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Littleton Courier

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BRENDAN BERUBE

Our Editor, Brendan Berube, following the CDC's social distancing recommendations by working from home with the help of his 'assistant,' Lola.

A good time for some good news

BY BRENDAN BERUBE

Managing Editor

As members of the news industry ourselves, we try to keep up with current events as much as possible by monitoring other publications and watching the nightly news regularly. At this point, however, we — like many of you out there — have had it. Over the past few weeks, there has simply been too much darkness assaulting us through our television screens every night. Too many graphs and charts depicting rates of infection, too much footage of ambulances racing through city streets, too much focus on dreary and depressing statistics reporting how many have been infected by the COVID-19 virus and how many have died. A steady diet of television news right would be enough to leave any viewer with the impression that the very fabric of our society is crumbling away around us.

Anyone who has been out of the house during this outbreak, however, has seen that nothing could be further from the truth. There is another side to the COVID-19 pandemic that has been receiving far less attention. Individual tales of generosity and goodwill have been popping up across the country recently — stories of landlords foregoing the collection of rent from tenants who are home without pay or insisting that the hard hit businesses who rent space from them pay employees first; stories of neighbors buying groceries and supplies for the elderly couple next door; of parents organizing food collection drives to ensure that families in need are able to keep food on the table for children whose schools have temporarily closed. Every day, in every community across the nation, ordinary people are stepping up to the plate to combat the negative impact of COVID-19 with kindness.

Just last week, we received a phone call from someone driving down Main Street in one of our own local communities who saw a group of children writing messages of encouragement and affirmation on the sidewalk with brightly colored chalk because it was something they felt they could do to help the people of their hometown stay positive and keep their spirits up. We were so moved by this extraordinary act of selflessness on the part of those so young that it inspired us to seek out similar displays of goodwill. All of us could use some 'good' news right now, and we are asking you, faithful readers, to share yours with us. If there is a collection of food and supplies for those in need taking place in your community; if you have been the fortunate recipient of an unexpected act of kindness; or if you know of a hometown hero who you believe deserves recognition for going above and beyond to make a positive difference during the COVID-19 outbreak, we want to hear about it. Feel free to contact our Editor by e-mail at brendan@salmonpress.news or by phone at 279-4516, ext. 101 and help us spread some positivity.

Littleton Regional Hospital changes visitor policies

BY ANGEL LARCOM

angel@salmonpress.news

LITTLETON — As public spaces shut down last week and the state attempted to navigate uncharted waters, Littleton Regional Hospital began to announce an evolving series of visitor protocols. The goal was twofold: to prepare staff for an anticipated surge in service demand and protect all people in the facility.

On March 18, LRH sent out a message which read, "We are making every effort to protect our community and our workforce in preparation for the impact of this public health emergency."

The initial goals outlined a triage plan, which included keeping the workforce focused on those in most critical need, maintaining a certain number of open beds, conserving protective equipment and establishing social distance guidelines. Any surgeries or procedures that could be delayed without a negative medical impact on patients were postponed.

LRH, PAGE A12

Littleton schools lead the way in meal delivery service

ANGEL LARCOM

angel@salmonpress.news

LITTLETON — The night before Governor Sununu ordered all public schools closed, the Littleton administration team already had a plan in motion. Facing an indefinite remote learning scenario and worried about the children that rely on school meals, the emergency team formed a meal delivery plan that went into action three days later.

The emergency team included building and SAU administrators, an instructional coach, tech teams, and nursing and cafeteria staff. WW Berry's Transportation participated via phone.

Littleton children only missed meals on Monday and Tuesday last week, thanks to the school district's swift actions.



COURTESY

Littleton Regional Healthcare, a significant critical access hospital for the North Country, revised visitor policies last week as they prepare for Covid-19 triage.

"We were building the plane as we were flying it. We didn't have any direction except what we were doing for ourselves," said Lakeway Elemen-

MEALS, PAGE A12

A daily practice: How David Goldblatt Found Yoga

BY KELSEY LIEBENSON-MORSE

Contributing Writer

REGION — A few facts about David Goldblatt.

One: He makes bending a leg somewhere behind your head look easy.

Two: He has been practicing yoga for 47 years.

Three: He puts people immediately at ease.

Goldblatt, who lives in an invitingly bright and cozy home in Littleton is known in the area for The Burch House in Bethlehem, his skill as an Iyengar yoga teacher and the loaves of sourdough rye and baguettes he sells freshly baked to the Littleton Co-op on Friday mornings.



COURTESY

David Goldblatt of Littleton discusses his path to yoga.

Goldblatt's story begins growing up in Elizabeth, New Jersey, about twenty minutes outside of Manhattan, one of eleven brothers and sisters. Considering New Jersey during the 50s and

GOLDBLATT, PAGE A12

Littleton, N.H., 28 pages

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INSIDE

CALENDAR B6
CLASSIFIEDS B8-12
EDITORIAL A4
FROM THE FRONT .... A18 & A19
LETTERS A4
LOCAL NEWS A2
OBITUARIES A14
SPORTS B1-4

LOCAL

Monroe Consolidate School community adjusts to social distancing A6



INSIDE

Important message for Littleton residents regarding COVID-19 A9

Local News

Bethlehem resident wins international design contest

BY ANGEL LARCOM
angel@salmonpress.news

BETHLEHEM — As a writer, I am always excited to feature uplifting stories and notable accomplishments within our North Country community. As a mother, I am beyond thrilled for my daughter, Raven, who recently won an international advertising design contest.

The contest that was orchestrated by Canadian shoe designer John Fluevog has been held each year since 2006. It is often incorporated into arts curriculums at various universities as a way to inject real-world application to graphic design coursework.

A senior at Saint Lawrence University in Canton, N.Y., Raven will graduate in May with two bachelor degrees in biology and studio arts. Her winning design was the result of an assignment given to her by Amy Hauber, an Associate Professor of Art and Art History at SLU, in her Digital Media and Culture II class. A combination of studio and seminar work, the semester focused on the development of intricate and innovative designs, utilizing such design software as Adobe Photoshop, InDesign and Illustrator.



COURTESY

Earlier this month, Raven Larcom, a 2016 Profile School graduate and senior at Saint Lawrence University, won an international advertisement design contest hosted by Fluevog Shoes.

Each student in the class had to develop at least two designs for contest submission. Along with 14 classmates and her professor, Raven participated in the contest and submitted six different concepts.

Participants were instructed to create an original piece of art that featured the Fluevog SS20: F Hi Astra shoe. Fluevog received more than 90 designs from around the world, from which he hand-selected four finalists.

On Feb 26, Raven received an email from the Canadian company, notifying her that one of her submissions had been selected as a finalist. Not long after, she texted me with the news. We began a social media campaign to help her gain votes before the polls closed one week later. Supporters were allowed to cast one vote a day throughout the week.

When asked what the most difficult part of the assignment was, Raven said, "The most challenging aspect of the contest was trying to keep my design simple. I had a lot of complicated and crowded rough drafts. Ultimately, I wanted to find a way to make the shoe the primary feature while still providing enough context about what I thought the Fluevog brand represented."

On March 9, I got another text from Raven.

It said, "Hey, I won the Fluevog thing. Don't tell people yet because they just emailed me, and there will be a release."

Less than 30 minutes later, I got another text from friends in Colorado, informing me that they had been tracking her progress and saw that she had won. Never underestimate the power of social media.

Raven said the most surprising part of the process was how quickly word spread about voting once she had been selected as a finalist.

"Several people from

RAVEN, PAGE A13

Local School District Meetings postponed

REGION — The Annual School District meetings in Bethlehem, Lisbon and Profile have been postponed for two weeks and are rescheduled for March 31, April 1 and April 2, respectively.

New Hampshire RSA 40:4,II gives the moderator the authority to postpone annual meetings. According to RSA 669:1-a the meeting can only be postponed by no longer than two weeks. RSA 669:1-a is applied in this case because we hold school board elections at our annual school district meetings.

In the event that the moderator in your district does not feel that the meeting scheduled in two weeks will be safe for the participants, he may postpone again for two weeks. He may postpone the meetings until he feels the conditions are safe to hold a meeting.

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Brewery flips business model

BETHLEHEM — Like all New Hampshire restaurants, Rek.Lis switched from a traditional brewery to a takeout service after Governor Sununu's executive order on March 16. Unlike many other businesses that had no time to adjust to the news, owners Marlaina Renton and Ian Downing had already put a plan in motion before Covid-19 upended everyone's daily routines.



COURTESY

Sandwich boards announcing takeout and delivery service hours became a common sight in the North Country after Governor Sununu issued an executive order to cease in-room dining operations on March 16.

"Almost two weeks ago, I sat everyone down and told them we needed to activate a plan immediately. It wasn't a worry. I just like to be prepared," said Renton.

The brewery owner said the pivotal moment for her was listening to an NPR show on the radio. "We looked at China, and then we saw it come into Italy. It was something no one was stopping. It's not like there's a big bubble around America," she pointed out.

Renton said she went home and mulled over the new information, then called her core management team together the next day to run through various scenarios.

"We could only start with what we had and what we knew. We knew right away that we had to be clean and conscious of how germs are spread," she explained.

"We ran through every possible situation. What happens if they close the doors. What does that scenario look like? What happens if they say we can't have any contact, not even takeout? We got down to the point where we'd be completely shut down. We broke it down in terms of how we would take care of our team and how we, as a business, would survive it," continued Renton.

"That show took what I was feeling and summed it up. This situation wasn't like Ebola or SARS, where it stayed in other countries," she added.

After that initial think tank, the Rek. Lis team began preparations. They started to practice sterilization techniques and ordered additional paper goods for takeout.

On Sunday, March 15, Gov. Sununu announced the immediate closure of all public school systems in the state. The following day, he ordered all restaurants and bars to cease in-room dining. By Monday night, the Rek.Lis team was already in action.

"The rapid change was thanks to our incredible team that can think fast. That night, we sat around the table for two hours. We needed to look at it as a real takeout business," said the brewery-owner.

Renton continued, "Within four hours of that meeting, our team had figured out what kind of system would facilitate the change. Another four hours and they were placing orders that were delivered to our restaurant's POS system."

The first action announced by the brewery came the morning after the local schools had closed. They utilized email lists and social media accounts to announce one free weekday meal for all children. Although that model was first envisioned within a traditional dining room experience, the brewery continued the practice through their takeout service as well.

"As a community-centered business, we take all available efforts and resources to support our customers with what government restrictions will allow. Our first step was helping to support all of our kids," said the company on social media. Free children's meals are available during standard weekday service on Tuesday through Friday.

The brewery is currently closed on Sundays and Mondays.

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"Crises are part of life. Everybody has to face them and it doesn't make any difference what the crisis is."
— Jack Nicklaus

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Littleton (444-3996)
Lisbon (838-6376)
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Lincoln (745-2757)
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Bath (747-2454)
Landaff (838-6220)
Sugar Hill (823-8468)
Lyman (838-5900)
Woodstock (745-8752)

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

Fire:
Bethlehem (869-2232)
Littleton (444-2137)
Lisbon (838-2211)
Franconia (823-8821)
Lincoln (745-2344)

Dial 911 for emergencies

Local Libraries

•Abbie Greenleaf Memorial (Franconia) (823-8424)
•Littleton Public Library (444-5741)
•Bethlehem Public Library (869-2409)
•Lisbon Public Library (838-6615)
•Haverhill Library Association (989-5578)
•North Haverhill Patten Library (787-2542)
•Woodsville Public Library (747-3483)
•Richardson Memorial Library (823-7001)
•Moosilauke Public Library (No. Woodstock) (745-9971)
•Bath Public Library (747-3372)
•Gale Medical Library @ LRH-Anna Connors Patient & Family Resource Center (444-9564)
•Lincoln Public Library (Carol Riley 745-8159)

Property Transfers

Haverhill

9-11 Maple St.; $115,000; Woodsville United Methodist Church to Ruth Cloud and Samantha Nelson

Lincoln

11 Goldfinch Rd., Unit 5; $164,000; Scott and Terri Trusty to Linda A. Pichette

36 Lodge Rd., Unit B303; $86,000; Christopher Olivolo to Valerie A. Fricia

21-a Pine Bluff Terrace; $457,000; Mount Coolidge Construction LLC to Justin and Megan Aldridge

22 S. Mountain Dr., Unit 419; $110,000; Riverwalk At Loon Mountain to Ryan J. and Jessica M. Sullivan

10 School St., Unit 11; $170,000; Ryan Gath to Michael and Amanda Perry

14 Westview Rd., Unit B; $338,533; James and Christine Farrar to Jessica Savage

Address not available; $375,000; John David Todd LT to Philip B. Jones and Jacqueline Provenzano

Lisbon

141 Nihan Rd.; $135,000; USA HUD to Sherryll Layton and Jonathan Avins

Orford

1367 NH Route 10; $102,000; Stone Ridge Partners Inc. to Daniel J. and Chloe A. Kardos

Sugar Hill

376 Birches Rd.; $540,000; Elizabeth R. Collins to Isabel W. and Trevor J. Hardy

376 Birches Rd.; $100,000; Elizabeth R. Collins to Isabel W. and Trevor J. Hardy

Woodstock

17 Cascade Dr., Unit 284; $259,000; BAA RT and Lynne Penney to Kristopher M. and Donna J. Coleman

Five Questions

1. Where was the first permanent settlement in New Hampshire established?
2. At what facility does 30 percent of New Hampshire's electrical supply originate?
3. What Ivy League college located in New Hampshire inspired the school depicted in the film "Animal House?"
4. In what New Hampshire town were portions of the 1994 movie "Jumanji" filmed?
5. What is the lowest temperature ever recorded at the summit of Mount Washington?

Answers...
1. Hilton's Point, known today as Dover
2. Seabrook Station Nuclear Power Plant
3. Dartmouth
4. Keene
5. -47 degrees Fahrenheit, recorded Jan. 29, 1934

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EDITORIAL

A much needed time for renewal

Another winter is on its way out, and warmer, longer days are finally here. As March turns the corner into April, the dawning of the season of renewal is perhaps more welcome this year than ever before in the shadow of the Coronavirus outbreak, and we thought this would be an opportune moment to reflect on some of the things that make us grateful for the arrival of spring.

While each season has its own perks, there is something about spring that seems to surprise us each year. We re-acquaint ourselves with our yards as they slowly reveal themselves as the snow banks melt away, and we welcome the sight of our lawns and tree branches once again sprouting green.

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

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

To touch on a bit of history, as we are wont to do, the month of April is derived from the word 'Aprillis,' which in turn is derived from the word 'aperire,' meaning "to open." This makes perfect sense, as the world becomes abloom again in spring. With everything once again blooming and warm, sunny weather ahead, we hope all of you out there have an opportunity to stave off stir craziness during this outbreak by stepping outside to feel the sun on your own faces, inhale a deep lungful of invigorating air, and enjoy a much needed sense of renewal.

COURTESY



At The Morrison in Whitefield, there were no parties for St. Patrick's Day due to COVID-19; however, sweet treats were enjoyed by the residents and staff. Donald Thomas enjoyed them tremendously.

SWIFTWATER DIARY

Music by Mistake

BY S. A. MORSE

We did not expect to have yet another winter story about music, but these things happen. First, however, a comment from Merlin the white-towed cat. One evening, he was sitting on the bathroom counter watching me brush my teeth, and I casually mentioned "some people actually brush their cat's teeth" and he turned, jumped down and left the room, clearly saying "never heard such nonsense in my life and never want to again." Not speaking in words, of course, but by attitude. You think a cat does not know English?

Some time later he lay stretched across the bed and I kept a hand on him

SWIFTWATER, PAGE A13

LETTERS

Upstage Players utilize talents to help the battle against Covid-19

To the Editor:

Having recently been rejected by the Littleton voters in losing their bid for the management of the Littleton Opera House, the Upstage Players team has shown a remarkable community spirit in the face of adversity as we face the coronavirus and the shortage of masks in hospitals.

The team decided that due to the cancellation of their upcoming spring shows, they could use their costume making skills and spare fabric to do something positive and start producing masks that can be sent away for cleaning and sterilization for use in hospitals currently facing a dire shortage. Andrew Lidestri reached out to followers and supporters to get help from the community to sew the masks, and spent the entire weekend with his team cutting fabric and producing "kits" for anyone with a sewing machine who is able to help.

This demonstration of a caring and positive attitude is a wonderful example of how we can all pull together and help each other in times of crisis, and another reason to support the Upstage Players as a pillar of our local community.

Regards,

Lorraine McPhillips
Bethlehem

A healthcare misadventure

To the Editor:

Just as government is instituted by the people to protect the rights of the people, so too healthcare exists for the patient, not the healthcare system. I visited the Littleton Healthcare Emergency Department early one morning. I had a cold that had begun some 6 days earlier and progressed to an intractable cough. Trying all the over the counter remedies without relief - I suffered from lack of sleep for two days because of the cough – I decided to go to the hospital. I was seen by Dr. David Hirsch and told him the purpose of my visit was to get medication by prescription to deal with the cough to allow me to rest. After evaluation he told me my chest xray showed pneumonia on both sides and an antibiotic was indicated. The nurse returned with discharge instructions and a prescription for an antibiotic. I asked about the cough medicine I requested. He called Dr. Hirsch, who told him to tell me that a narcotic prescription for cough was not appropriate. When I asked about another non-narcotic cough medication only available by prescription the nurse told me Dr. Hirsch would not give me the prescription. When I asked the nurse to summon Dr. Hirsch to talk with him, he refused to do so. I returned home only to cough incessantly for another two days while the viral infection I had began to resolve and coughing spells lessen in frequency and intensity. But I continued to suffer from physical exhaustion and extreme weakness. My symptom – extreme, intractable and incessant coughing - could have been treated and rest allowed to do its best to heal me.

Medical paternalism – doctor knows best – has supposedly given way to patient-centered care and at a minimum shared decision-making between doctor and patient. Clearly that did not take place for me. Firstly, Doctor Hirsch was wrong. Narcotics are the most potent cough suppressants available. Secondly, to refuse to prescribe the alternative I requested amounts to disregard for me the patient. It implies that Dr. Hirsch was more attuned to government dictates against doctors concerning narcotic prescriptions. That has been the government directive to treat populations, not individual patients, in the name of cost control. Doctors who prescribe to the government mantra risk violating their oaths to the individual patient, to relieve his or her suffering. Thirdly, given the "treatment" I received from Dr. Hirsch I obtained my chest X-ray report as dictated by the radiologist whose specialty is X-ray interpretation. No pneumonia as described by Dr. Hirsch was seen. I was given a prescription for 10 days of an antibiotic with the potential for very powerful and disabling side effects that are not uncommon with that drug. At the very least I should have been called about the actual xray finding and told to stop the antibiotic. The emergency department at Littleton Regional Healthcare obviously lacks quality control.

So, patient: caveat emptor! – let you, the sick one, beware.

Robert Peraino
Franconia

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

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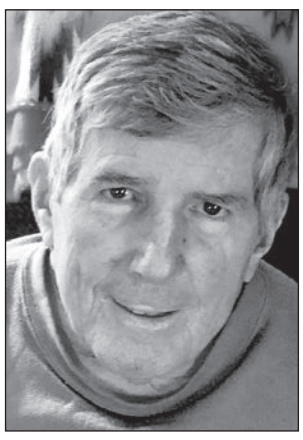
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Opinion

North Country Notebook

Something's in the air: No, wait! Mud! Spring!



By John Harrigan
Columnist

Whatever is in the air, it will have to make room for spring. The arc of the sun tells all. The Ides of March is history. The Ides of April awaits.

The snowpack is melting like mad, mimicking the glacier's retreat, rivulets on a rush to Long Island Sound. The crows are the neighborhood thugs, chasing away the gangs of jays, pecking away at seeds on bare ground, cawing like the murder they are.

A long time ago, not an eye-blink in the long scheme of things, maybe 15 millennia ago, a sheet of ice more than a mile thick crept over northern New England and points south. Among other gigantic works---kettle-hole ponds, mountains left bulldozed like chips at a mill, scrapes on Mount Washington's top---the tremendous weight of the ice ground up rock and ledge into the fine stuff that makes mud.

Thus was born, in the shorthand version of the story, Mud Season. In a rugged, mountainous, boreal-forest country stretching across half a continent, it's the fifth, fine, and final season of a year that begins in spring.

+++++

It is or was sugaring season, depending on where you are or where you were. With New Hampshire, you never quite know. Depends on geographical situation, and altitude. Some would say "Attitude."

Here is an adage about the variation in climate the state offers, which I've rudely and crudely made into an approximation of a poem:



John Harrigan

The mini-glacier on my front lawn, as of Sunday afternoon the 22nd, and two of the glacial erratics left by the last real one, moved by dint of hydraulics from their 15-millennia place of repose on nearby Ancestors' Hill.

This is the state where a walker, they'd say, could leave Strawbery Banke on the First of May, and pick ripening strawberries all the way to Pittsburg on Independence Day.

Sugaring is history for all but those sugar-bushes facing north, the last to get the spoiling taste of buds. "Awfpt! Buddy," they'll say, lips askew on a sample of sap. Then the whole crew, the whole family, cleans everything up for next spring.

Some people so love the many different things about sugaring that they think about them all year long, even as they go about other seasonal chores, even as they're out there making hay, going round and round, neither tractor nor mind affording a stop.

One friend, now gone, invented reasons in all seasons to go high into his maples, to clear wind damage with skidder or tractor or on foot, and to think. Sugaring was often in mind, his mind always running year-round.

One of his last messages included a photo, a recent favorite. He'd gone far up into his sugar-bush, in still-deep snow, and shot a scene beyond the big trees. It was a shot for a far-looker, and he was one.

"That's the high country around your place, from mine," he wrote, and that's just the kind of man he was, just the way I'll always remember him, a "placed-based" guy if ever there was one.

+++++

The south side of snowbanks began melting at just about that time, on Mother Nature's slow clock, near February's end. The sap buckets were out just about on time, as if there were ever any such thing.

The last glacier, no one knows how many glaciers, left plenty of crops of fine rocks. And layers of gravel, some good, some not. And on some shelfs and pockets, a layer of loam. And here and there, of course, fine silt, now turning to the finest kind of mud, the kind that says "Stay home."

Or at least it used to. For early farm families, there was little choice between horse-drawn sleigh or wagon. They had to wait for the snow-roller or for the roads to dry up.

When we've become so accustomed to going at will, it's a life hard imagined. Well, not so.

Hope springs eternal, and so does the carpet of green. Soon the mess that winter left behind, everything that was on top of the melting snow and laid bare, will be under a new verdant mantle. The tennis ball you tossed to your dog on bare ground will soon be lost in the weeds.

And there's a thing I heard from my grandfather, who had a way of showing up about now: When the shad-bush leaf is as big as a mouse's ear, it's time to grab your stuff and go fishing.

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

Does humanity really end when the toilet paper runs out?



Positively Speaking

Gary W. Moore

By Gary W. Moore

I have a friend since high school named Karen. She was a smart and focused student, a cheerleader… very popular but always a kind soul. We lost touch through the years but reconnected when, to her surprise, she saw my name on a book at Barnes & Noble. Karen was always engaged and helpful. Raised by kind parents, she was always one of those people who were… well, just that way.

Sunday morning, Karen rose early and headed to the grocery store in her small Michigan town. She had a plan to arrive as the doors opened and get the few items she needed and did. Toilet paper was on her list and she bought the only package left … a package of eight rolls. She, like most of us, was surprised by the empty shelves. She bought what she could and headed out of the store and to her car. In the parking lot, she encountered an elderly man, visibly upset. Karen asked if he was okay.

"My wife and I are out of toilet paper. I've been searching for days. I don't know what to do," the troubled old gentleman explained.

He didn't know what to do, but Karen did. She broke open the package of eight rolls and tried to give him half. He would only accept two, and was touched to tears. He didn't have to leave empty handed because of the generosity of Karen Tyson. She, and others like her, give me hope and optimism in a time wrought with despair and pessimism.

We still live in the richest nation in the history of the world. Is it truly necessary for some of us to survive, that others must go without?

No.

"We have nothing to fear but fear itself." – Franklin Delano Roosevelt

When fear sets in, irrational behavior begins. Saturday, I witnessed a man and a woman struggling in the aisle of my local store over a bottle of bleach. There's really not a shortage of bleach, there is only the fact that some bought more than they needed and left others without. The same with hand sanitizer. I've seen some on social media bragging about how much they have while others are driving all over town and can't find a single bottle. I personally know of a 65-year-old man with cancer who is at high risk and can't find a sin-

Positively, PAGE A6

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Local News

Monroe Consolidate School community adjusts to social distancing

BY LEAH HOLZ
Principal
Monroe Consolidated School

MONROE — Last week started with the last in-person staff meeting Monroe School would have for the foreseeable future. Superintendent Bill Lander addressed the staff of 30 and reiterated Commissioner Edelblut's message - "We are not closing school, we are transitioning to remote learning."

The staff at MCS took remote learning and sprinted with it. Each teacher in grades Preschool-Grade 8 created an interactive online learning platform for students. Many teachers were already using ClassTag to communicate with families, and will continue to use this throughout. Middle School teachers and students will continue to use Google Classroom as they do regularly.

Each teacher, with the assistance of the MCS paraprofessional staff, put together a Remote Learning Package for every student. In each bag was at least two weeks worth of assignments, a package of school supplies, art supplies, books chosen for each child by the MCS librarian, personal items left at school, and toilet paper. Last Friday, several MCS staff members set up the Remote Learning Package pick-up outside of the school. Parents drove up and were handed the bags for their children by gloved employees.

Almost every parent commented on the eeriness of the situation. It just didn't feel real. They were all so thankful and so appreciative of the work that their children's teachers have poured into remote learning.

This week, Monroe starts breakfast and lunch delivery. Staff will travel on school buses to leave the meals in marked coolers at the families' bus stops.

This is really hard for everyone- parents, children, teachers. We all feel isolated.



COURTESY

On Sunday, first/second grade teacher at Monroe Consolidates School, Belinda Smith attached a smiley face balloon to each of her students' mailboxes. "My heart was full when I heard some of their excitement finding the balloon," said Smith.

Application deadline approaching for Youth Conservation Corps program

REGION — Time is running out to apply for our summer YCC program!

The Youth Conservation Corp (YCC) is a summer employment program for youth ages 15-18 who will work, learn, and earn together in the great outdoors. The purpose of the YCC program is to accomplish needed conservation work on the White Mountain National Forest, while learning about natural resources stewardship. The crew of 6 students will work a 37.5 hour week earning minimum wage ($7.25/hr), and will involve the following activities: trail maintenance, maintenance and clean-up of recreation sites, wildlife habitat improvement work, and other projects supporting forestry, fire management, and other forest resources.

Applications must be mailed, emailed or faxed to the Pemigewasset Ranger District, 71 White Mountain Drive in Campton NH, 03223 Attention: Ryan Twomey. The application deadline is April 10. For more information or to print an application, see the 2020 YCC recruitment flyer at: http://www.fs.usda.gov/whitemountain or contact Ryan Twomey, Pemigewasset District YCC Program Manager at ryan.twomey@usda.gov or 536-6103.

New initiative connects homebound with volunteer grocery shoppers

BY TARA GILES
tara@salmonpress.news

REGION — A resident of Thornton has begun an initiative that will extend into the North Country as a way to help those in need during this current coronavirus pandemic.

Sebastian Fuentes, formally of Lancaster, explained, "I started this initiative following the models already created in the Concord - Manchester area. They have a Mutual Aid plan already in place which consists of collecting volunteer information from people willing to assist other community members while we are in the middle of this global health crisis."

The mutual aid program began in Plymouth last week.

Fuentes said, "By calling (603) 728 – 4443, we can connect with already enrolled volunteers in towns like Berlin, Littleton, Whitefield, Twin Mountain, Jefferson, Lancaster, Monroe, Bethlehem, Dalton, Randolph, Gorham and Milan to do grocery shopping for our Senior North Country residents."

It began when Fuentes overheard a couple chatting about a group of seniors in the southern part of the state who were parked outside a Market Basket asking pedestrians to do some shopping for them while they were still in their vehicles.

"Speaking right through their car windows. They were afraid to go inside the store and do grocery shopping themselves," explained Fuentes.

Callers can dial the phone number and provide their grocery list.

"We then connect the volunteer closest to the caller and provide them with the address and the list. They go to collect the money and then get the items. We drop them at the door while trying to minimize close contact with the caller," said Fuentes.

Currently, there is a team of 13 regional volunteers from different backgrounds. Some are farmers, local businessmen, lawyers, chefs, educators and food industry workers.

"We are thrilled to see community engagement. We do not get paid for this labor, we do not collect gas money, we are doing it because through moments like this is when the heart of the community shines," he added.

Most of the North Country is covered, except for Colebrook and Groveton. The program is growing and more volunteers are needed in those areas.

To be sure everyone is safe, Fuentes has a plan, and explained "One thing I've been doing is when people call me on the phone, I talk to them like a friend and make sure they are comfortable with the process. If they don't feel comfortable I find another way to do it, whether it's with the help of local law enforcement or some other agency."

He went on to say, "In times like this, sometimes you have to be willing to take a bit of a risk and I think the volunteers up here are willing to do that. Somebody needs to do it because the number of seniors in the North Country is higher than other places in the state."

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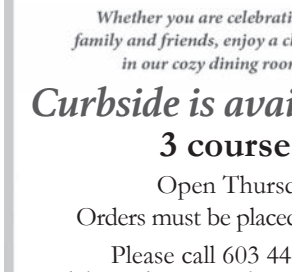
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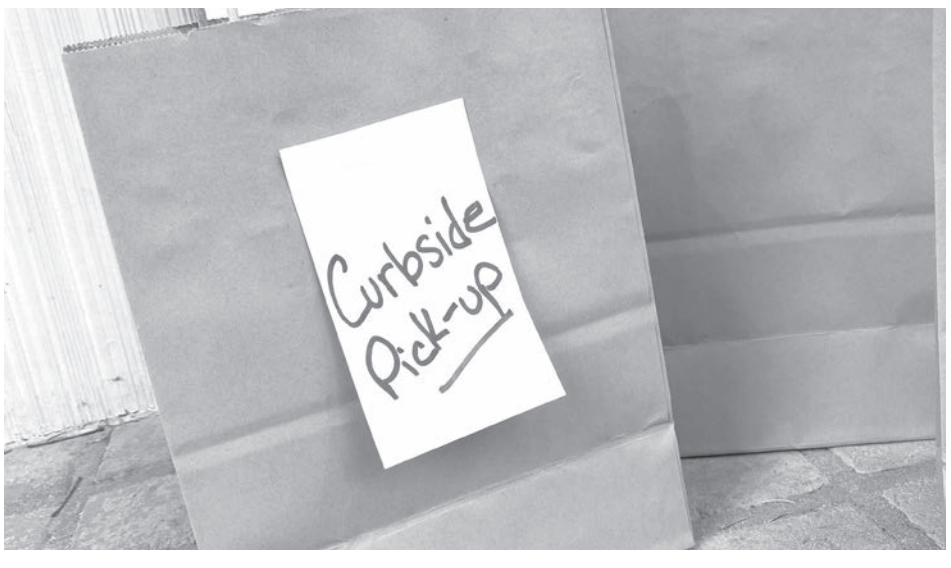


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Local News

LRH creates simulation lab thanks to many donors

LITTLETON — Littleton Regional Healthcare (LRH) is extremely grateful for its many generous donors. Although some donors specify how they would like the organization to use their gift, many give LRH the liberty to make use of their donation in an area of greatest need. The LRH Fundraising Committee is made up of LRH senior leadership, clinicians, and Board members. This committee prioritizes the needs of the organization as a whole, identifying programs and services to enable LRH to continue its role in providing high quality healthcare that brings value to all.



COURTESY

From Left to right: Calyn Brown, LNA; Crystal Kimball, LNA; Susie; Heather Newfield, RN, BSN, CEN, CPAN - Manager of Education and Tammy Ladd, RNC, BSN, CLC – Clinical Coordinator.

Recently, this committee approved the purchase of high-fidelity training manikins, an investment of $100,000. LRH now has a state of the art Simulation (Sim) Lab for nurses, new graduate nurses, nursing assistants (LNAs), medical assistants (MAs), rrespiratory therapists, and physicians.

The Sim Lab houses the manikins. This space is set up like the hospital's inpatient units. It provides a realistic environment for clinical staff to participate in scenarios they encounter in their work. Using the manikins, clinical staff practice clinical skills they use daily. Just as important, the manikins can be set up for staff to practice skills they do not perform often, but are essential competencies. These lifelike manikins can talk, move their limbs, and make heart and lung sounds. The manikins themselves can be programmed to simulate patients involved in trauma, and patients with abnormal heart beats or who have serious trouble breathing. Also, the adult manikin named "Susie" can be set up to mimic the various stages of pregnancy. This can be invaluable not only to hospital staff who work in Maternity, but to EMTs in the community. Likewise, clinical staff are able to maintain competencies necessary to care for babies born at LRH. Sim Lab staff can program "Tory," the newborn baby manikin, for any number of conditions arising in a newborn. These are just a few examples of how this training lab works.

Heather Newfield, RN, BSN, CEN, CPAN and Manager of Education and Staff Development states, "We are so pleased to have the Simulation Training Lab available to our staff and local emergency medical service providers. It allows LRH to provideongoing training to clinical support staff, nurses, and physicians so we can continue to provide quality healthcare to the community. For more information about the new Simulation Lab, please call Heather Newfield, Manager of Education at 444-9352."

"LRH is fortunate to have so many generous donors that provide funds so that we can continue to make investments in equipment like this and many other improvements at LRH," stated Gail Clark, Director of Marketing and Community Relations.

Anyone interested in learning more about how your gift can help LRH is encouraged to call 444-9304.

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Salmon press

Grocers shift to meet public need

ANGEL LARCOM

angel@salmonpress.news

LITTLETON — Amid health and supply chain concerns, several North Country grocers made drastic and speedy policy changes over the last week to help stem the spread of the Covid-19 coronavirus. Both Shaw's Supermarket and the Littleton Food Coop now offer curbside pickup and adjusted hours or operation.

Likewise, both companies have opened employment opportunities. Food supply lines have quickly become one of a handful of essential services still operating after the push for social distancing in recent weeks.

At the Co-op, people wishing to participate in the curbside pickup program must limit orders to no more than 15 essential items with no more than two perishables per order. Alcohol and frozen items are not included, and a two-day window is required for the staff to process each request.

Customers are asked to be mindful of low or out-of-stock items and indicate if substitutions are acceptable when they call for service. Any community members wishing to receive this service should call the store Monday through Friday, and payment can be delivered either by credit card over the phone or by check at the time of pickup.

The Co-op has also launched a "Grocery Buddies" program, which offers home delivery service. Volunteers are needed as delivery drivers, and anyone interested in retaining the service should contact the store.

After extensive discussion by the management team, the Coop ultimately decided not to offer restricted hours for elderly or at-risk customers. According to a social media post by the grocer, management felt that it would be a health risk to encourage that group to come out and shop all at once, regardless of how well they cleaned the store.

At Shaw's Supermarket, flexibility has been key to the company's recent changes, and it has happened

GROCERS, PAGE A9

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Local News

Granite United Way launches COVID-19 Relief Fund

REGION — Granite United Way is working around the clock to help people who are already experiencing hardships during the COVID-19 pandemic.

After being identified by Gov. Sununu as the resource for COVID-19 information, Granite United Way-operated 211 NH information line has already fielded 5,000 calls from concerned residents – more calls than they typically receive in a month.

Our community members are facing needs that could not be planned for - empty grocery store shelves, mothers needing formula to feed newborns, restaurant servers relying on tips but with no customers. Individuals are worried about how to survive today and what may happen tomorrow. Granite United Way has a strong and well-coordinated network of social service agencies that are equipped to help during a crisis, helping our neighbors find the resources they require. These needs come in the form of food, shelter and medical amongst others. United with our partners, Granite United Way is committed to providing access to resources that support our community during this unprecedented time.

Recognizing needs will continue well beyond the initial crisis, Granite United Way launched the Granite United Way COVID-19 Relief Fund, with 100% of the proceeds going directly to those impacted by the pandemic.

It's easy to give –

1. Give online at www.graniteuw.org

2. Text GUWHELPS to 41444

3. Mail a check to Granite United Way, 22 Concord St., Manchester, NH 03101

"Granite United Way has always been here for our communities - our neighbors need help now more than ever before with 1 in 4 families already struggling to afford their basic needs. We also know there will be lasting effects after this immediate crisis," said Patrick Tufts, President and CEO of Granite United Way. "By establishing the COVID-19 Relief Fund we ensure access to critical services and help people get what they need to make it through today and tomorrow."

Granite United Way is working with state and local leaders to address needs in real time.

"At a time of crisis, we know that aligning our work and support will be key to bolstering vulnerable individuals and families," said Heather Staples Lavoie, Board Chair for Granite United Way. "I am proud to serve as Board Chair for Granite United Way, an organization that is a leader in addressing the pandemic – finding real-time solutions for the short-term and planning for ways to continue that support in the future."

As this situation evolves, Granite United Way will be sharing the most up to date information on ways to help our neighbors; visit graniteuw.org.

Granite United Way

Granite United Way is an experienced and trusted organization dedicated to leveraging the resources of investors and volunteers to create lasting change by addressing the underlying causes of our community's most pressing needs. United Way's purpose is to convene public, private, and governmental leaders and resources to tackle the largest, most pressing issues facing our community. Granite United Way fights for the education, health and financial stability of everyone in every community.

Each year, 1 in 3 residents of New Hampshire and Windsor County, Vermont engage with Granite United Way as a donor, volunteer or beneficiary of a United Way-funded program. Granite United Way, the merger of 6 local United Ways, mobilizes the power of 22,000 donors and volunteers to provide more than $14 million in support to over 350,000 individuals and provides funding to more than 750 nonprofit programs. Granite United Way is rated a Platinum level participant by GuideStar and holds a Three Star Charity rating by Charity Navigator.

Granite United Way serves the Central Region, Merrimack County, North Country, Northern Region, Southern Region (Manchester / Derry / Salem) and Upper Valley Regions of New Hampshire as well as Windsor County, Vermont. For more information, visit www.graniteuw.org.

Important message for Littleton residents regarding COVID-19

LITTLETON — The Town of Littleton is actively monitoring the COVID-19 outbreak and our focus, as always, is on the safety and well-being of the community at-large. Our goal is to minimize community contagion, while maintaining all essential services and meeting the heightened needs of the affected.

In keeping with recommendations from our federal and state governments, in order to reduce contact and keep essential personnel healthy and on the job, all Littleton municipal buildings are closed to public access. Our staff is working remotely and onsite during normal business hours. All public applications/payments/inquiries can be made online, via email-mail or phone by calling 444-3996.

The Town website will continue to be updated with information to keep the community informed of any changes to town services and programs. Updates can be found on www.townoflittleton.org and through our social media platforms as we monitor this rapidly changing situation.

For the latest information on COVID-19, please visit the Center for Disease Control and Prevention's Web site at www.cdc.gov/coronavirus/2019-ncov/index.html. This information changes frequently, so please check the website regularly. Residents with questions, or think they might have had contact with the virus may also call 211.

The Town of Littleton is committed to providing a high level of service for the community, while also prioritizing the health and safety of our employees. We are monitoring the COVID-19 pandemic and utilizing information from the State of NH DHHS and the CDC.

The Littleton Public Library is closed to the public at least through April 6, following the school closures. For curb-side pickup of materials, please call the library at 444-5741 to place your request and set a pick up time.

All items currently checked out are being automatically renewed and we are asking people to keep their books until we re-open to the public. Remote digital services are available 24/7 including audiobooks and ebooks via NH Overdrive, magazines, newspapers through Ebscohost, and coming soon, movies, books, audiobooks, and more via Hoopla. Check the library Web site for details www.littletonpubliclibrary.org.

Until further notice all Parks and Recreation programming is postponed—including the youth softball league. Littleton Parks and Recreation is beginning a "Supply Drive" of games, arts, crafts, and other school related supplies and activities. Times and locations from donation drop-offs are listed on our Parks and Recreation Facebook page https://www.facebook.com/Littletonparksandrec/ .

The Transfer Station remains open for normal hours Tuesday to Friday noon to 4 p.m. and Saturday 8 a.m.-4 p.m. Residents must presort recycling, no longer providing shredding services or assistance in unloading bulky items, construction demo debris, and the burn pile. Residents encouraged to use credit card or check for payment.

All municipal business can be conducted online at www.townoflittleton.org or by mail. There is also a drop box on the Main St. side of the Bank of NH building. If you need assistance, please contact town officials either by phone or email: Town Manager – Call 603-575-9169 rheath@townoflittleton.org or adorsett@townoflittleton.org

Health Office – call 603-728-8528 mtbratz@gmail.com or jray@townoflittleton.org 603.444.3996 ext. 1027

Welfare Office – 603-575-9169 or 603-575-9175 – Applications are available online at www.townoflittleton.org or can be picked up in the Bank of NH lobby on Main Street Tax Collector – 603.444.3996 ext. 1012 or 603.444.1703 (fax) ahatfield@townoflittleton.org

Planning/Zoning Office – 603-444-3996 ext. 1027 jray@townoflittleton.org

Town Clerk – 603-575-9173 jwhite@townoflittleton.org or jrugar@townoflittlelton.org

Registration renewals, dog Licenses renewals, and vital records requests are available online www.townoflittleton.org.

Transfer Station – 603-444-1447 bpatnoe@townoflittleton.org

Parks and Recreation – 603-575-9170 cwilkins@townoflittleton.org

Public Works – 603-444-5051 ddamko@townoflittleton.org

Library – 603-444-5741 littlib@gmail.com

Police Department Non-Emergency 603-444-2422 or Emergency 9-1-1

Water & Light - 603-444-2915 t.considine@littletonwaterandlight.org

Fire Department Non-Emergency – 603-444-2137 Emergency 9-1-1 http://www.littletonfirerescue.org/

GROCERS

(CONTINUED FROM PAGE A8)

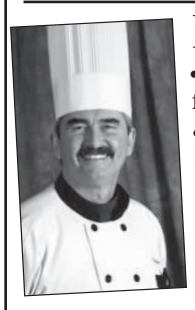
at the national level under the Albertsons parent corporation. According to a letter from Vivek Sankaran, President and CEO of the Idaho-based Albertsons Companies, the administration has enacted enhanced measures to clean and disinfect all departments, restrooms and other high-touch points multiple times a day in all stores. Deep cleanses also happen at the end of each business day.

Like the Co-op, Shaw's has also enacted contact-free delivery methods and continues to focus on consistent inventory streams. Store hours have been reduced to allow the staff additional time to clean and sterilize surfaces each day. Returned products are no longer accepted, and Sankaran said some items might remain out-of-stock indefinitely.

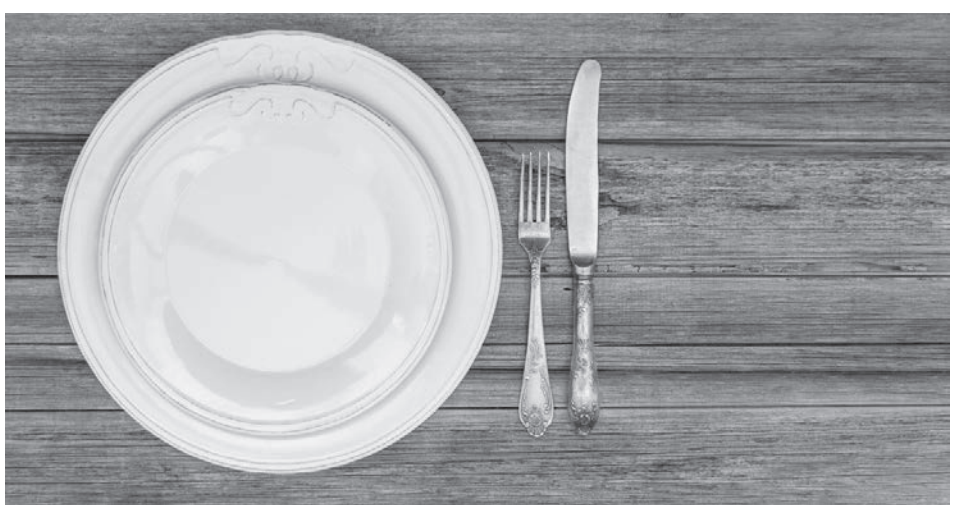
Unlike the Co-op, Shaw's has opted to offer restricted hours for elderly and at-risk customers. Senior citizens and high-risk shoppers can visit the Littleton Shaw's store on Tuesdays and Thursdays between 7-9 a.m. The supermarket's new hours of operation are 7 a.m. to 8 p.m., seven days a week.

Shaw's is also seeking new employees. More than 1,000 full-time and part-time department positions are currently open in New Hampshire, Maine, Vermont, Rhode Island and Massachusetts. The corporation is also in need of help at its Wells, Maine and Methuen, Mass. distribution centers. Any associate diagnosed with Covid-19 is eligible for two weeks of replacement pay while unable to work.

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Innovative Appetizers and Dinner Entrees • Full Bar
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5 reasons why summer camp is a good choice for kids

Summer vacation offers students a respite from lessons and the routine of school. Children might once have eagerly awaited those final days of classes so they could lounge poolside, skip rocks across ponds and spend the long days of the season playing with friends. But many of today's youngsters spend much of their summer vacations indoors playing with their digital devices.

Perhaps that's why one of the last vestiges of the classic summer vacation escape — summer camp — remains such a viable option for parents who want their children to get outdoors once the school year ends.

Although kids needn't be in camp all summer long, a week or two can benefit campers of all ages. The following are five reasons why summer camp might be the right fit this year.

1. Explore talents. Summer camps help young people explore their unique interests and talents. Under an organized, yet often easygoing, camp schedule, kids can dabble in sports, arts and crafts, leadership, community support, and so many other activities that may not be fully available to them elsewhere.

2. Physical activity: Lots of camps build their itineraries around physical activities that takes place outdoors. Campers may spend their time swimming, running, hiking, playing sports, climbing, and so much more. This can be a welcome change for kids accustomed to living sedentary lifestyles. Regular physical activity has many health benefits and can set a foundation for healthy habits as an adult.

3. Gain confidence. Day and sleepaway camps offer campers the opportunity to get comfortable in their own skin. Camps can foster activities in self-esteem by removing the academic measures of success and fill in with noncompetitive opportunities to succeed. Campers learn independence, decision-making skills and the ability to thrive outside of the shadow of their parents, siblings or other students.

4. Try new things. Camp gives children the chance to try new things, whether that's learning to cook, exploring new environments or embracing a new sport or leisure activity. Opening oneself up to new opportunities can build character and prove enlightening for children.

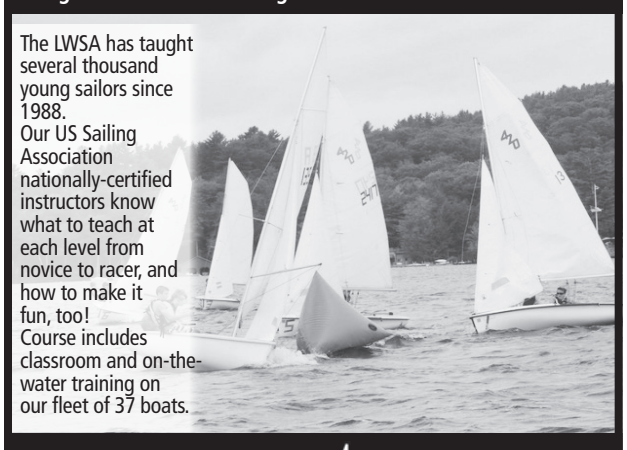
5. Make new friends. Camp is a great place to meet new people and make lifelong friends. Campers flood in from areas near and far. This provides kids with a chance to expand their social circles beyond their immediate neighborhoods and schools.

Camps benefit children in a variety of ways. Lessons learned in camp can strengthen values, build confidence, develop coping mechanisms when adversity strikes, and enable campers to make lifelong friends.

Summer Sailing Camp

May-August: *Come for just 1 or 2 weeks or as many as 9*

Beginner to advanced • Ages 7 - 16 • Financial aid available



The LWSA has taught several thousand young sailors since 1988.
Our US Sailing Association nationally-certified instructors know what to teach at each level from novice to racer, and how to make it fun, too!
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LAKE WINNIPESAUKEE SAILING ASSOCIATION

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Questions? E-mail us at sailing-school@lwsa.org
Check us out on Facebook https://www.facebook.com/LWSA.School/

summer INSTITUTE
TILTON SCHOOL

July 7 - 27, 2020
Ages 10 - 17



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AI and Robotics	Cinematography and Videography	Storytelling through Photography
Farm-to-Table	Business and Entrepreneurship	Theater Arts

FINANCIAL AID AVAILABLE!

Visit **www.tiltonsummer.org** for more information.

Tennis Anyone?

Youth Tune Up Camp
$45 Residents $55 Non– Res
(per session)
Session 1: June 29, 30 & July 1
Session 2: July 13, 14, 15
Beginners: 4:00-5:30 pm
Intermediate/Advanced: 5:30-7:00pm

Youth Tennis Camp
$55 Residents $65 Non– Res
(per session)
Session 1: July 6, 7, 8
Session 2: July 20, 21, 22
Beginners: 8:00-10:00am
Intermediate/Advanced: 10:00-am-12:00pm

Camps include instruction, fun and a camp t-shirt
(if make-ups are needed they will be scheduled on the Thurs and Fri of that week)

Registration opens April 15

Adult Clinics & Lessons
$15 Residents $25 Non-Res
Intro to Tennis Clinic: July 6: 6-7:30pm
Hone Your Skills Clinic: July 20: 6-7:30pm
Adult lessons are available upon request
Private lessons also available upon request

Tennis Camps & Clinics are weather permitting and take place at Kraine Meadow Park on Playground Drive, Moultonborough. Classes are limited, so contact our office & sign up early!

Moultonborough Recreation Dept.
10 Holland St. PO Box 411
Moultonborough, NH 03254
603-476-8868
www.moultonboroughnh.gov

MOULTONBOROUGH RECREATION DEPARTMENT
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MOULTONBOROUGH RECREATION
Have Fun Today...

Weekly Sessions available from June 29 thru August 14

Another Summer of Fun!
Sessions & options for everyone!
Registration opens April 15th!

Happy Campers
Ages 5-7 Grades K - 2

RECking Crew
Ages 8-12 Grades 3 - 7

Full Day: 8:00am– 4:00pm
Extended Day:
7:30-8:00am
& 4:00 – 5:30pm
Half Day Options:
8:00am - 12:00pm or
12:00pm - 4:00pm

DAY CAMP OFFERINGS
- One central location
- Games of all kinds
- Wednesday Field trips
- Foam Day
- Game Room
- Snacks
- Indoor Space
- Food Days
- Splish Splash Fun Days
- Arts & Crafts
- Sports
- & More!

Trip Based Teen Program:
Ages 12-15 June 30 - Aug 6

Going on vacation? No Problem!
Choose when you have Fun…
Parents have the option to sign their kids up for weekly sessions!
You choose which weeks your child goes to camp!
The registration deadline for all sessions is Thursday, June 11.

MOULTONBOROUGH RECREATION DEPARTMENT
603/476-8868
www.moultonboroughnh.gov



Factors to consider before choosing a summer camp

Adults often look back fondly on their childhood experiences at summer camp. Camps can provide the opportunity to form lifelong friendships and discover rewarding hobbies that can enrich campers' lives for decades to come.

Choosing a summer camp is no small task, as the options at families' disposal range from overnight camps to weekday afternoon camps to camps that specialize in certain programs, such as music or dance. Cost also is likely to factor into families' decisions, as the American Camp Association notes that cost can vary greatly depending on which camp families choose. For example, the ACA notes that the average daily fee at a resident camp is $85, while the same fee at a day camp is $43.

When looking for a summer camp for kids, families should make the decision together. Kids should be involved in the selection process, as they're more likely to have an enjoyable camp experience if they had a say in where they will be spending their summers. The following are some factors families should consider as they look for summer camps, courtesy of the ACA.

Kids' interests

The ACA urges parents to consider the child's interests and personality before choosing a summer camp. Parents might want their children to attend the same summer camp they visited as youngsters, but each child is different. Just because mom and dad liked a particular camp does not mean their children will. The ACA notes that summer camps should align with children's interests and maturity level.

Locale

Locale may only be a consideration for families considering overnight camps. Kids will likely be familiar with the locations of local day camps, but overnight camps might be set in mountain ranges, near the ocean or environments less familiar to youngsters. Kids who love the ocean might benefit from oceanfront camps that focus on marine biology, boating or other activities involving the water. In the same vein, youngsters who like camping and hiking might be more likely to embrace camps located in mountainous regions.

Session length

Camps may last as little as one week or up to a couple of months. Session length should be considered by families looking at both local day camps and overnight resident camps. Parents who want their children to enjoy a largely schedule-free summer might not want to commit their children to lengthy camp sessions, even if those sessions are close to home. If parents think their children can benefit from the same structure they're accustomed to during the school year, then an overnight camp that stretches for several weeks might be what they're looking for.

Summer camps give kids a chance to make memories that will last a lifetime. Choosing the right camp is an important decision that parents and kids should make together.

BOYS & GIRLS CLUB OF THE NORTH COUNTRY

Summer Camp

The Boys & Girls Club of the North Country is a fun, safe, positive place for your child to spend time at this summer. Action-packed activities inspire creativity, build character and provide academic enrichment. Not only will your child participate in field trips and swim lessons, they will also enjoy learning archery, bike riding, and gardening. Our summer program is an affordable way for kids to make friends, learn new things and just have fun!

When: June 22nd—August 21st 7:30am—6:00pm

Ages: 5-15 years old

Costs: $125/week or $25/day

- WEEKLY FEE includes field trip, swim lessons and open swim sessions
- DAILY FEE does not include field trip cost of $20. Daily fee does include swim lessons and open swim

Pre-registration Required

To register, email sara@bgcnorthcountry.org

Space is limited, sign up today!

WEEKLY FIELD TRIPS • ARCHERY • GOLF • GARDENING • SWIMMING • HIKING • 40K • OUTDOOR SURVIVAL • BIKE RIDING • DND • TEEN ROOM • ARTS & CRAFTS • TECH CENTER • BOOK CLUB • SCIENCE FUN • GAMES ROOM

www.BGCNorthCountry.org • 603-838-5954 • 2572 Route 302 Lisbon NH 03585

BGCNC Camp is not a school sponsored activity

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SIGN UP FOR OUR YOUNG NATURALISTS OR EXPLORERS DAY CAMPS

5 ONE WEEK SESSIONS BEGINNING JULY 6TH

(EARLY BIRD REGISTRATION OPEN UNTIL APRIL 29TH)

FOR MORE INFO AND TO REGISTER GO TO:

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wmsi WHITE MOUNTAIN SCIENCE

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AGES 5-13

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Summer Session
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8 weeks 2-3 days/week

Programs for Higly Motivated Youth who are ready to commit to the next level

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We have moved 17 players up to 1st and 2nd positions on their teams!

Contact: Phil Eisenmann 603-267-7912

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50th Anniversary

Summer 2020 Workshops present

Disney FROZEN JR.

Workshops: Monday through Friday, 8:30am - Noon

Kingswood Arts Center, Wolfeboro, NH

Beginning Late June/Early July

Performances: Saturday July 25th and Sunday July 26th

More info/Register at: www.wolfeboro-arts.org or call 603-651-3338

Discounts for registrations received before May 1st

Waterville Valley Recreation Dept.

9 Week Summer Day Camp Program

WVRD TOWN OF WATERVILLE VALLEY RECREATION DEPARTMENT

June 22 - August 21, 2020

Monday-Friday 9am-4pm

(8am before care available)

Age appropriate groups for 5-12 year olds

Outdoor Adventures • Weekly Field Trips • Swimming • Indoor Climbing
Arts & Crafts •Cooking •Tennis •Hiking • Boating & More!

Register at watervillevalley.org/recreation (603) 236-4695

Explore Squam Lake this Spring & Summer!

SQUAM LAKES ASSOCIATION

April Adventure Vacation Camp—grades 3-6
Community Youth Sailing Program—ages 7-14
Junior Squam Lakes Association Camp—grades 3-9
Leader/Instructor in Training—grades 10-12

Holderness, NH • 603-968-7336 •

www. squamlakes.org

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Environmental Camp Leaders
Resource Center Staff

SQUAM LAKES ASSOCIATION

www. squamlakes.org

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PREVENT • INSPECT • REMOVE

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BLACKLEGGED TICKS

Female Male Nymph Larva

email tickfreenh@jsi.com for a free tick remover scoop! code: TF20SP

Come dance this summer at The White Mountain School's Creative Edge Dance Studio!

Creative Edge dance studio

Young Dancer Day Camp, July 6-10
A fun, week-long camp for ages 6-11
Dance Classes
Outdoor Games
Arts and Crafts
Monday-Friday, 8:45-2:45

The White Mountain School Summer Dance Intensive, July 11-18
A residential summer program for dancers entering grades 6-10

Visit www.creativeedgedancestudio.com for information and registration!

Waterville Valley Recreation Dept.

SUMMIT Teen Adventure Camp

2-week sessions

WVRD TOWN OF WATERVILLE VALLEY RECREATION DEPARTMENT

Week One: M/T/TH/F

Week Two: T/W/TH/F with 2 Night Overnight!

Session 1: June 29 - July 10

Session 2: July 13 - July 24

Session 3: July 27 - August 7

Outdoor Adventures • Swimming • Climbing • Hiking
Whale's Tale • Whitewater Rafting • More!

Register at watervillevalley.org/recreation (603) 236-4695

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Week-long outdoor natural adventure day camps for ages 4 to 14

SQUAM LAKES NATURAL SCIENCE CENTER

REGISTER ONLINE

WWW.NHNATURE.ORG | 603-968-7194
ROUTE 113, HOLDERNESS, NH

The Rest of the Story

MEALS

(CONTINUED FROM PAGE A1)

tary Principal, Crystal Martin.

The cafeteria teams determined that they could make breakfast and lunch, to be delivered in one bag for each child, which meant that food delivery to Littleton families would only need to occur once daily. Once that was determined, the next step was to figure out how the food would be delivered.

Littleton High School and Lakeway Elementary were clear choices for drop-off and pickup. The transportation company offered four buses and drivers, and the vehicles were staffed with educators to distribute meals to the furthest locations in town.

Martin said that in addition to the two school campuses, three other locations were chosen for a school van route. Delivery points included Country Lane Apartments on Manns Hill Road, Parker Village and Crane Street Courts.

"We dispensed 200 meals last Thursday. We expected large numbers that day because that's when everyone picked up their remote learning materials and belonging. The rest of the week, we were delivering around 120 bags. I do think that we are missing people. It's impossible to get everywhere with the large population that we have," explained Martin.

The principal said many other communities are also delivering meals to students, but they often have numbers as low as nine.

She said, "Those numbers make it feasible to get to every single person. But when you're delivering over 100 meals a day, you're supposed to have limited contact with people and you get to a site with 20 people waiting for you, you've got to be careful."



COURTESY

Littleton teachers and administrators began dispatching meals to children a mere two days after public schools were closed in New Hampshire.

Martin anticipates a slight change in the schedule to condense the number of trips and create more efficiency. Families may be able to expect bag distribution on alternating days with double the number of meals.

"There is a conversation about whether or not the state will refund for weekend meals. If that's the case, then perhaps on a Friday, we can deliver three bags at a time that covers six meals for each kid. It just depends on the direction of the state and local government and where everyone decides to go," said the principal.

Martin continued, "Things are changing so rapidly that it is challenging to keep up. But I think our school community has rallied quite well. They've been very impressive with their efforts and straight-out resiliency."

"When 90 percent of the time, the answer to staff questions is 'I just don't know yet,' its frustrating. It's the same thing for parents and families. It's very unsettling not to know all the time, especially when it comes to feeding students," added Martin.

"Every single staff member was interested in participating at some level. It's nice to see the kids in quick snippets and make sure they're doing okay. They're happy to see us; a familiar face doesn't hurt. I worry about isolation. What are these kids going to do for weeks on end? But I am hopeful," said the administrator.

Between the efforts of both the high school and elementary school staff, there is an overabundance of helping hands, said Martin. She noted that each school had an internal food pantry, a year-long project of the Destination Imagination teams called Food 4 Kids. Administrators opted to donate those supplies to the local food pantries to help others in the community.

"We know we are not getting to everybody. We didn't want to leave the food sitting there for weeks, so we brought it to the food pantry on Friday morning, and it was gone by Friday afternoon. The school food program is running well, but there are plenty of people who still need help," pointed out Martin.

When asked about remote learning programs, the educator said, "Right now, it feels like we are trying to hit a moving target. You get prepared for one set of rules, only to have it changed. This might be a long haul, and people are starting to think about how we can make it better."

Martin continued, "It certainly doesn't feel like a vacation. It feels more challenging. I think teachers are being stretched to reach out past any expectations I would have had for them a week ago, and they are doing it every day. They are working hard to make this happen."

The meal delivery service is designed for any child under the age of 18. It is grant-funded and operates much the same way meals are provided to summer program participants. Families in need are encouraged to stop by any of the five Littleton locations to pick up bags for their children. Bags are available at 9:30 a.m.

LRH

(CONTINUED FROM PAGE A1)

Twenty-four hours later, an update was delivered to the public by hospital administration. It outlined new visitor policies, set to go into effect the following day.

As of March 20, LRH no longer allows visitors to the critical access hospital. Exceptions to the rule are limited to the pediatric, maternity, oncology and hospice departments. All visitors to these departments must secure advanced registration approval and pass a respiratory screening test.

Pediatric patients are allowed one parent or guardian. Likewise, maternity patients are allowed one support person, as are patients with cognitive or mobility issues. Oncology and hospice visitors are determined on a case-by-case basis.

Anyone delivering patients to the emergency room or seeking laboratory, x-ray or same-day surgery services must drop off and pick up patients outside the building. Anyone waiting for a patient to exit the building must do so in a car in the hospital parking lot.

The hospital's CEO, Robert Nutter, and Chief Medical Officer Edward Duffy both acknowledged the difficulty of their decision.

They said, "We recognize that for our patients, these steps are much more than an inconvenience. Our decisions are not made lightly or without an awareness of the impact they may have."

GOLDBLATT

(CONTINUED FROM PAGE A1)

60s was not a hotbed of yoga studios, Goldblatt would have to wait until years later when he left the country to discover a practice that would become a lifelong passion. Although his family was not strictly religious he recalls, “I’ve always had a strong spiritual feeling. The whole idea of what is religious in yoga can be part of any religion, but it is theistic. There is a soul in yoga philosophy.” However, growing up with so many siblings would help guide a future career in mental health. With a smile he summarizes his experience being raised around so many people recalling, “I grew up in a therapeutic community.” This early interest in social and familial dynamics would lead him, fresh out of graduate school, to take a job teaching psychology at Franconia College in 1968.

In the fall of 1972, Goldblatt left the North Country for London to pursue a four year training program in psychotherapy. It was during this time that Goldblatt found yoga.

Recommended by peers in his program, Goldblatt was immediately drawn to the practice and as he says, “My first yoga class, it really grabbed me. It struck me as something really important physically as well as spiritually.”

Prior to moving to London, Goldblatt was unaware of the existence of yoga but since then it has played a daily role in his life.

In 1976, when Goldblatt returned to New Hampshire, he and a friend started The Burch House in Bethlehem, an alternative and residential psychiatric treatment center. Goldblatt would continue to be involved with The Burch House until 1995.

As Goldblatt says of the treatment center, “People came and in a safe environment could go through whatever crisis they were going through.”

In addition to his primary career, he began offering yoga classes in 1976 at the Franconia Town Hall, the Annex to the Chamber of Commerce building in Littleton as well as out of his own home. For years, Goldblatt didn’t charge for classes. One of his daughters, Rose, spent many of her toddler days in her father’s yoga classes interacting with clients by sitting on their backs or legs. By fourteen Rose was regularly taking Goldblatt’s classes. He and his daughter have been taking a class together in Boston for seventeen years and Rose has gone on to open her own yoga studio, Iyengar North in Littleton.

As Goldblatt says, “The sincerity, passion and humility in Rose’s practice and teaching touches me to my very core. I have watched these qualities grow and mature in her since she began her practice. As much as anyone I know, Rose embodies the yogic spirit of compassion, generosity and joy towards others.”

Goldblatt has three other children who live in Vermont with another daughter who works locally.

Goldblatt admits that during the years he ran The Burch House it could be demanding and emotional work and remarks, “Yoga helped me to not only be focused but to maintain a calmness

GOLDBLATT, PAGE A13

Northern Human Services
Changing Lives

Northern Human Services, Common Ground
Community Integrators Needed –
Multiple Locations

Whitefield: 2 Full Time positions (35 hr/wk)
Littleton: 3 Part Time positons – 2 at 19 hr/wk and 1 at 24 hr/wk
Woodsville: 3 Part Time positions – 1 at 4 hr/wk, 1 at 11 hr/wk, and 1 at 27 hr/wk
Allenstown: 1 Part Time position at 27 hr/wk
Lincoln: 1 Part Time position at 26 hr/wk

The purpose of these Direct Support positions is to support adults with Developmental Disabilities on the job and in community activities. Facilitate inclusion of individuals in recreation, volunteer, and employment activities of their choosing. Create and use natural supports, and support individuals in a person centered manner. Monitor client progress through writing progress notes. Encourage individuals to become more independent.

We offer a varied workday, ongoing training and excellent benefits. Experience is helpful, but is not necessary. We will happily train the right person! If you interested in or would like to learn more about any of these positions and the many benefits that Northern Human Services has to offer, please contact us at 603-837-9547, extension 8221. Starting pay for these positions is $11.50 per hour.

To apply by mail, send a letter of interest and a resume to:

Northern Human Services
PO Box 299, Whitefield NH 03598,
or email to mvendt@northernhs.org

These positions require a valid driver’s license, reliable transportation, proof of adequate auto insurance and completion of driver’s, criminal and background checks.

Northern Human Services is an Equal Opportunity Provider and Employer.

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The Rest of the Story

RAVEN

(CONTINUED FROM PAGE A2)

for about ten minutes, which he appreciated.

The reason Music came up again in these pages is that it happened. And in too much quality and quantity to ignore. Way back this past summer we heard in the Bethlehem church a stunning concert of cello and piano by the North Country Chamber Players. The cellist was Edward Arron and the instrument was very old and very good. We were seated six feet away and got the full tone. Later at the Riverview Restaurant we encountered the music again as they shared the far corner of the room with families. We jumped up to greet them and thank them again, and Edward commented that his instrument was deciding that it is a cello after all.

It turns out that Mr. Arron has been on the faculty at UMass these last ten years, and we never knew. Now we do, and on Feb. 20 we heard a free recital with Arron and his gifted wife Jeewon Park at the piano. The hall was full, and we were up front again. Edward played Beethoven's 12 variations on Handel's "See the conquering hero comes", a piece by Janáček, a lovely Schumann folk style, and ended with a grand sonata Op 58 by Mendelssohn. For an encore they played Mendelssohn's beloved "Song without words".

Then it turns out that the Arron-Park Duo played that same program in the Northeast Kingdom Classical Series on March 8 in St. Johnsbury. Lucky for all of us to have this duo!

Next was even more unexpected, a local and glorious production of Mozart's opera "The Magic Flute", played in the lovely recital hall on campus. This is my story. Sixty-seven years ago in Heidelberg there was a family with a new record player, and they had a recording of Die Zauberflöte conducted by Herbert von Karajan. They also had a tall, vibrant young lady full of knowledge about the opera, and she would describe for us what was going on, to cause such fear, rage, and beauty in the music. The opera has stayed with me all the rest of my life, and I can hear the music on demand. When you know something so beautiful and so special that you can call it up any time, you are lucky. We have heard it at the Met, in the movie, in Lebanon, NH, and in our living room. It never fails.

And now at the UMass campus, with the Amherst College Orchestra, brilliant conductor, local singers, perfectly simple stage effects, sung in faultless German with screen-projected interpretations, and of course English in the narrative and funny business (LOTS of that in this piece). And with Dorothy and our number one daughter next to me. At the first chord of the introduction (which I hold in my head) I burst into tears of joy. What a great evening! As claimed, this is some of the most beautiful music ever written.

So next day I e-mailed a graduate student who shares my office compound to say that she might not want to miss the second performance on the Sunday afternoon, and she went, and was full of thanks for her first opera, and was so thrilled she called her mother.

As if that warn't enough, along came the Met Opera screen production of Agrippina by, of all people, George Frideric Handel. It has been recovered from the deep past, and made into a hilarious and lovely, long, crazy performance with lavishly silly scenes, among which in this story of ancient Rome we have a whole scene centered on a 2020 liquor bar. And multiple confusions, formidable antics, sex, continual music of high skill, and endless surprises. Basically it is a heroic story of the Emperor Claudio returning from the conquest of Britain and then getting lost at sea in a storm, so his conniving widow the Empress Agrippina makes sure her son (played here by a crazed contortionist female) from a previous marriage gets to the throne. But then of course the Emperor shows up after all, and all the plans and planners are beautifully messed up. The result is pure farce, replete with rage, sex, and comedy (Emperor swinging a golf club?). To lovely music.

The outstanding lyrics and quasi-wicked performance of Agrippina by Joyce DiDonato will go down in history as a magnificent tour de force. So will the whole opera, almost never before heard in modern times. It is absolutely loaded with lovely music by Handel, the famous producer of Messiah and Water Music: "Strikes like a thunderbolt" to Mozart, "Master of us all" to Beethoven – and who knew he was also a master of comedy?

All for music!

The aged Orchid plant in our kitchen window sun, long ago given by a friend from England, has a stunning six blossoms and they have now lasted unchanged for almost two months. Who knew?

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



COURTESY

An advertisement design created for Fluevog Shoes by Bethlehem resident Raven Larcom, was chosen by the Canadian-based company as the 2020 winner of their annual Fluevog Creative contest.

RAVEN

(CONTINUED FROM PAGE A2)

both my hometown and my university voted or shared the link on their social media platforms and I am very grateful for their efforts! It is amazing having such a supportive, creative community," she added.

As the winner of the 2020 Fluevog Creative Community contest, Raven will receive a $1,000 gift certificate for Fluevog shoes and an artist bio on the company's Web site. Both her artwork and her name will be published in several international magazines as well.

"I think the most rewarding aspect of this experience has been how excited my design professor's mom and my own were about this whole thing. Supportive moms are essential for young artists," Raven explained.

She attends Virginia Tech University in August, where she will focus on the development of a bee-friendly cattle grazing product and receive a Master's degree in Crop and Soil Environmental Sciences.

GOLDBLATT

(CONTINUED FROM PAGE A12)

in the face of situations that could be overwhelming. Without having my yoga practice it would've been a much more stressful life."

Another significant aspect of life for Goldblatt and his wife Michelle is focused around gardening. The couple's interest goes beyond a few tomato plants with a 6,000 square foot garden behind their home. As a result of their extensive gardening, Goldblatt rarely shops at the grocery store. Potatoes, onions, squash and garlic are stored around the house and Goldblatt cans tomato and sauerkraut. In addition, Goldblatt also raises about sixty chickens per year and heats the house with wood. Of the New Hampshire landscape that has long become home, Goldblatt says he likes the peacefulness, the beauty and taking long daily walks with his wife and family.

At one point, Goldblatt was baking full time from his house and supplying bread to towns all over the area but these days he's down to baking one day a week. The sourdough rye starter he uses for his product originated in Finland over 200 years ago.

Of baking, Goldblatt says, "I like the quietness of baking, of getting up early. In a way baking bread is another way of serving people."

So why did Goldblatt feel called to teach yoga?

Goldblatt says, "I felt yoga was a real gift. I wanted to share this with people. The truth is, we're all going to get sick and die. Yoga doesn't give us eternal life, but it has given me the tools to have a practice."

Midway through this thought Goldblatt gets up to check on a stew which smells enticing and is certainly homemade.

Goldblatt can regularly be seen on brisk walks, teaching at Iyengar North, or at home relaxing among large houseplants and colorful and incredibly detailed paintings decorating the house by Michelle

As he stirs the stew again, he concludes, "Having practiced yoga for so long I've realized it's a lot more than the physical practice. In a nutshell, yoga can allow us to learn how to access our animating life force."



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Obituaries

Patsy Ann Chenette, 79



CONCORD — Patsy Ann Chenette, 79, of Concord passed away Friday. March 13, 2020 following a period of declining health.

Patsy was born in Cranston, R.I. on March 2, 1941 to Stanley and Harriet (Coffin) Loring. She was a devoted homemaker and a woman of Christian faith.

Patsy was very active in civic organizations serving as Captain with Patriots of Militons and on the Central New Hampshire Planning Board. She was the first of five women in New Hampshire to be inducted into the Rebekah Assembly where she served as Outside Guardian, and she was also one of the first women ever to be sworn in as an Oddfellow. In her later years she enjoyed activities and social interaction as a member of the Concord Senior Center.

Patsy is survived by her husband of 34 years, Kenneth F. Chenette; her children, Teresa Martin and husband Mike of Bath, Valerie Deshaies and husband Mark of Concord, and Steven Smith and wife Bonnie of Franklin; as well as five grandchildren and eight great grandchildren.

Family and friends are invited to a cemetery committal service being held at 3 p.m. Friday, March 27 at the New Hampshire State Veterans Cemetery, 110 Daniel Webster Highway, followed immediately by a Celebration of Life in the community building of Freidman Court II, 13 Old Suncook Road, Concord. Phaneuf Funeral Homes & Crematorium is assisting the family with arrangements. For more information, please go to www.phaneuf.net.

David Leo Monahan, 75

HAMPTON — David Leo Monahan, age 75, passed away after an extended period of declining health in the early morning hours of March 20, 2020 in Hampton, where he had resided for the past 9 years near family.

He was born Nov. 12, 1944 at the Morrison Hospital in Whitefield to Helen Pearl Ingerson (d. 1999) and Leo John Monahan (d. 2004).

David graduated from Whitefield High School in the class of 1962. He received an associate degree in accounting from Pierce Business College. During summers, he was both a caddie and a lifeguard at The Mountain View Inn where he met his wife, Donna Radsky of Berlin, with whom he had two daughters.

He began working at the Whitefield Savings Bank as a teller in 1964 and later as bookkeeping manager until 1978 when he became the administrator of the Morrison Nursing Home where he worked until 1986.

While raising his family in the 1970's and early '80's, he was an active and respected community member in his hometown. David was a member of the Whitefield Lions Club, Volunteer Fire Department, served as treasurer for both the Town of Whitefield and the Whitefield Fire District, was a member of the Board of Directors of the Morrison Hospital, and a board member of the White Mountain Regional School District from 1976-1986. He was known for his intelligence, pragmatism, quick wit and disinclination to leave Whitefield. He enjoyed hunting, fishing and a good game of broom ball and horseshoes with his friends. He was always ready to lend a helping hand to anyone who needed it and was strongly loyal to his friends. David instilled the values of hard work, responsibility, and good humor in his daughters.

David is survived by his two daughters, Kelley Stafford of Stowe, Vt. and Molly Harrigan of York, Maine; sons-in-law Robert Stafford and Thomas Harrigan; and grandchildren Riley, Sarah, Rose and Rachel Stafford, and Alex and Grady Harrigan. He also leaves a brother, Michael J. Monahan and his wife Carol, of Houston Texas; a nephew, Joel Monahan and his wife Summer and children Calla and Cash; and nephew Chase Monahan.

David's family is profoundly grateful to the staff at Genesis Oceanside Center and Compassus Hospice and Palliative Care for the care they have provided him over the years and their appreciation of his sharp wit and good heart.

Services will be held at a later date and are in the care of Pillsbury Phaneuf Funeral Home in Littleton, NH. Until that time, David's family would gratefully welcome any happy memories people may wish to share online at www.pillsburyphaneuf.com.

Deane E. Horne, 89



WOODSTOCK — Deane E. Horne, 89, the beloved "Old Man" of Woodstock passed away with family at his side at his daughter's home in Campton after a period of failing health on Sunday, March 8, 2020.

He was born at home in Franconia to Donald F. and Doris E. (Moses) Horne on April 4, 1930.

Deane grew up in Franconia attending Dow Academy. As children, he and his siblings rode with their grandparents on the stagecoach from Franconia to Lincoln picking up guests to be transported back through Franconia Notch to stay at the Inn they operated in Franconia. As a young man he enjoyed skiing & jumping at Mittersill Resort and Cannon Mountain, having participated in the 80 meter in Berlin. Even as a youngster he loved the outdoors and would often be found fishing, hiking and playing in the woods nearby. He worked tending the gardens for Bette Davis who had a summer home in Sugar Hill. Ms. Davis even used to take the Horne siblings in her limousine for rides, including to her premiere of "The Great Lie" at the Jax Jr. Theater in Littleton.

Deane joined the Navy in 1948, and served until his honorable discharge in 1952. He served aboard the USS Calhoun County (LST 519), a ship that disposed of nuclear waste and decontaminated ammunition in the waters off the coast of Virginia. This ship, having earned two battle stars for World War II service, was decommissioned on November 8, 1962 and sunk as a target off the Virginia Capes in June of 1963. It was highly radioactive. He was interviewed for a book written about his ship and the time he served on it. The author Deborah Derrick titled the book "Half Lives" and Deane's photo is featured on the cover.

Deane returned to the area after serving his country and found work locally. He helped logging to clear the Moore Dam before the flooding, worked at the CC Camps, Franconia Paper Mill, Town of Woodstock State Highway Department plowing the Kancamagus Highway, Currier Chipping, Avery Construction and the Lincoln Post Office. Throughout his children's younger years, he ran his own local rubbish removal company, designing and manufacturing a hydraulic tailgate to maneuver the trash cans up to the top of the truck to be dumped, and this tailgate was the highlight of many of the local children, who would delight in riding it as he worked, passing through the neighboring towns. He was a handyman, able to find a way to fix most anything.

Deane enjoyed hunting, fishing & hiking, even maintaining the hiking trail at Gordon Pond & the falls area. He loved visiting with friends and family, in the earlier days on mornings at Wayne's Market and then later in life at the coffee group "liars club" at McDonald's in Lincoln, where they met regularly each morning to share stories and jokes, and news from around the town. He always had photos and copies of pictures to show others, along with a story to go with the photos. He loved old stories, regaling tales of his Native American ancestors, natural medicines, plants & treatments and Indian lore. He loved to walk, and spent most everyday walking to town and back, and in his later years enjoying rides from locals and entertaining them with his stories as well. He loved gatherings with his family, and he was always delighted in watching the grandchildren & great grandchildren and entertaining everyone with his stories. His great grandchildren had lovingly nicknamed him "Popcorn," which started with a younger child mispronouncing Pop Horne.

He is survived by a daughter, Dakema Besemer and her husband Larry of Campton; four sons (Deane Horne and his wife Karen of Littleton, Randy Horne of Portland, Ore., Donald Horne of LaPine, Ore., and Jesse Horne and his wife Mandy of Woodstock); 11 grandchildren; 18 great-grandchildren; and several nieces, nephews and countless friends.

Along with his parents, Deane was predeceased by two brothers, Donald and David Horne, and four sisters (Deveda Horne, Delores Quimby-Sinner, Deanna MacKay and Donna O'Haire).

In lieu of flowers and in memory of Deane, the family requests that a donation be made to the Appalachian Mountain Club, 10 City Square, Boston, MA 02129 or via their Web site, www.outdoors.org/honor-memorial-gift When making a donation please note "Deane Horne/Trails Fund" in the Honor/Memorial Name field. This will assure that the donation goes specifically to building, maintaining & improving trails, which was always so important to Deane, a cause very near and dear to his heart. In the notification name & address you may list Dakema Besemer, PO Box 163, Plymouth, NH 03264 if you would like the AMC to notify the family of your gift.

Services will be held later in the spring when larger gatherings are once again safe. To share memories and condolences, go to www.Fournier-Hale.com.

Judy Ramsey, 66

LITTLETON — Judy Ramsey passed away peacefully on Feb. 15 after a period of declining health.

She was born June 25, 1953 in Littleton to Leland and Dorothy (Richardson) Ramsey. Judy graduated from Littleton High School in 1971, and then worked for the local telephone company. Later, she was employed as a professional painter in Florida and Littleton, as well as a realtor in Florida.

She had a passion for her animals (dogs, cats, llamas, and horse), her flower gardens, Caspian Lake, and TB12 and the Patriots. She also enjoyed crocheting and puzzlemaking. She looked forward to the numerous visits by her brother Janes with Cumberland Farms coffee in hand.

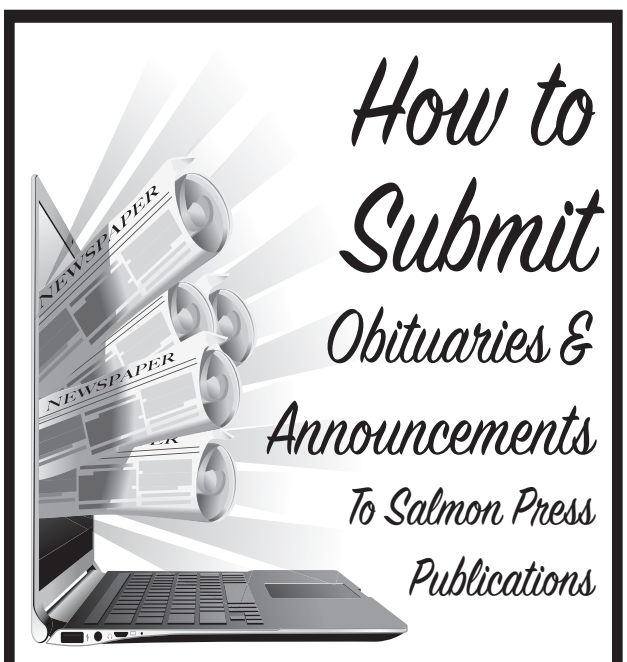


Judy was predeceased by her parents and sister Jane (Ramsey) Hopkins.

She is survived by her aunt Jo (Elinor Richardson) Lewis of Oregon and Arizona; her uncle Albee Richardson of Texas; and her aunt Joyce (Ramsey) Wright of Littleton. Other surviving family members include her brother James and wife Gail (Moynihan); her sister Jill (Ramsey) Corey and husband Jeffrey; her brother-in-law, Rodney Hopkins; her nieces, Kate (Ramsey) Noel, Jocelyn (Corey) Wright, and Jenny (Corey) Burke; as well as her nephews, Michael Hopkins and Rodney Hopkins. In addition, Judy leaves behind several grandnieces, grandnephews, and many cherished friendships.

There will be a graveside service at the Wheeler Hill Cemetery on her birthday, June 25 at 11 a.m. with the Rev. Curtis Metzger officiating Pillsbury Phaneuf Funeral Homes and Crematorium was in charge of the arrangements.

In lieu of flowers, donations may be made in Judy's name to an animal rescue place of one's choice.



Obituaries and **Announcements** of special events such as weddings, engagements, and anniversaries are published **FREE OF CHARGE** in any/all Salmon Press newspapers.

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Photos are also welcome, but must be submitted in jpeg format.

Please contact Executive Editor Brendan Berube at (603) 279-4516, ext. 101 with any questions regarding the submission process.





Salmonpress.com

Local News

Bronson Hill's treasured Overlook Farm conserved forever

SUGAR HILL – One of the area's most special places has been protected for all time, thanks to the generosity of the landowner.

Rufus Perkins, whose family history in the North Country goes back generations, placed a permanent conservation agreement on his 300 acres off Hadley Road and Bronson Hill with the Ammonoosuc Conservation Trust.

"I and generations of my family have enjoyed this land and cared for it," said Perkins during the project closing at the ACT office in Franconia a few weeks ago. "To know that it will now always be in a natural and undeveloped state and available to the community brings me real satisfaction."

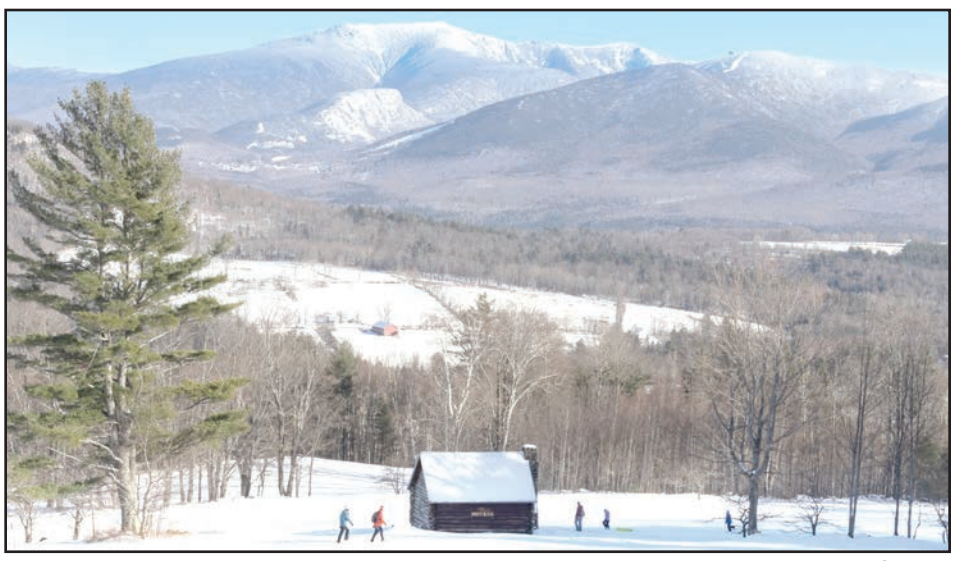
The Overlook Farm property features open fields lending a spectacular and unique view of the Franconia and Presidential ranges. Set amidst the open fields is a quaint cabin built with logs salvaged from the 1938 hurricane. The property has a network of walking/XC ski trails that Perkins has worked on for years, and that ACT volunteers are now helping maintain. A state snowmobile trail also traverses the land.

The property also tells the story of the region's agricultural past. Of the several 19th-century cellar holes, the most prominent is the old Overlook Farm house and barns for which the property is named. While the farm site is forested today, Sugar Hill after the Civil War was mostly open fields and pasture land. Inside the cabin hangs a watercolor of the farm, a poem praising the hills, and a narrative about the farm history and that of the cabin itself. This property was featured as an example of the region's land use changes in "Where the Great River Rises: An Atlas of the Upper Connecticut River Watershed" (UPNE, 2009).

Overlook Farm is known to a growing number of people who've been introduced to it through ACT hikes and bird walks. On a recent sunny Sunday, telemark skiers swooshed down through the sidehill fields, and snowshoers trekked through the woods. Two-legged and four-legged companions romped and hung out at the cabin.

"This is such a wonderful place," said ACT Executive Director Rebecca Brown. "It's been amazing to see more and people coming here. Protecting it so people can use it forever is an incredibly generous gift from Rufus Perkins to the entire community."

For some, the place has been a special place for years. Inside the cabin, generations of visitors have signed a succession of guest books. Births, deaths, anniversaries, and friendships have all been noted here.



Courtesy

Rufus Perkins, whose family history in the North Country goes back generations, placed a permanent conservation agreement on his 300 acres off Hadley Road and Bronson Hill with the Ammonoosuc Conservation Trust.

"So awesome to be back," wrote a woman who grew up in the area. "Have come for many years, often with my father, who loved to come here. Thank you so much for maintaining this wonderful cabin and making it available to all of us. It is a treasure and a gift that is deeply appreciated!"

"It's our 18th anniversary & second trip to the cabin," a couple penned. "Nothing like this anywhere else we've been. Thank you for allowing us to visit and thank you Dave for bringing us here."

"Our dear friend Simon showed me the cabin well over a dozen years ago," another note reads. "There was at least two feet of fresh snow! . . . Simon passed a year and half ago. I can hear his laugh, see his smile, feel his love when I visit this cabin. This place will always be special to me."

The Overlook Farm joins a larger area of conserved lands owned by ACT or privately owned and conserved with ACT. This complex is called the Bronson Hill Conservation Area. It includes the 136-acre Perkins-Perkins-Porter Conservation Area, owned by Perkins and his siblings, and the Foss and MacCornack-Evelyn forests owned by ACT. Together, these lands are over 600 acres available for public enjoyment. Also nearby the Overlook Farm is the Cooley-Jericho Community Forest, with its excellent trails system. One can spend a long day walking the trails of Bronson Hill and the CJCF.

ACT hosts hikes in summer and XC ski/snowshoe outings in the winter, as well as monthly fun and educational programs and its popular 'Shoes & Brews. For more information about conserving land or to see our upcoming events, please visit www.act-nh.org or call us at 823-7777.

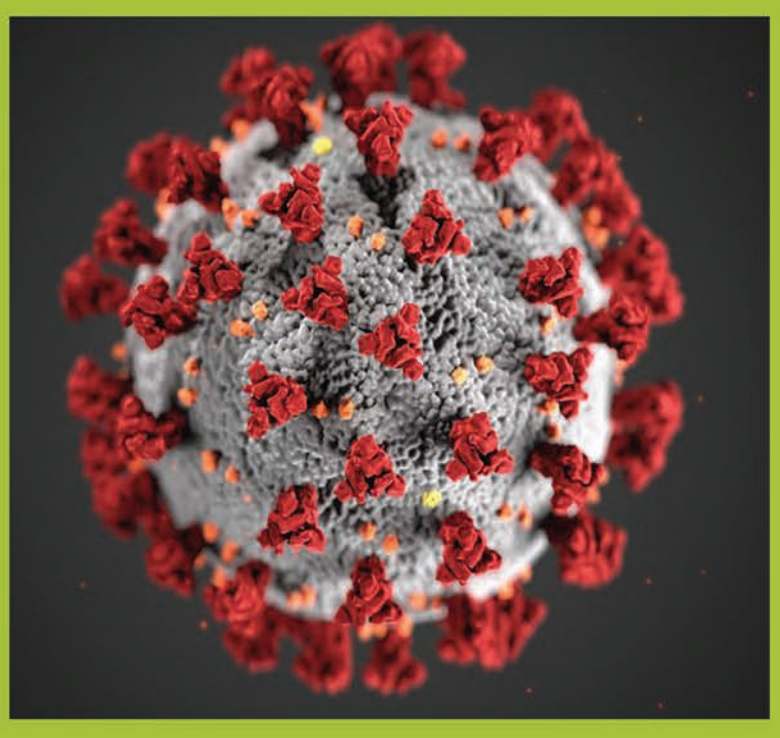
UNH Extension pruning demonstrations cancelled

REGION — Due to the public health concern caused by the COVID-19 virus, UNH administration made the decision to cancel all UNH Cooperative Extension programs through April 5. The health and safety of our staff and the many members of our NH communities that participate in our programs is most important. We appreciate your understanding and patience during this uncertain time.

We look forward to resuming our annual pruning demonstrations again in 2021. Two apple grafting demonstrations are currently scheduled for April 17 and 18. These events require participants to pre-register. As of March 16, these two workshops are scheduled to be held as planned. We are monitoring state and federal recommendations daily and will contact registrants prior to the workshop dates with a definitive decision. Please see our event website for additional details and the status of other events: Extension.unh.edu/AgEvents

The University of New Hampshire Cooperative Extension is an equal opportunity educator and employer. UNH, U.S. Dept. of Agriculture and New Hampshire counties cooperating.

COVID-19: Community Protocols from North Country Healthcare



1. Call your primary care provider if you experience fever, cough or shortness of breath. Follow all instructions provided by your primary care provider.

2. Call 2-1-1 or (603) 788-5656 if you don't have a primary care provider.

3. Do not go to a hospital emergency room without receiving prior arrival instructions from that medical facility.

NCH north country healthcare

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Local News



COURTESY

A first alarm fire on Littleton's Main Street was contained by four different fire departments, and the building was saved on March 19.



COURTESY

Firefighters from Littleton, Whitefield, Lisbon and Saint Johnsbury worked swiftly to save the Gold House Pizza building from an apartment fire on March 19.

Main Street fire contained, building saved

ANGEL LARCOM
angel@salmonpress.news

LITTLETON — At approximately 3 a.m. on Thursday, March 19, the Littleton Fire Department responded to a 911 call at 87 Main St. Smoke could be seen rolling off the eaves above Gold House Pizza and a first alarm fire was called.

According to Fire Captain Chad Miller, four firefighters were on duty at the time and teams from Whitefield, Lisbon and Saint Johnsbury were called to the scene. One of the tenants above the restaurant reported smelling a burning odor on and off throughout the evening. They woke in the middle of the night and called for help.

"There was no smoke condition inside the building, but there was light smoke coming from the eaves and a small pocket of fire on the exterior. The building was evacuated with the help of the police department," said Miller.

Firefighters tore the wall apart and tried to find the source of the fire. While Miller said the blaze is still under investigation, they believe it was caused by an appliance attached to the wall.

The captain said there were four firemen on duty at that late hour due to recent changes in the department's new EMS system.

"It allowed us to get a lot of work done and prevent that fire from spreading through the structure. The fire burnt through the wall to the exterior, but it didn't involve any of the structural elements. It was stopped just short of the attic, which would have been catastrophic," added the captain.

The fire was contained to one apartment, which sustained significant damage and will remain uninhabited until repairs can be completed. However, Gold House Pizza was unaffected. The restaurant continues to offer take out services, as per Governor Sununu's executive order issued last week.

Miller added, "We had no injury and didn't transport any people from the scene."

When asked how the fire department has adjusted to executive mandates and national calls for social distancing practices, Miller said, "We continue to maintain situational awareness about the virus and continue to monitor the situation. We follow all the guidelines from the state emergency center, and we've restocked our PPE (personal protective equipment)."

Miller continued, "We continue to implement procedures and follow recommendations as they become the new norm as a result of a virus. People are used to seeing us wear gloves, but now we are also wearing masks, goggles and gowns. We wouldn't normally wear a mask to every call, but that is the direction we are going."

When asked about the fire department's supplies of protective equipment, Miller said, "We have an okay stock of PPE, but we've noticed that we cannot purchase replacements. Being able to get replacement PPE is a concern as we burn through it and use it with different patients. I'd say that is a concern across the board, whether you're an EMS agency or a hospital."

National Doctors' Day
March 30, 2020

National Doctors' Day is a day to honor all physicians who help alleviate our pain, restore us to health, and care about our well-being. Please join us in honoring these dedicated professionals for their outstanding medical care that they provide to people of all ages in our community throughout the year.



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Mahlon Bradley, MD, Orthopaedics and Sports Medicine
Charles I. Brown, MD, Pathology
Jonathan M. Campbell, AuD, Audiology
Javier Cardenas, MD, FAAFP, Hospitalist
Elaine M. Chappell, MD, Family Practice
William Clutterbuck, MD, FACS, Vascular Surgery
Michael Creppy, MD, Family Practice
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Akshat Paliwal, MD, Radiologist
Faith N. Pinkerton, MD, FAAFP, Emergency Medicine
Krzysztof Z. Plociennik, MD, FACOG, Obstetrics/Gynecology
Ahmad Rashid, DPM, Podiatry
Carol S. Ribner, MD, Addiction Medicine
Jerry R. Rittenhouse, MD, Urology
Arthur A. Ruediger, DO, Emergency Medicine
W. Kemp Schanlaber, DPM, Podiatry
Paul C. Schoenbeck, DMD, Dentistry
Keith M. Shute, MD, MMM, FAAFP, Family Practice
Peggy M. Simon, MD, FCCP, Pulmonology
Tara Anne Soraghan, DPM, Podiatry
Timothy W. Sullivan, MD, Ophthalmology
Steven D. Taylor, MD, Gastroenterology
Brianne Teaboldt, MD, Family Medicine/ Obstetrics
Thomas J. Temme, MD, Family Practice
Sherrill A. Tracy, MD, Family Practice
Daniel E. van Buren, MD, FACC, Cardiology
Charanjit R. Veeramalla, MD, Hospitalist
Traci Wagner, MD, Pediatrics
J. Rodger Wood, MD, Anesthesiology
Ivan Zadounaev, MD, Hospitalist

AVH would also like to honor those who have gone above and beyond for the advancement of their profession and the good of our community by completing their respective Doctorate-level education.

Gregory Alnwick, PT, DPT, OCS, Physical Therapy
Heather Alnwick, PT, DPT, Physical Therapy
Joshua Alonzo, PharmD, Pharmacy
Luc G. Corriveau, DNP, APRN, CRNA, Anesthesiology
Derek Eastman, PT, DPT, Physical Therapy
Amie Johnson, PharmD, Pharmacy
Victoria Mogen, PT, DPT, Physical Therapy
Kyle D. Nevills, CRNA, DNP, NSPM-C, Pain Management
Jessica Remillard, PharmD, Pharmacy
Meredith St. Cyr, PT, DPT, Physical Therapy
Erin Samel, PT, DPT, Physical Therapy
Joel Sanford, PharmD, Pharmacy

NCH north country healthcare | Androscoggin Valley Hospital
59 Page Hill Road | Berlin, NH 03570
603.752.2200 | avhnh.org

LRH & LRH Auxiliary recognize doctors at LRH on Doctor's Day

LITTLETON — In recognition of National Doctors' Day on March 30, physicians at Littleton Regional Healthcare will be recognized for their outstanding skills, compassion and service to patients and families at LRH.

"This year, more than ever we want to recognize our outstanding team of doctors who lead us through the most difficult of times and situations – mainly in the background where many of us cannot see all they do. This year is no exception as we work through the health emergency we are all facing related to COVID-19. Please join us in thanking our doctors today for their unwavering commitment to their healthcare career," stated Robert Nutter, CEO & President at LRH.

The LRH Auxiliary hosts an annual breakfast for the LRH providers, however, this year the celebration has been postponed due to the health emergency we are facing – COVID-19. The LRH Auxiliary will make up for this at a later date.

National Doctors' Day is held every year on March 30 in the United States to celebrate the contributions of physicians. Although President George Bush officially signed Doctors' Day into U.S. law on October 30, 1990, the first observance was March 30, 1933 in Winder, Ga. The holiday was conceived by Eudora Brown Almond, wife of Dr. Charles B. Almond, who decided to set aside a day to honor physicians like her husband. March 30 was chosen because it is the anniversary of the day that general anesthesia was first used in surgery by Dr. Crawford W. Long in 1842.

If you are in need of a new doctor or specialist or are interested in learning more about the skilled medical professionals at Littleton Regional Healthcare, please visit littletonhealthcare.org and click on 'Find a Doctor' to learn more about our medical staff.

SPORTS

SECTION B

www.courier-littletonnh.com LITTLETON, N.H., WEDNESDAY, MARCH 25, 2020 SECTION B PAGE 1

Lisbon Jiu-Jitsu competitors earn medals at Massachusetts tournament

BY ANGEL LARCOM
angel@salmonpress.news

LISBON - On March 8, eight teammates from the Lisbon Jiu-Jitsu Academy competed against 60 opponents in Woburn, Mass. The local martial arts studio recently became affiliated with Fenix Brazilian Jiu-Jitsu, making it one of five academies in the network and the only one in New Hampshire.

"The Fenix Brazilian jiu-jitsu team has won four straight team championships at the Boston Open, so it is a great honor to be a small part of this family," said Shawn Meehan, the owner of Lisbon Jiu-Jitsu.

Meehan was recently promoted to brown belt under Professor Ronaldo Campos from the Woburn academy. His wife, Rachel, earned her blue belt at the same time.

"Getting belt promotions in jiu-jitsu is a pretty big deal because there aren't that many belts," explained Meehan. Students buy their first belt, which is white, and all others must be earned. The next level, a blue belt, typically takes two years to earn and is followed by purple, brown, and then the black belt.

According to Meehan, the Lisbon students competed well and earned several medals. Grace Morin, 10, took third place, and her brother Ryan, 7, took second place, winning one of his matches by submission in the kids' division.

Jake Damarzio, 17, fought a tough match and lost by mere points. Elijah Comstock, 13, took first place in the kids' division with two submissions. Rich Leslie Jr., 15, performed well, winning first place in the teen division.



COURTESY

Grace and Ryan Morin of Lisbon, Elijah Comstock of Bath and Brit Long of Woodsville (l to r) recently competed at a jiu-jitsu tournament in Massachusetts.



COURTESY

Bethlehem's Rich Leslie Jr., in white, took first place in the teen division at a March 8 jiu-jitsu competition in Woburn, Mass.

Joshua Comstock performed exceptionally well. Overall, he competed in five matches. Two of those took place in the 170-pound weight class, where he won one match and lost one, earning him a second-place finish overall.

Comstock then went on to compete in the "Open Division," which is an open weight class and can often mean an opponent will be twice your size. His first match in the open division was a hard-fought, exciting contest, and he managed to finish with a surprising win by submission. His second opponent weighed more than 200 pounds to Comstock's 170 lbs. He managed to win that contest by submission as well.

The final match for Comstock was for first place, and his opponent outweighed him by 90 pounds. Despite the weight difference, it was a close match. His opponent won the same in-house adult open division title the previous year.

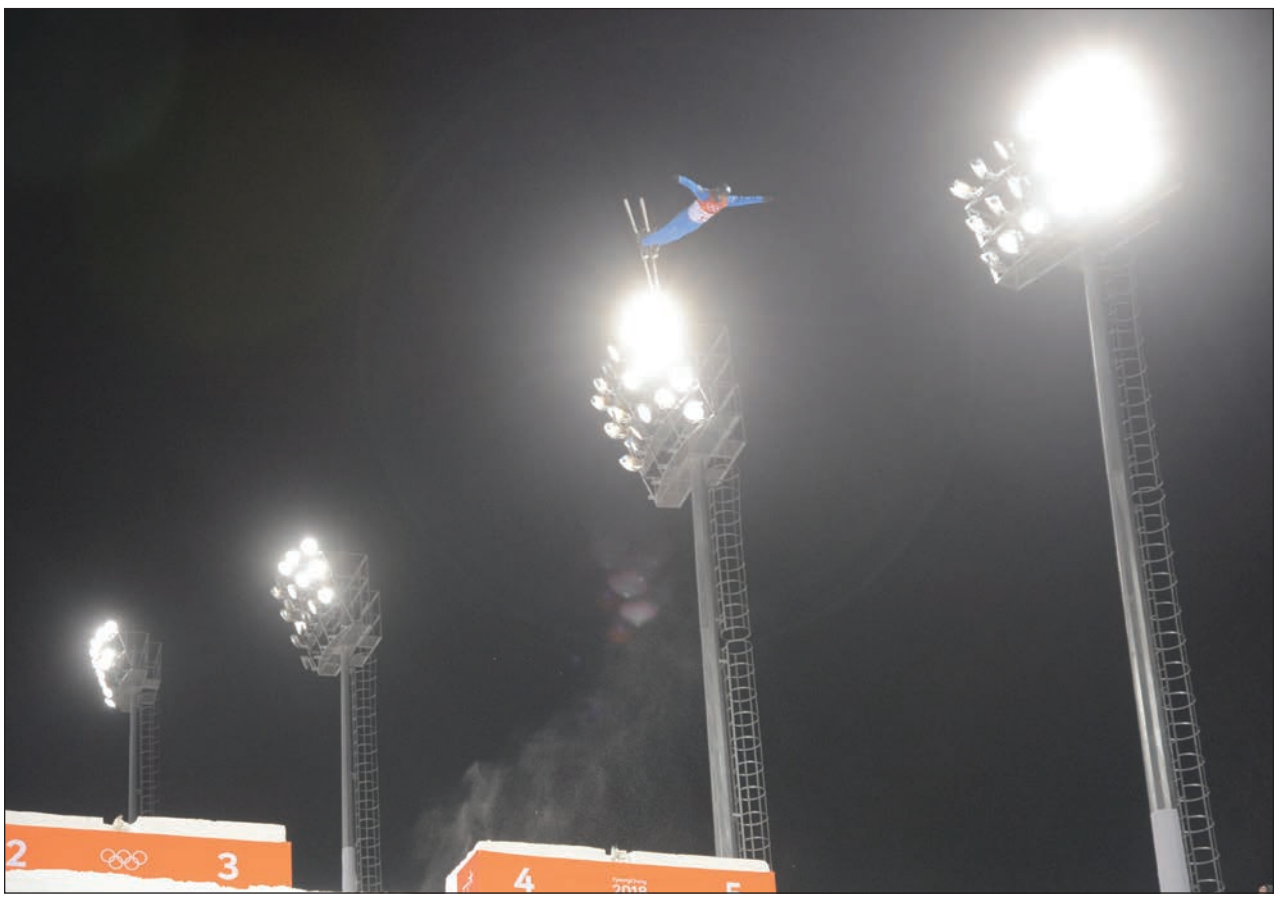
Meehan said Comstock leaves on April 27 to enlist in the Marines and intends to focus on Marine Intelligence. He plans to award Comstock a blue belt before his departure, and said, "Josh showed up a month after we opened. He comes to every class, and he's got a great attitude. When someone new comes in the door he's right on top of it, introducing himself and making them feel welcome."

"Whatever new move I show during a class, Josh immediately tries to incorporate that move on the same night. He's an excellent example for the other students and a great role model. I can't say enough about him," added Meehan.

The Lisbon students will continue to partici-

JIU-JITSU, PAGE B2

Loon Mountain skier wins US aerials championship



JOSHUA SPAULDING

Eric Loughran soars above the Phoenix SnowPark in the mountains outside PyeongChang, South Korea during the 2018 Winter Olympics. He won the US aerials championship last week.

BY LARA CARLTON
USSA

BRISTOL MOUNTAIN, N.Y. — After four weeks on the road competing back-to-back World Cups the U.S. Aerial Ski Team capped off their season at Bristol Mountain, N.Y. at the 2020 U.S. Freestyle Aerials National Championships.

Several athletes on the U.S. Freestyle Ski Team got their start at Bristol Mountain, including Jon and Chris Lillis. The Lillis family was instrumental in creating Mikey's Jump, the newest American aerials site, in honor of their late youngest brother, Mikey. The event was a special homecoming for the Lillis brothers and a meaningful way to end the Team's season.

An unseasonably warm East Coast winter made it impossible to build the triple kicker. But event organizers were still able to provide elite-level competition using just the double and single kickers. Bristol will also be the site of the 2021 Aerials Championships and the mountain looks forward to another chance to showcase its

LOUGHRAN, PAGE B3



COURTESY

Brothers Elijah and Joshua Comstock of Bath brought home medals from a jiu-jitsu tournament in Massachusetts on March 8.

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Office of Brian S. Reeder, DMD
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Sports







COURTESY PHOTOS

Nordic State Meet

The Profile Nordic ski team took part in the Division IV State Meet at Great Glen in early March. The girls' team picture includes Jessie Church, Ava Garneau, Lily Pospesil, Lola Kinney, Iris Miller-White, Emme Jette and Abigail Stanley, the boy skiing is Jed Kenerson and the group photo includes Emme Jette, Elvis Lawton, Yuto Whitney, John Garette Gargano and Brody Tors.

JIU-JITSU

(CONTINUED FROM PAGE **B1**)

pate in annual competitions through the Fenix Jiu-Jitsu network. Additionally, the affiliation has an ambassador with the We Defy Foundation. This national organization provides disabled combat veterans a long-term means to overcome their challenges through fitness training and Brazilian Jiu-Jitsu.

Kanc Ski Area announces race results

LINCOLN — The Lincoln – Woodstock Recreation Department's Kanc ski slope has completed another season of racing and fun events for the entire family. The department would like to thank the Lincoln –Woodstock Rotary Club and Interact group for co-sponsoring the 11th annual "Kanc-a-thon" event. The event lunch was prepared by Doug Moorhead, and served by event volunteers. The department offered a thank you to all of the parents, Interacters, Rotarians, Emily Clark (the registration guru), and LW Friends of Rec Officers for helping at the Kanc-a-thon. Lunches and snacks were donated by Courtney Donati, Lindsey Weeden, Kristie Morris, Christie Dovholuk, Dori Weeden, Sarah Beaudin, Heather Krill and Tammy and Jon Ham. They would also like to thank the volunteers: Kanc kid's races helpers; Nate Haynes, Mark DeGrace, Emily, Jillian and Kaitlin Clark, Alex Murphy, Charyl Reardon, Jacob Morris and Andrew and Geoff Wilson. Stuart Anderson, Geoff Krill, Blair Weeden, JJ Bujeaud and Heather Krill helped with the cardboard box event, and Jon Ham brought the flares for the torchlight parade; and the Lincoln Fire Department manned the bonfire for the cardboard box race event. The judges for the Big Air event were Blair Weeden, Sawyer Sellingham, Wyatt Weeden, and Silas Weeden did the announcing.

Many businesses donated prizes for the "Kanc-A-Thon" participants: Alpine Adventures, Arnold's Auto Center, Chieng Gardens, Deb and Mike O'Connor, Dunkin Donuts, Tammy Ham, Lincoln Woodstock Friends of Rec, Doug Moorhead, Polimeno Realty, Rodgers Ski and Sport, Sabourn and Tower Surveying and Septic Design, Sawyer Sellingham, Sport Thoma, Subway and Village Ski and Sport.

The Kanc Ski Area staff made these events possible: Jack Bartlett, Bella Boyle, Ryan Smith, John Conn, Kara Sellingham, Arnold Ham, Heather Rand, Kayleigh Ham, David Kraus, Marcus Corey, Geoff Wilson, Skyla Arpin, Abbie Sawyer, and Nate Hadaway, Lincoln's Public Works Director.

Kanc-A-Thon (held on Jan. 25): Most ski runs: First place for first exit was Nicholas Tower; (56 runs); first place for third exit was a tie with Michael Avery and Maha Awan (54 runs); first place tie for top exit was Sam Martin, Wyatt Weeden (52 runs). Jane Duguay won the skis for the most money raised with $444. Youngest participant was also a tie between five year olds Trey Cook, Michael Kraus and George Martin. Oldest participant was Jane Duguay.

Kanc kids' races (held on Feb. 22 - kindergarten to eighth graders): Pre-fourth graders: fastest girl – Talliah Haynes; second fastest girl – Hazel Wilson; fastest boy - Boone Martin; second fastest boy – Luke Weeden. Fifth – eighth graders: Fastest girl – Vienna Rand; second fastest girl – Aurora Beisiegel; fastest boy –Wyatt Weeden; second fastest – Asher Donati.

Kanc adult races (held on Feb. 22 - ages 18+): Ages 18-39 (younger division): Women first place — Pia Yarnell; second place – Abbie Sawyer; men's first place — Ben Dewey; second place – Ryan Weeden. Ages 40+ (older division): Women's first place — Shawna Murphy; second place – Vicky Martin; men's first place — Blair Weeden; second place — Adam Donati.

Cardboard box race (held on Feb. 28): Fastest - "Fortnite battle box" - Max Whitman, Maisie, Camden and Ian Anderson, Anna and Abby Harvey (8.10 seconds); slowest box: "The Griffin Mobile" - Griffin Keeney and Griffin Briggs (1:26:66). Three Musketeer Award: "Airstream" - Vienna Rand, Colt Sothard and Abishai Corey; Most Riders Award: "The Wagon" - Nora and Pelly Weeden, Hazel Wilson, Greta Krill, Campbell Barnaby, Violet Weeden; Fish are Friends Award: "Sharknado" - Sawyer, Fletcher and Griffin Kelley; Space Award: "The Galaxy Bus" - Emma Franz, Caroline Hiltz, Ali Odis; Smallest Box Award: "Deadpool" - Luke Weeden; Most Creative Box: "Storm on the Go" - Talliah Haynes and Ameila Avery; Kool Kid Award: "Marty McFly" - Nasib Garnsey; Shortest Run Award: "Sonic Spin" - Willow Kemp; Best Crash: "The Sender" - Michael and David Kraus; Hot Rod Award: "Kora's Car" - Electra Poulsen, Kora and Todd Ward.

Big air event (held on Feb. 29, ages 18 and under): Snowboarder boys first place – Sam Brumlik; second place – Braelan Beisiegel; third place - Colt Sothard; girls: First place — Talliah Haynes; second place — Kaitlin Clark; third place — Emma Franz; fourth place – Hailey Garnsey; fifth place —Amelia Avery; sixth place — Cami Beisiegel; boys nine years old and under: First place – Mason Garnsey; second place —Damion Watson; third place - Nolan Haynes; fourth place tie — Luke Weeden and Michael Avery; fifth place - Michael Kraus; boys 10+ years old: First place – Addison Donati; second place – Brodie Hoover; third place - Carver Krill; fourth place — Gavin Haynes.

PSU announces cancellation of spring sports

PLYMOUTH — Plymouth State University Director of Athletics Kim Bownes announced last Tuesday that in response to the COVID-19 pandemic all spring intercollegiate sports activities at the university have been cancelled.

The decision comes in conjunction with that evening's announcement from the Little East Conference (LEC) that the league would call off all remaining conference regular season contests and the spring championship tournaments.

"These are very trying times in so many ways," said Bownes. "To have to announce the cancellation of all spring sports is heartbreaking. We know how hard our student-athletes work to represent our institution and how much they love to compete in their respective sports."

The decision affects six spring programs; baseball, softball, men's and women's lacrosse and men's and women's outdoor track and field. Additionally, all non-traditional activities for fall programs are cancelled, while the NCAA cancelled or cut short its winter championships. The NCAA men's ice hockey tournament, and National Collegiate Skiing and Indoor Track and Field Championships all featured Plymouth State student-athletes. The NCAA has since announced a blanket waiver for all spring sports student-athletes to provide an extra year of eligibility.

"I am very happy to hear the NCAA is granting an extra semester of eligibility to our spring sports student-athletes, but not everyone can or will take advantage of that," Bownes added. "We want all of our seniors to know how much we appreciate all they have done for Plymouth State University and, in due time, we will be honoring them properly."

Although there are no confirmed cases of coronavirus at Plymouth State, students have been encouraged to stay home and access their academic work online beginning Wednesday, March 18.

The Physical Education Center (PE Center) will remain closed through at least April 6 and, as such, there will be no access to the Vailas Performance Center (weight room) or PSU Natatorium until that date. Likewise, ALL-Well North is also closed and all public walking sessions have been canceled for the foreseeable future.

For information regarding the university's response, please refer to the PSU web site, www.plymouth.edu.



Sports

Wilus promoted to head men's lacrosse coach at PSU



COURTESY PHOTO – PLYMOUTH STATE UNIVERSITY

Mike Wilus was elevated to head coach of the Plymouth State men's lacrosse team.

PLYMOUTH — Plymouth State University interim men's lacrosse head coach Mike Wilus has been promoted to head coach, PSU Director of Athletics Kim Bownes announced Tuesday.

Wilus was named interim head coach on Jan. 23 following the retirement of longtime coach Gordon Webb.

"I am extremely excited to name Mike Wilus as our next head men's lacrosse coach at Plymouth State University," said Bownes. "Mike has been a valued member of the staff and brings an abundance of knowledge to the program. He is well respected by the student-athletes and I am looking forward to seeing where he brings the program."

"I couldn't be more thrilled to be named the head men's lacrosse coach at Plymouth State University," said Wilus. "I want to thank Kim Bownes and the entire athletic administration for the opportunity to lead this team. There is a solid foundation in place that I am excited to build upon."

Wilus joined the Panthers as an assistant coach in 2018. An alumnus of the University of Massachusetts Amherst, Wilus formerly served as first assistant men's lacrosse coach at Lynn University in 2013 and was promoted to associate head coach three years later. His prior coaching experience also includes a two-year stint as assistant coach and recruiting coordinator at Gwynedd Mercy University, where he posted an 18-12 record while boasting a man-up unit that ranked among the top 30 in all of NCAA Division III.

Wilus played in 37 career games for the Minutemen and was named a New England Intercollegiate Lacrosse Association (NEILA) Senior Scholar-Athlete in his final season. He currently serves the PSU admissions team as Assistant Director of Transfer Admissions.

Plymouth State was off to a 1-2 start before the season was disrupted due to the COVID-19 pandemic. Wilus earned his first career win following a 10-7 victory over Norwich on March 3.

LOUGHRAN

(CONTINUED FROM PAGE B1)

venue.

Coming off of her first podium of the World Cup season at the last aerials' stop, Ashley Caldwell earned her fourth U.S. Nationals Championship title. "It's really nice to come back to the states after a long season," she said. "And this is a nice cherry on top of a medium, good season [for me]. It's kind of tiring and exhausting to be on the road for that long, especially the places that we go. But this mountain was so excited to host this event and despite some of the odds we were facing, they hosted a good event and I'm excited to come back next year."

Caldwell shared the podium with Kaila Kuhn, who came in second with her first U.S. Ski Team podium, and Megan Nick, in third.

On the men's side Loon Mountain-based skier Eric Loughran of Pelham took the win, his first U.S. Nationals title.

"It feels really good to earn this title at the end of the season," he said. "And it's pretty sweet to have done it on the East Coast where I'm originally from, my mom was here and that was super special. We had some warm conditions, it was a little tricky. But the resort crushed it, and I'm super excited to come back next year," he said.

Quinn Dehlinger claimed second, his first podium appearance of his U.S. Ski Team career, and Jon Lillis came in third.

Athletes of the U.S. Aerials Team look forward to some much-earned R&R and getting back to training. After all, there is no true off season in elite sports and as Caldwell knows, "It's game on until the Olympics."





ONGOING MONTHLY PROGRAMS AND MEETINGS

Please contact *The Courier* about any changes, 444-3927
As a public service, we will continue to run the Ongoing Calendar, we suggest to call ahead to confirm availability

HEALTH RELATED & SUPPORT GROUPS

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

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

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

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

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

AA meetings:

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

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

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

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

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

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

• St. Rose of Lima Church, Littleton. Sun., 6:15 (beginner group); 7:30 (speak/discuss). 444-2593.

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

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

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

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

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

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

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

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

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

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

Weekly Blood Pressure Check, 10 a.m.-noon. At Littleton Fire Rescue/Fire Station. Free to the public. Walk-in clinic, no appointment necessary. For more information, please call Bill at 444-2137.

Bone Building at Littleton Regional Healthcare, 600 St. Johnsbury Road, Littleton. Bone Builders is an osteoporosis prevention and reversal program and an effective combination of stretching, balance and weight exercises. Classes are held on Tuesdays and Thursdays – 9 – 10am and 10:30 – 11:30 am. Classes are held in the Medical Office Building at LRH. Take the elevator to the Lower Level, then take a left off elevator and the classroom is the first door on the left. Questions should be directed to the Retired Senior Volunteer Program by calling 877-771-7787. For more information about fitness classes held at LRH, please call 603-444-9304.

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

The "Better Choices, Better Health" Chronic Disease Self-Management (CDSMP) Workshop is a free peer-supported workshop for people living with chronic illness or caring for someone with chronic illness. The workshop consists of one two-and-a-half-hour session per week for 6 weeks. Topics covered include nutrition, stress-management, exercise, and communication. Connect with others who understand. To check for available workshops, contact John at 575-9078, ext. 717, jgilbert@NCHCNH.org, or check out the North Country Health Consortium Web site, www.nchcnh.org, and click on the "Events" tab.

FOR SENIORS

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

EDUCATIONAL

Free QuickBooks training: How to Use QB Online, Creating a New Company in QB, Common QB Mistakes, Creating Custom Forms, and Year-end Tasks. Classes held in Lancaster at Passumpsic Savings and in Littleton at Littleton Hospital. Contact Becky at Crane & Bell (788-4928 or rebecca.ring@craneandbellcpas.com) for dates, times and details or visit www.craneandbellcpas.com

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

HISTORICAL SOCIETIES

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

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

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

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

Sugar Hill Historical Museum The Sugar Hill Historical Museum, open May 26 to Oct. 13, announces this year's exhibits featuring The Willing worker Society Centennial and The Grassroots Victory of Northern Pass. The museum at 1401 Route 117 is located in the center of the village of Sugar Hill, just across from the old post office. Visitors have a lot to see and learn as they explore the five museum buildings filled with information of this scenic hillside town from 1780 to the present. Open Fridays and Saturdays, 11 a.m. to 3 p.m. Admission free, donations and memberships welcome. Special tours may be arranged during the season.. Look for us on Facebook. For more information please contact Curator-Director Kitty Bigelow at 603-823-5336.

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

CULTURE & RECREATION

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

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

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

The Frost Place Museum, located at 158 Ridge Rd. in Franconia, is open from Memorial Day Weekend through mid-October. Visitors enjoy a self-guided tour of the 1915 home of Robert Frost, a short walking path featuring several of Frost's poems along the way, and a 20-minute video of Frost's life. The Museum is open Thursday through Sunday during June, and every day except Tuesday beginning July 1. Hours are 1-5pm, with extended hours during foliage season. For information on conferences, programs, evening poetry readings, and other opportunities at The Frost Place please call 823-5510, or visit the Web site at frostplace.org.

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

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

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

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

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

A Notch Above Photography Club meets the 2nd Saturday of each month at 1 PM in the conference room of the Bethlehem Public Library, 2245 Main St., Bethlehem, NH. The club is open to everyone interested in photography regardless of skill level. We meet for informal discussion, tutorials and photo critiques, and we schedule periodic field trips and nature hikes. New members are welcome. Contact drtimnh@outlook.com for more information or find us at Meetup.com. Join us for fun, fellowship and learning.

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

VETERANS

Gentle Yoga Class Tuesdays, 8:30-9:30 a.m., Iyenar Yoga North, 23 Ammonoosuc St., fourt floor, Littleton.

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

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

MISCELLANEOUS

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

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

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

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

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

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

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

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

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

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

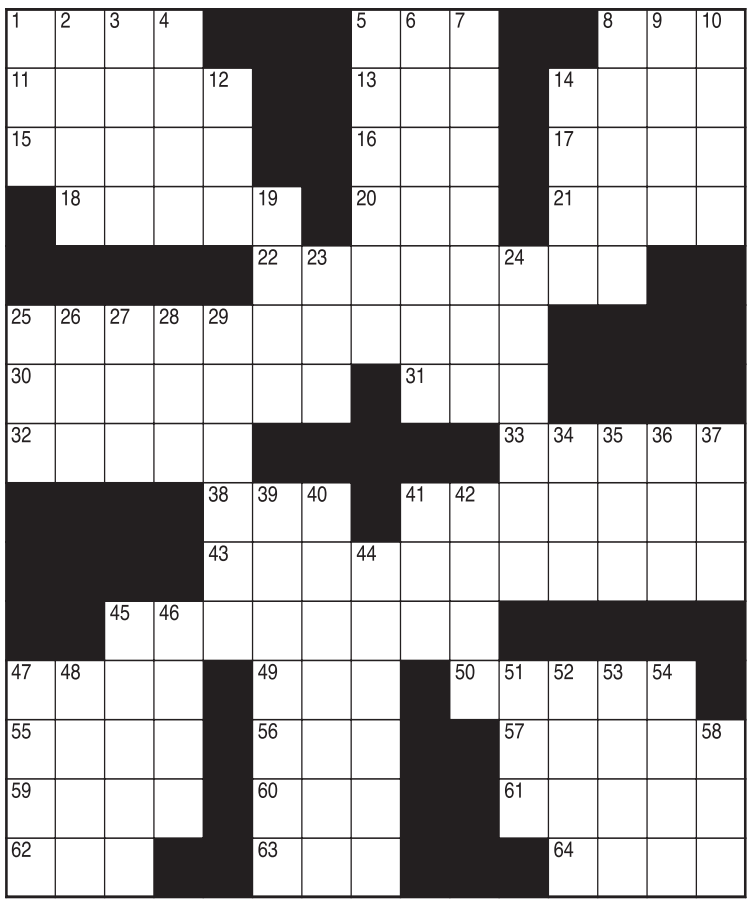
The FOBPL i s a registered non-profit organization.

The Northern Grafton County Republican Committee (NGCRC) meets the first Tuesday of every month at 7 p.m. in the Littleton Regional Healthcare conference room (next to the cafeteria). Interested persons can contact Judy Clewes at 444-2949, or judyts77@roadrunner.com.

ALL WE KNOW IS LOCAL ~ SalmonPress.com



TAKE A BREAK



ACROSS
1. As soon as possible
5. Gateway (Arabic)
8. Doctors' group
11. Madder genus of plants
13. A team's best pitcher
14. Ancient Greek sophist
15. Go up
16. Neither
17. Bolivian river
18. Manila hemp
20. Comedienne Gasteyer
21. British School
22. Human reproductive organs
25. Surrenders
30. Dog with long, silky coat and drooping ears
31. Sun up in New York
32. Lead alloy
33. Eastern Asian plant
38. Rapid deployment force (abbr.)
41. Japanese warrior
43. Festivity
45. Interruptions
47. Nonsense (slang)
49. Data mining methodology (abbr.)
50. Calvary sword
55. French river
56. Global business conference (abbr.)
57. Afflicted
59. Con man's game
60. No (Scottish)
61. Jewish spiritual leader
62. Fish
63. Camera term (abbr.)
64. Impudence

DOWN
1. A continuous portion of a circle
2. Genus of seabirds
3. Infant's dining accessory
4. Native Americans from Arizona
5. Popular fruit
6. Poisonous plant
7. Scolded
8. Assists
9. Hand (Spanish)
10. Amazon product identifying system (abbr.)
12. Basics
14. Cain and __
19. Malaria
23. Indicates particular shape
24. Respiratory disease
25. Central Standard Time
26. Imitate
27. Golf score
28. A place to lay your head
29. Three cards of the same suit
34. Not in
35. Human gene
36. Ancient Chinese philosophic concept
37. French river
39. Thinks up
40. Type of geological deposit
41. Helps little firms
42. Area units
44. A device to remove
45. Secret political clique
46. Polite interruption sound
47. Foundation
48. Clare Boothe __, American writer
51. Swiss river
52. Prejudice
53. Actor Idris
54. Resistance fighters
58. Speak disrespectfully of

CRAFT & CREATE WORD SEARCH

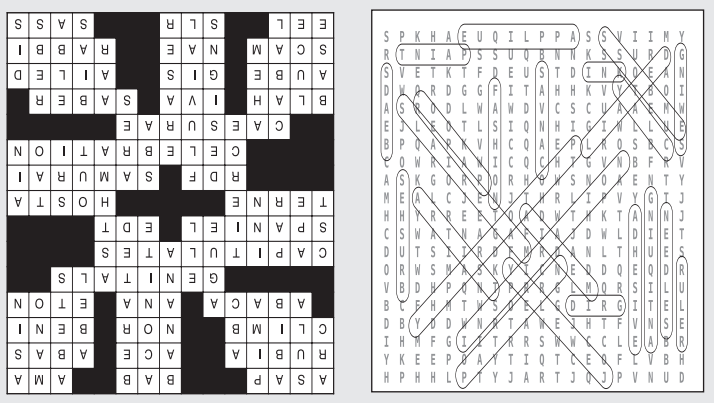
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R	T	N	I	A	P	S	S	U	Q	B	N	N	K	S	S	U	R	D	G
S	V	E	T	K	T	F	D	E	U	S	T	D	I	N	K	O	E	A	N
D	W	Q	R	D	G	G	F	I	T	A	H	H	K	V	Y	T	B	O	I
A	S	R	O	D	L	W	A	W	D	V	C	S	C	U	A	A	E	M	W
E	J	L	E	O	T	L	S	I	Q	N	H	I	G	I	W	L	L	U	E
B	P	Q	A	P	K	V	H	C	Q	A	E	P	L	R	O	S	B	C	S
C	O	W	R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

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

CRAFT & CREATE WORD SEARCH

ADHESIVE, ANTIQUING, APPLIQUE, ARTIST, BEADS, BRUSHES, CANVAS, CLAY, DETAIL, EMBOSS, FASHION, GRID, INK, INSPIRATION, JEWELRY, MATERIALS, MEDIA, NEEDLES, PAINT, PAPER, PATTERN, PHOTOGRAPHY, RULER, SEWING

This Week's Answers



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 I00F Lodge on Route 2
752-6215 • Affilated with CCCC
(Conservative Congregational Christian Conference)
Worship Service: 8:30 a.m.
Children's Sunday School: 9:00 a.m.
Weekly Bible Studies
Pastor: *Rev. Dean A. Stiles*

LINCOLN

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

LISBON

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

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

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

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

LISBON-LANDAFF

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

LITTLETON

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

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

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

FAITH BIBLE CHURCH
Christ-Centered - Contemporary Worship
355 Union Street, Littleton
WORSHIP GATHERINGS
Sunday: 8:00 & 10:00 AM
Wednesday: 6:45 PM
Sunday, 10:00 AM: Mission Discovery for kids
Adult ministries & Small Groups
More information: www.nhfaith.com
Contact us: info@fbc-nh.org • **Call:** 444-2763
Pastor: *Nick DeYoung*

FIRST CONGREGATIONAL CHURCH, UCC
189 Main St., Littleton • 444-3376
Office Hours: M-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: pastorlittletonbiblebaptist@gmail.com
Web site: littletonbiblebaptistchurch.org

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

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

SUGAR HILL

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

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

WHITEFIELD

THE CHAPEL OF THE TRANSFIGURATION
(Located behind the Laconia Bank on Elm St.)
Rectory: *837-2724* • ***All Other Inquiries:*** *837-2552*
Celebrating its 127th year of continuous
Summer Service in Whitefield.
Join us in worship Sunday mornings
at 9 a.m. from July 1 to August 26

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

WHITEFIELD COMMUNITY BAPTIST CHURCH
27 Jefferson Road, Whitefield • 603-837-2469
Office hours: Tuesday – Thursday noon – 4pm
www.cbc1816.church • email: cbc1816@myfairpoint.net
Sunday Worship: 10:00 a.m.
Sunday School: *(preschool – adult): 9:00 am*
Prayer Meeting Wednesday nights 6:30 pm
Men's Breakfast: 3rd Saturday of the month, 8:00 a.m.
Ladies' Circle: 3rd Thursday of the month, 1:00 p.m.
Outreach ministries: Friends-N-Neighbors Thrift Shop
and Food Pantry, 837-9044
Pastor: *Rev. Greg Vigne*

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

WOODSTOCK/N. WOODSTOCK

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

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

WOODSVILLE

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

ST. JOHNSBURY, VT

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



REAL ESTATE & RENTALS

Equal Housing Opportunity

All real estate advertising in this newspaper is subject to The Federal Fair Housing Law which makes it illegal to make, print, or published any notice, statement, or advertisement, with respect to the sale, or rental of a dwelling that indicates any preference, limitation, or discrimination based on race, color, religion, sec, handicap, familial status or national origin, or an intention to make any such preference, limitation or discrimination. (The Fair Housing Act of 1968 at 42 U,S,C, 3604(c)) This paper will not knowingly accept any adverting which is in violation of the law. Our readers are hereby informed, that all dwellings advertised in this newspaper are available on an equal opportunity basis. To complain of discrimination call HUD toll free at 1-800-669-9777 For The Washington DC area, please call HUD at 275-9200. The toll free telephone number for the hearing impaired is 1-800-927-9275. You may also call The New Hampshire Commission for Human Rights at 603-271-2767 or write The Commission at 163 Loudon Road, Concord, NH 03301 Neither the Publisher nor the advertiser will be liable for misinformation, typographically errors, etc. hereincontained. The Publisher reserves the right to refuse any advertising.

EQUAL HOUSING OPPORTUNITY





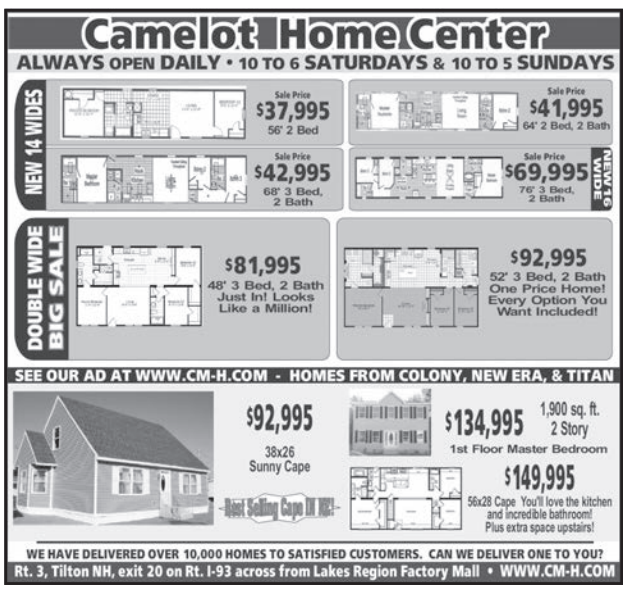
Oceanfront COTTAGE RENTALS Tybee Island, Georgia

TYBEE ISLAND, GEORGIA
YEAR-ROUND SHORT-TERM RENTAL

1-bedroom unit overlooking ocean in a gated community with pool and walkway to beach. Sleeps 4 adults and 2 children. Watch dolphins at play, freighters, pelicans and fishing boats. Prices vary. Contact Oceanfront Cottage Rentals at 912-786-4004 or www.oceanfrontcottage.com/listings/218-bay-breezes

PRINCE EDWARD ISLAND, CANADA
SUMMER / FALL WEEKLY COTTAGE RENTAL

2-bedroom newly constructed oceanfront cottage that sleeps 6. Sweeping views of the pond, ocean and lighthouse. Enjoy kayaking, bicycling and beach walking. $900/wk. Contact Scott at 603.254.5032 or scottm@plymouth.edu







Whatever Your Style, Find it in the Real Estate Section

* BRAND NEW *

Littleton Mobile Home Park!
15 Single Wide lots available!

Please call 603-444-7115.

NOTICE TO THE VOTERS OF PROFILE SCHOOL DISTRICT

The Profile School District Annual Meeting has been rescheduled and will be held on Thursday, April 2, 2020 at the Profile School at 7:30 PM. (Polls to be open from 7:00 PM until all have voted.)

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, April 1, 2020 in the gymnasium of the Lisbon Regional School at 7:30 P.M. (Polls to be open from 7:00 P.M.).



LEGAL NOTICES

NOTICE TO THE VOTERS OF BETHLEHEM REGIONAL SCHOOL DISTRICT

The Bethlehem School District Annual Meeting has been rescheduled and will be held on Tuesday, March 31, 2020 at the Bethlehem Elementary School at 7:00 P.M.

NOTICE TO THE VOTERS OF THE LINCOLN-WOODSTOCK COOPERATIVE SCHOOL DISTRICT

The Lincoln-Woodstock Cooperative School District will hold its Annual School District Meeting on **TUESDAY, March 31, 2020, at 7:00 PM** at the Lin-Wood Elementary MPR.

Polls will be open for the election of District Officers at 2:00 in the afternoon and to close not earlier than 6:00 in the afternoon. Action on the remaining articles will begin at 7:00 PM.

The Lincoln-Woodstock Cooperative School District operates under the non-partisan ballot system (RSA 197: 1-b) for the election of school officials.

The Lincoln-Woodstock Cooperative School District

is currently soliciting bids for the following positions for the 2020 – 2021 school year:

DOE Certified and/or Licensed School Psychologist
144 days per year – 7 hours per day on site

Board Certified Behavior Analyst (BCBA)
30 days per school year term – 7 hours per day on site

English as a Second Language teacher (ESL)
30 days per school year term – 7 hours per day on site

Submit Bid to:
Lincoln-Woodstock Cooperative School District
Attn: Jeanette Fecteau
78 Main Street, Unit 3
PO Box 846
Lincoln, NH 03251

Or:
jfecteau@lin-wood.org

Closing for bids will be:
Friday, March 27th at 1:00 pm

The Lincoln-Woodstock Cooperative School District reserves the right to accept or reject any and all bids which, in their opinion, will be in the best interest of the District.

LEGAL PROBATE NOTICE THE STATE OF NEW HAMPSHIRE

2nd Circuit - Probate Division - Haverhill 3/6/2020 thru 3/19/2020

APPOINTMENT OF FIDUCIARIES

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

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

Bowley, Edna, late of Haverhill, NH. David F Hannett, 9 Randall Rd, Moultonboro, NH 03254. #315-2019-ET-00473

Foote, Maureen E., late of Pike, NH. Kelly L. Holmes, 15 Kelly Lane, Canaan, NH 03741. #315-2020-ET-00091

Knehr, John, late of North Haverill, NH. Jacob Daniel Knehr, 9 Belknap Street, Apt. 2, Providence, RI 02903. Monica Sue Billings, 1464 Bunker Hill Rd, Hardwick, VT 05843. Chloe Tatham, Resident Agent, 55 Goose Lane, Bath, NH 03740. #315-2019-ET-00681

Lambert, Sharon L, late of Littleton, NH. Norman Lambert, 416 French Rd, Dalton, NH 03598. #315-2020-ET-00094

Wilson, David W, late of Bath, NH. Kristine Roberts, 87 Hackett Road, Belmont, NH 03220. #315-2020-ET-00035

Dated: 3/20/2020



HELP WANTED

Help Wanted

COOK/CHEF

We are looking for an experienced head chef/ cook for our new restaurant and pub. Please stop by to pick up an application or drop off a resume at the Iron Rail Pub, 24 Railroad St, Woodsville NH 03785

Advertise Here

HELP WANTED

Various Mill Positions Available in the following Departments:

Planer, Gable Shop, Cutline, Bagging and Yard. Must be reliable and flexible to contribute to the team effort.

Competitive pay, paid holidays, vacation, retirement plan and health insurance.

Please apply at the office or email Matt at:
shop@coventryloghomes.com

Coventry Log Homes, Inc.
108 South Court Street
Woodsville, NH 03785

R.M. PIPER INC.
GENERAL CONTRACTORS

WANT TO JOIN OUR CONSTRUCTION CREW?

We're hiring for projects in **Conway, Jackson, Ossipee, Plymouth & Wolfeboro**

POSITIONS AVAILABLE:
LABORERS
EQUIPMENT OPERATORS
BRIDGE CARPENTERS

Call: (603) 536-4154
Email: jobs@rmpiper.com
Text: (603) 481-1057
www.rmpiper.com

Minimum age 18
New hires will be required to pass a physical exam & drug screen.

Must have reliable transportation and be willing/ able to travel within NH.

EOE
Women and Minorities are encouraged to Apply

FOR ADVERTISING INFORMATION CALL 603-279-4516

ALLSTAFF
TEMPORARY AND PERMANENT PLACEMENT SPECIALISTS
260 Main Street, Littleton, NH 03561
603-444-1261
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Spring has come and so has new positions!!
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***Machine Setter** – set up 3rd shift*
***Maintenance Mechanic** – 1st, 2nd & 3rd shift*
***Production Line** – 1st, 2nd & 3rd shifts*
***Production line helpers** – 2nd shift*
***Picker/Packers** – 1st & 2nd shift*
***Machine Operators** –1st 2nd & 3rd shift*
***Specialized Machine Operators** 2nd & 3rd Shift*
***Plating Tech** – 2nd & 3rd shift*
***Material Handlers**- 2nd shift*
***Mailroom Tech** 1st, 2nd & 3rd shift*
***Shipping & Receiving** – 1st shift*
Assemblers
Utility Operators
***Press Room Stackers** – 1st, 2nd or 3rd Shift*
For more information on these positions go: ALLSTAFFCORP.COM

Town of Franconia
Patrol Officer Opening

The Franconia Police Department is happy to announce that they will be accepting applications for a Patrol Officer position from 3/23/2020 until 4/6/2020.

Franconia PD is looking for a highly motivated, community oriented person who will be the right fit for our team and our town. The Town of Franconia offers competitive pay with good benefits and the opportunity to grow as a law enforcement professional.

The Town of Franconia is an equal opportunity employer. Prior NH PSTC certification is preferred, but not required to apply. Once the application period is closed a hiring process will proceed. Applicants should be prepared to complete a full background investigation, physical fitness test, written exam, polygraph exam, oral board, Chief's interview, or any combination thereof, to assist in picking the correct person for this job.

Please send letters of intent and resume to Franconia PD PO box 900 Franconia NH, 03850 or you can call with questions at 603-823-7025

Hiring? Reach More *Local* Applicants



Rather than go online where you are bound to get applicants from all over the world who click on every open job, why not advertise **locally**, where you will get qualified, **local** applicants for your **local** job.

- The Baysider
- Gilford Steamer
- Record Enterprise
- Coös County Democrat
- Meredith News
- Granite State News
- Winnisquam Echo
- Carrol County Independent
- Berlin Reporter
- Littleton Courier
- Newfound Landing

Salmon press

Email: tracy@salmonpress.news
Phone: (603) 616-7103

Help Wanted

Chief Financial Officer

Coos County Family Health Services, a Federally Qualified Community Health Center located in Berlin and Gorham, New Hampshire is seeking a new Chief Financial Officer (CFO). The organization, founded in 1974, is located in the scenic White Mountains. It's staff of approximately 145 employees provides integrated primary care, behavioral health, dental and social services to more than 13,000 individuals each year from four clinic locations.

Responsibilities of the CFO position include the overall management of the agency's financial systems; oversight of the purchasing, front desk, and finance departments; and preparation of financial and cost reports, budgets, and other required financial documentation found in health care settings. Familiarity with revenue cycle management, grant administration, and federal cost principals required.

A Bachelor's degree in accounting or finance is required. Master's degree in a related field preferred, along with accreditation as a Certified Public Accountant. A minimum of 5 years experience in public or financial management is required. FQHC, medical and/or non-profit accounting experience preferred. This is a full-time position offering a competitive salary and benefits.

To apply, please submit a CV and cover letter to the Human Resources Department, Coos County Family Health Services, 54 Willow Street, Berlin NH 03570 or by email at HR@ccfhs.org.

EOE

NFI North, Inc.

Inspiring and empowering people to reach their full potential

NFI North is seeking a full time Clinician for our Transitional Housing Program in Bethlehem, NH. The THS program serves the clinical, medical, vocational and residential needs of adult men and women with mental health issues. Our goal is to help individuals successfully transition into the community as well as maintain their independence in the least restrictive environment possible.

Responsibilities: Providing clinical services in a day treatment program setting. Offer individual and group therapy for consumers whose mental illness can also be compromised by substance use, developmental deficits, neurological impairments, major illnesses and legal constraints. This position will act in a team leadership role for a multidisciplinary treatment team, development of treatment plans, assessments, crisis management, coordination of therapeutic service and supervision of a clinical case manager.

Candidate must possess a Master's Degree in Social Work or related field. Licensure in social work or mental health field required.

NFI North offers competitive salaries and environments that allow for creativity, a sense of empowerment and many opportunities for advancement. We offer comprehensive health and dental insurance and generous time off plan including three weeks paid vacation and additional sick and holiday time. We provide tuition reimbursement, retirement match, in addition to excellent training and a supportive work environment.

NFI North is a proud partner with Southern New Hampshire University's (SNHU) College for America. **Not only do we offer our employees access at incredibly low and affordable rates, you can also enroll your immediate family members.**

Please send resume and cover letter to:
Program Director, NFI North,
787 Maple St, Bethlehem, NH 03574
or email nfinorthhr@nafi.com.
Visit us at www.nfinorth.com
EOE/AA

Upper Connecticut Valley Hospital

JOB OPPORTUNITIES

FULL-TIME

***SIGN ON BONUS!**

*RNs
*Physical Therapist
*Radiologic Technologist

PER DIEM

RNs – LPNs – LNAs – ED Technician
Environmental Services Tech II (Housekeeper)
Phlebotomist - (Saturday's 7a-12p)

APPLY ONLINE WWW.UCVH.ORG
Upper Connecticut Valley Hospital
181 Corliss Lane, Colebrook, NH 03576
Phone: (603) 388-4236
Ucvh-hr@ucvh.org
EOE

Maplefields / Amato's

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Apply online at www.jointeammaplefields.com or apply in person at our Littleton Maplefields, 390 Meadow Street

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Northern Human Services

Changing Lives

Northern Human Services, Community Services Center
Full Time and Part Time Community Integrator position

Are you interested in a meaningful job that would help to make a difference in someone's day?

A Community Integrator provides support to adults and/or students who have a Developmental Disability with employment and volunteer related opportunities and facilitates inclusion through social recreational community activities. The focus of the position is to support positive relationships, uncover a person's interests and explore community options that encourage personal growth, independence and satisfaction.

Requirements include: a valid driver's license, reliable transportation, proof of auto insurance and successful completion of background checks.

We offer ongoing training, teamwork, and an excellent benefit package that includes tuition assistance for full time employment.

Experience in human services is desired, however, we would happily train the right person!

For more information, you may call 603) 752-1005, extension 8248.

You may also send a resume or pick up an application at:
NHS, Community Services Center, 69 Willard St. Berlin NH 03570

Northern Human Services is an Equal Opportunity Employer and Provider.

Walmart

We are expanding our Team!

Current Open Positions

- Cap1 (4am-1pm)
- Cap2 (2pm-11pm)
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- Various Salesfloor Associates (Varying Hours)
  - Sporting Goods
  - Food Salesfloor
  - Homelines/Apparel
- Maintenance Associate (Varying Hours)

Text "jobs" to 240240
or
Go To www.applyatwalmart.com to apply!

Walmart
615 Meadows St
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03561

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Duties to include:
- Retail sales of lumber & building materials, windows, doors, cabinets as well as customer service.
- Must be conscientious, self-motivated, good with people, a team player
- Must have knowledge of the building industry
- Able to lift a variety of building materials
- Preferably long-term employee

Benefit to include:
- Competitive Wages
- Health Insurance
- Vacations
- Holidays
- Overtime pay

Please Apply in person at
2701 Route 302, Lisbon, NH 03585
No phone calls please.

Presby Towing & Recovery

Franconia, NH • 603-823-5514

HELP WANTED

Full Time Tow Truck Driver

Must be able to obtain a medical card and work flexible hours. Experience is a plus.

Health Insurance, Paid Holidays, Paid Vacation
401K, Excellent Wages

APPLY IN PERSON: 244 Main St., Franconia, NH 03580



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HELP WANTED

NORTH COUNTRY GASTROENTEROLOGY

North Country Gastroenterology is looking to hire a Registered Nurse for the endoscopy department.
No experience required, will train.
Looking for a patient centered, team oriented nurse to assist with procedures and patient care.

30-35 hours a week, competitive pay, health benefits, dental and vision benefits, and a retirement package. We offer yearly continuing education allowance. No weekends, no holidays, and paid time off.

Please submit resume to ncgastro@aol.com

JOIN OUR SUPERB FAMILY COORDINATED TEAM!
A unique family-run person/constellation centered support system offered through Northern Human Services

FULL AND PART TIME

STAFF ADVOCATE POSITION

needed to assist an extremely personable and hardworking young man in the community with jobs and volunteer activities in the Littleton area. Full time staff is retiring and we are expanding afternoon support hours. An organized, flexible, team player who can model excellent social and professional skills, is a must. Full time position is Monday through Friday 7:30am-3:15pm. Good pay and benefits. Part time position is 14.5 flexible hours, which includes some weekday afternoons from 3-7:30pm with some weekend hours if desired. Experience working with individuals with disabilities preferred but not required. Valid driver's license, proof of adequate auto insurance and completion of driving, criminal and background record checks required.
An Equal Opportunity Employer and Provider.

Send resume plus cover letter and three references to Amy at hsm1836@aol.com

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THE Lantern RESORT

Help Wanted!!

The Lantern Resort and Campground is looking for energetic, dedicated individuals to join our hardworking team. We have positions available for all ages offering competitive wages and employee benefits.

Employee Benefits
Competitive Wages
Flexible Schedule
Admission to the resort pools

Seasonal Positions
Reservations
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Food Service
Grounds & Maintenance
Entertainment

To Apply
Call (603) 586-7151 OR Email info@thelanternresort.com



Upper Valley Press currently has positions available on all shifts for experienced equipment/machine operators.

Do you possess the ability to run production machinery, pay close attention to detail and report to work on-time and when scheduled? Then we want to hear from you!

Upper Valley Press provides excellent wages, benefits, 401(k) retirement saving and much more. We offer opportunities in a solid company with an excellent record of stability and growth. Please apply in person to:

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

2020-2021 SCHOOL OPENING
LAFAYETTE REGIONAL SCHOOL

6th Grade Teacher

The Lafayette School District is seeking candidates for a 6th Grade Elementary Teacher position. Candidates should be able to work as part of a team, have a strong work ethic, be enthusiastic and possess the ability to promote the development of children. NH Elementary Education Certification is required.

For more information or to apply please go to **www.SchoolSpring.com** and reference Job ID#3247920

SAU35
262 Cottage St. Suite 301
Littleton, NH 03561
603-444-3925
EOE

Northern Human Services
Changing Lives

Northern Human Services, Vershire Center
Full Time Community Integrator position

Are you interested in a meaningful job that would help to make a difference in someone's day?

A Community Integrator provides support to adults and/or students who have a Developmental Disability with employment and volunteer related opportunities and facilitates inclusion through social recreational community activities. The focus of the position is to support positive relationships, uncover a person's interests and explore community options that encourage personal growth, independence and satisfaction.

Requirements include: a high school diploma and reliable transportation

We offer ongoing training, teamwork, and an excellent benefit package that includes tuition assistance for full time employment.

Experience in human services is desired, however, we would happily train the right person!

For more information, you may call 603) 237-5721, extension 8248.

You may also send a resume or pick up an application at:

Vershire Center, 24 Depot St. Colebrook NH 03576

This position requires a valid driver's license, proof **of adequate auto insurance and the completion of criminal and background checks. This Agency is an Equal Opportunity Employer, and Provider.**

TRIVIDIA
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Machine Operators
1st and 3rd Shift

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Pay based on experience

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GMP experience a plus!

No manufacturing experience? No Problem!
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Clear path for advancement.
If you learn fast, you move up fast!

Join our team today!
If you are seeking a career with Trividia Manufacturing Solutions, Please visit our Career page at http://www.trividiams.com/contact/careers/ and select ***Machine Operator.***

Must have a high school diploma or equivalent and be 18 years or older. All candidates are subject to a pre-employment criminal background check and post offer drug screening. Trividia is a tobacco free facility.

THE Lantern RESORT

Head Housekeeper Wanted!!

The Lantern Resort and Campground is looking for an energetic, dedicated individual to join our hardworking Team.

Requirements
- Communication
- Organization
- Customer Service
- Experience preferred
- Ability to walk and stand for long periods of time
- Ability to lift 30lbs
- Must work weekends

Duties
- Supervise a team of 5-9 individuals
- Organize all housekeeping stock areas
- Ensure motel rooms and Rental RVs are cleaned to expectation of management team and guests
- Ordering and tracking inventory

This position will start in April and continue throughout the season. It is a 5 day a week position with required weekends. To apply submit your resume to info@thelanternresort.com

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NCH north country healthcare | North Country Home Health & Hospice Agency

Come Join Our Team!

We are currently looking for the following talent!

RN's Northern and Southern Territories.
New full time positions with benefits. (Monday to Thursday 3:00 pm to 8:00 pm seeing patients and taking call from 4:30pm to 8:00 am).

RN–INTAKE COORDINATOR
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RN (Full Time or Part Time) Colebrook, NH
Flexible schedule, offering a $5,000 retention bonus!

RN (Full Time or Part Time) Littleton, NH

RN's (Full Time) Berlin & Lancaster, NH
$7,500 Sign on Bonus

Physical Therapist (Full Time) Lancaster, NH

For more information, please contact
Linda Elliott, Human Resources
at lelliott@nchhha.org
Apply online at Indeed.com

North Country Home Health & Hospice Agency is an Equal Opportunity Employer

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Northern Human Services
Changing Lives

JOB OPENING
Northern Human Services

Case Manager

Northern Human Services Colebrook/ Groveton has an opening for a Case Manager to provide case management, skills training and supports to primarily adults with severe and persistent mental illness. This is a full-time (35 hours per week) position with great benefits.

A Bachelor's Degree in a Human Service field is required. Prior experience with mental illness and/or knowledge of area resources would be helpful. Strong organizational, communication and interpersonal skills are necessary.

Please send resume and letter of interest by Friday, March 27th to:

James Michaels MS.LCMHC,MLADC
Director of Behavioral Health
jmichaels@northernhs.org
Mental Health Center
55 Colby Street
Colebrook, NH 03576
(603) 237-4955

This position requires a valid driver's license, proof of adequate auto insurance and completion of driver's and criminal background checks. This agency is an Equal Opportunity Provider and Employer.

JOIN OUR SUPERB FAMILY COORDINATED TEAM!
NEW HOURS OFFERED
a unique family run person/constellation centered support system offered through Northern Human Services

FULL -TIME STAFF ADVOCATE

needed to assist with activities, recreation, and personal care for an endearing and dynamic young man in the Littleton area. Good pay. Medical/Dental, 403b, mileage reimbursement and other benefits included. Monday through Friday 12:30pm -7:30pm. Bachelor Degree and experience with disabilities preferred. A calm, energetic, flexible, creative team player who can model excellent social skills, passionate about making a difference in an individual's life. Valid driver's license, proof of adequate auto insurance and completion of driving, criminal and background record checks required.

Send resume plus cover letter and three references to Amy at hsm1836@aol.com

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TRIVIDIA
MANUFACTURING SOLUTIONS

Are you currently enrolled in a 4-year STEM related degree program? Will you be in the Lancaster area for the Summer?

We need your help!
Now Hiring Research & Development Summer Intern

$$$ PAID SUMMER INTERNSHIPS $$$

Candidate must have previous Laboratory Experience (Bench Chemistry), Maintaining Laboratory Notebook, Basic statistical analysis of Data, Attention to detail.

- Assist Senior Formulation Scientist with formulas in liquids, lotions, and gels.
- Perform laboratory-scale batching processes
- Perform basic materials characterization testing (pH, specific gravity, viscosity)
- Maintain detailed records within a laboratory notebook
- Basic statistical analysis of data
- Write protocols, reports, and develop manufacturing process for new formulas

The ideal candidate will be enrolled in a STEM related degree program, preferably chemistry, chemical/biological engineering or biology; ability to **work with very little supervision required**.

Interested candidates please visit our Career page at http://www.trividiams.com/contact/careers/ Click on " Apply Now" and select Summer Intern or email your resume to apaquin@trividiams.com

All candidates are subject to a criminal background check and drug screen

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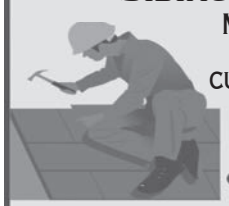
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It's important to us.



CLASSIFIEDS

For Advertising Call (603) 444-3927

HELP WANTED

Seasonal Greenhouse

Seeking Hardworking, Motivated Individual Who cares about Plants for this Spring!

Send Work History to:
fsullivan@myfairpoint.net
or Mail:
268 Elm St.
Lancaster NH 03584

HELP WANTED

Littleton Elks Lodge 1831

Immediate Opening

Lodge/Bar Manager - Part Time
25-30 hours per week.
Call 603-444-5744 or 603-540-6280 or stop by the lodge for an application.

HELP WANTED

Littleton Elks Lodge 1831

Bartenders Wanted

Part-time / Events
Call 603-444-5744 or 603-540-6280 or stop by the lodge for an application.

FOR RENT

Large 2 bay bus garage on 0.5 acres of land.

Asking $1800/month.

Call 603-548-4483.

FOR RENT LANCASTER

One-bedroom, furnished apartment. Heat & Lights included. Second floor. No pets.

For application call 788-4740, leave message.

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TYBEE ISLAND, GEORGIA
Year-round short-term rental
1-bedroom unit overlooking ocean in a gated community with pool and walkway to beach. Sleeps 4 adults and 2 children.
Watch dolphins at play, freighters, pelicans and fishing boats.
Prices vary. Contact Oceanfront Cottage Rentals at 912.786.4004 or www.oceanfrontcottage.com/listings/218-bay-breezes

PRINCE EDWARD ISLAND, CANADA
Summer / Fall Weekly Cottage Rental
2-bedroom newly constructed oceanfront cottage that sleeps 6. Sweeping views of the pond, ocean and lighthouse.
Enjoy kayaking, bicycling and beach walking. $900/wk.
Contact Scott at 603.254.5032 or scottm@plymouth.edu

APARTMENT FOR RENT

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

FOR RENT

LANCASTER - Prime location, naturally well-lit 2-bedroom, one bath apartment in a friendly neighborhood close to parks, shops, nightlife, and walking distance to Shaws.

Screened-in porch for entertaining, hardwood flooring throughout and a large front yard.

No pets allowed.
$750 per month.
One months sec. deposit.
Utilities not included.
Call Joe 603-616-2366.

LAND FOR SALE

48 Northside Rd.
Stark, NH
Dug well and septic system, may be salvageable on property. Includes a small piece of land with frontage on the Ammonoosuc River accross from the lot.
Asking $18,000 OBO
Please Call
785-869-3068

HELP WANTED

Welder-Fabricator

Job Shop/ Misc. Metal
Seeking an experienced welder/fabricator
Must be able to weld aluminum
Experience in fabrication of railings
Position requires a valid NH Drivers License
Physically demanding position

Call 603-293-8384 for an interview

FOR RENT

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ONE BEDROOM, SECOND FLOOR APT.

HEAT, HOT WATER & ELECTRIC INCLUDED.

$650/MONTH. REFERENCES, DAMAGES, FIRST MONTHS.

CALL 603-631-6575 LEAVE MESSAGE

Personal Care Attendant

Granite State Independent Living
gsil Tools for Living Life Independently

GSIL is seeking compassionate, dependable individuals to assist consumers in their homes with personal care, light housekeeping, grocery shopping, errands, etc. We offer flexible scheduling with opportunities to work full time, part time, or just a few hours a week if you're just looking for a little extra income. Experience with personal care is helpful, however, training is provided.

Please contact Ashley at 603-568-4930 for more information.
* A background check is required.
GSIL is an EOE

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Cats $70-$85.
Dogs at Conway clinic, starting at $100.
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Military discounts.
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APARTMENT FOR RENT

Groveton, NH – Immediate Vacancy – Studio Apartment. For Seniors (age 62 or older) and People Living with Disabilities. Rent is 30% of income and includes all utilities. Property includes community room, on-site laundry facility and delivered mail. Smoke free.

Contact AHEAD Inc. at 800-974-1377. Applicants must income qualify. Equal Housing Opportunity. ISA www.homesahead.org

APARTMENT FOR RENT

Berlin, NH- Historic Notre Dame Apartments: Immediate Vacancies - One bedroom apartments for seniors age 62 or older. On site laundry, smoke free, includes heat, hot water, and electric. Rent is approximately 30% of income.

Contact AHEAD 800-974-1377
Applicants must income qualify. Equal Housing Opportunity. ISA www.homesahead.org.

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OUTSIDE STORY

Red-winged blackbirds return with spring



BY MEGHAN MCCARTHY MCPHAUL

Around the middle of March, I begin to feel that springtime urge to hit the road, to lace up the winter-neglected running shoes and start slogging through some miles. My early-season jogs take me past a wetland area that stubbornly spans both sides of a road near my home. It's a usual – and very welcome – happening to spot red-winged blackbirds here, even while snow lingers around the cattails and brushy willows.

Red-winged blackbirds are among the earliest migrating birds to return in spring. The males seem natural show-offs, with their flashy red-and-yellow wing patches and loud, persistent song. Often, focused as I am at putting one foot in front of the other, I'll hear the blackbird's distinct konk-la-reee, with its extended ending trill, before I think to look for these early spring arrivals.

While the red-winged blackbird's song is not the loveliest, it is certainly most welcome this time of year, as is the flash of color these birds imbue onto the still dull landscape.

"I think of redwings as the true harbingers of spring," said Ken Yasukawa, professor emeritus of biology of Beloit College, who has studied red-winged blackbirds and their habits.

Yasukawa explained that the timing birds returning from their winter homes in the southern United States is mainly a matter of procreation. An early return helps male blackbirds compete for the best territories. Having the best territories means they're more likely to attract the most females, who start to arrive about two weeks behind the males. Attracting the most females means a better chance of passing on those red-winged genes to the next generation.

Like with many bird species, male red-winged blackbirds are more colorful – and more vocal – than females. And they're most vocal during early spring mornings, when they sing at a rate of 10 songs a minute. Yasukawa said that while male redwings sing less later in the day, and later in the season, they are rarely silent.

Although female redwings have the long, pointed bills and somewhat stocky stature of males, they don't have red wings at all; they are mostly brown and heavily streaked. One common trait of both male and female red-winged blackbirds, however, is that both will mate with multiple partners.

"Males will attract multiple females to their territories and will fertilize at least some of their eggs," Yasukawa said, noting that one study in Washington state showed 33 females nesting in a single male's territory.

Females, likewise, will often mate both with the male within whose territory they are nesting, as well as with those in neighboring territories.

"It's not at all unusual for one brood to be sired by two or more males," he said. "On my study area in Wisconsin, about one third of young were sired by males other than the territory owner."

Where one bird's territory ends and another's begins is sometimes revealed by the display, or concealment, of the bright wing patches, also called epaulets.

"If you see two males perched next to each other on a territory, one – the territory owner – will be showing his epaulets, and the other – the trespasser – will be concealing them," Yasukawa said. "If you see two males side-by-side with both showing their epaulets, they're probably on either side of the boundary between their territories."

Males use those flashy red wing patches both to defend their territories and to attract mates. Indeed, the bright color seems critical to both purposes. In studies when researchers have blackened the red feathers, those male birds are likely to lose ownership of their territories. Conversely, when the red coloring is enhanced, Yasukawa said, birds are more often challenged by their male neighbors.

"It seemed as though the brightened males represent a great threat to their neighbors, who evict them to prevent females from mating with them – something like a preemptive strike," he said.

Red-winged blackbirds will cover their epaulets, leaving only the yellow border visible, when trespassing onto other territories – either foraging or seeking to acquire new territory. They'll also hide the bright red feathers when they perceive a threat, like a Cooper's hawk flying overhead.

Male redwings have already appeared in parts of southern and central New Hampshire and Vermont, and females are starting to show up, too. In my more northern neck of the woods, though, I'm still waiting. Soon, I know, they'll call out from their roadside perches and puff out those epaulets to full display, claiming their place in a landscape gradually transitioning to spring.

Meghan McCarthy McPhaul lives in Franconia, New Hampshire, and is the assistant editor of Northern Woodlands magazine. The illustration for this column was drawn by Adelaide Tyrol. The Outside Story is assigned and edited by Northern Woodlands magazine and sponsored by the Wellborn Ecology Fund of New Hampshire Charitable Foundation: wellborn@nhcf.org.

Does humanity really end when the toilet paper runs out?

BY GARY W. MOORE



POSITIVELY SPEAKING

GARY W. MOORE

I have a friend since high school named Karen. She was a smart and focused student, a cheerleader … very popular but always a kind soul. We lost touch through the years but reconnected when, to her surprise, she saw my name on a book at Barnes & Noble. Karen was always engaged and helpful. Raised by kind parents, she was always one of those people who were … well, just that way.

Sunday morning, Karen rose early and headed to the grocery store in her small Michigan town. She had a plan to arrive as the doors opened and get the few items she needed and did. Toilet paper was on her list and she bought the only package left … a package of eight rolls. She, like most of us, was surprised by the empty shelves. She bought what she could and headed out of the store and to her car. In the parking lot, she encountered an elderly man, visibly upset. Karen asked if he was okay.

"My wife and I are out of toilet paper. I've been searching for days. I don't know what to do," the troubled old gentleman explained.

He didn't know what to do, but Karen did. She broke open the package of eight rolls and tried to give him half. He would only accept two, and was touched to tears. He didn't have to leave empty handed because of the generosity of Karen Tyson. She, and others like her, give me hope and optimism in a time wrought with despair and pessimism.

We still live in the richest nation in the history of the world. Is it truly necessary for some of us to survive, that others must go without?

No.

"We have nothing to fear but fear itself." – Franklin Delano Rooseveltelt

When fear sets in, irrational behavior begins. Saturday, I witnessed a man and a woman struggling in the aisle of my local store over a bottle of bleach. There's really not a shortage of bleach, there is only the fact that some bought more than they needed and left others without. The same with hand sanitizer. I've seen some on social media bragging about how much they have while others are driving all over town and can't find a single bottle. I personally know of a 65-year-old man with cancer who is at high risk and can't find a single bottle anywhere.

Being prepared is admirable, while hoarding is only selfish.

Last week, I wrote a column that I thought would be whimsical, but by the time it went to print was not. There are people in serious need of the basics of life. No, not having toilet paper may not be life threatening, but a lack of food items and basic products for disinfection are. If you have a little to spare, please share. Call your local house of worship, food pantry, Salvation Army or any organization who can help get these into the hands of someone in need. Be inspired by the kindness and willingness to share that Karen, and many like her have displayed.

No. I am not asking you to share what you need for the survival of the next few weeks or month, but please examine your heart and ask yourself if you have a little to spare. I believe the supply chain of these items will catch up with demand sooner than later. The shelves will soon be filled again. That's the beauty of capitalism. Just look into your heart and pantry and see, like Karen, if you can graciously give a little to help someone who is in need.

Keep your eyes open. Most people in need will never ask. Karen saw a man who was distraught and asked him. Will you do the same? Do you have elderly neighbors? Will you stop by and check on them? See if they are in need?

Be kind … be optimistic … and pray.

If you have nothing to give, share a kind and encouraging word. Do not take part in the negative gloom and doom conversations. Be uplifting and encouraging in public and in private, if you are so disposed … please pray.

We've always been a nation that looked out for our neighbor and pitched in to help where we can. Yes. These are unprecedented times, but we will survive then thrive. And besides … I am old enough to brag that I have survived at least ten end-of-the-world predictions. I'm optimistic the world will survive this one too.

■

Gary W. Moore is a freelance columnist, speaker and author of three books including the award-winning, critically acclaimed, "Playing with the Enemy." Follow Gary on Twitter @GaryWMoore721 and at www.garywmoore.com.



