fortier of Newmarket.

Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or josh@salmonpress.news.

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Sports

All-Conference Teams announced for winter sports



Dylan Modzelewski was named Granite State Conference Skier of the Year for boys' alpine skiing.



Makenna Price was named Granite State Conference Skier of the Year for girls' alpine skiing.

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The Kingdom East School District operates seven PreK-8th grade schools (Burke, Concord, Lyndon, Lunenburg, Miller's Run, Newark, and Sutton) ranging from 60 to 500 students. Our schools maintain impassioned faculty, personalized beliefs about success, and a caring, safe school culture.

Please visit www.KingdomEast.org and www.SchoolSpring.com for current openings.

Individuals interested in substituting in our schools should call 802.626.1905 or email KESDHR@KingdomEast.org.

FULL TIME

Yardmen & Sales Clerks

Apply in Person/ OR

Send Email to: louise@perrasace.com

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HELP WANTED

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Payroll, Accts. Payable/
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QuickBooks proficiency required.

Send resume to:
Sansoucy Associates,
P.O. Box 244, Lancaster, NH 03584
EOE

LITTLETON AREA SENIOR CENTER
PART- TIME
Hiring for 2 Positions

Program Associate

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EOE

White Mountains School Administrative Unit # 35
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LAFAYETTE REGIONAL SCHOOL

Part-time Custodian

Lafayette Regional School District is seeking candidates for a part-time custodian (.5FTE). Prior custodial experience is preferred and school related experience a plus. Candidates should be dependable, motivated, and possess good work ethics.

To apply please go to **www.SchoolSpring.com** and reference job ID # 4103175

Human Resources
White Mountains School Administrative Unit #35
262 Cottage Street, Suite 301,
Littleton, NH 03561
Phone (603) 444-3925 ~ (603) 444-6299
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Lin-Wood Area Senior Services!

Hiring 2 positions:

Cook & Home-Delivered Meal Coordinator

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www.gccc.org

maria.mcintyre@gcscc.org

603-745-4705

EEO

TOWN OF LANDAFF

Road Agent
Job Opportunity

The Town of Landaff is accepting applications for a full-time Road Agent. CDL/Class B license with air brake endorsement required. Applicants must have management experience, ability to operate and maintain all trucks and equipment, ability to create and manage department budget, and computer skills. References required.

Please submit your resume and cover letter via email to selectmen@landaffnh.org. Position will remain open until filled. Salary commensurate upon experience. Landaff is an Equal Opportunity Employer.

Landaff Select Board

TOWN OF LANDAFF

PART-TIME
ASSISTANT ROAD AGENT

The Town of Landaff is now accepting applications for a part-time Assistant Road Agent. CDL/Class B license with air brake endorsement required. Applicant must have ability to operate and maintain trucks and equipment. Previous experience a plus. Position includes snowplowing in the winter. Average weekly hours 24. References required.

Please submit your resume and cover letter via email to selectmen@landaffnh.org. Salary commensurate upon experience. Landaff is an Equal Opportunity Employer.

Landaff Select Board

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Multi-Modality Radiologic Tech
Medical Assistant
Medical Technologist

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Upper Connecticut Valley Hospital
181 Corliss Lane, Colebrook, NH 03576
Phone: (603) 388-4236
Ucvh-hr@ucvh.org
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STATE OF NEW HAMPSHIRE
OFFICE ASSISTANT
$27,690.00 - $37,401.00/year, 37 ½ hrs/wk

The NH Dept. of Transportation District 1 has a full-time vacancy for an Office Assistant (**Account Clerk III**) in Lancaster to perform diverse clerical duties to include data entry, filing, managing district accounts and office reception/dispatch when needed.

MINIMUM QUALIFICATIONS:
Education: High school diploma or high school equivalency credential. Each additional year of approved formal education may be substituted for 1 year of required work experience.
Experience: 2 years of experience in general office work including bookkeeping.

Required Work Traits: Attention to detail, clear communication skills, a team player with a positive attitude and good customer service skills.

To view a complete job description and apply, visit: https://das.nh.gov/jobsearch/ and search for Job Id# 29600.
For more information contact Jennifer Fortier, Administrative Secretary, at 603-788-4641 or District1@dot.nh.gov.

Need help applying? Please contact Krista Robichaud, Recruitment Specialist at 603-271-8026 or Krista.Robichaud@dot.nh.gov

EOE
TDD Access: Relay NH 1-800-735-2964



WHITE MOUNTAINS COMMUNITY COLLEGE
BERLIN, NH

DIRECTOR OF MARKETING

PART-TIME, 27 hours per week
POSITION #W2R00057
$27.29 - $32.06 per hour

View position description and apply at
https://www.wmcc.edu/about/employment/

White Mountains Community College

FMI: Colbie Ayotte, Human Resources
(603) 342-3038, cayotte@ccsnh.edu
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Lincoln Green

Located in downtown Lincoln, NH.
For persons age 62 and older and persons living with disabilities.

Now Accepting Applications!



Apartment Amenities—
- 1 and 2 bedroom apartment
- Heat and hot water included
- On-site laundry
- Smoke free
- Community garden
- On-site mail delivery
- Community rooms

AHEAD Affordable Housing Education & Development

Contact AHEAD Inc. for an application at—
- 603-444-1377 x1
- info@homesahead.org
- www.homesahead.org
- 262 Cottage Street, Suite 116, Littleton, NH 03561

Rent is based on 30% of income. Applicants must income qualify.

AHEAD Inc. is an equal housing opportunity provider.

Littleton Town and Country



2&3 bedroom apartments accepting applications

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- Washer and dryer hookups
- Heat and hot water included
- Community playground
- Accessible parking

Contact AHEAD Inc. for an application at—
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Affordable rent! AHEAD Affordable Housing Education & Development **Applicants must income qualify.**

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Lisbon Family Housing

Located throughout Lisbon, NH.
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Contact AHEAD Inc. for an application at—
- 603-444-1377 x1
- info@homesahead.org
- www.homesahead.org
- 262 Cottage Street, Suite 116, Littleton, NH 03561

Apartment Amenities—
- Heat and hot water included
- Townhouse style
- On-site laundry
- On-site parking

AHEAD Affordable Housing Education & Development

Rent is based on 30% of income. Applicants must income qualify.

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McKee Inn

Located in Lancaster, NH.
For persons age 62 and older or persons living with disabilities.

Multiple one bedroom vacancies!



Apartment Amenities —
- Heat, hot water, and electric included
- On-site laundry
- Community room
- On-site mail delivery
- Elevator

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- 603-444-1377 x1
- info@homesahead.org
- www.homesahead.org
- 262 Cottage Street, Suite 116, Littleton, NH

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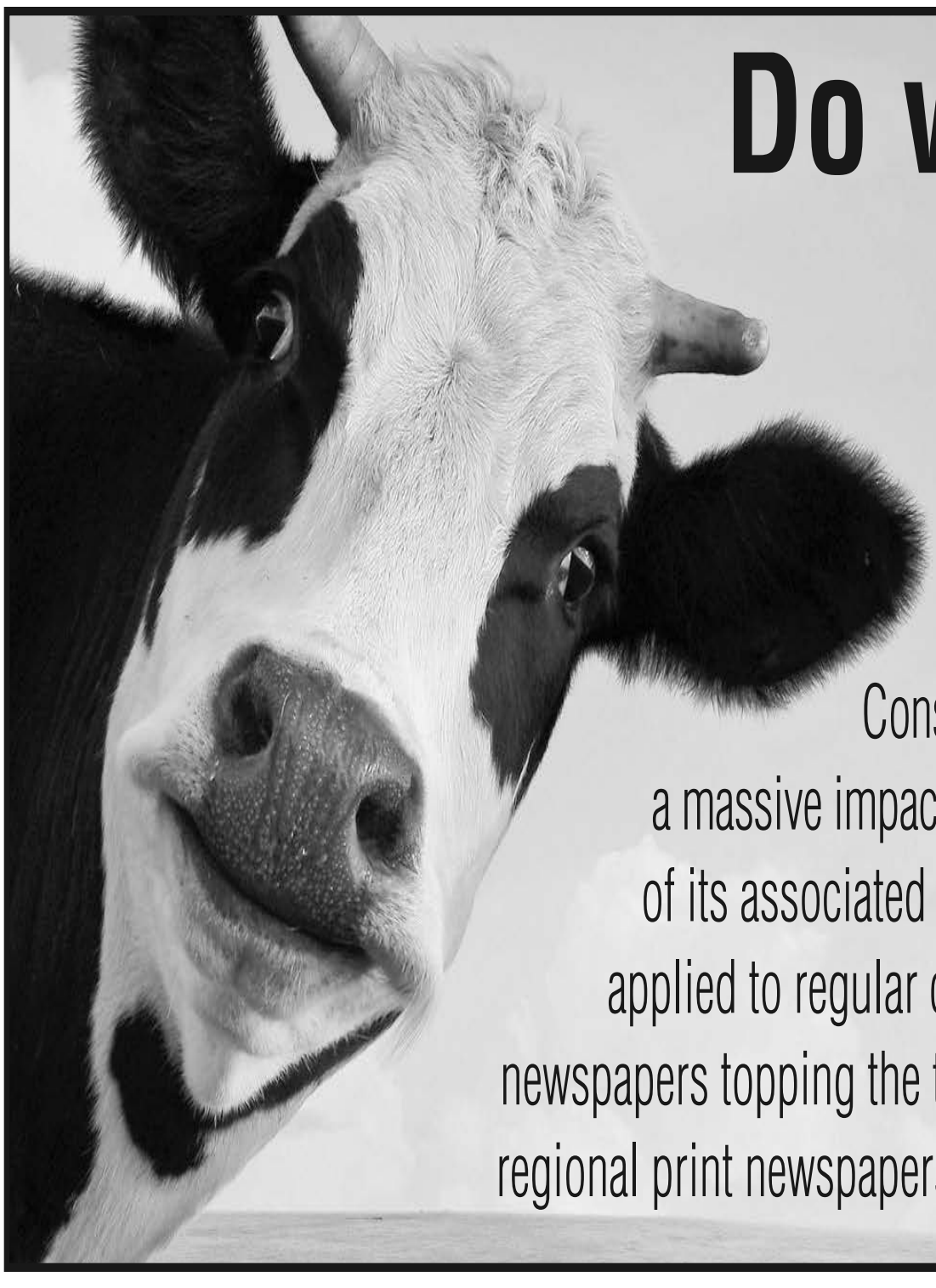



Apartment Amenities—
- 1, 2, and 3 bedrooms
- Heat and hot water included
- Washer dryer hookups or on-site laundry
- Off street parking
- Smoke free

Contact AHEAD Inc. for an application at—
- 603-444-1377 x1
- info@homesahead.org
- www.homesahead.org
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COURTESY PHOTOS

State championships

Bretton Woods Ski Team U12 athletes competed in the State Champs at Attitash. The team had nine total athletes and two that qualified in the top 10 out of all the athletes in the state for the Piche's coming up at Gunstock. John Weeks and Emma Porreca earned the right to move on. U14 athletes competed in the State Champs at Wildcat. The team had eight total athletes and two that qualified again out of all the state athletes for the Easterns coming up at Whiteface N.Y. Chase Rosenbaum and Matthew Blanchard are moving on to Easterns.



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