

Pandemic draws soap maker out of retirement

ANGEL LARCOM
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BETHLEHEM — Tadhg Slater is like many other North Country residents - compelled to contribute to the local community during the coronavirus pandemic. Unlike others, however, he is a seasoned soap maker with over ten years of professional experience under his belt.

Up until five years ago, Slater's Massachusetts-based company had a distribution chain that sold luxury organic soap from coast to coast. His handcrafted products were also delivered under private label to numerous inns and markets. He said it was a stagger-



Tadhg Slater, a resident artist at 42 Maple in Bethlehem and a master soap maker, provides unscented organic soap for North Country medical personnel and first responders during the pandemic.

at 42 Maple Arts Center in Bethlehem and a recent transplant from the Greater Boston area, Slater began making soap again last week. He delivered 105 bars to Rek'Lis Brewing to be distributed for free to every customer ordering takeout from the restaurant. He said it was one small way to encourage the support of a local business during hard times. Now the artist is making hundreds of bars of unscented soap that is available to medical personnel and first responders as well as anyone else in need.

While he had no intention of returning to soap making, Slater said it became apparent early on in the pandemic that soap would soon be in high demand.

"First, we saw the

SOAP, PAGE A16

Local first responders out of quarantine

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LITTLETON — As the number of COVID-19 cases continues to escalate across the country, a handful of Littleton's first responders have experienced voluntary quarantine. Last week,

members of both the fire department and the police department stepped away from duties until cleared by test results.

So far, the Littleton Police Department has experienced three separate

QUARANTINE, PAGE A16

ing amount of work for one person, and he chose to step away with no intention of returning.

A resident artist

Bethlehem resident becomes the Easter bunny

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BETHLEHEM — Chris McGrath donned a surgical mask, rubber gloves and bunny ears and placed well over 300 candy-filled eggs along the streets of Bethlehem

on Easter morning. He announced his plans on Facebook and told residents to start looking at 10:29 a.m.

"I put eggs on all the major roads and at the village center. I also left eggs at the end of all the



Chris McGrath hid more than 300 candy-filled eggs along the streets of Bethlehem so that families could enjoy an Easter egg hunt while practicing safe social distancing.

driveways where I knew children lived. I wore gloves when I stuffed the eggs and wore protective gear when distributing them through town," said the father of one.

McGrath's efforts were welcomed by countless families struggling with

the absence of holiday traditions, due to the COVID-19 pandemic.

Kristin Karr Bruno, a teacher at Bethlehem Elementary School, said, "This is absolutely wonderful. I am sure so many kids benefited

EASTER, PAGE A16

Bookstore offers personal shopping, curbside pickup

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LITTLETON — Many business owners were forced to close their doors and lay off their employees after Governor Sununu's order for all non-essential businesses to close on March 26. Little Village Toys and Books in Littleton found a solution that allows the well-loved book store to continue serving the community.

"We were not given the designation of essential even though I did apply for it. When the Governor expanded the guidelines



While the Little Village Bookstore in Littleton was deemed non-essential and unable to remain open to the public, the store's owner quickly flipped to a personal shopping and curbside pickup model.

for retail operations I had already laid everyone off. Later on that day, he revised it so that businesses could do curbside," explained Clare Brooks, the bookstore owner.

Brooks retained two employees and said all three adhere to strict social distancing practices while working in the Main Street location. Each staff member has a separate desk and phone and they steer clear of one another's spaces. Staggering their hours helps the team stay safe as well.

BOOKS, PAGE A19

A Note to Readers

This week's edition of the paper might seem a bit smaller than you are accustomed to, but rest assured, this is only temporary. Due to the unique circumstances we are all living under at the present time, local sporting events and community activities have wisely been canceled as we all try to stay closer to home and practice social distancing.

As we ride out this temporary interruption of life as usual to-

gether, we urge you to continue supporting the local businesses that advertise in your newspaper. They have always been here for you through good times and bad, and now, more than ever, they need you to be there for them in any way you can.

Amid this temporary absence of local events and municipal meetings, we are also looking to celebrate the many quiet heroes in our communities who have

gone above and beyond to make this situation easier for those most affected by it. Let us know if there is someone in your community who you think should be recognized by e-mailing brendan@salmonpress.news.

Above all, know that we have been your trusted source for local news for generations, and we plan to be here for you to generations to come, in print and online at www.salmonpress.com.

Calendar of events suspended

With many local groups and organizations wisely canceling planned events due to the ongoing coronavirus outbreak, we have temporarily suspended publication of our weekly

calendar of events. Once the current situation settles down, we will return to being your go-to source for the area's most comprehensive listing of local events and activities.

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Local News

Food truck entrepreneur thrives in Littleton

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LITTLETON — Vinny Bag O Donuts only does one thing, but they do it well. The food truck specializes in fresh, made-to-order mini doughnuts, and it has been serving the Littleton community since mid-January.

ANGEL LARCOM
(Right) Vinny Bag o Donut, a new food truck owned by Vincent Sorrentino, has maintained a steady business since opening in mid-January.



The brainchild of Vincent Sorrentino, a classically-trained chef from Connecticut, the doughnut truck can often be seen at several Littleton locations. He said he started at Tire Warehouse in January, then moved to Modern Furniture and Harbor Freight. He also owns a hot dog stand called Vin Dog Concessions and is a regular fixture at the regional fairs.

While the hot dog stand has been a successful venture for Sorrentino, it has very much been a summer operation, and he was looking for something to fill the winter months.

"I used to drive Uber or work part-time to get through the winter. For some reason, I thought donuts in the wintertime would be a good call. It was just a hunch that I had, and I went for it," he explained.

Sorrentino said his instinct paid off and he has continued to serve a steady stream of customers, despite the pandemic.

He said, "At first, I wasn't sure how it would look if a guy were out there selling carnival food in the middle of a crisis. I didn't know if it was essential so I put out a Facebook post and

asked people what they thought. Eighty percent said yes, and 20 percent said I should stay home and stay safe. Now I'm just as busy as before. That's surprising because there's only a third of the traffic out there."

A Gulf War veteran and a graduate of the Culinary Institute of America in New York City, Sorrentino said he has communicated with hundreds of other food truck vendors across the country.

He explained, "Most of the vendors are reporting a 30 percent increase in sales since the epidemic started. I think that's because if you go to the drive-thru at a fast-food place, there are at least six or seven people in the building. The probability of exposure when you come to me is way less than if you go to any other establishment."

Vinny Bag o Donuts operates seven days a week in Littleton during the winter months and offers cinnamon sugar donuts by the bag or by the bucket. Sorrentino said he plans to continue serving donuts at least one day a week in the summertime, and he also intends to bring his Haverhill-based hot dog cart to Littleton as well.

Quarantine lodging available in Franconia

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FRANCONIA — Two Franconia lodging properties, the Gale River Motel and the All Ways Inn have chosen to offer free lodging for anyone needing to quarantine due to a positive test result for COVID-19. Both properties extended this offer before Governor Sununu issued Emergency Order 27 on April 6, which restricted the use of all New Hampshire lodging properties to service vulnerable populations only.

"I decided to open up the motel to people with COVID-19 about three weeks ago when the coronavirus first started to pop up here," said Gale River owner Kevin Johnson.

He's opted to extend the service to residents of Franconia and Sugar Hill only and is working in conjunction

with the town offices.

Anyone who has tested positive for COVID-19 or who lives with someone who tested positive is eligible for up to two weeks of free lodging at the Gale River Motel. In addition to being either a Sugar Hill or Franconia resident, anyone in need of a room must also provide a letter from their healthcare provider stating that either themselves or a person they are living with is positive. Nine units are available at the Main Street property.

Johnson said, "The incubation period after someone tests positive for the virus is about two weeks. At the end of two weeks, they would need a test for the antibodies or the virus. If they come back clean, then they can go home. But if their healthcare provider says this person

is still contagious then they can stay another week, and we will go week-by-week after that."

Across town, the All Ways Inn also offers several rooms for anyone that needs to quarantine, and the property is not restricted to residents only.

"I have this motel that is perfectly situated for anyone in the state, should they need anything," said owner Cornelia Lorentzen.

Emergency Order 27 applies to all lodging providers, including inns, bed and breakfasts, short-term rentals, hotels and motels. This description also includes Homeaway, Airbnb and VRBO

properties that are privately owned. The order is expected to remain in effect until at least May 4 and defines vulnerable populations as; children in emergency placements, persons in or at risk of domestic violence, homeless people and anyone receiving long-term, specialized medical care. New Hampshire residents who are self-isolating also fall under the order's classifications, as well as anyone who has lost a home to extenuating circumstances or people who are unable to return home due to flight cancellations, border closures or other direct constraints on travel.

Caring for the whole community

Weeks North Country Recovery Center now open in Littleton

LITTLETON — Weeks Medical Center has opened a new branch of the Weeks North Country Recovery Center for the treatment of individuals with opioid use disorder and other addictions.

The center, located in Littleton, consists of two medical providers and two behavioral mental health therapists who provide both medication treatment and therapy to individuals seeking to overcome addiction. Medication treatment, combined with behavioral therapy, helps reduce cravings for opioids and helps prevent relapse on opioids. Treatment is available for both adults and teenagers. Group counseling for recovery skills is also available to all participants. All these offerings will shortly expand to include anger management and mindfulness meditation groups. The Weeks North Country Recovery Center also offers the service of AcuDetox, an ear acupuncture treatment to give relief during withdrawal, manage anxiety, and promote stress relief.

The center also offers a connection to a

social worker who can help connect patients with local and statewide resources and to assist with finding appropriate levels of care. The center also works closely with the North Country Health Consortium and the Serenity Center.

Weeks opened the North Country Recovery Center as a response to the opioid epidemic in the North Country in 2017. In addition to the new Littleton location, patients may access services at the Weeks Lancaster Clinic and Whitefield Clinic. Numerous people have participated successfully in the program over the last three years, abstaining from opioids, getting and keeping jobs, reducing their contact with the legal system, and parenting their children.

"Opioid Use Disorder is a relapsing disease, and we find many ways to measure success in recovery," said Jennifer Hagan, LCMHC, MLADC, a licensed mental health and alcohol and drug use counselor. "Sometimes success is not worrying where your next meal is coming from because you are not able to maintain a job and oth-

er times it is rebuilding family. We focus on what a person feels would be success for them, rather than on what others feel success should be."

Weeks Medical Center also has been managing the Doorway at Androscoggin Valley Hospital since January 2019 for the treatment of addiction, expanding services in the Berlin area and reducing barriers to treatment. At this time, the Weeks North Country Recovery Center and the Doorway at AVH are currently treating more than 250 patients. Approximately 500 patients have received treatment over the last three years.

"This is the next chapter in extending our successful substance use treatment program to help more people," Christine Fortin, specialty practice manager at Weeks Medical Center said. "It takes a community to heal substance use and we are actively working with other area agencies to provide services that complement what is already available from the incredible agencies already trying to meet this need. Together we can care for our community."

While the North Country Recovery Center is dedicated to treat-

ing patients with opioid use disorder, patients are also being treated for addictions to alcohol, stimulants, and other substances.

"While opioids are the drug of concern in the state right now, addiction is not a disease that is limited to specific substances," Fortin said.

"Today, people are being most impacted by opioids, tomorrow it will be something new. We are committed to keeping on top of trends and responding to the needs of our communities," Fortin said.

The North Country Recovery Center in Littleton is located at Mt. Eustis Commons (the old Littleton Hospital) at 260 Cottage Street in Littleton. Appointments are preferred, but "now is the time" walk-ins are welcome. Please call 444-2277 for an appointment or for more information. The center is open from 8am to 5pm Monday through Friday. Staff are ready to assist you with obtaining insurance and navigating treatment options. Weeks accepts New Hampshire and Vermont insurance plans.

For more information, please contact North Country Recovery Center at 444-2277.



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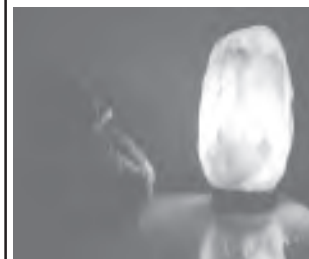


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EDITORIAL *Lessons from another pandemic*

A recent conversation with someone who experienced the Spanish Flu pandemic of 1918 prompted a bit of research into that era on our part, and what we found was that things back then were, in many ways, not so different.

The Spanish Flu infected one third of the world's population, and roughly 675,000 people died in the U.S. as a result. Interesting to note is that this particular strain of the flu virus did not, in fact, begin in Spain, but most likely somewhere in the farm belt of the United States. The name was born from the fact that infection reports in the Iberian Peninsula were particularly high, and Spanish King Alfonso XIII fell ill from it.

In 1918, Washington, D.C. public health officials tried to warn citizens of the symptoms and how the disease was spread via posters. One poster read, 'INFLUENZA' Spread by droplets sprayed from nose and throat. Cover each cough and sneeze with handkerchief, spread by contact, avoid crowds, if possible, walk to work, do not spit on floor or sidewalk, do not use common drinking cups and common towels, avoid excessive fatigue, if taken ill, go to bed and send for a doctor. The above applies also to colds, bronchitis, pneumonia and tuberculosis' The virus began to spread rapidly due to the close proximity in military encampments during the First World War. The disease was a very contagious H1N1 strain of the flu.

What we know from our 1918 counterparts is that social distancing does work. Newspapers downplayed the flu, and President Woodrow Wilson had his own family and staff were infected. During that time, Wilson didn't pay much attention to the pandemic. In fact, no public statement from him was ever made in regards to it. His focus was on the war.

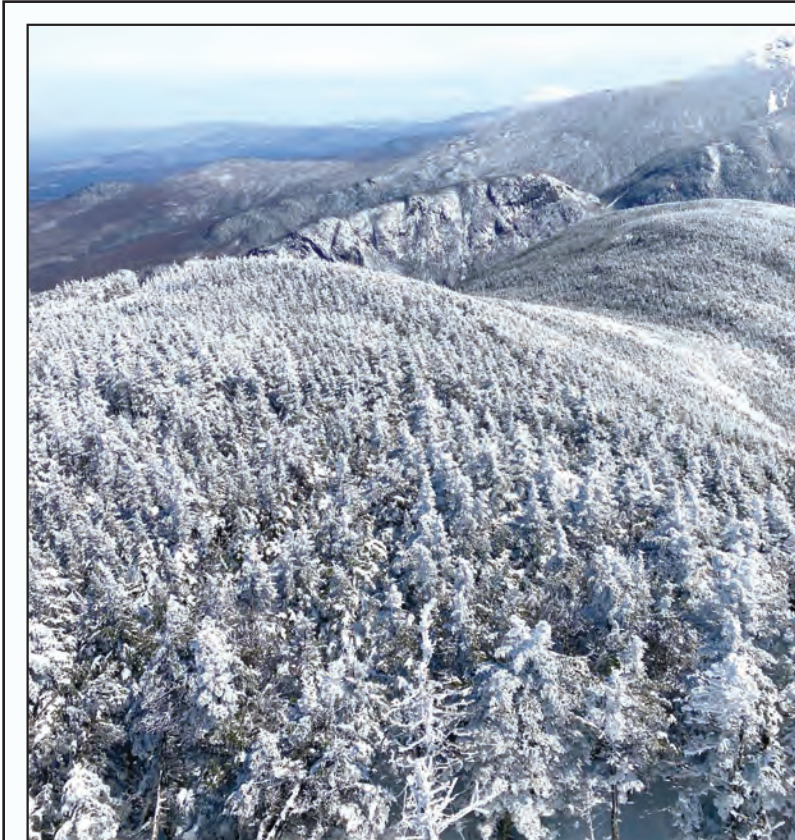
We've heard that over the next few weeks, we will see a dramatic surge in confirmed COVID-19 cases. We've also read reports that the curve is flattening in some places. This does not mean that folks should think the pandemic is over. Everyone should, of course, still be practicing social distancing among the many other precautions we've heard about.

In 1918, schools were shut down and public gatherings were banned. By the summer of 1919, the flu pandemic came to an end. Individuals either passed away or developed an immunity to it. In 2008, researchers discovered a group of three genes that caused a person's bronchial tubes and lungs to weaken which paved the way for bacterial pneumonia. This is what made the Spanish flu so deadly.

Back in 1918, the first outbreak dwindled into spring, however it re-emerged during the fall. The Spanish flu came in three waves. The first was in the spring of 1918 that included mild symptoms. That fall the flu mutated into a more deadlier version, that hit those between the ages of 20-40 the most.

During the winter, the third wave hit and by the spring time the illness was no more.

An October newspaper excerpt from 1918 reporting the cancellation of Halloween read, "Because of the "flu" epidemic, there is to be no Hallowe'ening this year. The Board of Health has strongly urged against any demonstrations and the Burgess today, issued orders that there be no observance of the Hallowe'en season. Howard Heinz, of the Federal Food Administration has issued an appeal to the people against the waste of foodstuffs, during this season. Corn, beans, peas, apples, pumpkins, etc should not be used. Every year thousands of pumpkins are cut up and wasted in making Jack-O-Lanterns. The same wasteful practice has applied to apples in the time honored Hallowe'en sport of bobbing for apples. It is not the purpose of the food administrator to discourage harmless little celebrations in the home, but this year it is imperative that every scrap of food be saved."



T. ROSE — COURTESY

A quick trek up to the summit of Cannon Mountain in Franconia Notch reported minimal hikers and amazing views.

North Country Notebook

Snow-melt and springtime rains swelled rivers and hearts of men



By JOHN HARRIGAN
COLUMNIST

Logging is obscure to much of society, and the history of logging even more so. This is no surprise in an age when



BROWN COMPANY COLLECTION, PLYMOUTH STATE UNIVERSITY
A river drive in the northern foothills of the White Mountains, sometime around the turn of the century.

plenty of people think food comes from a supermarket, and water from a plastic bottle. Anyone

today could be forgiven for thinking that a "river drive" refers to something their parents

might do on a Sunday afternoon. A river full of logs doesn't exactly leap to mind.

And where would an obscure topic like the history of logging fall in the mind-boggling expanse of today's course material and curricula? Time and space are short, and everything must compete.

The generation called Baby-Boomers (that would be me) came along after World War II, some of us barely in enough time to know men who had been on the famed

NOTEBOOK, PAGE A6

LETTERS

Fake-faced Nancy undermines US

To the Editor:

What mammal has a forked tongue?
What creature was admonished by God from the Garden of Eden, "...to crawl on its belly forevermore..." for tempting Man with the forbidden fruit?

The serpent is portrayed as a deceptive creature or trickster, who promotes as good what God has forbidden, and shows particular cunning in its deception.

"Fake-faced" Nancy Pelosi, 'Queen of NAPA Valley,' and Speaker of the House, can be equally described as "the Snake of the House."

She works against US by working against the duly-elected President of the United States of America. He represents US!

President Trump is a cheerleader for US by being a cheerleader for America...since day one!

Nancy Pelosi has been anti-US by initiating cam-

paigns against this strong President during times of peace, and now, during this time of war, i.e. the war against the 'invisible enemy,' the deadly Coronavirus pandemic.

While President Trump and his Coronavirus Task Force have been educating us daily on TV with measures we should take in order to stay alive via tips by

LETTER, PAGE A19

Open Letter to SAU 35 SPED candidates, parents, guardians

To the Editor:

Remote learning has revealed the strengths and weaknesses of our district's SPED program. Please attend the Thursday zoom meeting organized by SAU 35 to address our concerns. I am now assured I am not the only parent presently in distress.

I have tried to no avail for three years to start a SPED Parents, Guardians club. Two weeks ago, I learned the district has put any such thing on hold indefinitely. However, now the club is more important than ever. We must have community in our isolation.

To that end any parents, guardians, candidates themselves for SAU 35 SPED program in the last decade, please contact me at my business, Plain Kate's Riverside Saloon, 823-5500. Leave a message with your contact.

Sincerely,

Cornelia Lorentzen
Franconia

Appoint someone from the North Country to CARES Advisory Board

To the Editor:

Gov. Sununu has set up a bipartisan legislative advisory board to deal with dispersing CARES funds to the state but hasn't included anyone who lives north of Concord.

On WMUR recently, Sununu said the committee will help track investment and will be tasked with oversight.

He said, "Are we making sure that money is dispersed geographically? economically? Making sure it gets to the small towns as well as the larger cities."

How can you do that without representing an entire region of the state?

Gov. Sununu should appoint someone from the North Country to represent and advocate for the interests of the people up here.

Betsey Phillips
Bethlehem

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

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USPS 315-760 Published weekly, periodical, postage paid at Littleton, NH, 03561 and at additional mailing offices. Published every Wednesday • P.O. Box 729 Meredith, NH 03253
POSTMASTER: Send address changes to
The Littleton Courier, P.O. Box 729 Meredith, NH 03253

Wednesday Subscription Rates: In-County \$36 per year, \$24 for six months. Out-of-County/ Northern New England States: \$60 per year, \$38 for six months. (rates effective 3/1/08)
Mail rates are higher when paper is forwarded out of county. Please call for seasonal rates.

SWIFTWATER DIARY

Great Racers (revisited)

BY S.A. MORSE

January 2016: Stein Eriksen died at 88, and it is fitting to recall his huge impact on the skills of skiing. This began as early as 1950, when the world championships (FIS) were held for the first time at Aspen, Colorado. His style was noted in full-page newspaper articles, and he obliged by getting a bronze medal in the slalom, age 22. Then at home in Oslo, 1952, he got Gold in the giant slalom and Silver in the slalom: First male alpine racer not from the Alps to get an Olympic Gold.

The winner of the Slalom was Othmar Schneider from Lech am Arlberg, Austria, who also was second in the Downhill. In summer 1953, I went to Lech to visit him and that friendship lasted till his death.

At that same Olympics our own Vermonter Andrea Mead-Lawrence won golds in both Giant Slalom and Slalom, an extraordinary feat. And Bill

Beck raced fifth in the Downhill, a US record that lasted 28 years.

Back to Stein Eriksen: In the 1954 FIS in Åre, Sweden, he cleaned up: Gold in slalom, Gold in giant slalom, Gold in combined -- and retired from racing: Age 26.

In late winter 1955 I was hanging around with friends from the US team and one day we skied down one of the wide but wooded trails at Stowe (Mt. Mansfield), in glorious new powder. The guys paused along the way to chat at the left edge of a big turn, and I stopped a good ways above them.

Suddenly, there before my eyes was Stein, cruising in long turns, throwing his whole body forward and requiring his skis, held as one tightly together, to follow suit. He spied the others, and to be sociable elected to stop there too. In one swoop he veered right, cut a hard left turn to slow down, sprang into the air, did a 180, and landed backwards in a

cloud of snow precisely lined up just above Bill Beck, or Buddy Werner, or Ralph Miller, whichever was the upper one of that gang.

Hot damn, I said to myself, I'll learn to do that if it kills me. Well, I'm still here. And I've stopped doing it, but had a darn nice time over the years letting the body pull the skis. And fortunately I could still do tricks like that when grand-children were getting good. After one season with me they started skiing like the kids their age, a great leap in skills.

Stein was absolutely unique, and changed skiing forever. His extreme reverse shoulder became part of what racers do today. The Dartmouth coach Walt Prager got him to come over to Hanover one fall day to help train the ski team. So they went to the gym, and Stein flew around the room, working out on every kind of rig they had, a consummate gymnast. That put a bee in every bonnet. To compete, you

need to train, all year long. Just ask Bode Miller, who in his day was the strongest skier alive, and who could recover from a fall even after touching the ground, and still keep racing.

That's what Stein Eriksen did in the 1952 giant slalom, just before the finish line. It was observed that the only part of him touching the snow was his left hand. And yet he threw his body through the finish line.

Over at Pico Peak in the spring, where Andy Mead grew up, Stein build a U-shaped jump and demonstrated how to do aerial swan dives, skis together, high in the air. He was the father of the free-style skiing we see today.

An infamous crash that I rather cherish happened on the 1954 Arlberg-Kandahar downhill course in Garmisch, Germany. The top bit was a huge, wide open slope with lots of choices, but a sharp right turn onto a narrow track

at the bottom. Well, I thought I'd wound up enough to make the turn, but it still wound up on me and I flew off into the deep fluff. After I cleared the snow-pack out of my goggles and managed to start climbing out, I found several members of the Austrian team solicitously asking if I was OK. I was. But in another run I crashed further down the hill and broke a ski, so I reluctantly scratched from the competition. Watching the race from the woods near the finish was edifying; neither Ralph Miller nor Tony Sailer had a great run. But I missed my friend Othmar Schneider altogether. I found him later, and asked, What happened? He laughed: "I flew off the trail in the same place you did."

If you look up "Kandahar-Downhill Garmisch" you can see that very turn as it is today, with a stout fence along the lower side.

Othmar was the guy who started making

linked "mambo" turns, which he could do all the way down the National course at Stowe. On a good day I could do a few myself.

We kept up the friendship in Lech every other year for a long time. The last time there we talked on the phone, and he said he was just off for the evening to St. Anton, where they were finally getting around to making Herby Schneider (of Cranmore fame) a member of the Arlberg Ski Club. About time, for the son of Hannes Schneider, who founded the first ski school and brought the Arlberg technique to America in the 1930s. Othmar, too, is now gone, but his memory is kept alive in his Lech hotel, which he named Kristiania after the ski terrain in Norway. On one wall is a list and some examples of his many later medals -- in pistol shooting.

S. A. Morse writes his Swiftwater Diary as from Goose Lane Farm in Swiftwater.



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Local News

NEK Council on Aging welcomes new Options Counselor

NEWPORT, Vt. — Aging is pleased to announce that Marie Car-

Littleton Police Log

James Lacroix, 58, of Littleton, was arrested on March 21 for criminal trespass.

Christopher Davis, 27, of Bethlehem, was arrested on March 24 for DUI impairment.

Connor Girouard, 24, of Littleton, was arrested on March 29 for driving after revocation or suspension of license.

Treigh Wells, 21, of Littleton, was arrested on March 29 on an outstanding bench warrant.

Michael Magwire, 32, of Littleton, was arrested on March 31 for domestic violence with simple assault and physical contact.

Jacob Johnson, 21, of Littleton, was arrested on April 2 on an outstanding warrant for criminal trespass.

Aaron Jackson, 30, of Littleton, was arrested on April 2 on an outstanding warrant for criminal trespass.

Under investigation: criminal trespass and theft of services of any amount between \$0 and \$1,000 on March 22. No arrest made.

Under investigation: criminal mischief on March 23. No arrest made.

Under investigation: conduct after an accident on March 24. No arrest made.

Under investigation: felonious sexual assault of a victim under the age of 13 on March 27. No arrest made.

Under investigation: willful concealment on March 27. No arrest made.

Under investigation: felonious sexual assault and sexual contact with a victim under the age of 13, occurring between Oct. 1, 2011, and Dec. 31, 2013. No arrest made.

Under investigation: registration of criminal offenders on April 1. No arrest made



Marie Cargill

gill, BSW has been hired as an Options Counselor. This position supports clients by evaluating needs and providing person-centered and

lifestyle options that inform, encourage, inspire, and support older and disabled adults. “Marie’s extensive career in the field of

health and human services will serve her well as she learns more about our network of programs and services,” said Meg Burmeister. “Her impressive experience and list of trainings and certifications demonstrates her commitment to serving some of our most vulnerable residents. We are very pleased to welcome her to the team.”

Cargill previously served NEK Human Services (NEKHS) over the past eleven years as a CRT Case Manager, CRT Team Leader, Transitional House Team Leader, NKHS Housing Coordinator, and finally as CRT Program Manager where she supervised a staff of ten administratively and clinically.

Her service at NEKHS spanned across Orleans, Essex, and Caledonia providing clients with case management services such as encouragement/training in areas of basic living and home man-

agement skills, shelter support, social skills, supportive counseling, community integration, family support, coordination of services, and treatment planning.

Her trainings include Dialectical Behavioral Therapy with Vermont Cooperative for Practice Improvement and Innovation (VCPI), Qualified Mental Health Professional (QMHP), Markey Read’s Leadership Styles, Applied Suicide Intervention Skills Training, Vt. Agency of Human Services Field Staff Safety Training, National Alliance on Mental Illness Provider Education Course, Wellness Recovery Action Plan Mental Health Recovery, and Department of Children and Families Abuse Training.

Cargill received a Bachelors in Social Work from Southeastern University in Lakeland, Fla. She lives in Morgan, Vt. with her husband and two children.

NOTEBOOK (CONTINUED FROM PAGE A4)

logging drives down the Connecticut and Androscoggin rivers. Back then, this accidental mingling of generations was taken as a matter of course. Now, it feels like a direct tie to ancient history.

+++++

What was called “the first big cut” in northern New England came before the turn of the last century, beginning around 1880. The telephone had barely been invented and electricity was hardly in use. The nation was growing like mad, led by construction of housing. Softwood logs, particularly spruce and fir, were fetching top dollar throughout the Northeast. Vast stretches of old-growth woodlands or the stumpage deals to cut them could be bought up for next to nothing. The stage was thus set for what old-timers ever-after called the first big cut.

The opening of the West and the surge in immigration came at just the right time to help swell a tsunami of construction. Logging companies, surveyors, timber cruisers and log-

ging crews began working their way steadily higher on the tributaries of the Northeast’s great rivers. Many a remote valley had never been settled, much less logged. That was all about to change, with gravity and water the key players.

The companies and logging crews worked their way steadily northward. Demand always seemed to dwarf supply. The long logs of spruce and fir being driven down the rivers to the mills were of immense value as construction boomed, more valuable than the men supplying the labor.

At various times during my growing-up years, I encountered two men who had been on the last of the long-log drives. They were pointed out as such, with a certain air of pride. One helped out at a church, and the other was a digger of graves.

+++++

It’s hard to picture driving logs down a river, or any enterprise quite like it taking place today. Could it? Never in this world, I think, no way. Can anyone in these lawsuit-happy times picture timber bar-

on George Van Dyke’s typical river drive modus operandi, with his lawyers coming along right behind the drive to square things up with farmers and even entire towns (for instance, when the loss of a bridge was involved)?

These were not exactly small matters. Logs caused great damage when they jammed, and often went far astray in the broad valley floodplains. Yet it was precisely at this time of year, when snowmelt and spring rains had entire watersheds bankfull and overflowing, that the log drives had to take place. There was no other way to move the wood, and no other time of year.

Little was left to chance. Logs were too valuable, and time was of the essence. As distances to mills increased, more water and time were needed. Crews built “squirt dams,” or driver’s dams, high on a watershed’s tributaries. When the drive-boss sent the signal, pent-up water was let loose to join in Mother Nature’s roar.

+++++

And therein lies a bit of a mystery of history: How was the signal to the distant squirt-dams conveyed?

Consider the distances and the times. Telephone lines were

barely on the scene, trouble-prone, hard to maintain, and expensive. Gunfire was too common to rely on as a signal. Signal fires were the stuff of stage and film.

After a good deal of thinking on this (and there are ever-fewer people to ask), I’ve come down to the simplest of answers, and an all-too common one: Cheap labor.

But those were the times. Labor was cheaper than dirt. Logging camp crews included plenty of young men barely out of their teens, and some still in them.

Inevitably in such crews, there were fast runners. Shank’s mare was the order of the day.

And this is how I think the command to breach the squirt dams was conveyed, far on up the watershed, all the way from mainstream riverbank to tote road to logging camp and on up the tributaries to the highest and most remote impoundments. And dam-tenders knocked out the splashboards, planks, and timbers, and down the water came, and with it, by hook or by crook, went the logs.

(Please address mail, with phone numbers in case of questions, to campguyhooligan@gmail.com or 386 South Hill Rd., Colebrook, NH 03576.)

Advertisement for Whiteseptic Service, featuring a cartoon character and contact information.

Notice to the voters of Profile School District regarding the Annual Meeting.

Advertisement for Dr. Howard S. Mitz, North Country Gastroenterology, featuring a photo of Dr. Campbell McLaren.

Advertisement for Dale's Auto Body, featuring contact information and services.

Advertisement for Brookside Park Apartments, featuring photos of the property and a list of amenities.

Courier Almanac

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— Winston Churchill

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Bath (747-2454)
Landaff (838-6220)
Sugar Hill (823-8468)
Lyman (838-5900)
Woodstock (745-8752)
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Bethlehem (869-5811)

Littleton (444-7711)
Lisbon (838-6712)
Franconia (823-8123)
Lincoln (745-2238)
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Woodstock (745-8700)

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- Abbie Greenleaf Memorial (Franconia) (823-8424)
- Littleton Public Library (444-5741)
- Bethlehem Public Library (869-2409)
- Lisbon Public Library (838-6615)

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- North Haverhill Patten Library (787-2542)
- Woodsville Public Library (747-3483)
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- Gale Medical Library @ LRH-Anna Connors Patient & Family Resource Center (444-9564)
- Lincoln Public Library (Carol Riley 745-8159)

Property Transfers

Bath
377 Plain Rd.; \$232,533; Brad L. and Lindsey A. Collins to Mark D. and Brigitte M. Codling

Address not available; \$500,000; Mary P. and Tyler S. Stevens to Presby Fiscal Trust and Thaddeus D. Presby

Bethlehem
80 Lady Slipper Rd.; \$235,000; Merle Abbott to Melissa D. Wadsworth and Andre G. Robichaud

Mount Lafayette Way; \$31,000; Joseph P. Sullivan to William B. Shanks

Oak Ridge Road (lot); \$18,000; Laura Coughlin to Matthew J. Theodore

Address not available (Lot 420); \$229,533; Richard N. Gould to Barbara and Scott S. Dickison

Canaan
16 Gould Rd.; \$310,000; Holly E. Howes to Michael E. Cariello and Keith R. Trotter

41 NH Route 118; \$80,000; Homeland Properties LLC to Mascoma Community Properties

Old County Road; \$180,000; Benjamin S. Yamashi-

ta to Diane G. Tremblay
Grafton
13 Riddle Hill Rd.; \$124,000; Millbrook Christian Fellowship to John M. and Jessica L. Bagley

Haverhill
Brook Road; \$842,400; Jamie A. Guth and Paul R. Bligen to Peter Spencer RET

Lincoln
14 Brookside Rd., Unit 2; \$242,000; Charles F. and Natalie B. McQuade to Paul G. and Alicia N. Sawyer

Forest Gardens Condo Unit 15; \$328,000; Saj Real Estate Holdings to Michael F. Mastromatteo

7 Overbrook Hamlet Way, Unit 2; \$305,000; Norman Jackman and Norma Roth-Jackman to Charles F. and Natalie B. McQuade

37 Whaleback Rd., Unit 3; \$256,933; Edward G. and Jeannette Viola to Anthony Mauro

Address not available (Lot 21); \$470,000; Craig A. and Andrea L. Hillier to Geoffrey and Viva A. Hyatt

Address not available; \$449,000; Mark R. and Jacqueline Gauvin to Meagan E. O'Neil

Address not available; \$205,000; Jeffrey R. and Michelle L. Brooks to David B. and Kathleen Labonte

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1598 Burndy Rd.; \$225,000; T&Y Investments LLC to Lexi Enterprises Inc.

Mount Eustis Road; \$235,000; Arthur T. Walsh to Thomas and Amy C. McClellan

W. Main Street; \$110,000; Veronica P. Francis and Charles C. Flanders

Sugar Hill
Address not available (Lot 5); \$107,533; Thomas A. Gelston to Edward J. Fruth and Ann McKenney-Fruth

Woodstock
Address not available; \$290,000; Thomas F. and Carolyn J. Doherty to Li Liu and Jun Tu

Five Questions

1. What color were the first Easter eggs?
2. Where did the idea of the Easter Bunny originate?
3. According to a recent survey, what part of a chocolate bunny do 76 percent of people eat first?
4. How much do Americans spend on Easter candy every year?
5. What color were the original marshmallow Peeps?

NOTICE TO THE VOTERS OF LISBON REGIONAL SCHOOL DISTRICT

The Lisbon Regional School District Annual Meeting has been rescheduled and will be held on Wednesday, May 13, 2020 in the gymnasium of the Lisbon Regional School at 7:30 P.M. (Polls to be open from 7:00 P.M.).

The Moderator has postponed this meeting until the above date by way of two, two week postponements, April 15, 2020 and April 29, 2020 as authorized under RSA 40:4, II(b), 669:1, and 669:1-a.

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3. The ears
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Local News

Cutting Firewood – One way to be prepared

BY JIM FROHN
County Forester
UNH Extension Grafton

During these uncertain times, many of us are working from home and spending most of our time there. With our normal daily routines disrupted, and basic staples sometimes difficult to come by, we may be thinking about how prepared we actually are for this type of major disruption. Whether due to a pandemic, or a destructive storm, it's good to be prepared to spend unplanned down time not worrying about where the basics will be procured.

To prepare for temporary isolation, different people focus on different things. My wife likes to keep a well-stocked freezer and pantry. I like to focus on keeping plenty of dry firewood ahead. Firewood is especially handy during a winter power outage to keep the house warm and pipes from freezing. Though we're moving out of heating season, now is a good time to start putting up firewood for next winter.

For those of us fortunate to own a woodlot, even a small one (mine is only an acre



or so), harvesting and gathering firewood can be a great way to get fresh air and exercise, gain knowledge of our woods, and provide our own heat. Firewood cutting is also a great tool for

accomplishing other woodlot goals. These include:

- Improving tree health and vigor
- Improving growth and value of timber
- Improving wildlife

habitat

- Creating diversity and resiliency

Choosing Trees to Cut
Choosing trees to cut for firewood depends on your goals.

If you're improving wildlife habitat, you may want to cut an opening to create dense growth for food and cover, or you may want to release mast trees to improve production. (Mast refers to nuts and fruits used by wildlife - acorns and beechnuts are hard mast; soft mast are things like apples and cherries.) When managing for timber, releasing selected trees from competition will accelerate diameter growth, allowing the tree to reach sawtimber size sooner. And when we give a tree the appropriate amount of growing space, the tree's vigor typically improves.

To Improve Growth and Value of Timber
Firewood cutting is a great way to improve a timber stand. Removing poorly-formed trees and less desirable species, giving crop trees more room to grow, can improve the stand's future value. It also reduces the time for trees to reach sawlog size. (A crop tree is a tree that will be grown for the long term to meet landowner goals.) For timber purposes, crop trees are those of a valu-

able species - such as white pine, red oak, or yellow birch - with a healthy crown and straight trunk with few knots. Identify the crop trees first, then cut trees that are competing with them. Areas with no crop trees can be left alone, or cleared to make room for new growth. The firewood is a by-product of the deliberate decisions of growing particular trees, rather than the main focus of cutting.

To Improve Wildlife Habitat
Cutting openings in the canopy encourages growth of new seedlings, sprouts, grasses, and shrubs. This growth, known as young forest, creates important habitat for many species. The opening, called a patch cut, can range from a half-acre to several acres or more in size. It can be located where there are diseased beech, poorly-formed hardwoods, or other undesirable trees. Felling a half-acre or more of trees in one spot will produce a lot of firewood in a short amount of time. You'll want to be sure you don't cut any more

FIREWOOD, PAGE A9

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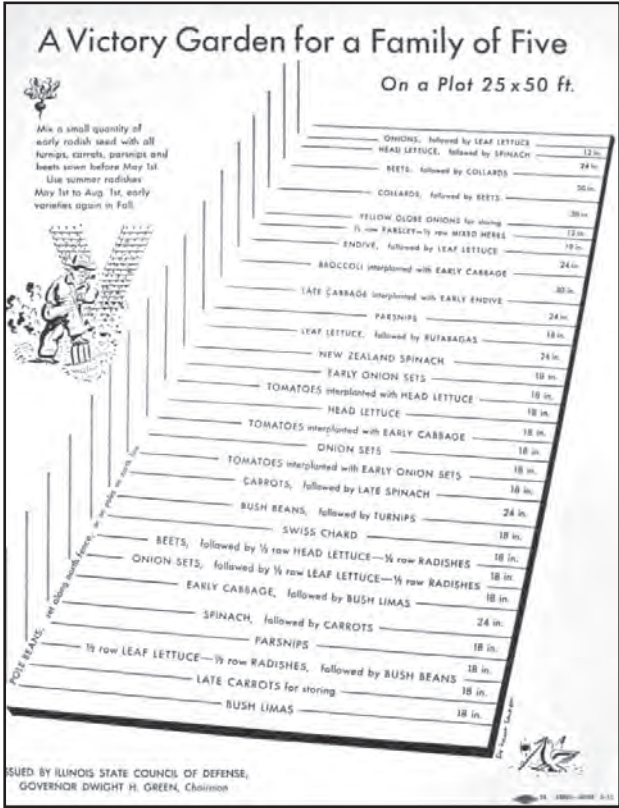


Local News

Pandemic spikes interest in historic victory gardens

ANGEL LARCOM
angel@salmonpress.news

REGION — As the national supply chains struggle and the threat of an economic depression looms around the corner, many people have taken a renewed interest in the historic victory gardens from World Wars I and II. Often called 'war gardens' or 'gardens for defense,' the plots were used to supplement wartime rations and reduce pressure on the national food



(Right) This victory garden sheet, released by the Illinois State Council of Defense during World War II, was one of many wartime propaganda efforts aimed to encourage Americans to grow food and alleviate the burden on national food supply chains.

supply chains. While America was not the only country where the government encouraged such food-growing prac-

This photo, taken between 1942 and 1943 and housed in the Library of Congress, is only one of hundreds of such images that depicted American "victory gardeners" growing food during World War II.

FIREWOOD

(CONTINUED FROM PAGE A8)

than you can keep up with. If the goal is to create a good size opening, simply cut the amount you'll use in the next few years, then when it's time to cut more, continue expanding the opening until it has reached the desired size.

If you want to increase acorn production for wildlife, find oaks with good crowns and cut the trees that are crowding them. An oak with a large crown is not only more vigorous, it will also produce more acorns. This practice is called

mast tree release and is a variation of crop tree release described earlier. It is effective for other mast-producing species such as black cherry, yellow birch, beech, apple, and others. Caution should be used with beech, however. Beech are prone to sun scald, so part of the tree should remain shaded.

Creating Diversity and Resiliency

Any forest disturbance that breaks up a uniform tree canopy and introduces different sizes and ages over time also adds to the diversity and resiliency of the forest.

These disturbances can come in the form of wind, ice, insects, disease, or cutting. Sunny openings allow a wide range of plant species to become established; crop tree release increases individual trees' vigor. Over time a diversity of species, sizes, and ages of trees and shrubs become established. This in

turn leads to diversity of wildlife. Vigorous trees and diverse sizes and ages help a forest to be more resilient in the face of insect or disease infestation. Cutting firewood can also help people be more resilient in the face of uncertainty by giving us exercise, fresh air, and a sense of self-reliance.

tices, it was estimated that more than 20 million gardens were in the country in the first half of the twentieth century. They accounted for almost 40 percent of the nation's fresh vegetables.

Americans were encouraged to grow vegetables anywhere they

could, and pro-gardening propaganda first began to appear around the country in 1919. Both the United States and Canada spurred victory gardens during World War I. By World War II, Australia and England began to do the same. The First GARDENS, PAGE A15

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The Bethlehem School District Annual Meeting has been rescheduled and will be held on Tuesday, May 12, 2020 at the Bethlehem Elementary School at 7:00 P.M.

The Moderator has postponed this meeting until the above date by way of two, two week postponements, April 14, 2020 and April 28, 2020 as authorized under RSA 40:4, II(b), 669:1, and 669:1-a.

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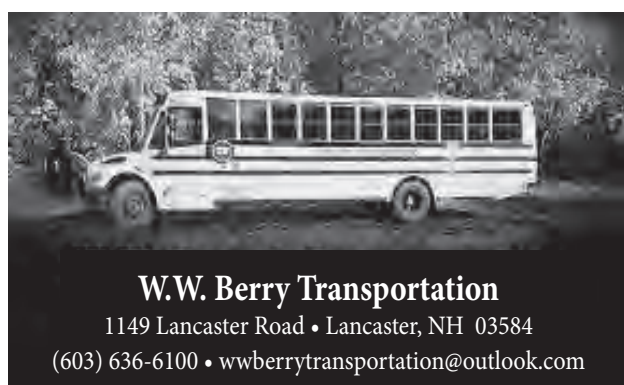
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Obituaries

Lawrence D. Taridff, 63

LISBON — Lawrence D. Tardiff, 63, Lisbon, passed away at the White River Junction VA on Monday, April 6, 2020. He was born in Littleton to Rodney and Bette (Wells) Tardiff on Feb. 26, 1957.

Lawrence attended local schools and enlisted in the New Hampshire National Guard in 1975. He was called to active duty in 1978 and was honorably discharged from the US Army in 1980. He worked with his hands most of his life, spending time at DCI in Lisbon, as a painter, and other odd



jobs. Lawrence enjoyed spending time in the outdoors, especially fishing, and most of all spending time with friends and family.

Lawrence is survived by his mother, Bette Tardiff of Lisbon, a daughter, Danielle Egli and her husband Seth of Dalton, a son

Ryan Tardiff of Lisbon, granddaughters Alexis and Simone, two brothers Harold Tardiff, of Monroe, and Rodney Tardiff, Jr. of Lisbon, and a sister Debbie Hill of Pike.

He was predeceased by his father, Rodney Tardiff, Sr.

Interment with military honors will take place at the family lot in Grove Hill Cemetery in Lisbon when restrictions on public gatherings have been lifted. To share memories and condolences, go to [www. RossFuneral.com](http://www.RossFuneral.com)

Dorothy Mason Cotnoir, 102

CONCORD — Dorothy Mason Cotnoir, 102, of Laconia died Saturday, April 4, 2020, at the Concord Hospice House.

Dorothy was born on Sept. 19, 1917, in Holyoke, Mass., the daughter of John and Ethel (Huntoon) Johnston.

Dorothy graduated from Bethlehem High

School in 1935. She worked for the Southern New England Telephone Company in Hartford, Conn., and retired in 1983 after 44 years from New England Telephone Company in Laconia. She was a life member of the Telephone Pioneers.

Dorothy is survived

by several nieces and nephews.

She was predeceased by her first husband, Wesley Mason, in 1990; her second husband, George Cotnoir, in 2006; a sister, Lois Johnston Yates; and by three brothers, Donald, John and Richard Johnston.

There will be no calling hours.

Burial will be held at a later date at the Maple Street Cemetery in Bethlehem.

For those who wish, the family suggests memorial contributions in Dorothy's name be made to Community Health and Hospice, 780 North Main St., Laconia, NH 03246.

Wilkinson-Beane-Simoneau-Paquette Funeral Home & Cremation Services, 164 Pleasant St., Laconia, is assisting the family with the arrangements. For more information and to view an online memorial, go to [www. wilkinsonbeane.com](http://www.wilkinsonbeane.com).

Angela Marie Bailey, 90

SUTTON, Mass. — Angela Marie (Mazzeo) Bailey, 90 of Sutton, passed away on Good Friday, April 10, 2020 at University of Massachusetts Medical Center, Worcester, Mass.

Angela's husband of 63 years, Harry A. Bailey, passed away in 2013.

She leaves three sons, Brian of Upton, Mass., Mark and his companion Mary Kate of Sutton, and Bradford and his wife Julianne of Monroe, New Hampshire, and a daughter, Lisa Andrews and her husband Robert of Sutton; eight grandchildren (Caroline, Jonathan and Matthew Bailey, Derek Bailey and his wife Tara, Laura Candelaria and her husband Eric, Samantha Strom and her husband Mark, Christine and her husband Timothy, and Jessica Andrews); five great grandchildren (Porsha, Summer, Lucas and Nathan Bailey, Ava and Ella Candelaria and Mason and Rory Strom). Angela also leaves a sister, Barbara Buduo, and her husband Daniel of Worcester, a brother, Dr. Frank A. Mazzeo, Jr., and his wife Joan of West Palm Beach, Fla.; and many nieces and nephews.

She was predeceased by her parents, Frank A. and Ida E. (Paletta) Mazzeo.

Angela was born and raised in Millbury. A 1947 graduate of Millbury High School, she loved her Italian heritage and the music that filled her childhood home with family musicians.



Mrs. Bailey was an accomplished pianist and served as organist with her mother at Saint Brigid Church, Millbury. Caring, gracious and kind, Angela was devoted to family and was the heart of her home. Finding contentment and joy in the presence of family and friends, Angela and Harry treasured the numerous gatherings hosted at their Sutton residence on Boston Road.

Mrs. Bailey began her career as a hairdresser in her shop, the former Angela's Beauty Salon, Millbury. Moving to Sutton with her family in 1953, she and her husband owned and operated Sutton Realty and began developing 'neighborhoods' in Sutton through the early 1970's. Mrs. Bailey also worked with the former Fitzpatrick Realty Team, Millbury. Angela loved being with children and found great joy as librarian/clerk at Sutton Elementary School and later as a long term substitute in Sutton's Middle and High School levels.

As founding members of Saint Mark's Church, Sutton, Mrs. Bailey and her husband were requested by Former Bish-

op Bernard J. Flanagan D.D. of Worcester to seek a suitable location for a mission parish of Saint Brigid Church, Millbury. They selected and assisted in the acquisition of Singletary Farmhouse and the adjacent field on Boston Road for the new parish. Mrs. Bailey proudly served as President of the former Saint Mark's Women's Club, was a member on many parish committees, and a major influence in the initial parish rectory renovation. Angela and her husband assisted the 1962 Sutton Town Common Restoration Committee with their donation of the 'Sutton Stone' that currently stands on the northwest corner of the common.

Mrs. Bailey also found enjoyment and relaxation in painting, the theatre, traveling to her ancestral home in Italy, and locations throughout the United States including family visits in West Palm Beach, Florida.

Angela's family would like to thank staff members at Care One, Millbury who shared kindness and compassion during her stay.

Due to the current health situation, services will be private with burial in Saint Brigid Cemetery, Millbury. A memorial mass will be announced at a later date to celebrate Angela's life. Anyone wishing to make a contribution in her memory may do so to Saint Mark's Music Ministry Fund, 356 Boston Rd., Sutton, MA 01590.

Mary Katherine Tyler, 64

BATH — Mary Katherine Tyler, 64, beloved by her family and all who knew her, died peacefully Tuesday, April 7, 2020, at her home in Deer Run Acres, surrounded by her children.

Mary was born in Lynn, Mass. on Dec. 4, 1955, a daughter of William and Margaret H. (Hussey) Lewis. She attended Burlington High School in Burlington, MA. During her years in high school she was a majorette and on the gymnastics team. She graduated as part of the class of 1973. After graduating, she attended airline school and worked at Inforex as an administrative assistant in Burlington, Mass.

She married Vincent Murray Reynolds, Jr. on Oct. 28, 1977, and they moved to Bakersfield, Vt. They had a small farm where Mary enjoyed gardening, making homemade bread and staying home to raise their four children. She was a dedicated mother, attending sports games most evenings, plays and concerts. She also enjoyed camping with her family and friends. Mary was a founding member of The Church of the Rock in St. Albans, Vt. and served as a deacon. She worked part time as an LNA, restorative aide and ran the activity department at the Holiday House Nursing Home in St. Albans, Vt. Her work with the elderly inspired Mary to begin taking undergraduate courses towards her degree in behavioral science.

Mary moved to Bath and on Aug. 2, 1997, she married Robert Louis



Tyler, Sr. She continued her studies and received her BA in Behavioral Science from Granite State College. Mary worked at the Grafton County Nursing Home in North Haverhill for over 22 years, and for several years worked part time at Child and Family Services doing home visits with families in crisis. She began working at Grafton County Nursing Home as an LNA, she also worked as a social worker and was promoted to Director of Social Services and Admissions where she was an invaluable support to her colleagues and the many families she served. Her lifelong work with the elderly and their families touched many lives.

Mary belonged to St. Luke's Episcopal Church in Woodsville. She was an active member of the church, and she was an integral member of the Grafton County Home Association.

In her spare time, she enjoyed gardening, reading, cooking, and baking. She loved walking her dogs and enjoyed nature and being outdoors. Mostly, Mary treasured time spent with her family. She was a devoted daughter, mother, grandmother, sister and friend.

Mary was prede-

ceased by her husband of 20 years, Robert L. Tyler, Sr., on Oct. 16, 2017. She was also predeceased by her parents, William and Margaret H. Lewis.

Survivors include her children, Kyle David Reynolds and wife Marla of Laconia, David Benjamin Reynolds of Bakersfield, Vt., Caitlin Rose Reynolds of Bath, John Phillip Reynolds of Bakersfield, Vt., and step-children Robert L. Tyler, Jr. of Littleton and Chris Tyler and wife Jesse of Littleton; eight grandchildren (Taylor Michael Sartwell, Ivy Rose Reynolds, Connor Blake, Isabelle Tyler, Elise Tyler, Sheffield Tyler, Zofia Tyler, and Sadie Blouin); her twin sister, Katherine M. Fitzgerald, and husband James of Bath and sister Margaret M. Houlne and husband Daniel of Merrimack; two brothers, William J. Lewis of Palmer, Mass. and John M. Lewis and wife Jewellie of Brookline; along with many loving nieces, nephews, and cousins.

Both calling hours at Ricker Funeral Home and a memorial service at St. Luke's Episcopal Church will be held at a later time. Dates and times will be published.

Burial will be in the Bath Village Cemetery.

Memorial contributions may be made to the American Cancer Society, 30 Speen St., Framingham, MA 01701.

For more information or to sign an online condolence, please visit www.rickerfh.com. Ricker Funeral Home & Cremation Care of Woodsville is in charge of arrangements.

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Local Yoga therapist renews certification to continue in field of pain reduction

LITTLETON — Restorative Health Therapies, LLC (located in the Tannery Marketplace), announces today that its founder, Meggen Wright, successfully renewed her certification as one of only 25 registered and certified Yoga Therapists in the state of New Hampshire through the International Association of Yoga Therapists (IAYT). Restorative Health Therapies, LLC, focuses its business on supporting aging community members who must deal with a wide range of health concerns and challenges. This support is achieved by offering small, gentle, yoga-based classes and private therapy programs to help balance clients’ body, mind and spirit. Two of the key components provided in all classes are building

important body awareness and developing mindfulness skills that allow people to proactively reduce or prevent pain and decrease their chances of injury. Wright emphasizes that yoga therapy is accessible to people in any state of health or disease, and it is a recognized and respected adjunct to traditional healthcare. “People misunderstand,” she says. “They think you have to be flexible and very healthy to do yoga therapy, and this isn’t the case at all. I have long-standing working relationships with clients who have muscular sclerosis, neuropathy, cancer, Parkinson’s disease, COPD, full joint replacements, chronic pain, and more. They return because classes help them feel more sup-

ple, strong, stable and vibrant. Additionally, we build a supportive community within our classes, which people really appreciate.” Wright’s additional focus in the North Country is the work she does with community health care providers, both traditional and holistic. This kind of sharing between disciplines provides more options for long-lasting relief and improved health to patients and clients. As an acknowledged holistic health care professional in the Littleton community, Wright has presented educational workshops at the New Hampshire American Physical Therapy Association conference (2019), the Littleton Regional Hospital Women’s Health Conference (2018

and 2019), and has taught over 600 small classes and private therapy sessions from Washington, D.C. to Maine. The IAYT accrediting organization was founded over 30 years ago, Wright explains, and has “consistently championed yoga as a healing

art and science. Membership is open to yoga practitioners, yoga teachers, yoga therapists, health care practitioners who use yoga in their practice, and yoga researchers worldwide.” As of early 2020, there are over 5000 individual members from over 50 countries,

and 50 IAYT accredited yoga therapy training programs worldwide. Meggen Wright is a member of the Littleton area chamber of commerce, the recipient of the 2018 WREN entrepreneur-of-the-year award, and an active volunteer in the community.

Secured Network Services doubles workload to support clients

ANGEL LARCOM
angel@salmonpress.news

LITTLETON — Over the last month, millions of adults lost their jobs, children switched to remote learning platforms and those who remain employed migrated to home offices. A switch of that magnitude brought a dramatic increase in bandwidth usage and the need for reliable tech support and internet connections.

Companies like Secured Network Services (SNS) in Littleton have found themselves in a unique position. The coronavirus pandemic has had a different, although equally significant impact on their operations. “It was very intense in the beginning. We have about a hundred and twenty clients, and nearly every one of them had some level of staffing

moved to a remote workforce. Our biggest client has a thousand users, and we transitioned all of them over to home-based work stations in two days,” said SNS founder Kevin Low.

March 12 was the last day of office-based work for the staff at SNS. They had a two-day turnaround to get themselves online with remote operations before beginning to assist clients with the same kind of transition.

“It was seamless for most of our staff. As part of our culture, we allow our staff to work from home on an occasional basis. In some cases, we have employees that were already working remotely full time. We already had a pipeline type of office and a robust phone system call center that allows the transition to happen smoothly,” explained Low.

Before the pandemic, the call center staff at SNS would typically see an average of 1,500 support tickets each month. In March, that number doubled to 3,000 support tickets, and Low said April looked to bring the same.

Without hesitation, Low said the biggest challenge in supporting more than 100 companies in the transition to an exclusively remote workforce model was the sheer volume of calls his company had been getting.

He said, “Every one of my staff members went from an eight hour day to eleven-hour days, if not longer. People who used to be out in the field are now no longer going on location. They’ve all moved back to the service desk. Out of our 54 employees, 45 are providing daily and hourly tech support seven days a week.”

Lisbon Stump Jumpers donate to Meals on Wheels

LISBON — Each February, the Lisbon Stump Jumpers club’s fundraising Vintage Snowmobile Races receives tremendous support from local business and local communities that without this support our club it would be very difficult for us to exist. Without this support we would not be able to maintain

equipment to groom the nearly one hundred miles of trails that are used, not only for snowmobilers but for cross country skiers, hikers and those who just enjoy the fabulous scenery winter creates in our North Country. The corona virus as we all know has made it even more difficult for those who depend on Meals

and Wheels, not only with food, but for a familiar face to see every day. The Lisbon Stump Jumper Snowmobile Club donates five hundred dollars to the local Meals on Wheels Program. We know this is not a lot of money it is our way of saying thank you to all those who support us every year.



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BY TARA GILES

tara@salmnpress.news

and shine!”

Most residents in New Hampshire know a thing or two about black bears; however, we'd like to provide a refresher course in all things black bear.

The reason our furry buds hibernate during the winter months is due to the

lack of food supply as well as severe winter weather. While asleep a bear can be woken up quite easily, however we don't suggest doing so. Never wake a sleeping baby, never wake a sleeping bear. A bear's body temperature is reduced by seven or eight degrees

Celsius, and their metabolism drops by almost 50 percent. A bear's heart rate will go from 40-50 beats per minute to eight to 19.

According to New Hampshire Fish and Game officers, you can find a bear sleeping in a hollow tree, a burrow, cave, leaf nests or trees that have been knocked over. Affecting how long a bear will sleep depends on how old and big the bear is and whether or not it is a male or female. On a rare occasion during a warm spell in the winter, a bear may wake, but then return to sleep when temperatures be-

come cold again.

Pregnant bears deliver during the month of January after eight months gestations. When born, a cub typically weighs less than one pound and is only six to eight inches long. A mother will keep her cubs with her for about one year and a half until they venture out on their own during the summer months.

Experts say that mother bears aren't aggressive towards people even though they are protective of their babies. If you see a mama bear giving warning signs such as huffing or swatting

carefully move away. If you do come across a bear make loud noises. A bear may do what's called a 'bluff charge' to make you move further away. If this happens keep eye contact, and talk calmly to the bear while backing away. The bear just needs to know that you are not a threat, yet are not scared. Never turn your back or lose eye contact with a bear. If the bear does attack, fight back. Playing dead is a myth that will get you more injured in the long run. Bears will more than likely retreat to the woods before any

BEARS, PAGE A18

ANGEL LARCOM

angel@salmonpress.news

REGION — Like nearly every other organization in the area, the Adaptive Sports Partners of the North Country (ASPNC) has canceled all outdoor group activities. But even the adaptive community needs to stay moving and connected.

The organization recently went online with live yoga and Awareness Through Movement lessons through their Facebook page. The project is in partnership with Sat Nam Foundation's Balance Bethlehem location and Jacki Katzman, who is an Awareness Through Movement instructor.

"The work is especially valuable to the adaptive athletes and volunteers as it gives them a shared experience of using their bodies to discover easier ways of moving. It also gives them a shared language and imagery about movement that they can use on the trail, on bikes, on the golf course, in the climbing gym or on the yoga mat," explained Katzman.

Nate Hanson, AS-PNC's new Program Manager, said, "We are committed to helping people with disabilities and our volunteers in this difficult time. We are implementing on-line Yoga, Awareness through Movement, and online training for our participants and volunteers to keep them active and engaged while we are all at home."

"Obviously, we are in the same boat as everyone else trying to do as much as we can remotely. We want to make sure that we're trying to serve everyone in some way, even though we can't be together right now," Said Thomas Shovlin, the Executive Director at ASPNC.

While Shovlin said that the social distancing suggestions came in at the tail end of the organization's winter programming, APSNC intends to push back the start date for their spring season.

"It may just end up that we do a lot with our summer season. Right now, the timing is okay. It hasn't delayed too much for us, but we're looking to offer whatever

er benefit we can online. We've all got to do our part, take care of ourselves and connect people to instructors," he stated.

Katzman said that her Awareness Through Movement classes are different from what people experience in traditional yoga sessions.

"It's a verbally-guided meditation where people are guided through a choreography of movement that repeats the way our movement develops naturally from babyhood onward. We are retracing those steps, and most people are on the floor or in chairs with their eyes closed. It's very much a verbal experience with many verbal sensory clues," she explained.

Both the yoga classes and the Awareness through movement classes are available to ASPNC participants through the organization's Facebook page. Yoga live-streams on Wednesdays at 1 p.m. and Katzman's sessions occur on Thursdays at 11 a.m. All previous streams are available online as well.

BY TARA GILES

tara@salmonpress.news

REGION — State Rep. Erin Hennessey (R — Littleton) was recently asked by Governor Sununu to be a member of the Legislative Advisory Board for the Governor's Office for Emergency Relief and Recovery (GOFERR). She will be the only member on the board from north of Concord.

Hennessey said, “This office will determine how to spend the approximately \$1.2 billion in federal Covid-19 relief funds. I’m very excited about this honor and ready to start work on this today with our first meeting.”

That first meeting took place just this past Monday.

There are four Senators and four Representatives on the Board. Others include House Speaker Steve Shurtleff, Penacook; House Minority Leader Richard Hinch, Merrimack; Rep. Mary Jane Wallner, Concord; Senate President Donna Soucy, Manchester; Senate Minority Leader Chuck Morse, Salem; Sen. Lou D'Allesandro, Manchester; and Sen. John Reagan of Deerfield.

This office will be similar to Gov. John Lynch's New Hampshire Office of Economic Stimulus.

In a statement, Sununu said, "Unlike the 2009 stimulus investment process that used the budget to ensure legislative input,

the urgency and timing of this crisis does not allow for that course of action. We are creating a bipartisan Legislative Advisory Board within GOFERR to ensure transparency and input to the process. It is important that this process has as much accountability, transparency, and integrity as possible, and I look forward to having legislative leadership advise this critically important office."

The office will manage the accounting, auditing, legal, and IT requirements surrounding these investments and will ensure transparency and accountability metrics to the citizens of New Hampshire for all relief and stimulus efforts.

Religious Directory

Bring your Family to a House of Worship

BETHLEHEM

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

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

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

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

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

DALTON

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

FRANCONIA

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

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

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

JEFFERSON

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

LINCOLN

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

LISBON

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

CHURCH OF THE 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: allstlittlenonbiblebaptist@gmail.com
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.allists.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-F 9:00 a.m.-1:00 p.m.
Email: fstcong@myfairpoint.net
Web: www.1stconglittleton.org
Sunday Worship: 10 a.m.
Tuesday: 6-7 p.m., Al Anon Meeting
Wednesday: 7 p.m., Big Book AA Meeting
Pastor: Rev. W. David Weddington

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

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: pastorlittlenonbiblebaptist@gmail.com
Web site: littlenonbiblebaptistchurch.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: Aaron R. Cox

WHITEFIELD COMMUNITY BAPTIST CHURCH
27 Jefferson Road, Whitefield • 603-837-2469
Office hours: Tuesday - Thursday noon - 4pm
www.cbc1816.church •

Local News

COVID-19 can't stop Toastmasters from celebrating 10th anniversary

LITTLETON — Members of North Country Toastmasters met virtually on March 26 to celebrate their milestone reaching 10 years since the club chartered in Littleton. Travis Cox, Club President, couldn't let such a milestone pass by. As Toastmasters, we learn to be flexible and

adapt to any situation and in this current environment it presented the club with a challenge to think outside the box. Member and author, Maya Manseau of Blissful Dragon Farm and She Creates Peace kicked off the meeting leading a session called, Creating A Felt

Life on of the 7 Steps in her soon to be released book called Sacred Art of Living Peacefully, 7 Steps to Creating Contentment, Joy and Connection. Its essence is on how do you want to feel in life, especially in your current situation? A message that resonated with the members.

Founding member, Liz Brisson, gave a toast and shared how today we are celebrating the club's 10th anniversary. In numerology the number 10 means new beginnings. Just look outside and see how Spring is awakening, the trees have buds on them, the birds are coming back

around. We celebrate our first virtual meeting demonstrating our resilience and celebrate each other that we continue to stay healthy and positive. That's what Toastmasters is all about. Providing a safe and encouraging environment to work on speaking and leadership

skills with a genuine caring for each other. While the club hopes to resume meeting in person soon for now, they will continue to meet virtually and they welcome guests with virtual open arms. For more information, go to <https://northcountrynh.toastmastersclubs.org/>.

GARDENS

(CONTINUED FROM PAGE A9)

Lady, Eleanor Roosevelt, planted a war garden on the White House Lawn in 1943.

Not only were the defense gardens considered integral to the nation's wartime food supplies, but they also functioned as civil morale boosters during both wars. The care of home front gardens allowed citizens to feel empowered while

contributing to war efforts.

A resurgence of interest in victory gardens first began to pop up in urban landscapes in the first decade of the twenty-first century. An increased number of public space gardens began to emerge, and a petition was initiated in 2009 to bring the victory gardens back to the White House.

Michelle Obama responded by planting a 'kitchen garden' that same year. It was the first such effort since Roosevelt 's garden sixty-six years prior.

Recognizing that not everyone in the North Country may have experience growing food, a handful of people began to provide a modern spin on the victory garden concept last month. Heidi Cook

and Kevin Gordon of Mountain Roots Farm began distributing a series of free DIY gardening videos through social media platforms in late March. Likewise, Martie Cook, the force behind Bethlehem's new community gardens, extended her knowledge for anyone interested in container garden techniques.

While Mountain Roots is predominantly a flower farm, the owners quickly pointed out that seed germination techniques are the same, whether planting flowers or food. In their first video, Cook described how to establish light

rack systems for indoor seeding.

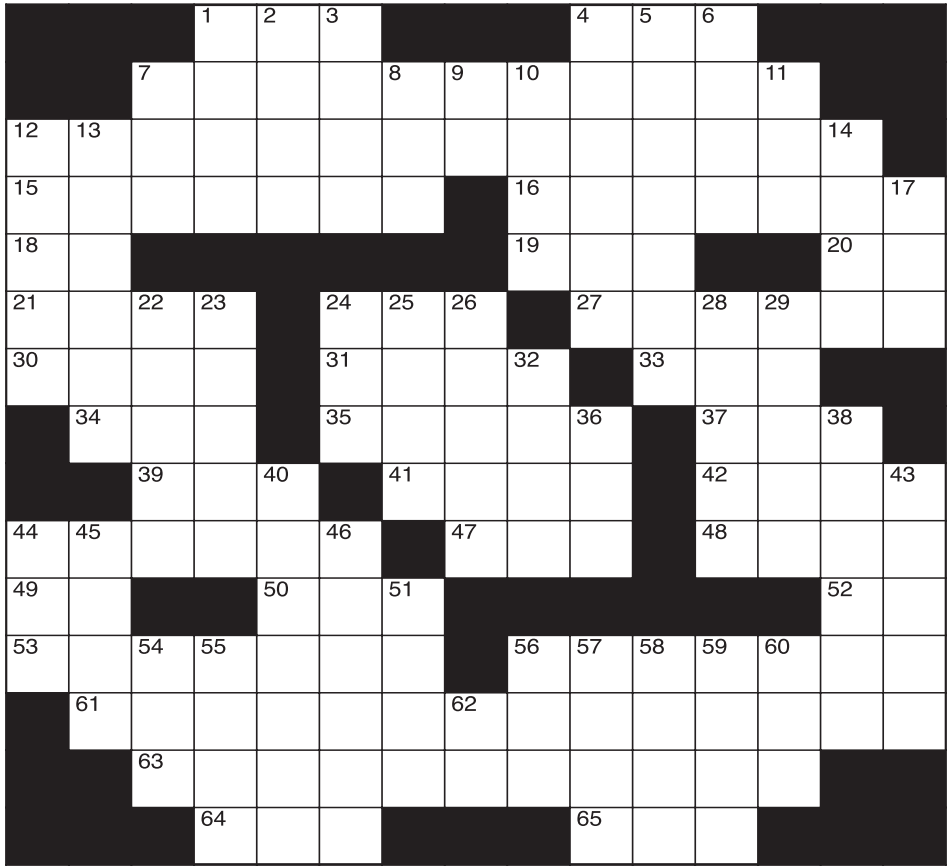
While Martie Cook said she's heartbroken at the Bethlehem Select Board's decision to cease all activity at the town's fledgling community gardens, she stands by their decision. Shifting gears, like virtually everyone in the North Country, she has launched a container gardening project. The goal is to continue to empower residents to provide food for their homes while respecting responsible social-distancing practices.

"If people have the desire to know how to build a garden in

their yard, they can get in touch with me. The way I see it, a big part of my role is education. I would be glad to tell him how to do it, how long it will take, how much it will cost and exactly what they need to make it an easy process," explained Cook.

The community garden leader continued, "I think that it's more and more critical for people's emotional security to know that what they're eating is healthy and safe. As gardeners, that's what we've been saying for millennia - grow your own."

TAKE A BREAK



ACROSS

- Germanic mythological god
- Cash machine
- Improvement
- What voters want
- Sheepish
- Placed at powerful level
- Measure of illumination
- Trent Reznor's band
- Commercial
- Amounts of time
- English broadcaster
- Rolls of tobacco
- Position
- Expresses pleasure
- Corporate exec (abbr.)
- Body part
- Bleated
- Businessman
- Beats per minute
- Defunct Italian monetary unit
- Broken branch
- Put in advance
- Arrest
- Prefix indicating adjacent to
- Artificial intelligence
- Disfigure
- The Fighting Irish (abbr.)
- Not in any place
- Predict
- A system of getting stuff from one place to another
- Philosophy of the principles of things

64. US gov't office (abbr.)

65. Seaborgium's former name (abbr.)

DOWN

- Network connector
- Primordial matter
- Get up
- Uncoordinated
- Ill-fated cruise ship
- Work hard
- Drivers' speed
- Largest English dictionary (abbr.)
- Healthcare pro
- Egyptian Sun god
- Expresses the negative
- Some are three-legged
- Clothing manufacturer
- Close by
- Tooth caregiver
- Housing material
- Flows through

24. Founder of Babism

25. Honorific title

26. A type of letter

28. Seize and hold firmly

29. Artery

32. Body fluids

36. Press against lightly

38. An island in the Pacific

40. A reminder of past events

43. Austrian spa town

44. Peter's last name

45. Something a mob might do

46. Of the bones of the feet

51. "Amazing Stories" writer

54. Nazi-resistant youth group (abbr.)

55. Used to have (Scottish)

56. A way to cook

57. Japanese port city

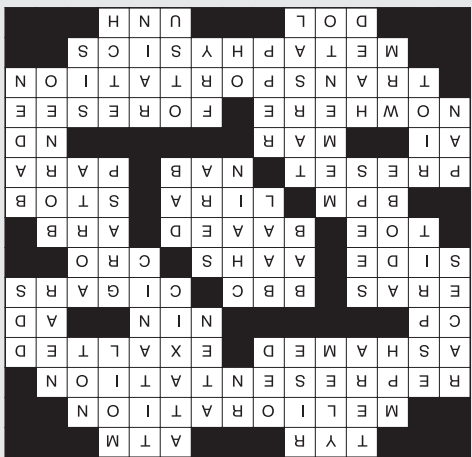
58. Type of precipitation

59. Engrave

60. Female sibling

62. Expresses emotion

This Week's Answers



Local Food Drive Initiative Continues



Warm Someone's Heart in these challenging times



FOOD PANTRY DONATIONS *Still* NEEDED

Please check with your local food pantry for a list of ways you can donate and to help a family in need.



The Rest of the Story

SOAP

(CONTINUED FROM PAGE A1)

toilet paper fly off the shelves, and then the hand sanitizer. I knew there would be an increased demand and need for soap soon enough. I may as well fill the need," he said.

When asked what first led him to become a soap maker, Slater laughed and said it started with a dream.

"I woke up the next day and started learning everything I could about it. I watched every YouTube video and devoured every book I could find about saponification," he explained.

Similar to the recent trend of regional distillers shifting from alcohol to hand sanitizer and clothing manufacturers stitching surgical masks, Slater said he sees the art center as a suitable



COURTESY

Hundreds of bars of organic soap are being produced and delivered to first responders and medical personnel by Tadhg Slater, a resident artist at 42 Maple in Bethlehem.

starting point for his new venture. As social distancing restrictions lessen, other resident artists will help him with production.

"In the short term, our immediate focus is to keep the first responders and health care agencies that need our product stocked at little or no

cost, while also producing the same top quality organics for our amazing customers to order. Our long-term goals include the establishment of a full manufacturing facility and the creation of new jobs," explained the artist.

After the required two-week cure time,

the fledgling company's initial deliveries are slated for both the Littleton Police Department and Ammonoosuc Community Health Services, with more organizations to follow. Slater said he anticipates online pre-orders for scented products to be available to the public with-

in a week or less.

"The opportunity to make a difference and create something new is what we needed. We wanted to feel like we would be doing our part in a town we live in and love. Helping our community has always been paramount," stated Slater.

EASTER

(CONTINUED FROM PAGE A1)

from this foresight and follow through on doing this awesome event. For those who might not have found a treasure, hopefully they enjoyed getting out and have some of their own delights at home."

Rebecca Duguay, a Bethlehem parent, echoed Bruno's sentiment.

She said, "It was so nice for the kids to enjoy an Easter tradition like this and feel normal for a



COURTESY

Bryce Campbell, who just turned five was one of the lucky children to find Easter eggs hidden in the neighborhoods of Bethlehem on Easter morning.

few hours."

When asked what inspired him to do this project, McGrath said, "I was thinking the other day that everyone is walking around town and enjoying outside. I see more people than ever walking around so I figured I'd give them a reason to keep walking and get some candy."

McGrath said that when he first posted the idea on social media, many people indicated they wanted to support his efforts by offering either money or candy for the ad hoc Easter egg hunt.

"I turned it down, but people still brought candy to my house. Some people in town also put out eggs," he said.

One hour of stuffing candy into plastic eggs and two hours of traveling through the neighborhoods of Bethlehem was all it took for McGrath to transform what could have been a disappointing holiday into something memorable for several Bethlehem children. His story is another example of community members finding unique ways to keep one another buoyant during difficult times.

QUARANTINE

(CONTINUED FROM PAGE A1)

rate incidents of officers going into quarantine. Deputy Chief Chris Tyler said that none of the situations were a result of duty-based exposure, and all officers had tested negative and returned to duty. The longest of the three quarantines was for seven days and the shortest was only two days.

"The downfall is that while we're waiting for test results, an officer can't be utilized during the quarantine. There are 12 full-time officers on our force, and there was a small overlap with the first two quarantines. One quarantined officer starts affecting all the shifts and we have to start moving things around. Still we have contingency plans and protocols in place to deal with different phases of this situation," explained Tyler.

Littleton's Town Manager, Andrew Dorsett, said that procedures and protocols are already in place for both the fire and police departments.

"With the critical nature of the services that they provide and the potential impacts should they be compromised, it's really in the benefit of continued operations

to get those people out. Make the scheduling changes for that short period rather than risking the infection of the entire department and hamstringing their operations. We've got to be there when you dial 911," he pointed out.

According to Dorsett, four firefighters were put into quarantine on April 5. Three days later, all four were able to return to duty. How long the quarantine lasts is dependent upon the nature of the situation where potential exposure has occurred, he said.

"When the police officers were quarantined, the rapid testing option wasn't yet available. It's considered a priority for critical services, so now we can get results more quickly," explained the town manager.

Dorsett continued, "In the situation with the fire department, when the dispatch call came in, there was a level of risk because the team that responded to the call was working in close proximity to one another. The good thing is that thanks to the partnership with Littleton Regional Hospital and their rapid testing capabilities, we were able to find out quickly that there was no risk."



BETHLEHEM ELEMENTARY SCHOOL PRESCHOOL REGISTRATION

Bethlehem Elementary School is seeking all Bethlehem children who will be eligible to attend PRESCHOOL for the 2020-2021 School Year. The child must be 3 years of age by September 30, 2020, and not be eligible for Kindergarten (age 5 by September 30, 2020). Please complete one of the forms on our website, www.bethlehem.k12.nh.us by APRIL 23, 2020, to register your child. Registering a child does not guarantee a spot in the PreK class. Days and hours will be determined at a later time. Birth certificates, Social Security cards, immunization records, and proof of residency (i.e., utility bill w/name & address) will be requested at a later date.

ABCDEF G H I J K L M N O P Q R S T U V W X Y Z

BETHLEHEM ELEMENTARY SCHOOL KINDERGARTEN REGISTRATION

Bethlehem Elementary School is seeking all Bethlehem children who will be eligible to attend Kindergarten for the 2020-2021 School Year. Students must be five years of age by September 30, 2020. Please visit our website, www.bethlehem.k12.nh.us by APRIL 23, 2020, to register your child. Birth certificates, Social Security cards, immunization records, and proof of residency (i.e., utility bill w/name & address) will be requested at a later date.

NEW HAMPSHIRE 2020 SEASON SUMMER GUIDE

Lakes Region • Concord Area • Mt. Washington Valley • White Mountains • Great North Woods

The ONLY tourist publication promoting New Hampshire from the Lakes Region, Mount Washington Valley and White Mountains all the way up to the Great North Woods. DISTRIBUTED WEEKLY STARTING THE END OF MAY TO MORE THAN 400 LOCATIONS THROUGHOUT NEW ENGLAND INCLUDING... MASSACHUSETTS, RHODE ISLAND, CONNECTICUT & NEW HAMPSHIRE

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1/2 PAGE HORIZONTAL.....	\$433
1/3 PAGE SQUARE	\$311
1/6 PAGE VERTICAL	\$163
1/6 PAGE HORIZONTAL.....	\$163
1/12 PAGE SQUARE	\$92

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FULL INSIDE	\$1,550
HALF INSIDE	\$865

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- FREE Listing in our Advertiser's Index



ADVERTISING DEADLINE WEDNESDAY, APRIL 29TH



To place an ad please contact:
Tracy Lewis
(603) 616-7103
or tracy@salmonpress.news

Lori Lynch
(603) 444-3927
or lori@salmonpress.news

TOWN OF LYMAN NOTICE OF PUBLIC HEARING

The Lyman Board of Selectmen will hold a public hearing pursuant to the provisions of RSA 31:95-b on Thursday, April 23, 2020 at 6:00 pm at the Lyman Town Hall to accept \$134,660 from Primex. This is the settlement amount for the 2017 International 10-Wheel Dump Truck which was totaled. The funds will be used towards the purchase of a replacement dump truck.

Lyman Board of Selectmen

The Rest of the Story

BOOKS

(CONTINUED FROM PAGE A1)

Through the use of social media and smartphone technology, the bookstore offers personal shopping services and curbside pickup for its customers. Brooks said product images are posted to Facebook regularly for customers to browse, and all financial transactions are done with credit cards over the phone.

A table located outside the front doors of the bookstore and used for curbside pickup is sterilized multiple times a day by the bookstore staff. Masking tape marks six-foot distances from the table so that if more than one customer arrives at the same time they can quickly provide one another with space.

"Non-essential businesses have incredibly strict guidelines. No one can come inside the store, and we wash our hands and wear gloves when handling the merchandise," explained Brooks.

The small business owner continued, "I'm being strict but we have

a huge population of older clients, and then there are the families with newborns. I don't think anything other than erring on the side of caution is a good idea. You wear a seat belt when driving your car, and 99 percent of the time you're not going to wreck. With this pandemic there's a huge chance of something happening."

Brooks indicated there had been an increased interest in puzzles and games, as families adapt to remote-based education.

"When you have kids doing the same amount of work that they would normally do with 30 other kids in the classroom, they're getting the work done a lot faster at home than they would if they were at school. There are no distractions, so you need something to entertain them. We've been building a lot of Lego's," said the mother of two.

The small business owner also expressed concerns about the long term impact of the pan-

demic on Littleton's Main Street culture.

"It's going to be bad for everybody, and it's a matter of if we can wing it to get to the other side. I want to have a Main

Street after this," she explained.

Brooks continued, "One of the coolest things about this town is that you can walk down Main Street and experience all

of these cool shops run by cool people. It's one of the biggest reasons why we are listed in all of these publications, and I don't want us to lose that. I want all of the local busi-

nesses to thrive. If we do everything on Amazon now, Main Street won't be here for us afterward. What we're doing is not a sustainable business model."

LETTER

(CONTINUED FROM PAGE A4)

Dr. Anthony Fauci and Dr. Deborah Birx; and, while President Trump and his Coronavirus Task Force have been instilling HOPE in our daily lives with medical resources, timelines, and curves so we know when we'll begin to flatten the curve; and, while President Trump has demonstrated unique management skills trying to keep our economy afloat through multi-Trillion dollar incentives to small businesses and all workers, "fake-faced Nancy," does everything possible to undermine the President, and "...cut him off at the knees!" The \$2.2 Trillion Stimulus Bill, which recently passed the Congress, was infused with so much

Democrat FAT, even Porky Pig, Miss Piggy, Babe, and the Three Little Pigs, couldn't recognize themselves!! House and Senate Republicans had NO CHOICE, but to pass the bill, or have it defeated because Queen Nancy and her Deleterious Democrat puppets, insisted that "...let it be written, let it be done!"...with these superfluous additions! In the vernacular of our day and age, Queen Nancy's actions demonstrated: it's "...our Democrat Way, or the highway!" Middle finger to the Republicans and all of US, really!! Pass it, with all that FAT, or we'll kill it, along with all those infected with the pandemic virus! That was the ultimatum!

Now, the "Snake of the House" wants another

'inconsequential investigation' of our heroic President regarding his handling of this present, murderous, pandemic situation.

As the "leader" of the House of Representatives, second in line, after the Vice President, to become President, shouldn't she offer to help our skillful President by investigating China, the source of this world-wide, deadly disease?

Shouldn't she prompt her fellow Democrats to introduce legislation seeking reparations from the Chinese for continued operation of their contaminated, disease-inflicting, "wet markets"?

Shouldn't she be working with this pro-American President to demand the United Nations' World Health Organi-

zation investigate, condemn, and shut down the practice, and operation of these infectious methods of "food preparation and handling," and demand they stop?

Queen Elizabeth of Great Britain is calling for national unity in light of this killing disease. Shouldn't "Queen Nancy" ask her fellow Democrats to show national unity in light of this situation? Isn't that what statesmanship demands?

Sad that our House of Representatives is being led by a snake, but we can fix this in November by voting Republican, and sending President Trump the support he deserves in order to better serve US.

Nick De Mayo
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The Rest of the Story

BEARS

(CONTINUED FROM PAGE A14) The last time a black bear killed a human in New Hampshire was

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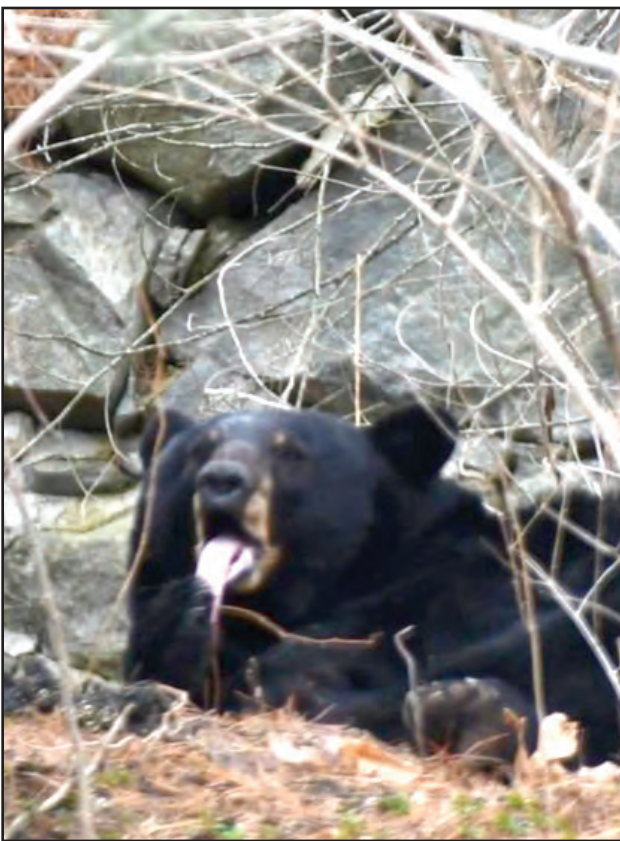


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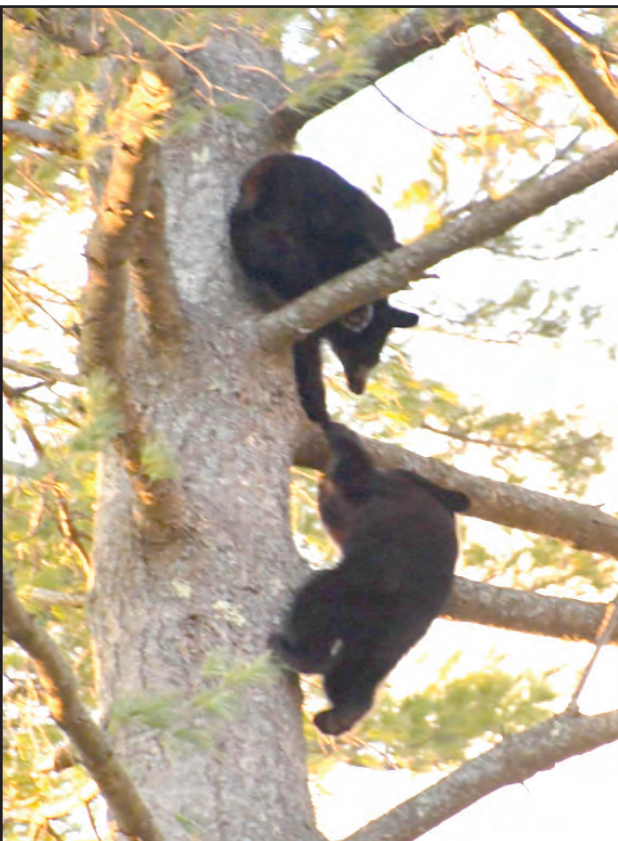
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LIZ WYMAN — COURTESY
This mama bear was seen on Bunker Hill Street in Lancaster last week. A sure sign of spring.



LIZ WYMAN — COURTESY
These bear cubs play in the treetops while their mama keeps a watchful eye nearby in Lancaster last week.

in 1784. To see a healthy bears and several of them is a sign that the natural habitat in the area is thriving. If it can support a bear, other creatures are known to be doing well.

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According to New Hampshire Fish and Game, bears are needed because they help clean up carcasses and control the deer and moose populations to name a couple of benefits. Bears typically will diet on plants, honey, fish, small mammals, nuts and insects. On a rare occasion a bear will kill young moose or deer. It is illegal in New Hampshire to feed a bear.



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LITTLETON — Dinner Bell continues to be open every Tuesday from 5 to 6 p.m. for take-out only at All Saints Episcopal Church, 35 School St. in Littleton. Dinner is a take-out meal served to anyone in the community who comes by the church. On Tuesday, April 14, the take out dinner will be Lasagna with all the fixings.

Most participating Community organizations, schools, and private donors continue with this event. We have taken strong action to provide both preparers and participants with a safe environment.



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OUTSIDE STORY

What to see, hear, and do outdoors right now: A treasure hunt for early spring

BY ELISE TILLINGHAST

This is such a dis-orienting time, when all our lives have been turned upside down and shaken. One of the ways my own family is coping is by spending time outside every day. We stage nature treasure hunts in the woods behind our house. The kids work as a team, with points awarded for number of species identified, and chocolate doled out after every 10 points. It's fun for the kids. For my husband and me, it's a chance to escape a swarm of wor-ries and enjoy such ba-sics as spring light and birdsong.

You don't need spe-cialized knowledge to get outside and have a trea-sure hunt of your own. Below is a simple list of common sights in early spring, and suggestions for hands-on activities. For those who have the time and interest to go deeper, the online ver-sion of this essay that's posted at the Northern Woodlands Web site (www.northernwoodlands.org) has links to related articles.

And here's a great outdoor learning re-source: the Upper Valley Teaching Place Collabo-rative (www.uvtpc.org), supported by the New Hampshire Charitable Foundation's Wellborn Ecology Fund, is serv-ing as a hub for outdoor learning opportunities,



bringing together online resources from environ-mental education groups around the region. Book-mark their site! Then get outside.

Yellow-bellied sap-sucker holes: Look for lines of tiny holes in old apple trees and other common tree species. The birds drill these, then used their bristle tipped tongues to lap sap. Fun fact: as spring pro-gresses, hummingbirds will follow sapsuckers around, taking advan-tage of the freshly-drilled feeding stations.

Red maple bud bou-quets: Red maples are a common, ear-ly-blooming tree with easy-to-identify rasp-berry-shaped buds. Cut a stem with a couple of buds and stick this in a jar of water on a sunny windowsill to force an early bloom. Try other early-blooming stems as well.

Insect galleries: Pull the bark off a log or dead tree, and you're likely to find intricate patterns

chiseled underneath. These are made by tun-neling insects, probably beetle larvae. See if you can find different pat-terns underneath the bark of different logs.

Moon close encoun-ter: On April 7, the moon will make its closest approach to Earth for the entire year: a mere 221,773 miles away. And lucky us, this occurs on a full moon night. Get the binoculars!

Chickadees: Listen for their dee dee dee alarm call, as well as their love song, fee bee. Ditch your dignity, and try making a loud, re-peated "pshpshpshhhh" sound. This is likely to lure them to fly closer to investigate. This trick works on many other songbirds, as well.

Chipmunk burrows: See if you can identify one or more burrow en-trances. Leave a seed of-fering and wait to see if it's gathered. Yes, I know – it's inadvisable to feed wildlife. I'm willing to corrupt a few chippies.

Spring ephemerals: It's still early for wild-flowers, but under the ground, they're already racing to sprout, bloom, and set seeds before the tree canopy closes in. Keep an eye out for their emergence, and in the meantime, look for ear-ly non-natives coming out of the ground now, including snowdrops, daffodils and crocuses. If you have access to wetlands, look for the bizarre sea-creature-from-outer space purple spathes of skunk cab-age – a plant that gets a jump on spring by gener-ating its own heat.

Pileated woodpecker feeding holes: These are large, shallow gouges, with wood chips piled at the bottom of the tree. Sometimes you can find the bird's scat there. A fun project for the non-squeamish: use your phone or a hand lens to magnify this, and inspect all the undigest-ed carpenter ant bits.

Woolly bears: Those fuzzy, brown-and-black banded caterpillars are active again. Their markings show past, not future, weather; as a rule, the milder the past autumn, the broader the middle brown band. See if you can find a woolly and "read" its past.

Vernal pools. They're still icy now, but re-peated trips to these

small, seasonal pools in the woods will re-veal constant change over the next month, as amphibians arrive for mating season. Peepers and wood frogs start off the spring chorus. One peeps, the other chuck-les. Can you hear them both?

Jelly fungus and oth-er fungi: Look for these globby fungal forms on logs and dead trees. Bright yellow-to-orange witch's butter is easy to spot. You can also find turkey tail and oth-er shelf mushrooms, and old puffball mush-

rooms (some can still be stomped to create a mod-est puff).

Elise Tillinghast is the executive director of the Center for Northern Woodlands Education. The illustration for this column was drawn by Adelaide Tyrol. The Out-side Story is assigned and edited by Northern Woodlands magazine and sponsored by the Wellborn Ecology Fund of New Hampshire Char-itable Foundation: well-born@nhcf.org.



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All applicants must apply on Schoolspring.com. Paper applications will not be accepted.
For further information, contact:
Roxanne H. Ball, Adm. Assistant to the Superintendent of Schools/Human Resources
White Mountains Regional School District
SAU #36
14 King Square, Whitefield, New Hampshire 03598
TEL.: 603-837-9363/FAX: 603-837-2326
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In doing our part to keep our community safe, our gala that was scheduled for May 9th is postponed. Please stay tuned as we announce an official date for this event once we are able to determine a date that supports the direction of our Governor and the health of our community.

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