

close to HOME Light Returning

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In Memoriam. Friends, Colleagues Highlight Legacy Of Fred King. **Page 2**





The Friendship House addiction treatment and recovery center in Bethlehem is now under new management after Affordable Housing, Education and Development signed a lease with Amatus Recovery Centers, which will manage it and expand services. (Courtesy photo)

Amatus Recovery Centers Signs Friendship House Lease With AHEAD

BY ROBERT BLECHL Staff Writer

After receiving its license from the state earlier this month, Amatus Recovery Centers has now signed a lease with Affordable Housing, Education and Development Inc. to run the AHEAD-owned Friendship House addiction treatment and recovery center in Bethlehem.

The name of the new program will be New Hampshire Detox, managed by Amatus Recovery Centers, Chris Foster, regional executive director for Amatus, said Tuesday.

The Maryland-based company, established in 2015, runs 15 recovery centers in

In addition to Bethlehem, they include two centers in New Hampshire, the Blueprint recovery center in Concord and Bonfire center in Dover.

At the Friendship House, Amatus is planning an expansion in the number of residential treatment services and treatment beds.

"AHEAD is very excited to enter into this partnership with Amatus," said Mike Claffin, executive director for AHEAD.

"They bring a capacity and a passion to the Friendship House that will allow longterm resources to the people in recovery here in New Hampshire.'

New capacity programs include 24-hour telephones and delivery service that will make a big difference in the North Country, he said.

"We are beginning to discuss what is needed to bring up their capacity to 50 beds," said Claffin. "All in all, this is a very good development for the Friendship House, and those who it will serve."

The new operation is aimed at expanding treatment and recovery services in the North Country, a region that for many years has had a lack of services compared with more densely populated areas down-

The Friendship House, at 2957 Main St./Route 302, was previously managed by the North Country Health Consortium from late 2017 to December 2020, after the new \$5.5 million building was completed to replace the original Friendship House built in the 1960s.

Sitting on 16 acres, the Friendship House is currently a 32-bed facility that provides substance use disorder treatment and recovery services to low-income residents.

Now at the helm, Amatus will provide medically monitored intensive in-patient services, clinically managed high-intensity residential services, partial hospitalization services, intensive out-patient services, case management, alumni and continuing care and family programming.

The plan going forward is to increase the services to include 24/7 admission and build out the facility to accommodate 14 to 16 new beds.

There are currently 28 residential beds and four special detox beds, the latter of which can be made into a residential treatment area with two more residential beds to house two more clients, bringing it to 36 beds, Foster said in January.

The additional beds beyond that to reach the 50-bed mark will be installed through construction.

Employees are expected to total 42.5 full-time equivalent.

The new facility is the first of its kind north of the Notch and the only addiction treatment center in a 65-mile radius.

It will have an executive director and clinical director, as well as outreach representatives and alumni.

Friends, Colleagues **Highlight Legacy** Of Fred King

BY ROBERT BLECHL

Staff Writer

A dedicated public servant and champion of the North

That's how friends and colleagues are remembering Frederick W. King Sr., of Colebrook, who died on Saturday, Feb. 20, at the age of 91.

"He certainly took public service very seriously and gave it his all," Benoit Lamontagne, North Country industrial agent with the New Hampshire Department of Business and Economic Affairs, said Monday. "Whether it was being a selectman in the town of Colebrook or state senator for District 1 or in the House of Representatives, he was very much in tune with the needs of the North Country and was a soldier in making sure that the North Country didn't get tossed aside or ignored,"

King fought very hard to ensure that the region received its fair share of attention and assistance from the federal and state governments and everyone else involved, and he has a great legacy of service to his community and his state, said Lamontagne.

Born in St. Albans, Vt. and earning a degree in education, King made the North Country his home and brought his background in education and familiarity with state budgets to elected office.

A middle-of-the-road Republican known for working with members of both parties to strike compromises and consensus on a range of issues, he served three terms as a state senator, from 1994 to 2000, and three terms as a state representative, from 2002 to 2008.

During his years at the statehouse, King chaired the Senate Finance Committee and the House Finance Committee.

Locally, in addition to serving as selectman, he served on the Colebrook School Board.

At the county level, was a Coos County commissioner, county treasurer, and, at the time of his death, a member of the Coos County Planning Board.

"One of the things he said to me two years into my term as commissioner is you are the first commissioner to do his job in a long time," said former Coos County Commissioner Rick Samson, who knew King for decades. "He said you will get discouraged, but don't give up, whatever you do. That meant a lot to me. I depended on Fred for information, and he had a wealth of knowledge and a wealth of experience. I think he served the North Country probably better than any representative or senator we ever had. He held about every position a public servant can hold, and he was a true public servant."

District 1 Executive Councilor Joe Kenney said King "is one of the most regarded statesmen in the state of New Hampshire for his wisdom, strength, and knowledge of issues, particularly issues that dealt with the North Country."

In 2018, legislation passed to name the welcome center along Route 3 in Colebrook, just north of the village center, after King.

In its statement of intent, House Bill 1278 read, "Mr. King's litany of public service to the state and the North

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Cyan Magenta Yellow Black

AHEAD Opens \$10 Million Affordable Housing Complex

BY ROBERT BLECHL

Staff Writer

BETHLEHEM — It was a lesson in persever-

There were permit and approval delays, financing revisions, rising construction costs, and a host of other challenges, years of them.

But persistence paid off, and the North Country now has 28 new units of affordable housing, making one big step toward addressing the region's current shortage of housing options.

"Oftentimes, it's through blind faith that you're allowed to keep a project like this going," Mike Claffin, executive director for the Littleton-based Affordable Housing, Education and Development Inc., said Friday, Feb. 19, during a celebration and ribbon cutting for AHEAD's new housing development, called Community Living at Lloyd's Hills, at 2506 Main St./Route 302.

Also celebrating were representatives of the funding organizations, AHEAD staff members, the construction crew, and local lawmakers.

The \$10 million project, a half-decade in the making and featuring 14 two-bedroom rental apartment units and 14 three-bedroom units, also drew the praise of New Hampshire's federal delegation.

"This is a wonderful example of what can and should happen in our community," said Claffin. "We're in the middle of an affordable housing crisis across the United States, in the state of New Hampshire, and especially in the communities of the North Country. Hopefully, Lloyd's Hills is the start of something new and can be an example and one answer to the problems."

AHEAD property management has already

leased about half of the 28 units, and families can begin moving in on Monday.

It is also AHEAD's first project that includes solar energy from a 100kW solar panel array that will reduce utility costs for tenants, said Claflin.

"We hope to be able to use that technology in our future projects," he said.

Providing the federal low-income housing tax credits that made up the bulk of Lloyd's Hills financing was the New Hampshire Housing Finance Authority.

"This project had been so challenging over such a long period of years," said Rob Dapice, managing director for the NHHFA. "For a lot of affordable housing projects, these projects are very hard to put together. As AHEAD steered this project through the incredible series of obstacles over years to bring it to fruition, it got harder and harder and we had to evaluate if we were still committed to the project the way Mike and his team were."

In the last two years, the total project estimate rose by \$2 million from the delays that inevitably drove up construction costs, said Claflin.

As the NHHFA talked through its decision-making, Claflin told the agency of the importance of Lloyd's Hills, said Dapice.

"As a state-wide organization with a mission of serving the housing needs of people around the state, we had to reflect on the fact it would be hard to serve the needs of residents in the North Country without a partner like AHEAD," he said. "When Mike came to us and said this project needs to happen and this is what we need to make it happen, we all got in the boat together and pushed out from the shore. It's an incredible relief to be able to touch down on the opposite shore."

Dapice thanked all of those involved who made it

happen, including the construction contractor, H.P. Cummings, of Woodsville.

"You guys have done something amazing here,"

Chuck Henderson, North Country representative for U.S. Sen. Jeanne Shaheen, D-NH, said the new AHEAD project and others like it are vital for the region's economy.

"Housing like this is the key to economic development moving forward," he said. "This has a lot of ripple effects throughout the community."

Henderson read a letter from Shaheen.

"In the North Country and throughout New Hampshire, the shortage of affordable housing is holding back economic growth, but your persistent efforts here in Bethlehem will add vibrancy to this community," wrote Shaheen. "For the final months of this pandemic and for decades to come, families will enjoy life in these energy-efficient homes set amidst conserved forest lands with trail access."

Ben Belanger, special assistant for the North Country for U.S. Sen. Maggie Hassan, D-NH, read a letter from Hassan, who wrote that "affordable quality housing is critical to our economy, our quality of life, and helps build strong communities. AHEAD not only strengthens our middle class and ensures that working families can thrive, but it also helps businesses grow."

In a letter read by Brian Bresnahan, her North Country representative, U.S. Rep. Ann Kuster, D-NH, noted AHEAD's 30th anniversary and said the organization "has been bringing people home

"Lloyd's Hills will provide affordable housing for working families and support the growth of our local businesses and economy," wrote Kuster. "For too long regional housing shortages have hindered

the ability to hire, train and maintain long-term employees. Situated with a short commute to regional industry and manufacturing centers, Lloyd's Hills is uniquely placed to meet the needs of working fam-

In addition to the NHHFA, Claffin thanked the project's other funders, which include the New Hampshire Community Development Finance Authority, the federal home loan banks of Boston and Atlanta, TD Bank, Woodsville Guaranty Savings Bank, NeighborWorks America, the Mascoma Savings Bank Relief Fund, the Thomas W. Haas Fund, and Eversource Energy.

Lloyd's Hills, which is the very first name of Bethlehem before it was incorporated in 1799, sits on a 44.47-acre parcel that contains a 31.75-acre conservation easement.

The site was selected because of its access to municipal water and sewer and proximity to the Bethlehem village and the school, but it was not without its challenges that included slopes, wetlands, and difficulties in obtaining local approvals, said Claffin.

Now compete, the complex features four two-story townhouse apartment buildings and a community

"Twenty-eight families will live here, the children will populate the schools, the young parents will hopefully populate the local school and town committees, and the balance of the residents will support this wonderful community of Bethlehem," said Claflin.

After 10 years of looking to buy property in the Lincoln-Woodstock area, AHEAD bought eight acres in North Woodstock and plans to eventually build up to 80 housing units during a phased development, said Claflin.



On Monday, the first families can begin moving into Community Living at Lloyd's Hills, a 28-unit apartment complex in Bethlehem by AHEAD that was celebrated with a ribbon cutting on Friday. (Photo by Robert Blechl)

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Obituaries

Shirley L. McAllister

Shirley L. McAllister, 90, of Woodsville, N.H., died Friday morning, Feb. 19, 2021, at Cottage Hospital in Woodsville, after a brief illness.

Born in Hamilton, Ill., on April 29, 1930, the daughter of Elmer and Clara (Roskamp)

Schrader. Shirley grew up in Hamilton, Ill., and graduated from Hamilton High School in 1948. She married David E. McAllister on Oct. 14, 1950. The couple moved East and in 1953 started



Shirley McAllister

working at the family-owned jewelry store in Woodsville, N.H. (S.F. McAllister Jewelers). Shirley helped with bookkeeping for the business and raised their three children.

Following their retirement, they spent part of their winters in their retirement home in Sarasota, Fla. Shirley enjoyed many hours with her family at camp on Hall's Lake.

Shirley had many hobbies such as walking, sewing, knitting, reading, and working on puzzles. She was very active in the community attending her children's activities and being a member of Couples club, Girls club, Progressive Club, and Exercise club. She volunteered for Sunday school, 4-H club, secretary for ambulance services and Horse Meadow Senior Center. She served on the board for the Home for the Aged for over 50 years. She also worked for a time for both Dartmouth College and Grafton Courthouse.

She leaves three children: Donna Coutermarsh and husband Barry of Hollis, N.H., Michael McAllister and wife Ann of Meriden, N.H., Scott McAllister and wife Jeneil of Woodsville; 6 grandchildren; 8 great-grandchildren, a brother Ken Schrader and wife Marianna of Galesburg, Ill., and several nieces and nephews.

She is predeceased by her husband, David E. McAllister; a sister Elaine Limkemann and brother Larry Schrader.

Shirley's caring ways will be missed by all who knew and loved her.

A graveside service in Hillside Cemetery, South Ryegate, VT, will be held later

In lieu of flowers, contributions may be made to the Horse Meadow Senior Center, 91 Horsemeadow Road, North Haverhill, NH 03774.

For more information or to offer an online condolence, please visit www.rickerfh.com

Ricker Funeral Home & Cremation Care of Woodsville is in charge of arrangements.

Jane M. Smalley

Jane M. Smalley, 84, Landaff, N.H., formerly of Gale Chandler Road, died on Wednesday, Feb. 17, 2021 at the Lafayette Center, Franconia, N.H.

Jane was born in Melrose, Mass. on Jan, 28, 1937 to Leslie and Cecilia (Boyd) Steeves. She grew up as a close family member of the Prentis Family. She resided and raised her family in Burlington, Mass. where she

was employed as an administrative assistant with Dr. Fertman's orthodontist office and also as a teller with the Com-Bank. mercial Her family enjoyed spending summers with extended family



Jane Smalley

members in South Carver, Mass.

Jane was a devoted member of the Lisbon Bible Church and of the Grange. She enjoyed volunteering at Littleton Regional Hospital. In her spare time she loved knitting. Traveling was a passion and she spent time overseas in Italy, England, and Scotland as well as visiting attractions in the US and Canada.

She was predeceased by her ex-husband, Kenneth M. Smalley, Sr.; a son, Kenneth M. Smalley, Jr.; and a brother Arnold Steeves.

She is survived by two sons, Steven Smalley and wife Julia of Tyngsborough, Mass, and Dan Smallev and wife Eleen of Wilmington, Mass.; a daughter-in-law, Janet Smalley of Billerica, Mass.; eight grandchildren; and nieces, nephews, cousins, and friends.

There will be a calling hour on Saturday, Feb. 27 from 1-2 p.m. at Ricker Funeral Home, 1 Birch St., Woodsville,

A graveside service in the Landaff Center Cemetery will be announced at a later

For more information or to offer an online condolence, please visit www.rickerfh.com.

Ricker Funeral Home & Cremation Care of Woodsville is in charge of arrangements.

Ricky Merrell Mardin

Ricky, 36, of Lunenburg died Feb. 16, 2021 at Loch Lomond in North Concord, unexpectedly but peacefully. Ricky was born in St. Johnsbury, Vt. on Jan. 16, 1985 to Ricky and Carolyn (Egnew) Mar-

Ricky grew up in Littleton, N.H., moving to Lunenburg with his family where

he remained. He was a guy with a big heart, loved sitting around with his family listening to music and playing cards. A huge movie buff, Ricky grew quite the collection of VHS tapes over the years. Actions and comedies were a favorite, but he enjoyed most any genre. He was a kind, warm and jovial soul with a big heart. He and his dad were inseparable throughout his life and he will be dearly, dearly missed. The children in the family lost their biggest teddy bear and advocate.

Ricky is survived by his father, Ricky Mardin; son: Michael Merrell Mardin Hampson; nine siblings: Jenny Mae Currier (Steve) of Whitefield, N.H., Laurie Savage (Bill) of Littleton, N.H., George McLeod of N.C., Timothy McLeod of Bath, N.H., Tracy McLeod of Baltimore, Md., Jerry Egnew (Lisa) of Street, Md., Ronald Egnew (Crystal) of Street, Md., James Egnew (Tammy) of Littleton, N.H. and Jody Mardin of Lunenburg, Vt.; as well as many aunts, uncles, cousins, nieces and nephews.

He is predeceased by his mother, Carolyn Egnew Mardin.

There will be no services at this time.

Memorial donations may be made in Ricky's name to St. Jude Children's Research Hospital at https://www.stjude. org/.

Memories and condolences may be shared with family at saylesfh.com.

George Francis MacDonald

George Francis MacDonald, age 72, of Junction City, Oregon passed away Feb. 13, 2021 following complications from back surgery at McKenzie-Willamette Hospital. While he lived in Alaska since 1968, he became a permanent "RVer" in Oregon for several years, looking for warmer climate in retirement.

George born Nov. 23, 1948 in Concord, Vermont. He is the youngest son of John L. and Frances E. Mac Donald of East Concord, Vermont.



George attended Concord High

George MacDonald

School and graduated from St. Johnsbury Trade School in 1968 as a machinist. Immediately, he was hired by a small Alaskan company, M & O Automotive, who paid his way to Fairbanks, Alaska. Since his sister and brother-in-law, Natalie and Donald Thomas already lived in Fairbanks, it was an excellent opportunity for him.

During his career, he had some of the top jobs. He was an excellent machinist



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Warrant Article Would Not Eliminate Opera House Management

LITTLETON — It's a short warrant article, but the new manager of the Littleton Opera House wants to make sure that it's fully understood before the March 9 town meeting ballot vote.

And no, an affirmative vote would not abolish management at the town-owned historic building and cultural arts venue.

Article 41, seeking to discontinue the Opera House Management Commission, states, "To see if the Town will vote to eliminate the Opera House Management Commission."

The wording can be a little confusing because the all-volunteer Opera House Commission does not have the word "management" in its official name on the town web site and in its meeting minutes.

Adding to that confusion was the Feb. 4 deliberative session, when the draft warrant was presented to voters.

Because of a character limit, the article omitted the word "commission," leading some residents to possibly conclude that the intent of the article is to eliminate all opera house management.

"If the guy who's managing the opera house can get confused by that, there is probably a window for other people to get confused as well," Adam Reczek, the opera house manager, said Tuesday. "I had a little bit of a panic myself when I was at the deliberative session."

The intent of the article, rather, is to keep Reczek, who took over as manager in December as a town employee, and have him assume all management duties.

Currently serving as opera house commissioners are George Mitchell, Dan Stearns, Don Merrill and Dick Alberini.

Several commissioners have written letters in support for the warrant article and eliminating the commission, among them Alberini, who became a commissioner nine years ago.

"It really wasn't doing a heck of a lot then," Alberini said of the commission. "It's not needed. It's like putting the post back downtown to tie your horse to."

The commission hasn't met for several years, ever since now-retired opera house manager, Sue Pilotte assumed the job, he said.

"When Sue came in, we realized the whole change to that place," said Alberini. "We did a lot of moving and shaking on our own to get stuff going, but we're just a bunch of volunteers. We moved and shook as far as we could ... I remember having a meeting and Sue said this is happening and that is happening, and it finally hit that we have no function whatsoever, and that's okay."

Reczek said he and Pilotte didn't know a warrant article was needed to discontinue the opera house commission until they contacted selectmen.

The article carries no tax impact and is recommended 3-0 by the Board of Selectmen.

The town meeting ballot vote is scheduled from 8 a.m. to 7 a.m. on March 9 at the town garage on West Main Street.

"It's important to note that [the commission] was vital when it came about, but it no longer is," said Reczek. "I appreciate the legacy of everyone who's come before me as the caretaker of this place, and that includes the commission, that includes Sue. They've certainly helped pave the way for me and future managers of this building."

Reczek currently works 29 hours a week and is due to shift to 34 hours in a month.

He outlined his near- and long-term vision and noted that the second half of his job title, after manager, is cultural arts coordinator.

"It's more of a curator role of the arts," said Reczek. "That's where the second half of my function comes into play, creating programming. Obviously, we're at a standstill with that right now, but we have some programs in the works that don't require a packed house in order to feature local performance artists. The idea is to not have it at a standstill, but have it as an altered version of what we want it to be as a full-fledged music venue with big bands and packed houses every weekend, and, ideally, once this is behind us, that's what it will become more like."

The opera house has a new, refreshed sound system and will have

Judge Refuses To Order Remote Access To New Hampshire House

CONCORD, N.H. (AP) — The New Hampshire House can proceed with in-person sessions this week without providing remote access to medically vulnerable lawmakers, a federal judge ruled Monday.

Seven Democratic lawmakers sued Republican House Speaker Sherm Packard last week arguing that holding in-person sessions without a remote option violates the Americans with Disabilities Act and the state and federal constitutions, and forces them to either risk their lives or abandon their duties as elected officials.

They sought a preliminary order requiring remote access, but U.S. District Court Judge Landya McCafferty denied their request. Without ruling on the merits of the case, she said the speaker can't be sued for enforcing a House rule that is "closely related to core legislative functions."

"While today's ruling is a setback, history will judge New Hampshire House Democrats favorably for standing for public health and democracy during this pandemic," said House Democratic Leader Renny Cushing, one of the lawsuit's plaintiffs. "Unfortunately, this case has exposed the callous indifference of House Republican leadership toward our most vulnerable members during the COVID-19 crisis that has taken the lives of a half a million Americans."

Since the start of the coronavirus pandemic, the 400-member House has met several times at the University of New Hampshire ice arena, outside on a UNH athletic field, and — after former Speaker Dick Hinch died of COVID-19 — from their cars in a parking lot. The sessions scheduled for Wednesday and Thursday will be held at a sports complex in Bedford that

offers more space to spread out than the previous facilities, as well as separate entrances for members from opposing parties.

Lawmakers will sit 10 to 12 feet apart and will be encouraged to remain in their seats. Masks will be mandatory for legislative staff, media and other non-members but only "recommended" for the lawmakers themselves. Similarly, non-members who have recently traveled, have COVID-19 symptoms or have been in close contact with someone with the virus cannot attend, but for lawmakers, staying home under those circumstances is only a recommendation.

There will be separate seating areas for those who choose not to wear masks and for those who are unable to wear masks due to disabilities. A large garage door next to the non-mask-wearing section will be opened to allow maximum air flow.

"We will continue to work with all House members to ensure that if they choose to attend any legislative meeting in person, that they can be confident that we are taking a high degree of precaution, and have extensive health and safety measures in place," Packard said in a statement.

But Cushing said the ruling makes clear that the speaker is "solely to blame for active and obvious exclusion of members of the House."

"As we teach our children, just because you can do something does not mean you should," he said.

Nearly 70,000 people have tested positive for the virus in New Hampshire, including 252 cases announced Monday. The number of deaths stood at 1,154.

The seven-day rolling average of daily new cases in New Hampshire has decreased over the past two weeks, going from 383 new cases per day on Feb. 7 to 375 new cases per day on Sunday.

new rigging and lighting in a couple of weeks.

"We're taking this time to max out on setting ourselves up for success when COVID is finally behind us," said Reczek. "We're looking forward to having people back here."

Profile School To Go All Remote Following Winter Vacation

Following the recommendation of the Profile School Advisory Committee, the Profile School Board voted unanimously to shift the 7-12 school in Bethlehem into all-remote learning for two weeks, beginning Monday, March 1, following winter vacation.

"The main thing was that although the numbers are trending down, they are still not at the level they were last fall before Thanksgiving and Christmas," said Kim Koprowski, chair of the school board. "We felt this was the safest thing to do ... We have to err on the side of caution. People are COVID-exhausted and we want to make sure we are doing the right thing even if not everyone else does."

The concerns about COVID-19 risk and exposure are similar to concerns some school boards and administrators voiced about the Christmas and New Year's holidays, a time when travel was expected to be higher and risk of infection greater.

Numbers in New Hampshire bore that out in January, when cases spiked locally and schools that resumed classroom learning had a number of exposures that prompted cohorts of students, teachers, and staff members to self-isolate at home, including more than 50 at Littleton High School.

Numbers began to decrease several weeks ago, and as of Monday, confirmed active cases were less than five in the Profile School communities of Bethlehem and Franconia at zero in the towns of Sugar Hill and Easton.

Still, risks remain, said Koprowksi, who pointed out a recent spike

in cases at Plymouth State University, which in a span of several days went from 30 to more than 180 cases.

"They locked down the university in hopes of controlling that," she

While not all parents at Thursday's school board meeting agreed with the idea of all-remote learning for two weeks, Koprowski said she and White Mountains School District SAU 35 interim Superintendent Tari Thomas received written concerns from a number of parents worried that some other parents and students might travel out of the area during winter break, return to school, and not be honest about their travels.

Another consideration, she said, was brought up by Jill Brewer, a Profile School counselor, who had to previously quarantine with a cohort of students after close being in close proximity to a teacher who felt fine coming into school on one of the first days back from Christmas vacation, only to feel ill a few hours later and then test positive.

"Jill was in close contact and checked in on them every day and said

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ON THE COVER: The ribbon was cut Friday during a celebration on the opening of AHEAD's Community Living at Lloyd's Hills, a \$10 million apartment complex in Bethlehem. Left to right: Ben Belanger, North Country assistant for U.S. Sen. Maggie Hassan, D-NH; Brian Bresnahan, North Country assistant for U.S. Rep. Ann Kuster, D-NH; Mike Claflin, executive director for AHEAD; state Rep. Linda Massimilla, D-Littleton; Carol Walker, loan officer at Woodsville Guaranty Savings Bank; and Chuck Henderson, North Country assistant for U.S. Sen. Jeanne Shaheen, D-NH.(Photo by Robert Blechl)

Continued from Page 6

it was terrible to have to isolate," said Koprowski. "They have to stay in their rooms and have to sanitize the bathroom each time they use it. She said she doesn't think anyone wants to go through that again. That was a heavy consideration."

Both state and federal health experts conclude that the virus spreads more easily at the high school level and less in the younger grades, resulting in the Profile School Board to "feel pretty good about the decision," she said.

And more parents this time support the shift to two weeks all-remote, said Koprowski.

According to Thomas, possible COVID cases were likely prevented when the school was in remote learning following Christmas, when several Profile families were case positive.

The only thing that's different this time compared to last time the school was in remote is that students in sports, those on the Nordic ski team and two basketball teams, will have tournaments, said Koprowski.

Those students and their parents agreed through a contract not to travel during winter break and to continue with the mitigation efforts of masking, distancing, and sanitation, she said.

"Hopefully, we will all start getting vaccines," said Koprowski. "They moved the teachers up a little bit, and I believe the teachers will be vaccinated in March, and that will be wonderful. They will try to do it on a Friday, and if they do have side effects, they will have the weekend."

Profile School's remote decision is not expected to conflict with an emergency order signed by Gov. Chris Sununu on Friday that calls on schools to offer in-person instruction to all students for at least two days a week beginning on Monday, March 1.

"My understanding of it is there were a handful of schools in the state that are totally remote and he is trying to push those to go to two days a week," said Koprowski. "Since we have been doing that all year, we've been face to face, with the exception of a remote period. You could call us hybrid. We should be good."

In his order, Sununu said studies show K-12 schools are at low risk of spreading the virus and classroom learning is important for students' mental health and quality education.

SAU 35's younger-grade schools, the K-6 Bethlehem Elementary School and K-6 Lafayette Regional School, are not planning the remote model after winter vacation.

For Profile School, as the vaccine rolls out, Koprowski said the hope is that the upcoming shift to remote will be the last time the school will be in remote learning.

"I am hopeful," she said.

The advisory school committee, which met on Feb. 15 to make its recommendation to the school board, is made up of members that include teachers, administrators and school staff, parents, and the school nurse.

First Look At Woodsville Audit **Coming Next Week**

WOODSVILLE, N.H. — Are the books in order?

The answer will come during a public meeting at the Dr. John A. Bagonzi Community Building at 6 p.m. on Tuesday, March 2.

The Woodsville Precinct is undergoing a fiveyear forensic audit of its finances, from 2015 to 2019, because they did not perform the required annual audits.

Accounting firm Plodzik & Sanderson of Concord will present findings from 2015, 2016, and possibly 2017 at next week's meeting. Audits for 2018 and 2019 are incomplete.

The financial inquiry was ordered last year by the Department of Revenue Administration, at the direction of James Gerry, head of the Municipal and Property Division.

He prioritized the Woodsville audit following his appointment in 2019.

"We determined they badly needed audits, because the internal controls you'd expect to be in place for a village district like this were not in place," Gerry said. "When you don't have internal controls in place, and you don't have an audit, you have virtually no oversight of anything. From a state perspective, that's a recipe for disaster."

The Woodsville Precinct's last audit occurred in 2014, and was a "failed audit," Gerry said.

"The proper records were not made available [to auditors in 2014], they could not do the audit, and they made note of that in their findings," Gerry said. "From that point on, the DRA was actively pushing them to get audits done. They had a few years where they elected an auditor to perform the function. The person was elected twice but never performed an audit. And they claimed financial statements were audited that were not audited."

The audit covers all five Woodsville enterprises: Highway, water and light, wastewater treatment, fire and EMS.

Combined, those agencies are projected to control more than \$6.2 million in yearly revenue and \$6.6 million in annual spending In 2021.

Some observers, including Select Board Chairman Darwin Clogston, speculate the audit will uncover financial mismanagement within the Woodsville Precinct.

Others, such as Woodsville Precinct Commissioner Steve Wheeler, argue no wrongdoing will be

State officials would not release details of the audit ahead of the March 2 meeting.

The audit is one of several politically charged issues involving the Woodsville Precinct.

The others are as follows:

HIGHWAY FUNDING: Town officials have objected to Woodsville Highway Department funding levels as excessive. As a result, WHD has filed a lawsuit against the town, and the town has supported state legislation to increase Woodsville's share of WHD costs.

FIRE DEPARTMENT MERGER: The plan to merge the North Haverhill, Haverhill Corner and Woodsville Fire Departments into a single town department was approved by 2020 Town Meeting. However, it must also be approved by the individual fire districts. North Haverhill said yes, Haverhill Corner will vote again this year, Woodsville has declined to bring the issue to a vote.

AMBULANCE CONTRACT: The Board of Selectmen did not automatically renew traditional EMS provider Woodsville Ambulance, in order to perform a cost comparison. They await a competing bid for Warren Wentworth Ambulance, which **CLOSE TO HOME**

Light Returning

Years ago, I was in a meeting where seasonal marketing was the topic at hand, and a woman there suggested that February marks the beginning of Spring. She was from a more southern realm, one, I imagine, where in February tulips bloom and green leaves unfurl. Here, February is that place about three months into our five – give or take – months of winter.

While spring still seems a long way off, however, there are noticeable changes afoot. To me, the most welcome of these is the gradual return of light.

The abundance of darkness is the only thing about winter I do not like. I love the snow and the glittering of frost-covered trees. I can deal with the cold, thanks to the wonders of fleece and down, central heating (in our house via old steam radiators), a small space heater

under my desk, and the comforting glow of a blaze in the fireplace. But the dark can be tough - physically, emotionally, mentally. It's no wonder people have long celebrated the promise of lengthening days during the darkest season of the year - centering holidays around the solstice and engineering such

marvels as Stonehenge to mark the sunset of the shortest day. I dread the lingering creep of darkness each November, weeks before we arrive at the first official day of winter. The distraction of Christmas and (in our family) a month of birthdays beyond the winter holidays buoys me during the season's protracted darkness. But come February, I'm ready for a little bit more light, maybe even a sustained



BY MEGHAN MCCARTHY MCPHAUL

hint of warmth.

Even for this winter lover, at this point, deep into the season, I begin to feel as if I'll never quite shake the chill of winter. As if the perennials buried under layers of snow and ice in the front garden will never green up and bloom. As if my thickly-stockinged feet will never again walk – unclad – along warm sand or soft grass.

But then, somewhere about half-way through this shortest month, I notice the light returning.

I can set off on a late afternoon ski through the woods now and not worry about being caught in darkness. And on school day mornings, when I rouse my daughter from sleep and raise the blinds of her east-facing window, dawn is already breaking over the mountains. Only a few weeks ago, that eastern sky was still pitch black so early in the day, and darkness fell well before supper time each evening.

Now, it is still bright at 5 o'clock and not quite so dark on the other side of the windows as we move around the kitchen preparing dinner. On ski mornings, as we head down the hill toward the mountain, the sun is higher in the sky. Some days, that sun is obscured by falling snow. And that is the joy of February – it offers the best of two worlds: returning light and, often, the best skiing of the season.

Meghan McCarthy McPhaul is assistant editor for Northern Woodlands and a former staff reporter for the Caledonian-Record.

would provide 24/7 coverage out of the North Haverhill Fire Station.

Police Athletic League Returns To North Country

LANCASTER — The Police Athletic League is back.

White Mountain PAL will begin offering boxing and wrestling programs later this year, once COVID-19 restrictions are loosened.

Dormant for nearly a decade, White Mountain PAL will be based out of Kaze Dojo in Lancaster. The non-profit organization will serve children ages 6 to 18 at no cost.

Lancaster Police Chief Tim Charbonneau and Kaze Dojo owner Greg Williams spearheaded the creation of the PAL program.

It was made possible by a \$10,000 grant, awarded through the Governor's Office for Emergency Relief and Recovery (GOFERR) program. Those funds went towards the purchase of a boxing ring, heavy bags, gloves, headgear and other equipment.

Williams said the program is currently seeking instructors, along with additional funding for enrollment and operational costs.

The Police Athletic League was established to help prevent juvenile crime and violence. It does so by providing mentorship, athletic, and educational opportunities and resources, according to the national PAL mission statement.

Founded in New York City in 1914, PAL has grown to over 300 member chapters across the United States.

White Mountain PAL last operated out of Whitefield around 2010.

It will also promote positive interactions between youth and law enforcement, Williams noted.

"[Chief Charbonneau] wants his officers to be involved with the youth, get to know these kids as they grow up, and form a bond. That's huge," Williams said.

For Williams, 57, it's an extension of his life's

In addition to running Kaze Dojo, which offers martial arts, boxing and grappling training, Williams is a substance misuse prevention coordinator with the North Country Health Consortium.

In that role, he works to implement the state's Recovery Friendly Workplace program, created to help employers assist employees in recovery.

Williams also helps to coordinate the annual

Yellow Black

Obituaries

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and had a passion for Mercedes with diesel engines. Following M & O Automotive, he worked at the University of Alaska Fairbanks machine shop where he fabricated rockets to study the beautiful Aurora. He next worked at the Alaska Oil Pipeline Pump Station in Delta Junction. While living near a small airport in Delta, he earned his pilot's license and purchased an airplane. He then worked at Fort Knox Gold Company near Fairbanks. Later on, near Fairbanks, he set up machinery as a millwright on the military base. His passion was diesel engines and Mercedes. He lived in Nenana, Alaska working on the Yutana Barge Lines serving small villages for hundreds of miles until they reached the Bering Sea near Russia. Villages were always so grateful to see the barge pull up with a load of supplies. He also worked on a road construction job on the Steese Hwy near Chatanika, Alaska. Work took him to many locations throughout Alaska: Eagle, Delta Junction, Nenana, Chatanika, and others. He never had to look for work, it found him.

His Rottweiler, Roxie, was so well trained, it was a challenge to figure out what she knew! A memorable month-long trip to Australia was a highpoint as well as many trips in the United States. He had lots of stories of hunting, fishing and boating throughout the years.

George was preceded in death by his paternal grandparents, Harry (Cleona) MacDonald, maternal grandparents, Franklin (Florence) Whitcomb, father, John L. MacDonald, aunts and uncles. Howard MacDonald, Lillian (Peter) Tatro, Lyle (Rachel) Whitcomb of Littleton, N.H., nephew, Jeffery O. Thomas, Fair-

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banks, Alaska, and daughter, Natalie Nichole, Pahrump, Ore.

George is survived by his mother, Frances E. MacDonald, of East Concord, Vt., aunt Ruth MacDonald, of East Concord, Vt. siblings, Natalie (Donald) Thomas, and Fairbanks, Alaska, John M. (Ferne Loomis) MacDonald, of Victory, Vt. and Mary Jo (Glendon) Hale, Jr., of Havelock, N.C., daughter, Kim (Carl) King of Anchorage, Alaska, and grandchildren, Sarah and Abigayle King, nephew, Andrew Thomas of North Pole, Alaska, niece, Allison (John) Carter of Fairbanks, Alaska, nephew, Ian (Becky) MacDonald of East Concord, Vt., Erik (Alison) Hale, Jr. of Harrisburg, Va., Ethan Hale, Jr. of Havelock, N.C., and younger family members, Bailey, Kylee and Preston Carter of Fairbanks, Alaska, Kenyon, Michaela and Ayla MacDonald of East Concord, Vt., and Schuyler Thomas, Fairbanks, Alaska.

There will be no service at this time. Burial will be at Overlook Cemetery, East Concord, Vermont, Donations may be sent to a favorite charity of your choice in his memory. Condolences and cards may be sent to the family at nathomas@alaska.edu, or by mail to: Natalie Thomas, 56 Summit Dr., Apt 217, Whitefield, NH 03598.

There will be no service at this time. Burial will be at Overlook Cemetery in the Summer.

Raymond Charles Newton

Raymond Charles Newton, 36, of Gilman, Vt., died unexpectedly on Sunday, Feb. 14, 2021 at his home. He was born in Lancaster, N.H. on Feb. 14, 1985. He graduated from Groveton High School in 2003 and earned a certificate in Automotive Technology from Manchester Community College in 2006.

Raymond worked as a technician at St. Johnsbury Buick and GMC. He enjoyed fishing, hunting, hiking, playing guitar, riding ATVs. He especially enjoyed geocaching with his daughter. And, playing magic cards with Maggie and his two bonus kids as he called them. His mechanical skills were valued in the pits at Riverside Speedway in Groveton as well as White Mountain Motor Sports Track in Woodstock. Ray was an amaz-

ing man, with good character, very loving and caring and so very creative. He was capable of giving so much love as he was born on and passed away on St. Valentine's Day. He was a friend and big brother to all. If you knew Raymond as a friend, he was your best friend no matter how long he knew you. He would do anything for the people he loved.

Raymond is survived by his Fiancé Meagan LePage and her two daughters Adriena and Autumn of Gilman, Vt. his beloved daughter, Maggie Lorraine



Raymond Newton

Newton, his father, Brian Newton and his partner Kathy Frechette of Groveton, N.H., his mother Becky Merrow, ESQ and her partner Fredrick Lauten, PhD. of Colebrook, N.H., maternal grandmother, Lorraine Merrow of Lancaster, N.H., and paternal grandfather Raymond "Sonny" Newton Jr. of Concord, Vt. Jr. "Ray" had a vast network of many friends.

Calling hours will be Friday, Feb. 19, 2021 from 4-6 p.m. at the Armstrong Charron Funeral Home, 100 State St. Groveton, N.H. Face coverings and social distancing will be required of those in attendance. A Mass of Christian Burial will be celebrated privately at St. Francis Xavier Church.

To share memories and condolences go to www.armstrongcharronfuneralhome.com.

Delayed Until Next Year

The House Education Committee last week decided to retain a bill that would create "education freedom accounts" that could be used toward private school or home school expenses. Lawmakers will continue to work on it, but it won't come up for a vote until next year.

provide options for families dissatisfied with their local schools, particularly during the coronavirus pandemic.

tricts and allow wealthy parents to use taxpayer money to send their children to private schools that are free to discriminate against applicants on the basis of gender, sexual orientation, race and more.

Action On School Choice Legislation

CONCORD, N.H. (AP) — New Hampshire lawmakers are setting aside a spirited debate over school choice for the next year.

During lengthy public hearings, the bill's supporters argued it would

Opponents argue the bill will drain money from public school dis-

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Man Pleads Guilty To Voting Twice In 2016 General Election

CONCORD, N.H. (AP) — A New Hampshire man has pleaded guilty to voting twice in the 2016 general election, using two different names. Vincent Marzello, 65, of Lebanon, was arrested last year and charged with wrongful voting, a felony. Authorities also filed a civil penalty against him Wednesday for obtaining a ballot in someone else's name. Marzello's right to vote in New Hampshire was terminated. A phone message seeking comment from his lawyer was left Thursday.

Marzello voted once as himself and once under the name Helen Elisabeth Ashley, authorities said.

Someone by that name had signed up with the New Hampshire Democratic Party to serve as an election inspector. State law allows the two major political parties to appoint two inspectors per polling place who typically help check-in voters and perform other tasks. A party spokesperson said last year it had no prior interaction with Ashley and suspended the appointment after learning of the investigation.

NOTICE TO THE VOTERS OF THE WHITE MOUNTAINS REGIONAL SCHOOL DISTRICT

ANNUAL MEETING

(2nd Session)

The White Mountains Regional School District's Annual Meeting (2nd Session) to elect officials and vote on warrant articles (operating budget; 1-year teacher collective bargaining agreement; and appropriations into capital reserves and trust funds) by official ballot will be held on Tuesday, March 9, 2021, at your respective polling places as follows:

Carroll Town Hall 8:00 a.m. - 7:00 p.m. 8:00 a.m. - 7:00 p.m. Dalton Municipal Building 12:00 noon – 8:00 p.m. 8:00 a.m. – 7:00 p.m. Former Elementary School Jefferson Town Hall Lancaster WMRHS Whitefield 8:00 a.m. - 6:00 p.m.

COVID-19 guidelines from the New Hampshire Department of Health and Human Services regarding social distancing measures and face coverings will be followed.

White Mountains Regional School Board



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Cyan Magenta

Black

King

Continued from Page 2

Country is legendary. The Coos County Commissioners and the Colebrook Board of Selectmen enthusiastically endorsed the naming of the rest area after Mr. King. The naming of this very visible facility in the North Country is a fitting tribute to a citizen of the North Country who donated many years of public service to benefit his constituents and the citizens of New Hampshire."

In terms of impact, Kenney said King is a powerhouse who is up there with the late Executive Councilor Ray Burton, who served on the council for more than three decades, and with the late Harold Burns, of Whitefield, who served for nearly three decades as a state representative and was the speaker of the House of Representatives for five of them before going on to serve in the New Hampshire Senate.

"I recall serving with him in the House," said

Kenney. "I was a junior member at the time and he was someone people looked up to for guidance and wisdom. He wasn't wasteful with spending and was always a good steward of tax-payers' dollars."

When Lamontagne was working in the business world, living in Colebrook, and serving as chairman of the Coos County Economic Development Corp., King, then serving at the statehouse, reached out to him regarding the creation of a property tax abatement program for the county that allowed new businesses setting up shop in the region or existing ones that were expanding to qualify for a tax abatement in return for creating much-needed jobs.

"He worked very hard to see that through," said Lamontagne. "It was one of the rare incentives that we had, and one of the comments he would make constantly was that the North Country needed that extra boost just to keep up with the competition from the rest of the state. He had to fight hard for it because there were folks in the southern part of the state who didn't

think it was fair. When the issue of fairness came up, he said we are in a position to need these extra things just to be on a level playing field. It passed, and was renewed a couple of times."

The abatement was later expanded to other parts of the state, though King came up with the idea, he said.

Toward the end of his time in the House, King also helped reinstate the Coos Count Jobs Creation Tax Credit back into law, said Lamontagne.

King used to feel he'd have to fight twice as hard as his colleagues in mid- or southern Hampshire just to make his voice heard, and he exercised persistence, said Lamontagne.

"He never stopped trying, that's for sure," he said.
Kenney said, "When people think of icons in
the North Country, they certainly think of Fred
King. We're glad he lived a long life and contributed so much."

King and his wife, Betty, had three children, including their son, David King, who serves as administrative judge for the New Hampshire Circuit Court.



Friends and colleagues are remembering Fred King, a Republican from Colebrook, seen here as a Coos County Planning Board member in 2016 reviewing a permit application for the redevelopment of The Balsams Grand Resort, as a tireless champion for the North Country. King, who served in the New Hampshire House of Representatives and New Hampshire Senate, died Saturday at the age of 91. (File photo by Robert Blechl)



February is "National Hot Breakfast Month"

Breakfast is an important meal of the day, spend time enjoying something special from these businesses. While in Lancaster, stop in at Fuller's Sugarhouse for maple syrup or check out the daily specials at The Granite Grind. In Littleton you've got Crumb Bum Bakery, The Coffee Pot, The Topic of the Town and in Sugar Hill, Polly's Pancake Parlor. Check out their ads below and enjoy!!!





















Continued from Page 7

"Up" Granite Youth Conference, a day-long event for middle and high school students, to promote substance misuse prevention efforts.

While different, PAL can accomplish a similar goal, and make a positive difference in the lives of local residents.

Said Williams, "I've seen first-hand how even a one-hour lesson, taught by the right instructor, can change a child's opinion of himself and change that soundtrack in their head."

For more information contact Williams at 603-728-5048 or email kierukazel@gmail.com

Whitefield Economic Group Launches Parking Survey

WHITEFIELD — The Whitefield Economic Development Corporation and North Country Council are asking community members to complete a survey about downtown parking.

The 11-question survey looks at parking habits, utilization, inventory and locations in Whitefield Village. It will remain open indefinitely to promote maximum participation.

It can be found at https://bit.ly/WParking

The goal is to clarify the downtown parking situation, and guide future discussion of parking issues, said WEDC board member Jared Cape.

"We want to provide clearer information about the situation, as residents see it," Cape said, adding, "The WEDC has no capacity to implement changes on its own. But we can collect the information and put it together for the town."

The survey would also measure if downtown parking aligns with the town's economic development goals.

The town's 2019 master plan calls for more downtown parking, as part of greater efforts to attract and grow businesses, and encourage more people to shop, dine and play in Whitefield center.

"The big vision is a welcoming, thriving downtown," Cape said. Efforts like the survey lay the groundwork for future growth, he added. "We want to make sure the infrastructure is in place."

In coming weeks, the parking survey will be promoted through community flyers and the Northern Gateway Chamber of Commerce's weekly newsletter. The Whitefield Public Library will distribute paper copies of the survey.

It complements another effort: Complete Streets. Complete Streets is a transportation policy and design approach that allows for safe travel by those walking, cycling or driving. Measures include wider sidewalks, bike lanes, bus lanes, safe crossing opportunities and median islands.

Whitefield voters will consider an advisory warrant article at Town Meeting in March, which asks the town to adopt Complete Streets principals through its master plan and development ordinances and guidelines, and to incorporate those principles into future roadway and transportation projects.

WEDC put forward the advisory article.

"The concept is that transportation networks should meet the needs of all users regardless of age, ability or mode of transportation," he said, adding, "You want a transportation network that meets

Sununu: All Schools Must Have Two Days Of In-Person Learning

CONCORD, N.H. (AP) — New Hampshire Gov. Chris Sununu said Feb. 18 that he's going to issue an executive order stipulating all school districts in the state have at least two days of in-person learning during the coronavirus pandemic.

The order would take effect on March 8, Sununu said at his weekly news conference. He said there are only about a half-dozen districts left in the state that aren't offering a hybrid schedule.

"It isn't just so the kids come back and have a more fuller, robust learning model," Sununu said. "It really is for the behavioral and mental health, the isolation issues, that so many of our students have been bearing with."

Earlier in the news conference, Health and Human Services Commissioner Lori Shibinette spoke about pediatric psychiatric care. She said over the last few weeks, "we've seen the children's wait list for psychiatric beds at historic levels." She said she has commissioned New Hampshire Hospital to dedicate 10 beds to serve children experiencing a mental health crisis. She also said the state would be working with providers to provide more care for children, and that Hampstead Hospital anticipated having more beds available in May.

"We see that number of kids in our emergency rooms, waiting for a bed to get evaluated and work through the community mental health system or other opportunities that they can have to deal with a lot of these issues," Sununu said. "There's no doubt that the issues have been vastly exacerbated by COVID, and there's no doubt that allowing these kids — everyone, everyone across the state — to be in an in-person model is going to have beneficial effects for these children."

School employees would be in the next vaccination group, 2A, and the state is preparing to assist them with a target time of April, Sununu said.

"The data is all very clear, whether it's the CDC, the state, everyone has said that there's no reason that these schools cannot open without a vaccination," he said.

In other coronavirus-related news in New Hampshire:

PSU BACK ONLINE

Plymouth State University is the latest higher education institution in New Hampshire to go back to online classes because of a growing number of student COVID-19 cases.

The university said Tuesday it has just about run out of quarantine and isolation space. All campus events, including athletic competitions, have been canceled, and all gatherings have been limited to no more than six people. On-campus dining services are limited to takeout only, and on-campus students may not visit residence halls where they don't live

All restrictions are in place until at least Sunday.

The University of New Hampshire, which enacted similar restrictions due to a spike in cases there, reported 428 infected students Tuesday and five faculty or staff. Nearly 630 others were under quarantine.

community needs and is intentional in doing so."

New Fire Chief Details Vehicle Replacement Plan

LITTLETON — In a few weeks, town meeting voters will consider Article 13, which asks them to authorize selectmen to enter into a five-year lease-purchase for a new fire engine-pumper to replace a current engine that is a quarter-century old.

The total \$600,000 purchase for the new apparatus carries annual payments of \$120,000, after which the town will own the vehicle and still expect to get another 10 to 15 years of service from it.

The warrant article is part of a larger, long-term and proactive plan to replace the Littleton Fire Rescue fleet to improve crew safety and fire service and reduce costly vehicle repairs and maintenance while keeping the tax rate stable for taxpayers.

LFR's fleet consists of two engines, one 23-years-old and the other 27, and both with a water-carrying capacity of 1,000 gallons, a tanker with a capacity for holding 3,500 gallons of water, and a ladder truck.

"That is our fleet right there and we don't have a lot of depth to those," LFR Chief Michael McQuillen, said Feb. 18. "There's been a couple of times both of the engines have been out of service for mechanical issues or maintenance issues and we're either relying on the ladder truck or the tanker truck.

McQuillen, the department's new chief who is two months into the job, described the plan.

"By doing a lease-purchase where we can spread this out will reduce the hit to the taxpayers," he said.

Otherwise, the town would have to come up with half a million dollars in one year for the replacement of a vehicle that reaches the end of its life, he said.

"By leasing it, we can spread those payments out and also forecast the replacement of apparatus further out so that it becomes more stable in the future, so that we know 10 years from now what piece

of apparatus we're going to be replacing and how those payments will look spread out over a period of time, whether it's five years or 10 years," said McOuillen.

And the Fire Department Vehicle and Equipment Reserve Fund established in 2020 will also help ensure a flow of money for new vehicles, said Selectman Chad Stearns.

The fire service-recommended lifespan of an apparatus is 20 years, with the recommendation that the vehicle go into reserve status after 15 years.

"Our plan is to be able to replace the truck every 20 years at the latest," said McQuillen. "Having the four primary response vehicles, between the tanker, ladder tuck and two engines, hopefully what that allows us to do is get a new piece of apparatus every five years and rotate those through. We'll have a new truck that saves us on the maintenance, but also gives us the newest technology to be able to accomplish our goals and mission ... Ultimately, if we can spread this out over a five-year period after one truck is paid off, we can replace the next truck. That payment would remain stable and we would be able to move forward without seeing a large increase to the taxpayer."

Wear and tear includes engine hours spent pumping and running (both current engines have more than 10,000 hours) as well as a slow, but deadly New England destroyer — the salt brine mixture applied to roadways during winter that over time eats through the undercarriage of fire trucks.

LFR's 23-year-old engine, called Engine 6, has more corrosion than the 27-year-old engine, and because of that, it's likely the engine will be replaced if town meeting voters on March 9 approve it.

"Corrosion just eats these things," said McQuillen. "And one of the things we will have is a more reliable truck. Our truck has had some failures in the past where it's shown up to a fire and hasn't been able to pump due to mechanical issues and the age of the truck. In the last 25 years, we've had a lot of technology in the fire service that has made the delivery of those services much easier and more ef-

ficient, which we'll have on this truck that we don't currently have on the other trucks."

If approved, the town would get a pumper that can likewise carry 1,000 gallons of water and have on it a governor to prevent water pressure spikes, a 1,500-gallon-per-minute pump, and a Class A foam system that will assist in more effectively extinguishing fires.

The water delivery system for the current engine-pumper, when hooked up to the hydrants, can have spikes in the water pressure that can damage the pumps and also change the pressure on the hoses the fire crews man, making it difficult to manage those hand lines and requiring a crew member to stand at the pump the entire time to regulate the pressure.

"Having one of the governor control systems on a truck prevents that water spike on the nozzle coming in from the hydrant so that the guys who are operating that hose line don't get thrown," said McQuillen.

The Class A foam, not carrying the PFAS pollutant in Class B foam, is not harmful to human health or the environment and helps reduce the tension in the water so it seeps into the materials that are on fire and helps extinguish and control the fire better, he said

The new truck will also have a more solid under-body and undercoating to better withstand corrosion, which can accelerate and really activate brine salt in the heated fire station bays in which apparatuses kept, he said.

"We spend a lot of time on the road chasing accidents in inclement weather and we almost bathe the trucks in it because we're out in it all of the time," said McQuillen, who added LFR crews do a great job rinsing down trucks after a call.

"The other thing that factors into it for me as fire chief is the safety of my crews that are responding because none of the current apparatuses have any air bags or some of the safety rollover protection that is built into the new apparatuses they've been

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News Briefs

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building in the last 15 years," he said.

He's looking at three manufacturers — Pierce, Emergency One (or E-ONE, which is the make for LFR's tanker), and Rosenbauer — and the different options and financing packages.

If Article 13 passes in March, the new truck would be built at a plant in either Florida or Wisconsin and brought up to Littleton from a dealer in Massachusetts, Vermont or Maine, where the lettering, equipment, and final items are added.

"We're looking at anywhere from four to seven months," said McQuillen. "As soon as possible would be the best case, but if I can get a truck that is a good deal, we hope to have that truck before the fall at the latest."

North Country: Region Could Get More Vaccine Doses

Some selectmen have questions, such as how the region can get more coronavirus vaccine doses and how communities can protect their recreational resources from the flock of out-of-towners in the North Country to ride out the pandemic.

Those queries were posed to freshman State Sen. Erin Hennessey, R-Littleton, during her legislative update to Bethlehem selectmen earlier this month.

"This is probably an unfair request, but anything you can do to help with getting vaccines up here and out to people and making it easier for people would be greatly appreciated," said Selectman Bruce Caplain. "I know so many people who are elderly, people that are sick, who need the vaccine and are just having trouble getting it."

Hennessey said she has been working with Perry Plummer, the former assistant commissioner of the New Hampshire Department of Safety, who was tapped by Gov. Chris Sununu to run New Hampshire's vaccine rollout.

She noted the recent glitch with the Vaccine Administration Management System (VAMS) that New Hampshire adopted for residents to make online vaccine appointments, a system that led to canceled appointments for many area residents.

"In my conversations with Perry Plummer and the governor, they are very committed to getting extra doses to our area, to LRH [Littleton Regional Healthcare], to help with the 1,600 people that were impacted by the fake appointments that they were given and had to reschedule," said Hennessey. "Because they had to reschedule, they no longer had a February appointment and now they either have a May or April appointment. I'm in weekly contact now with LRH to find out how that is going, and so far, I believe it's been 600 or 800 people they've been able to get back to the front of the line. As those people are vaccinated, whatever appointments they have will open up."

She's still hopeful there will be a new system.

Currently, people have to cancel their existing appointment to see if an earlier appointment is available, but many don't want to do that in case they cannot get an earlier appointment, and then their April or May appointment is taken by someone else, she said.

She asked residents with problems to contact her. "If anybody does have an issue and hasn't been

Sununu: Nominates Eddie Edwards To Department Of Safety Job

CONCORD, N.H. (AP) - Eddie Edwards, a former congressional candidate who has held various law enforcement jobs, has been nominated by Gov. Chris Sununu as the next assistant commissioner at the Department of Safety.

"Eddie's extensive experience in public safety, law enforcement, and business administration make him the perfect candidate for this critical position in state government," Sununu said in a statement Feb. 17.

The Executive Council would need to confirm Edwards.

able to schedule an appointment, that's where I can

help and can pass their name and phone number

along to DHHS [the New Hampshire Department

of Health and Human Services] and they will give

them a call to help them schedule an appointment,"

said Hennessey. "A lot of people have had diffi-

culty with the system sometimes. I don't know yet

if it has to do with their email provider or not, but

they've gotten the state confirmation and helpful

hints once they've registered for an appointment,

but they have not gotten the CDC [U.S. Centers for

Disease Control] VAMS email saying go ahead and

ers who go online and cannot see any available ap-

pointments, or people who don't have a computer

or have had a hard time getting through to 211,

can contact her and get a personal phone call from

DHHS or someone working with DHHS to sched-

"People have been successful in that so far," said

Bethlehem Board of Selectmen Chairman Gabe

Boisseau brought up a concern voiced last year

when the region experienced a rise in people from

out of the area escaping more densely populated ar-

eas for less populated North Country towns, a trend

"One of the things I've seen ... in the last year

that could persist well into this year, if not longer.

or so is the increase in recreation traffic in our area,

knowing we are marketing our region for recre-

In many ways, it's great to see people in town

recreating, but it can put a tremendous strain on the

infrastructure, and the community, from the strain,

is at the moment unable to take care of the resources

deploying resources to help preserve recreational

opportunities in northern New Hampshire.

He asked if there's talk at the state level about

"I had a very brief conversation with Commis-

sioner Sarah Stewart, of the Department of Natural

and Cultural Resources, late last week," said Hen-

nessey. "I have heard the same concerns from other

were normally draws for locals were inundated

with traffic, garbage, noise, and sometimes glass,

Last summer, swimming holes, for instance, that

She said people in that situation, as well as oth-

go online and register."

ule an appointment.

Hennessey.

ation," he said.

it has, said Boisseau.

select boards."

said Hennessey.

If confirmed, Edwards would succeed Per-

ry Plummer, who held the spot before entering the private sector and then returning to public service to help coordinate the state's vaccine operations.

Edwards' duties would include, in part, overseeing the department's operations, diversity initiatives, and progress on the report made by Sununu's Commission on Law Enforcement Accountability, Community and Transparency. Edwards most recently served on the commission.

He also served as the director of the New Hampshire Liquor Commission Enforcement Division and as chief of the South Hampton Police Department.

In 2018, Edwards was the Republican nominee for the 1st Congressional District, losing to Democrat Chris Pappas in the November election.

Because it has been a big issue, she said she plans to follow up with Stewart and with Taylor Caswell, commissioner of the New Hampshire Department of Business and Economic Affairs, to find out what they're doing with the state's marketing strategy to help keep New Hampshire clean.

While there's no details yet, Hennessey said the hope is that the big bump in the governor's proposed budget for the Department of Natural and Cultural Resources will include funds to assist state parks in the North Country.

Country Village COVID Outbreak Ends

The COVID-19 outbreak at Country Village Center in Lancaster was officially closed by the Department of Health and Human Services on Feb.

The long-term care facility reported 12 resident deaths and 67 infections (47 residents, 20 staff) over the course of a two-month outbreak that began Dec.

In New Hampshire, long-term care facilities remain in outbreak status until they go 14 days without a positive test among residents and staff.

Country Village Center was one of 13 outbreaks closed this week.

To date, New Hampshire has reported 118 facility outbreaks which have resulted in 649 deaths.

Eleven are active, eight of which are in longterm care, including the St. Vincent Rehabilitation and Nursing Center in Berlin, which has seen 50 infections and two deaths.

Those outbreaks have declined as vaccinations

New Hampshire's long-term care vaccination rate is among the highest in the nation, with 77% of the state's LTC residents participating in the vacci-

On Thursday, New Hampshire reported 461 new cases and two deaths. There are now 3.048 current COVID cases and 126 hospitalizations statewide, and community-based transmission continues to occur in all 10 counties.

Locally there were 10 active cases in Littleton, five in Bethlehem, and at least one in Colebrook,

Dalton, Erroll, Haverhill, Jefferson, Lancaster, Lincoln, Milan, Randolph, Stark, Stewartstown, Stratford, Warren, Whitefield, and Woodstock. Berlin had 19 cases.

Meanwhile, approximately 11% of the population has received a first vaccine dose and 5% are fully vaccinated.

N.H. Bill Would Restrict SRO Powers

Proposed legislation would restrict powers for school resource officers.

Sponsored by Sen. Becky Whitley (D-Concord), Senate Bill 108 would set limits on how SRO's engage with students.

The bill ties into greater debate over police reform. It addresses concerns voiced by opponents that school police officers criminalize students.

Under the bill, SROs would not be allowed to:

- Arrest students unless they posed "a substantial and imminent threat to students, teachers or public
- Search students' person, possessions, or locker without probable cause,
- · Question students under circumstances that "might elicit criminal information" without consulting a school principal and the student's parents.

SB 108 would also require a memorandum of understanding (MOU) between the school district and police department.

The MOU would set minimum training and certification requirements and outline an SROs role in student discipline. It would specify the division of authority between police and school staff, and what information could be shared between schools and police. Schools would create SRO supervision, evaluation and complaints processes.

Those MOUs would be publicly viewable on the Department of Education web site.

The Senate Education Committee voted 5-0 to advance SB 108. It goes to a Senate floor vote on

IT'S WHAT WE'VE BEEN DOING

Whitefield Police Corporal Patrick Carr, the school resource officer at White Mountains Regional High School, said many of the measures included in SB 108 were already common practice in his department.

"As far as the actual enforcement, and how we deal with the schools, it's spot on," Carr said, "It's what we've been doing from the get go."

Whitefield has two school resource officers, Carr and Ofc. Jennifer Lemoine, who is assigned to K-8 Whitefield Elementary.

"We have a modified, more personal approach. We get to know the kids," Carr said, noting the smaller enrollments at WMRHS (359 students) and WES (250).

As SROs, Carr and Lemoine are focused on trust-building and early intervention, to steer students away from negative behaviors, and keep them out of trouble.

The schools administer discipline, but Carr will take students aside, he said.

"I let kids know 'The school will handle this, but if this happened on the street, do you know what kind of trouble you'd be in?" Carr said.

The biggest change for Whitefield Police under

Continued from Page 11

SB 108 would be paperwork, Carr said.

"We'd have to file some paperwork with the state department of education and possibly change some MOUs," he said.

COVID CHALLENGES

COVID has posed challenges for school resource officers.

Normally, Carr and Lemoine have extensive interactions with atrisk students. But during the pandemic they see kids less (because of hybrid and remote learning) and pick up on fewer social cues (because students wear masks and maintain social distance).

"You can't pick out a sad face, or the kid that's been crying or is angry," said Carr, adding, "It's the hardest thing about COVID. It frustrates me everyday."

Also, because students are learning partly or entirely from home, there has been less truancy intervention.

In response, Carr and school officials have organized informal

home visits, to reconnect with students at risk of falling behind and dropping out, in hopes of drawing them back.

Carr worries that students learning from home with less supervision, structure, and support could fall into bad habits — with potentially life-altering consequences.

"I think there will be a little bit of an influx in substance abuse the next couple of years, where normally there wouldn't have been," he said

Noting pandemic challenges to being an SRO, Carr said, "It's very hard to go to school and think you're going to protect the kids any way you can, and not be able to do it as effectively as you could have, because of these [COVID] restrictions."

N.H. Senate Passes Two Bills By Hennessey

CONCORD, NH — Sen. Erin Hennessey, R-Littleton, had a good day on Feb. 18.

Two bills, of which she is the prime sponsor, were passed unanimously by the 24-member N.H. Senate in a virtual session.

One bill would provide educational aid to local communities impacted by COVID-19. The other would formalize the protection of pregnant employees.

The bills will now move on to the House.

SB135

This bill would change the statewide education funding calculation for FY22 (2021-2022) budgets so that schools are not penalized financially for any dips in enrollment caused by COVID-19, the Caledonian previously reported.

"I heard from many schools and many taxpayers in my district on this bill about how important these funds are to their community," Hennessey said before the Senate on Feb. 18.

The legislation would direct the N.H. Department of Education to compare enrollment numbers from the FY20 school year (before the pandemic) and the FY21 school year (during the pandemic) and use the higher of those numbers to calculate all types of aid for FY22.

SB135 addresses the two pandemic-related problems: enrollment has declined due to homeschooling, and while any student can currently receive a free or reduced lunch, funding for that program still comes from the number of applications received.

"The unanimous vote by the full Senate today on SB135 is an important step in securing much-needed educational aid to our local communities impacted by COVID-19," said Hennessey. "By removing the COVID impact on our current funding formula, our schools will not be penalized financially for any dips in enrollment caused by the pandemic. I am proud to be its prime sponsor and thank all of my Senate colleagues for their support today."

Sen. Bob Giuda, R-Warren, noted, "Based on the Department of Education's analysis, SB135 would increase State Education Trust Fund expenditures and local revenues by \$45.67 million in FY 2022. That is excellent news for our schools and our property taxpayers."

Area schools and superintendents hope this bill will be passed quickly to provide assurance for their soon-to-be-voted-upon FY22 budgets.

SB68

Hennessey's second bill came at the request of Gov. Chris Sununu. The bill strengthens and clarifies for employers the requirement of providing "reasonable accommodations" for pregnant employees before and after childbirth, or in the case of a miscarriage. It was written with help from Ahni Malachi, executive director for the N.H. Commission for Human Rights.

A similar bill was passed unanimously by the N.H. Senate last year, but "died on the table" as a result of the COVID-19 pandemic.

"The female employee and her workplace [would] have the flexibility to enter into the interactive process and meet the needs up to and including something small, like the ability to take frequent breaks, to something as big as time off for delivery, and to include lactation needs," said Sen. Jeb Bradley, R-Wolfeboro, in front of the full Senate on Thursday.

According to Hennessey's testimony on the bill before the Senate Commerce Committee on Jan. 26, most employers already provide such accommodations, but this bill codifies the protections into state statute.

"The goal of SB68 is to support pregnant women in the workplace," said Hennessey. "It will reduce barriers to staying on the job while pregnant and to returning to work after childbirth. Additionally, this bill will give younger workers a reason to move or to stay in New Hampshire, knowing they will be supported during their pregnancy and afterwards."

House Committee Votes Against Recommending Landfill Buffer Bill

Those against the proposed landfill in Dalton beside Forest Lake State Park had their hopes dashed earlier this month when legislation that seeks to prohibit the siting of new landfills within two miles of a state park was not recommended by a House committee.

In a close vote, 10-9, the New Hampshire House of Representa-

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Continued from Page 12

tives Environment and Agriculture Committee found House Bill 177, which is sponsored by several local lawmakers, inexpedient to legislate.

The bill could go to a full House floor vote next week, though the committee's vote makes an affirmative full House vote a challenge.

"The North Country Alliance for Balanced Change is disappointed that the Environment and Agricultural Committee voted not to support HB 177," NCABC President Eliot Wessler said in a statement. "The sponsors of the bill did a great job making compelling arguments why this legislation is needed and we thank them for their effort. We hope that the opponents of the bill don't have to explain to their constituents some day why it's okay if state regulators, who are outmatched and outspent by outof-state landfill developers, allow a huge landfill right next to their favorite state park."

The bill, whose sponsors include state Reps. Edith Tucker, D-Randolph, and Tim Egan, D-Sugar Hill, and state Rep. Erin Hennessey, R-Littleton, defines a state park as any park managed by the director of the New Hampshire Division of Parks and Rec-

It does not include state historic sites or recreation rail trails and the bill would also not prohibit the expansion of existing landfills.

Representatives for Casella Waste Systems, which is eyeing the Dalton site for a new privately-owned commercial landfill to replace its current landfill in Bethlehem that is currently projected to close in five years, previously criticized the legislation and said its intent is to target its proposed landfill in Dalton.

After the committee's vote on Wednesday afternoon, state Rep. Troy Merner, R-Lancaster, who supports HB 177, said the majority of the letters he's received from across the state, other than Forest Lake residents, were mostly in opposition to the bill.

The discussion during the committee hearing entered into legalities and landowner rights, he said.

"We did get a lot of letters from Dalton people opposing the bill," said Merner. "Haulers also expressed concerns."

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Power, Forward: Lyndon Player Making Epic Comeback

BY PAUL HAYES

Staff Writer

Tough.

That sums up Sam Hinton.

The Lyndon Institute junior suffered multiple skull fractures in an accident last summer. She spent days in a medically induced coma. During her hospital stay, she was diagnosed with Hodgkin's lymphoma. In the middle of a pandemic, she underwent five months of che-

Despite all that, she returned to the court this winter.

The 17-year-old is an emerging low-post threat averaging 6.3 points and 6.0 rebounds for the Vikings girls basketball team through three games.

She turned in another solid effort Feb. 18, with six points and six rebounds in a hardfought 54-43 loss to defending Division III co-champion Lake Region.

Hinton played the game with a chemotherapy port still in her chest. It was scheduled to be removed Feb. 23.

She's still not 100 percent, but she's getting

"It's been tough for Sam to get back to full speed. When you go through chemo, for every month of treatment it's two months of recovery. So really, she's not going to fully recover for probably a year," said LI head coach Eric Berry. "So the fact that she's gone out and given the effort she has is special."

A LIFE-CHANGING MOMENT

In her short lifetime, Hinton has visited the emergency room seven times.

She can recite the first six from memory: "When I was really little, I ripped off a toenail. I fell off a jungle gym in first grade and sprained my ankle. I cracked my chin open tap dancing. In fourth grade, I was bit by a spider. I was in the hospital a couple of days, they thought it was a brown recluse. Once I was climbing a tree and fell. A piece of the branch went in my leg, I got one stitch for that. Another time I ran through the house barefoot and a [three-tined] potato fork went through my foot, I was pretty excited that on my sixth trip I got six stitches."

Asked about her seventh ER trip, she draws

She has no recollection of the incident or the following week. However, through others, she has pieced together the details.

On Tuesday, July 22, she and some friends had taken a golf cart to Sentinel Rock in Westmore. On the way back, while traveling downhill at a high rate of speed, they swerved to avoid an oncoming vehicle. The cart tipped over and Hinton, who was riding on the back where the golf bags are kept, was thrown to

She was transported to North Country Hospital and then airlifted to Dartmouth Hitchcock Medical Center, where she spent eight



Lyndon Institute junior forward, Sam Hinton competes against Lake Region in a Vermont girls hoops clash at Alumni Gymnasium on Thursday, Feb. 18. 2021. Hinton suffered multiple skull fractures in an accident last summer and underwent five months of chemotherapy after being diagnosed with Hodgkin's lymphoma. (Photo by Michael

days. She suffered three skull fractures and "a few minor" brain bleeds, essentially a Grade 3 concussion, she said. She was put in a medically induced coma for two days.

"The first thing I remember [after the accident] was the next Wednesday when I got out of the hospital," she said.

During her stay at DHMC, doctors conducted PET scans to track Hinton's progress and found an anomaly. They performed a biopsy and discovered she had Hodgkin's lymphoma. She had the port installed and began chemotherapy treatments in late August.

Cancer and chemotherapy put her at greater risk for COVID-19 complications. Still, she began attending Lyndon Institute in-person in the fall.

BACK ON THE COURT

During her recovery, Hinton lost condition-

For three months after her accident, she coped with headaches, dizziness, light sensitivity and fatigue. Physical exertion made her nauseous. Meanwhile, the chemo sapped her energy and scarred her lungs. So she went into basketball season with less strength and stamina.

She didn't use that as an excuse.

In January, two days after her final chemotherapy treatment, Hinton was on a mission. Normally she requires frequent rest during basketball practice. But on that day she was determined to participate in every drill, every

"I really pushed myself then. I went the whole practice without sitting when everyone else was working. I only took breaks when everyone else got their water breaks. I was pretty proud of myself then," she said.

Coach Berry recalled that practice.

"We basically had to tell her a couple of times 'You've got to sit down.' She was turning bright red from working so hard," he said.

A transfer from Lake Region, Hinton has impressed in her first season at Lyndon Institute.

She stands 5-foot-9, but plays bigger than her size. She has shown herself to be a hardnosed rebounder, an aggressive defender and a skilled post player. Currently, she comes off the bench and plays in short spurts. She has the potential to make bigger contributions down the road, as she returns to health.

She aims to get there.

"Practices now, I do still need to sit quite a bit. I'll push myself too much and have a hard time breathing. But I'll sit for five minutes then get back up and keep practicing. I try not to let myself stop," she said. "I'm pretty hard on myself. After every practice, I think of what I can do better at, what I need to work

LOOKING AHEAD

Hinton had shoulder-length, red hair.

It began falling out during chemo. At one point she dyed it bright red and green "to do something cool with it before I lost it." Eventually, she shaved her head and began wearing

She still wears the wig. "At first it was because I was self-conscious. Now it's mostly just for warmth," she joked. But during basketball, she sports her natural hair, which is short-cropped and blonde after her cancer treatments.

Transferring from Lake Region, she was welcomed by her new LI teammates. They have offered her encouragement and motiva-

"Everyone on the LI basketball team has been really supportive," Hinton said. "At first, during the open gyms, they were all really gentle trying not to hurt me, which I appreciated. But it wasn't really needed, I could have handled my own. That's what I've been trying to prove since. Even though I've gone through a lot, I can still do it and be as strong as I used to be. I'm not there yet, but I'm getting there."

Meanwhile, family and friends have helped Hinton through the challenges of the past year.

Her support system includes her mother Tammy Joslyn-Turco, stepfather Stephen Turco, father Burton Hinton, father's girlfriend Kellie Greer (and Greer's daughter Cady Robillard), and older sister Joslyn Hinton. She also credits close friends, such as Daymien

Hinton found ways to maintain connections despite her health and COVID. She is careful to take precautions.

"Spending time with my friends really helped me," she said. "Just being able to do normal things. It made me realize that it's not so different. I still had the same things I had before."

Hinton will undergo regular checkups, to ensure the lymphoma hasn't returned. In the meantime, she is planning her future. She intends to take an automotive technology class next year, with plans to enter the military and become a diesel mechanic after graduation.

"I always worked on farm equipment. I still do in the summer," she said, noting that her father is a former dairy farmer who continues to sell hay. "I work on the tractors. I like mechanics. I'm a puzzle person, so it's like one big puzzle to me."

That background — farm kid, aspiring mechanic — probably explains why she became a forward and not a guard. Her game is centered on toughness and tenacity. Those qualities have served her well off the court.

Others have noticed.

"I've definitely had people say I'm strong for what I've been through," she said. "It's been tough but, I mean, just thinking positively about things is mostly what gets you through it.'

Helping The Helpers: Resources For Stressed First Responders

BY ROBERT BLECHL

Staff Writer

Even before the COVID-19 pandemic, first responders in the North Country — police officers, firefighters, emergency medical technicians — were increasingly busy.

They deal regularly with drug cases and overdoses that have risen in recent years, as well as more patients with mental health issues, some of them suicidal.

Then there are the usual car crashes, fire calls, medical calls and police calls, the numbers of which in some towns have grown with more people and activity.

In short, they are busy, and many of them are on call or are volunteers.

Added to that workload early last year was the pandemic, which can create even more stresses of all kinds and burnout and fatigue as they encounter more despondent people in need and try to keep themselves, and the families they go home to, safe and healthy.

On Wednesday afternoon, U.S. Sen. Maggie Hassan, D-NH, held a virtual roundtable with police and fire chiefs and nurses from across the state.

They spoke of the challenges and of the mental health services, peer counseling, and other programs available, including in a rural area like the North Country, where resources for many things have been in short supply.

"These are front-line people who are used to helping others and used to having other people rely on them and I think it is something of a sea change for some of them to realize that they need to reach out for help, and know that requests for help will be met with professionalism and understanding and not stigma, which in the past I think has been a real issue," said Hassan.

Among those on the roundtable was retired New Hampshire State Police Major Russell Conte, who gives presentations on first-responder peer support and mental illness and who spoke specifically to the North Country, where he was last week for a debriefing with peer counselors.

"At least in New Hampshire, if you've been a first responder at all, although those areas are quite beautiful and people travel from all over the world to go there, some things that happen there are very traumatic and that impacts communities tremendously," he said. "When you talk about going in to help first responders heal, you are really healing communities also, because they are a tight group."

Family support is one of the biggest areas of focus because when a first responder is in crisis and seeking the help he or she needs, they are going to return to their families, who need to be prepared, said Conte.

"Many times the first responder has not shared everything with the family that has brought on these triggers and has brought on this trauma, especially when it's post-traumatic or acute stress," he said. "What we have done more recently in the last couple of years is to work closer with the families"

On Wednesday morning, before the roundtable,



Littleton Fire Rescue Capt. Chad Miller, bottom right, during a Dec. 2 smoke call to the Littleton Opera House, spoke on Wednesday of the COVID-added stresses and other stresses that LFR first responders experienced in the past year. At top are LFR Lieutenants Chris Gagnon and Vanja Antunovic, and at bottom left, is retired opera house manager, Sue Pilotte. (File photo by Robert Blechl),

Conte was part of a meeting that focused on building out a support network, which includes NHSP, its peer support coordinator, and himself, who all take calls daily, many from rural departments, and not just police.

"There are services," said Conte. "Number one, we have people in place and we are starting to build those things so we can de-stigmatize and make a smoother transition to help. And number two, just call and ask. If there's anybody in the North Country who needs help, they can call the state police directly. We have never said no to anyone, regardless of what their affiliation is. We have a lot of volunteers in the North Country for either EMT or fire."

The reality is that no one is turned away, he said.

"The real silver lining to the whole thing is building the relationships so they know who to call ... just to make sure that people know that there is a path and this is who you reach out to, because the biggest problem in finding people help, especially first responders, is taking the first step," said Conte."We now have services in place and connections and clinicians and programs especially for first responders that we will get people directly into. We'll do it in real-time."

One Department

Among those departments feeling stresses is Littleton Fire Rescue, which has a dozen firefighters who are also EMTs or advanced EMTs, and has several paramedics.

"Emergency services in general are pretty stressful careers," said LFR Capt. Chad Miller. "A lot is asked and people witness a lot and have to be willing to act on what they see and have to set aside their personal issues when dealing with things."

In the beginning of COVID, virus tests were delayed and those LFR members exposed had to go immediately into quarantine for fear they might have the virus.

LFR emergency responders saw a lot of stress and worried about their own safety and the possibility of catching the virus from patient contact, all the while going home to their families, said Miller.

"My house had a separate bedroom that we call the COVID bedroom," he said.

During the early days, Miller spent many a night there.

"Fortunately, my exposures all turned out to be negative," he said.

But the COVID fatigue that many feel, such as the uncertainty of how long the pandemic and its needed safety precautions and social limitations will last, are also felt by first responders, said Miller

At the same time, LFR has had to step up to be a leader, not only locally but in the state, to fill the gap after the New Hampshire Army National Guard that had been providing vaccine administration to first responders and others in the early vaccine tiers left town.

Now, LFR is partnering with Littleton Regional Healthcare to vaccinate area residents.

"Firefighters are used to being on the offense and are not used to sitting around and waiting," said Miller. "With the vaccine, it was the first time we went on the offense in quite a while and it's brought some help."

Stresses are still there, though, and with first responders, as compared to the military, the stress tends to be not from one specific incident, but is cumulative stress from many, he said.

"That can begin to accumulate over time and we are always on the lookout for it," said Miller. "After tough calls, the chief and I will check in with our members to see how they are and if any support services are needed."

LFR is aware of the NHSP peer support team and Miller was in contact with the team recently after an incident LFR was called to.

"They are fabulous and people are brought into the process from across all spectrums, police, fire, EMS," he said. "They are trained to deal with this. It can be hard to open up to someone who has not been through the same experience as you've been through, but they have the same base of experience and really get what you're talking about. You can paint the picture with very few words. I found state police to be very helpful."

Since the pandemic, the stress of COVID, while still there, has lessened a bit.

"There was a lot of unknowns at first, "said Miller. "It's now gotten more comfortable and we've been vaccinated. In the whole, we are in a better spot, and like everyone else, are waiting for the world to get better."

At the Congressional level, Hassan said she will continue to hear from first responders and prioritize their needs and work on legislation that addresses those needs and provides funding.

"All of you have been so magnificent throughout this last year," she said. "You really have demonstrated grit and grace and resilience. I also understand burnout is real and stress is real and the long-term impact on front-line workers is real. We can give you accolades, but you also need support."

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