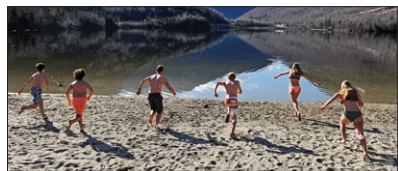


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# Lancaster, Colebrook Hospitals Begin Reopening

BY ROBIN SMITH  
Staff Writer

Hospitals in northern New Hampshire were poised to offer more procedures and treatments effective Monday, May 11.

The gradual return to a wider array of elective treatments is consistent with N.H. Gov. Sununu's re-opening task force guidelines, as well as with those of the Centers for Disease Control, says James Patry, spokesman for the hospitals of the North Country Healthcare system in northern New Hampshire.

Upper Connecticut Valley Hospital in Colebrook and Weeks Medical Center in Lancaster will resume a number of procedures and offerings, previously suspended due to COVID-19 concerns.

The reopening will also occur at Androscoggin Valley Hospital in Berlin and the North Country Home Health & Hospice Agency.

The implementation depends on the supply of personal protective equipment (PPE) and staff resources, while monitoring patient volume and hospitalizations.

"North Country Healthcare hospitals and North Country Home Health and Hospice Agency providers, nurses and staff have contributed significant time and research into the careful development of our phased-in approach to resuming services for patients in our communities," said Tom Mee, chief

*"We are committed to re-establishing a number of care offerings in a manner that is safe for everyone within our facilities and within their homes."*

— Tom Mee, CEO North Country Healthcare

executive officer of North Country Healthcare.

"We are committed to re-establishing a number of care offerings in a manner that is safe for everyone within our facilities and within their homes."

Phase 1 includes scheduling time-sensitive surgical procedures where they have historically been performed. Outpatient clinic appointments, including for many specialties, which were previously suspended will also slowly return.

During this phase, staff will continue to be screened daily before beginning work, including temperature.

Reminder calls for appointments will be conducted for new patients to assess risks due to COVID-19. Patients will be asked about symptoms, recent travel, contact with any individuals infected or potentially infected.

Patients will be screened at their vehicle or at the facility entrance at the time of arrival. Patients will be asked if they have COVID-19 symptoms including fever, chills, body aches and loss of taste or smell.

Handwashing/hand sanitizing of patients and staff will continue, Patry said.

Hand sanitizer will be available, the lobbies will be cleaned regularly and waiting rooms won't be open unless for arrival and discharge.

Patient appointments will be staggered, paperwork will be done later, and time-sensitive procedures for patients with pain, will resume on a staggered schedule.

There won't be any visitors, except for one support person for labor/delivery at Androscoggin Valley Hospital, end-of-life care, and a limit to one caregiver to each patient in all facilities.

Home health and hospice services through North Country Home Health and Hospice Agency in New Hampshire will be available for patients who are at high-risk and who continue to shelter in place. Services like COVID-19 testing, as appropriate, can be administered in a patient's home, Patry said.

The emergency departments of all NCHC hospitals remain open and ready to treat medical emergencies.



Tom Mee, CEO of North Country Healthcare in Northern New Hampshire, which oversees Weeks Medical Center in Lancaster, N.H., and Upper Connecticut Valley Hospital in Colebrook, N.H. (File Photo)

## Shopping Malls Open, Lawmakers Make Spending Suggestions

BY HOLLY RAMER AND  
KATHY MCCORMACK  
Associated Press

Shopping malls, hair salons and golf courses reopened, and lawmakers made recommendations about spending New Hampshire's coronavirus relief aid.

Details on the developments Monday:

### SHOPPING MALLS

Gov. Chris Sununu said he won't hesitate to shut down shopping malls again if safety guidelines aren't followed.

Monday was the first day that nonessential retail stores, hair salons and golf courses could reopen in New Hampshire under restrictions aimed at preventing spread of the coronavirus.

The Republican governor praised efforts by the Simon Property Group to enact safety measures at the Mall at Rockingham Park, the Pheasant Lane Mall, the Mall of New Hampshire and the Merrimack Outlets, but said the state will be closely monitoring them.

"I will not hesitate to reassess my position on allowing shopping malls to open if the guidance is not properly followed," he wrote to the company's president.

Mary Sawyer, a United Way of Greater Nashua volunteer, handed out 60 free masks in an hour to a steady stream of shoppers at the Pheasant Lane Mall. Most people were already wearing masks, she said.

"Of those who aren't, the majority happily take a mask. Of course, some people are refusing or asking if it's mandatory," she said. "Some people have also said they've been reusing the same mask for a long time now and that they're hard to find."

### SPENDING DECISIONS

Lawmakers advising the governor on spending New Hampshire's \$1.25 billion in federal coronavirus relief aid made initial recommendations Monday totaling \$345 million.

Together with the \$255 million Sununu already has spent, the recommendations from the bipartisan legislative advisory board would account for about half the total the state must spend by Dec. 31.

The largest recommended portion is for health care, with \$100,000 for hospitals, \$20 million for long-term care facilities and \$40 million for other providers.

An additional \$100 million would go toward helping small and medium-size businesses, particularly those that did not receive federal loans

to cover payroll during the pandemic.

Nonprofit organizations would get \$30 million, along with \$5 million for the New Hampshire Food Bank. The University System of New Hampshire would get \$10 million, while the community college system would get half that amount, as would private colleges and universities.

Child care providers, including after school programs, would get \$25,000.

### NURSING HOME WORKFORCE

Nursing homes struggling to retain workers during the pandemic could get help through an emergency order issued Monday.

The order creates a new job position of "temporary health partner" to help residents with tasks such as bathing and grooming, as well as providing end-of-life comfort.

There have been outbreaks at 18 long-term care facilities statewide, including new outbreaks reported Monday at the Hillsborough County Nursing Home and the Community Resources for Justice.

While deaths at such facilities account for more than three-quarters of the COVID-19 deaths in New Hampshire, they represent a smaller fraction of the state's total nursing home population compared to some nearby states,

said Department of Health and Human Services Commissioner Lori Shibinette.

In Massachusetts, nearly 5% of nursing home residents have died, she said, compared with less than 1% in New Hampshire.

### SCHOOL PLANS

New Hampshire Education Commissioner Frank Edelblut on Monday announced the formation of a task force to provide recommendations on bringing back students into school this fall.

The School Transition Reopening and Redesign Taskforce plans to issue preliminary recommendations by June 30.

### THE NUMBERS

As of Monday, 3,160 people in New Hampshire had tested positive for the virus, an increase of 89 from the previous day. There have been at least 133 coronavirus-related deaths in the state.

For most people, the virus causes mild or moderate symptoms, such as fever and cough, that clear up in two to three weeks. For some, especially older adults and the infirm, it can cause more severe illness, including pneumonia, or death.

# North Country Economy Begins To Come Back To Life

## Bethlehem Opens Golf Course While Keeping A Watchful Eye

BY ROBERT BLECHL  
Staff Writer

BETHLEHEM — The town-owned golf course is now open — provided all participants adhere to public safety and social distancing guidelines during the COVID-19 pandemic.

If not, it could be shut down.

Monday was the first day the state of New Hampshire allowed golf courses to open with restrictions.

That evening, the Bethlehem Board of Selectmen voted unanimously to open the 18-hole Bethlehem Country Club effective Tuesday, on the condition that everyone abide by the appropriate guidelines.

As it remains open, the golf course at the corner of Main and Prospect streets will also see regular visits from Jack Anderson, town fire chief and emergency management director, to ensure compliance.

“The state has allowed golf course to open, but along with it they put some pretty specific requirements and guidelines out there,” said Bethlehem Selectman Bruce Caplain. “I’ve had a number of conversations with [BCC general manager Matt Courchaine] over the last two weeks and he is well aware of them and has been working toward ensuring

See **Golf**, Page 14

## Salons, Barbershops Divided On Whether To Re-Open

BY PAUL HAYES  
Staff Writer

LITTLETON — Joni Grey arrived at Mane Street Styles with a case of stay-at-home hair.

A half-hour later, she exited the salon looking good and feeling even better.

Asked to describe her first haircut in nearly two months, she said, “It was heaven.”

“I feel lighter, happier, freer,” she said.

Deanna Cleaves can relate.

The co-owner of Mane Street Styles, Cleaves felt an immense weight lift this week, when New Hampshire’s barbershops and salons were allowed to re-open for the first time since late March.

For her, cutting hair was a return to normalcy.

“I couldn’t wait to get back,” she said.

Mane Street Styles re-opened with unanimous support from its staff. They weighed the risks and chose to move forward, in order to get back to work and serve their customers.

Following state guidelines, they felt protected.

See **Hair**, Page 14

## Owners Navigate New Reality With Retail Reopening

BY ANDREW MCGREGOR  
Staff Writer

This week marked the latest step in the slow reopening of the region’s economy with New Hampshire’s non-essential retail stores re-opening Monday and the announcement that Vermont’s non-essential shops can open next Monday.

This is a move that many business owners embrace, although some continue to have concerns about the health and safety of their employees and customers.

In Littleton Anthony Lahout, a fourth generation family member helping run the 100 year old business, said Monday’s reopening was the first positive sign his family’s business had seen in weeks.

The outdoor gear and clothing shop closed all seven of its locations in the North Country and laid-off the bulk of its employees after staying open right up until N.H. Gov. Chris Sununu ordered all non-essential businesses to stop in-person business effective midnight on Friday, March 27.

Lahout said they decided early on that they would fully close and not try to work around the order by offering curbside service or adding

See **Retail**, Page 11

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## News Briefs

## Parents Work With Town To Celebrate 2020 Graduates

LITTLETON — In an effort to give high school seniors the best graduation possible during a challenging time that severely limits what can be done, some towns are getting creative during the coronavirus pandemic.

The final details on the overall graduation plan for Littleton High School are still being worked out, but one component of celebrating the LHS of 2020 looks like it will involve a large banner with the names and faces of the nearly 50 graduating seniors hanging somewhere on Main Street or several banners with names and faces placed in Main Street storefront windows.

The idea went to the Board of Selectmen's meeting on Monday after selectmen were contacted by parents of graduating seniors.

Carrie Gendreau, chair of the board, called it "an awesome idea."

"There's talk of having one big banner with all the kids on it or several smaller banners that will be displayed in the storefronts," said LHS parent David Rochefort.

The school is working with the parents of the seniors to come up with something and will meet again on Tuesday evening, said Rochefort.

In an email Monday, interim Littleton School District Superintendent Corinne Cascadden said the hope is to have a plan firmed up by the end of Wednesday.

Because Main Street is a U.S. route, Littleton Selectman Roger Emerson said there could be restrictions for hanging a large banner over the roadway.

The 152nd graduating class is still scheduled to graduate on the originally scheduled day, June 6.

However graduation ceremonies proceed, the school is working with the town and Littleton Fire Rescue Chief Joe Mercieri to ensure public safety and that social distancing guidelines are followed, said Littleton Town Manager Andrew Dorsett.

## Groveton Track Postpones Opening Weekend

Riverside Speedway and Adventure Park in Groveton has postponed its opening weekend.

The car show on Saturday, May 16, and first day of racing on Sunday, May 17, were called off according to a social media statement on Sunday.

The state's racetracks will remain closed through at least May 31 under New Hampshire's stay-at-home order that shut down non-essential business to slow the spread of coronavirus.

With racing on hold, Riverside will instead hold an open practice weekend with a safety crew present. There will be three 15-minute practice rounds per class. Weekly classes will practice on Saturday and other classes (e.g. Granite State Stocks, NEMST, etc.) will have access on Sunday.

For more information visit facebook.com/RiversideGrovetonNH or RiversideGroveton.com

## No Memorial Day Procession; Speaker, Wreath To Be On Video

LITTLETON — As the coronavirus pandemic continues and social distancing remains in place, the Littleton Veterans of Foreign Wars Post 816 has decided to cancel its annual Memorial Day procession, one of the area's largest Memorial Day events that includes school bands and youth, many community members, and scores of area veterans.

It had been scheduled for Monday, May 25.

And the other events, the laying of the wreaths on the Veterans Memorial Bridge on Cottage Street and the guest speaker, will be recorded, likely on Saturday, May 23, and later broadcast on social media video in time for Memorial Day on May 25, Bill Sargent, member of the VFW's honor guard and Memorial Day Committee, said Thursday.

"We had an impromptu meeting and came up with ideas on what we're going to do," he said.

The one event that will proceed at the regular time and near normal, albeit with social distancing, is the VFW's Sunday morning visits to the graves of veterans in a half dozen cemeteries in Littleton, Bethlehem, Lisbon, Sugar Hill, Franconia, and Easton.

"That will still go on, but were not necessarily trying to fanfare it like we would last year or any other year," said Sargent.

The VFW does not want to encourage people to congregate, he said.

Fortunately, the only cemetery that can draw a larger turnout has been in Littleton and not the others, said Sargent.

"On Saturday, we plan on doing the filming at the bridge of the laying of the wreaths and the raising of the flags," said Sargent. "And then after that, we'll be going up to the VFW to do the filming of the guest speaker, who is Jennifer Carbonneau [principal of Littleton High School] and that probably will be about it."

Buddy poppies, the small red flowers that are the official VFW flower, will be disbursed at about noontime for the donation process that helps veterans and veteran families in need, he said.

Annually, the gathering on the Veterans Memorial Bridge has drawn several hundred people for the ceremonies, wreath-laying, and speakers, a size that cannot be accommodated this year.

Although Littleton students usually lay the wreaths on the plaques of the nearly 50 Littleton veterans who died in the line of service and are named on the bridge, the VFW this year will err on the side of caution and public safety and use its honor guard to lay the wreaths.

"We will space ourselves out equally for the amount of plaques that are on the bridge," said Sargent.

At the VFW on upper Cottage Street is a pavilion and chapel for the Carbonneau as guest speaker, he said.

"She will be doing some reading up there and we have been up there already getting everything spruced up and taking the leaves away," he said.

While there will be no procession down Main Street, much work remains between now and Memorial Day.

"We have a busy weekend ahead of us," said Sargent.

## Pollyanna Glad Day Nixed Due To Crowd Concerns

LITTLETON — For the better part of two decades, the town has formally celebrated Pollyanna Glad Day, held each second Saturday in June at the steps of the Littleton Public Library.

The day honors the Pollyanna character created by Littleton native Eleanor H. Porter in her 1913 novel that depicts Pollyanna's eternal optimism and her undying spirit of gladness.

"Be Glad" is the town's motto, and the annual tradition and free family event has grown and helped put Littleton on the map.

Now, Littleton is trying to stay as glad as it can after its annual June celebration with its Signature Award honoree and its famous group photo that in a normal year would include dozens packed around the bronze Pollyanna statue was canceled last week because of concerns about safety and large gatherings during the COVID-19 pandemic.

It had been scheduled for June 13.

The cancellation comes a year after a New Hampshire law gave Pollyanna of Littleton statewide recognition, with a proclamation by the governor to be issued annually that calls for a proper observance of the second Saturday in June as New Hampshire Pollyanna Day in recognition of the bronze sculpture and its presence as a welcoming symbol of the positivity and optimism of the people of New Hampshire.

On Friday, Karen Keazirian, executive director of Pollyanna Of Littleton Inc., drew a distinction between what will not occur on Pollyanna Day 2020, the public event and group celebration at the foot of the statue, and what can still be celebrated.

"There is definitely the distinction that the public group event is cancelled - not the liberty of Pollyanna Day for individuals, non-groups, and passersby," she said. "The sculpture is there. Pollyanna is an open-air presence and attraction for passersby, Pollyanna admirers, visitors, and residents."

The sculpture is where visitors and residents come to be glad, admire and experience Pollyanna on Pollyanna Day and all the rest of the days throughout the year, she said.


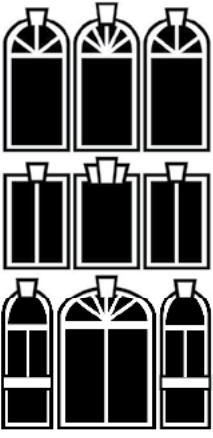
That said, Keazirian, the Eames family that commissioned the Pollyanna sculpture in 2002, and the town encourage any residents or visitors wishing to see the statue do so safely, avoiding large groups and abiding by social distancing guidelines.

"The picture is the big thing we are not doing, and that has meant a lot to people," she said.

The question of if there will be a group celebration later in the year, perhaps in the fall, as well as a 2020 Signature Award honoree, which there currently is not, is one that can't be answered at the present time, she said.

Because of the uncertainty of the pandemic

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## News Briefs

Continued from Page 4

and how long it might last, Keazirian said Pollyanna of Littleton Inc. can't commit to anything at the moment and is advising those interested to check and connect with Pollyanna of Littleton on the [gollittleton.com](http://gollittleton.com) website in the weeks ahead for updates as well as for themed virtual ways to show gladness and celebrate Pollyanna in 2020.

"We will have some fun online and have a virtual plan for fun," said Keazirian.

Details on a the virtual celebration could be released in the coming weeks, she said.

The decision to cancel the Pollyanna group event came after following the emergency orders of Gov. Chris Sununu and that decision was firmed up after hearing the latest update by the governor, said Keazirian.

In June 2019, Sununu signed into law House Bill 572, sponsored by state Rep. Linda Massimilla, D-Littleton, who was the 2019 Pollyanna Signature Award honoree.

The law officially marks the second Saturday in June as Pollyanna of Littleton New Hampshire Recognition Day, promoting Pollyanna's spirit of gladness and optimism across the state and encouraging New Hampshire's communities to commemorate the day with activities and encouraging schools to teach it for their students.

Porter's novel titled "Pollyanna" chronicles an orphan girl whose spirit of optimism holds fast in the face of challenges and obstacles.

It was an international bestseller that has been translated into a dozen languages and led to Porter write a sequel and inspired Hollywood to adapt it into a feature film in 1960.

### AMC Huts To Remain Closed For The Summer

The Appalachian Mountain Club's high-elevation huts in the White Mountains of New Hampshire have become a destination for hikers looking to spend their days traversing some of the world's

most revered mountain ranges and their nights under the stars.

The first hut opened more than 130 years ago.

For the first time in their history, though, the high huts in the White Mountains of New Hampshire will be closed for the summer and rest of 2020 because of the uncertainty of the coronavirus pandemic.

"The decision was not easy to come to and was made over several weeks in consultation with our board and leadership as well as evolving state and federal guidance," Nina Paus-Weiler, spokesperson for AMC, said Tuesday.

"This is the first time in AMC's history that the entire hut system has been closed," she said. "Throughout World War II, Lakes of the Clouds, Zealand Falls and Madison Spring Hut remained open, while the other huts were closed intermittently."

On average, the nonprofit AMC, the mission of which is to promote the protection, enjoyment, and understanding of the region's mountains, forests, waters and trails, employs about 50 seasonal staff members to work New Hampshire's White Mountains hut system during a summer season.

The eight huts include the Lonesome Lake Hut in Franconia Notch, the next-closest Galehead, Zealand Falls and Greenleaf huts (the latter overlooking Mount Lafayette in Franconia), and, farther to the east, the Carter Notch, Lakes of the Clouds, Mizpah Spring, and Madison Spring huts.

"The huts are a significant (in the millions) contributor to the public service and nonprofit mission of the AMC," said Paus-Weiler. "Our work continues, but not without impact."

AMC is planning to open its volunteer-led and staff-led events, the volunteer on June 4 and the staff-led on July 1, but those dates remain tentative and subject to change, and what the events will look like and if they will be reduced in scope remains to be seen.

"We are hopeful the volunteer programs can begin in June, provided that the activities and intentions meet state and federal guidance as well as AMC's own risk management standards and considerations," said Paus-Weiler. "More than likely, there will be modifications to do so at the proper time ... Staff-led events after July is the plan in line with state and federal guidance and our own risk management considerations."

AMC had been hoping to return to limited public operations in early June, its previously scheduled reopening date, but the increasing uncertainty and public health trends in the state and in the communities in which

AMC operates changed that, Paus-Weiler said in an earlier update.

Currently, until July 1, all AMC facilities, shelters campsites, trips, programs and activities will be closed.

AMC's Highland Center at Crawford Notch and the Pinkham Notch Visitor Center are also scheduled to open July 1 under the present time line.

Like the huts, the AMC White Mountain Hiker Shuttle will also be closed for the 2020 season.

Guests who have booked stays in 2020 for the high mountain huts can re-book a trip for 2021, move their existing reservation to an AMC lodge, receive a credit good for two years, or get a full refund.

As for the trails in the White Mountain National Forest, the U.S. Forest Service on Thursday issued an update announcing that most of the closed trail heads have now been reopened after considering safety concerns from people parking on roadways while not being able to use the parking lots at trail heads and the continued demand for local recreation.

The trail head closures, said USFS representatives, increased overflow and illegal parking and an increased pressure on the New Hampshire state parks that have opened.

"The WMNF will also be implementing a phased approach to opening the Forest's both closed and seasonally closed sites and campgrounds in alignment with the states of New Hampshire and Maine," they said. "The Forest will continue to monitor success of operations and new guidelines and will adjust operations as appropriate through the season."

At the moment, a limited number of sites will remain closed, among them Tuckerman's Ravine, said USFS representatives.

### Fresh Air Program Off For 2020

The Fresh Air Fund has given life-changing summer experiences to New York City's underprivileged children for more than a century.

Until now.

In a statement Thursday, the Fresh Air Fund canceled all programming for 2020.

"The Fresh Air Fund has made the difficult and heartbreaking decision not to run our traditional Camp or Friendly Towns programs this summer," the statement read.

"We came to this decision with the safety, health, and well-being of our children, families, hosts, volunteers and staff as our utmost priority. With what we know now and the variety of unknowns that are still unclear about this summer, the risks presented by COVID-19 are simply too great."

The program is expected to resume next summer.

The Fresh Air Fund was created in 1877 to help children affected by a tuberculosis outbreak.

For more than 140 years it has provided free summer experiences to nearly two million New York City children from low-income communities.

Each summer, thousands of children stay with volunteer families in rural and suburban communities along the East Coast and southern Canada, or attend six Fresh Air camps.

Locally, approximately 50 children stay with host families in the areas of St. Johnsbury, Morrisville and Newport, Vt., and Littleton, N.H.

The news comes as a disappointment to local co-chairpersons Kathy Bales and Sylvia LaCourse. Both have been involved with the program for nearly a quarter century as administrators and hosts.

"I anticipated it, but it's sad," said Bales.

For LaCourse it's doubly disappointing. She has hosted the same child, Dwhyte, for nearly a decade.

"He first came here when he was five. Now he's 14. He's like family," LaCourse said. "When he comes around it's like having another grandchild."

Dwhyte maintains contact with LaCourse year-round and has struck up a friendship with her twin grandsons, who are also 14.

"I just got a Mother's Day car from him. And a few weeks before

See **News Briefs**, Page 12

## LITTLETON EYE CARE CENTER

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# For Local Group, Daily Dip Does The Trick

BY PAUL HAYES  
Staff Writer

FRANCONIA — Echo Lake is cold enough to make a person forget a pandemic.

For the past week or so, a small group of friends and neighbors have taken daily dips in the frigid water as a form of coronavirus therapy.

The morning routine called ‘The Polar Plunge’ has restored community connections — as much as social distance will allow — and eased the anxiety, stress and isolation of the ongoing crisis.

“When I come out of the water, I honestly just feel refreshed and happy and awake and hopeful for a good day,” said Mihaela “Mickey” Fera.

The Polar Plunge began with Fera and her three children Elaina, Caiyu and Maria.

It was based on a similar tradition at the all-boys Cardigan Mountain School in Canaan, N.H., where Fera and her husband Gus Demaggio taught for seven years. She figured it would help restore order to lives disrupted by COVID-19.

“It gets my kids out of bed in the morning, that’s for sure,” Fera said. “Before we started [The Polar Plunge] we stayed up late and slept until nine. Our schedule got messed up completely. Now it’s a little healthier.”

Soon, others joined them.

They have gathered every morning at Echo Lake, an ice cold body of water located at the base of Cannon Mountain.

Neighbor Bruce McLaren and his family — wife Cindy and children Madison, 15, and Cabot, 13 — were among the first to tag along.

“It’s a great way to start the day,” McLaren said. “If you dunk into cold water like that, it’s pretty hard to be negative the next couple of hours, because you’re pretty refreshed.”

The group is a mix of adults and children. It has allowed them to get an everyday dose of social interaction, to combat stay-at-home loneliness.

“We can’t visit each other’s homes, the kids can’t play,

we’ve been separated for a long time,” Fera said.

She and her family follow the rules. They stay home and practice social distancing. Demaggio has asthma so Fera does the shopping. But once in a while they want to see a familiar face — with the appropriate precautions.

That’s where the Polar Plunge comes in.

“It’s a fun thing to get people together in an open space. This is the one thing that we figure is safe to do. We practice social distance. We don’t hang here. We jump in the lake and go home and [the kids] do homework. That’s what we do.”

Her 14-year-old daughter Elaina, an eighth-grader at Profile School, called The Polar Plunge a break from coronavirus concerns.

“With friends, it’s been really hard not being able to see them,” she said. “[At the Polar Plunge] we talk from a distance and that has been really nice. Other than that I’ve just been home.”

Echoing that sentiment, McLaren said his kids have been thrilled to see friends and classmates after more than a month apart.

“It’s pure joy,” he said. “These kids haven’t seen each other for the last six weeks.”

Some days are colder than others.

Fera recalled one morning when there was snow on the ground, a strong wind blowing, and whitecaps on the lake.

In times like those, the group earns its name.

“It definitely wakes you up a little bit,” Elaina said.

Public health officials have urged people to exercise, get outside, and maintain good habits during the pandemic.

The Polar Plunge is just one example of people addressing their mental and physical health at this time.

And it serves as a reminder: They are in this together.

“We have to keep going on, you know,” she said. “We’ve got to keep some normality during this craziness.”



A small group of friends and neighbors takes part in The Polar Plunge at Echo Lake in Franconia Notch on Wednesday. The daily dip is a way to cope with COVID-19 stress and anxiety. (Photo by Paul Hayes)

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## Obituaries

**Clarence and Getrude Sleeper**

A graveside service at Glenwood Cemetery in Littleton, N.H. for Clarence and Getrude Sleeper that had been scheduled for May 23 has been canceled.

**John George Ramsdell**

John George Ramsdell, 75 of Barrington, N.H. died Tuesday, May 5, 2020 at Wentworth Douglass Hospital in Dover, N.H. after a brief illness. He was comforted in his last hours by his daughter and her husband.

John was born Jan. 27, 1945 in Whitefield, N.H.; the son of the late George F. and Evelyn A. (Fountain) Ramsdell.

Originally a resident of Dalton, N.H. and a graduate of Whitefield High School, he served with the US Army in Viet Nam. John was a long time resident of Barrington where he enjoyed his time spent at the softball fields watching both his daughters play softball as well as his granddaughter. He was a talented card player and loved playing cards with his family. In his younger years, he was an avid hunter and enjoyed the company of his father, brother and uncles during hunting season.

John is predeceased by his daughter, Christina Little of Barrington, N.H., his sister Rita M. Ramsdell of St. Johnsbury, Vt. and brother-in-law, Berger Carlson of Concord, N.H.

John is survived by his ex-wife, Sylvia A. (Todd) Ramsdell of Whitman, Mass., with whom he remained good friends, his daughter,



John Ramsdell

ter, Carrie E. and her husband Sean O'Brien of Whitman, Mass. and their children, Owen, Brandon, Kyle, Aiden and Katie; his son-in-law Fred Little of Barrington, N.H. and his children Tucker and Keira, his sister, Marilyn (Ramsdell) Carlson of Concord, N.H. and his brother Carl and his wife, Sandra (Paige) Ramsdell of Maidstone, Vt.

He is also survived by his brother-in-law, George Todd of Haw River NC and Roslyn (Todd) Lawrence and her partner Ted Caouette of Concord, N.H. as well as several nieces and nephews.

John will be remembered as a strong yet gentle man, always eager to help and quick to smile. His quiet strength was a guiding light to his family and will be deeply missed.

There are no funeral arrangements at this time. A celebration of life will be held at a later date. Arrangements are under the direction of Wiggin-Purdy-McCooney-Dion Funeral Home, Lee, N.H. To sign the online guestbook, please go to [www.purdyfuneralservices.com](http://www.purdyfuneralservices.com).

**Constance "Connie" Helen (Gilman) Connary**

Constance "Connie" Helen (Gilman) Connary, 93, of Island Pond, Vt. died peacefully at North Country Hospital in Newport, Vt. on Sunday, May 3, 2020, after a brief illness.

Connie was born in Groveton, N.H. on Sept. 6, 1926, the eldest of seven children of Antonio and Nancy (Young) Gilman. She was a graduate of Groveton High School, class of 1944.

Being raised during the great depression and WWII, she went to school during the day and worked the second shift at Groveton Papers along with many other girls from town to keep the paper company going while the men were off at war.

She lived in the Groveton and Stratford areas until moving to Island Pond thirty-five years ago. Connie married Maurice P. Connary on Nov. 23, 1946, and was happily married until his death in 2016.

Connie loved her family; neighbors; friends, and her home. She loved with no judgment, her love for family was insurmountable, and she gave love so easily. Always caring for others, our Earthly Angel is now resting peacefully.

Connie enjoyed quilting; braiding rugs; her flower gardens; going to camp; making pickles and baking. She will be remembered for making the best strawberry-rhubarb pies and the highest lemon meringue pies.

Connie is survived by two children; Maurice G. "Mickey" Connary and Nancy L. Connary both of Island Pond, Vt.; six grandchildren; one granddaughter-in-law; 15 great-grandchildren; four great-great-grandchildren; one brother Richard Gilman of Stark, N.H.; two brother-in-laws John Connary and wife Becky of Nashua, N.H. and Richard White of North Carolina, and numerous nieces, nephews, and cousins.

She was predeceased by her husband Maurice P. Connary on March 13, 2016; one son William "Bill" Connary on Oct. 23, 1972; two grandsons Thomas Connary on June 26, 1993, and Guy Marier on Sept. 3, 2016, one great-grandson Daniel Ward on June 8, 2011; two sisters Anita Tilly and Patricia McLeod; and three brothers John Gilman, Donald Gilman, and Robert Gilman.

In lieu of flowers, memorial donations may be made to the Orleans-Essex VNA and Hospice; 46 Lakemont Rd; Newport, VT 05855.

Services are entrusted to the care of the Armstrong-Charron Funeral Home in Groveton, NH, and will be held after the COVID-19 restrictions are lifted.

To send the family your condolences via the online register book, please visit, [www.armstrongcharronfuneralhome.com](http://www.armstrongcharronfuneralhome.com).

**Ryan Alexander Trombley**

Ryan Alexander Trombley, 41, of Goldsboro, N.C., died April 25, 2020, as a result of a long battle with Type I Diabetes, Leukemia, and other ongoing serious health issues.

Ryan was born Nov. 27, 1978, the son of, Robert E. Trombley (who predeceased him), and Theresa E. Duval, of New Albany, Ind., brother to Keane T. Trombley, and wife Marie (Batton) of Goldsboro, N.C., and uncle to Isabella Trombley, Zachary Boat, and Keane A. Trombley.

Ryan was raised in a military family, traveling the world with his father and brother, while his father served 20 years in the US Air Force.

In 1990 Ryan, his brother and father all moved to North Carolina where Ryan attended Elementary School at Greenwood & E. B. Frink Elementary, and North Lenoir High School. In 1994, Ryan and his father joined the rest of the Trombley family in Northern New Hampshire where he stayed until his father's sudden death in 1995. Ryan then lived with his Uncle, Dean J. Trombley and Aunt, Cathy H. Trombley, and cousins, Tara L. (Ashy) and Deana M. Trombley, in Bethlehem, N.H., where he attended Profile Jr. Sr. High School where he met some of his closest friends, Chelone Miller (who predeceased him), Michael Cavanaugh, Michael Riley, and Richard Leslie.

Ryan loved spending his time fishing, having campfires, laughing and hanging with family and friends, snowboarding, four-wheeling and snowmobiling, through the White Mountains of New Hampshire.

Ryan studied nursing at Mt. Washington College from 1998-1999, pre-medical at the University of New Mexico from 1999-2000 and Life Science at NHTI graduating Cum Laude in 2002. He then obtained a Bachelors in Health & Sports science at New England College in 2003, ending his education with a Masters in Science in Nursing in 2014 from East Carolina University.

Ryan also leaves behind his beloved girlfriend, Martha Garcia, whom he loved and cared for deeply. He was predeceased by his Paternal Grandparents, Earl R. Trombley and Louise B. Trombley (Brooks), Uncle, Wayne P. Trombley, and cousins, Meredith S. Hayes/Trombley, Daniel B. Bartz and Wendall J. Trombley. He is survived by his Aunt, Toni L. & Paul R. Bartz, of Bethlehem, N.H., Uncle, John P. & Theresa Trombley, of Madbury, N.H., Uncle, Craig S. Trombley, of Lisbon, N.H., Uncle Allan R. & Janine Trombley, of E. Wakefield, N.H., Aunt Lois A. & Michael W. Biddle, Uncle Dean J. Trombley & Cathy H. Trombley, of Landaff, N.H., Uncle Peter B. & Darlene Trombley, of Charlestown, N.H., Aunt, Mary R. Trombley & Robin Blackley of Brockton, Mass., Aunt, Jane N. Trombley, of Littleton, N.H. and Uncle, David B. Trombley of southern NH, and many, many loving cousins, family, and friends.

Should friends desire, contributions may be sent in memory to: JDRF - Type 1 Diabetes Research Funding and Advocacy (<https://www.jdrf.org>).



Ryan Trombley

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Skiers and snowboarders enjoyed a rare late-season snow day at Cannon Mountain in Franconia Notch, N.H., on Saturday, May 9, 2020. Shown here, Adam Donati of Lincoln with sons Asher and Addison, begin their walk from the Tramway parking lot towards the ski slopes. (Photo by Paul Hayes)

# Late Snowfall Brings Relief To Skiers

BY PAUL HAYES  
Staff Writer

FRANCONIA NOTCH — Dozens of skiers and snowboarders arrived at Cannon Mountain on Saturday to enjoy a rare treat: Powder in mid-May.

They hiked up trails, carved their way down, and enjoyed a mental break from the stress and boredom of the coronavirus crisis.

“It’s like nature’s therapy,” said Tim Groves of North Conway. “At this time of year, it’s pure magic. It’s just awesome.”

That’s especially true now.

Six weeks into New Hampshire’s stay-at-home order, the late-season snowfall offered people a breath of fresh air — literally.

“Being able to get outside during this social distancing scenario, it just feels good to go do something,” said Adam Donati of Lincoln, who was joined by sons Asher and Addison. “This is going to relieve a lot of anxiety.”

The COVID-19 outbreak forced ski areas to shut down early and Cannon Mountain has been closed since March 18.

Still, die-hards have continued to hit the slopes during the pandemic.

That has led to backlash. Some worry that popular alpine venues will serve as a petri dish for the virus: Drawing people from a wide area, stirring them together, and then sending them home.

That concern prompted the U.S. Forest Service to close access to the Tuckerman’s Ravine backcountry venue on April 1. Meanwhile Gov. Chris Sununu and representatives of outdoor recreation groups like The Appalachian Mountain Club and The New Hampshire Forest Society have asked out-of-state visitors to stay home, and encouraged in-state residents to hike and ski locally, until the current stay-at-home order is lifted.

Those at Cannon Mountain on Saturday were aware of those concerns, and shared them.

Groves and a friend (who did not want to be named) stood six feet apart in the parking area following a top-to-bottom run. They said skiing allowed them to enjoy the outdoors in a responsible manner.

“To be honest, this is social distancing at its finest,” said the friend, noting the space between himself and Groves. “We’re six feet apart now. We were six feet apart the while time. And if anyone got closer I’d pull [my face mask] up real quick as they passed.”

Elsewhere on the mountain four friends including Jon Hunt of North Conway took a break between runs.

Hunt said he has snowboarded “maybe 10 days” since New Hampshire’s stay-at-home order was announced as a way to manage stress, anxiety and boredom.

“I’m well aware of the other opinions on skiing right now. People are saying it’s reckless and if you get hurt you are putting an extra burden on hospitals that might already be overrun,” he said. “I definitely agree with that argument towards people who are new to skiing and coming up into treacherous conditions where they don’t know what they’re doing.”

However, he said, his group of friends were experienced and operating within their comfort zone.

“Personally, I’m a snowboard instructor. All of us are confident in our abilities for sure,” he said. “We’ve got experience with a lot more challenging things and this [Cannon] is pretty mellow. So I feel like the safety factor is pretty high. And I think we’re all well versed in what to do in an emergency situation.”

Hunt added that, for him and his friends, going to Cannon complied with the state’s “stay local” recommendation.

He said, “I feel like we’re all lucky to be able to recreate where we live. We’re not trying to make other people jealous by skiing, but his is why we live here.”

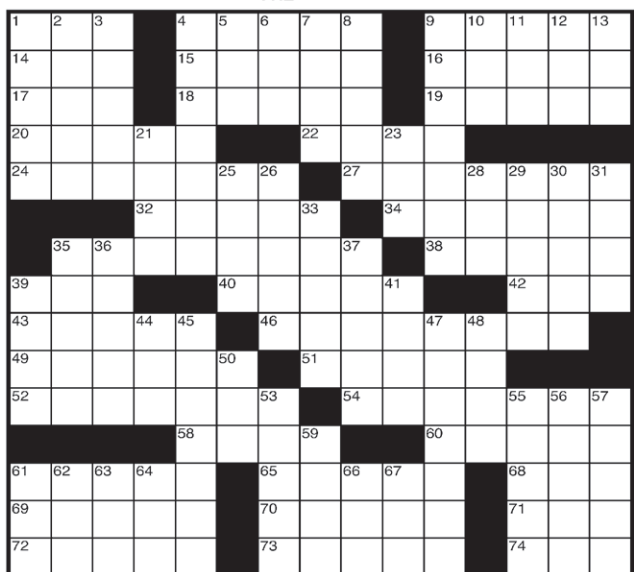
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# SAU 84: Incoming Superintendent Presents Goals, Vision For District

BY ROBERT BLECHL  
Staff Writer

LITTLETON — As the incoming superintendent of Littleton School District SAU 84 prepares to lead the district beginning July 1, he laid out his goals and vision for the district this week.

The hiring of William Hart, former superintendent of the Ipswich School District in Massachusetts and for the last two years a secondary school principal at the School of the Nations in Brazil, was announced by the Littleton School Board on May 4.

In an email interview, Hart spoke of what brought him to Littleton.

“Several years ago my wife and I wanted to find an area of the country that we could see spending the rest of our lives,” he said. “The White Mountains Region satisfied everything on our list. We have been thrilled with our decision to move to the White Mountains. I began researching school districts in the White Mountains when we decided to return to the United States from Brazil. I was looking for a school district in a town that was ‘on the move.’ My research showed that Littleton was a town with a clear vision for the future. A town that was dedicated to continuous work toward their vision. This type of town is a strong match with my ed-

ucational philosophy and experience as a school leader.”

Hart’s plan is to remain SAU 84 superintendent until his retirement.

“The contract I signed with the Littleton School District will be the last of my education career,” he said. “I am excited to begin work with the Littleton community to expand and deepen the good work happening in the district for years. Continuity in leadership is essential to ensure a school district reaches its full potential. It is my intention to bring that leadership continuity to the Littleton School District for the next several years.”

Collaboration involving all stakeholders is a top priority, said Hart.

“It is critically important for a school leader to collaborate with school community stakeholders to determine school district goals,” he said. “I always begin new positions by reaching out to the school community to determine the strengths and challenges in the school district. These community identified strengths and challenges will be foundational to the school district goals and associated initiatives. My school leadership and vision for the district will be a combination of community identified objectives and my educational philosophy.”

The primary objective of that philosophy is to prepare students with the knowledge, skills

and intellectual habits to be productive citizens in a global community, an objective that creates a philosophical imperative to balance academic content acquisition with intellectual and social disposition development, said Hart.

“In an effective 21st-century school, there is an archetypal shift that has curriculum, instruction and assessment more focused on learning standards like analysis, synthesis and problem-solving,” he said. “Communication and collaboration skills essential in a broad and diverse global community must be explicitly taught and assessed. What we want students to know and be able to do has shifted in this century and education must align resources, academic objectives and student outcomes with the new educational standard.”

All students deserve to be challenged by a rigorous curriculum rich in academic and 21st-century skill content, and to that end, educators must create powerful learning environments that are rigorous and engaging for all students, said Hart.

In his letter to the Littleton School District seeking the job, Hart wrote, “My primary focus as an educational leader is to support school communities in building student capacity to be impactful global citizens. This goal is accomplished by being visionary and strategic in educational programming, leading the learning in

ongoing and embedded professional collaboration and aligning and scaffolding the educational experience pre-K through 12 to ensure all students are empowered to use their minds well.”

The annual salary for the superintendent position for the 2020-2021 school year is \$119,000.

“We’re very excited to have him come on board and are looking forward to his arrival,” Greg Cook, chair of the Littleton School Board, said Monday. “He’s joining us at a very unprecedented time in the school district and we’re excited for his leadership and are hoping to get a good jump on September, whatever that will look like then.”

Hart will replace part-time interim SAU 84 Superintendent Corinne Cascadden, who became interim superintendent in November.

Last week, Cascadden said she was glad to be a voice for education in the North Country.

“I am thankful for that experience,” she said.

After leaving the superintendent post in Littleton, she will continue to serve on the New Hampshire Commission to Study School Funding, established through a recent state law and composed of members of the New Hampshire House of Representatives and New Hampshire Senate and nearly a half dozen public members.

“We are just starting to get up and running and we have a huge task ahead of us,” said Cascadden.

# COVID-19

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## Retail

Continued from Page 3

“essential” items to their product line in order to remain open, out of an abundance of caution for both their employees and their customers.

After six weeks, Lahout said they were ready to get back at it, for their employees, some of whom have been with the store for more than 30 years, and for their customers.

The stores reopened Monday with a skeleton crew, under certain restrictions imposed by the state. Lahout said a number of his employees are not yet in a position to return to work and the store wouldn't require anyone not ready to return. Some reasons people could remain out, he said, is if they have lingering health concerns, are elderly, or are caring for small children.

Lahout said he worked Monday in one of the larger Lincoln, N.H., locations and he was surprised by the pace and enthusiasm of the customers.

“Customers were respectful of others, respectful of staff, and thankful for us to be open,” said Lahout of how people in the shop navigated the new requirements for distancing and limited capacity and other safety measures. He said the store he was at saw customers range from people looking to pick up end of season ski deals to blue collar workers coming in for a pair of work boots and pants.

“It felt like our family was back, our family being our staff and our community, and that was the win of the day,” added Lahout.

Lahout said during the shutdown he and the other family members working in the business, including his uncle Ron, were able to get some administrative things done they don't usually have the time to accomplish during routine business and they spent some time trying to understand and navigate the various small business programs offered by the federal and state governments in response to the pandemic, but there will be no making up for the lost time.

While March and April are usually a little slower in the shops there are still customers looking for their product and services, like skiers coming to Tuckerman's Ravine or hikers getting an early start on the Appalachian Trail, both of which were closed.

“I think that this was our first positive day in a long time,” said Lahout of the reopening. “It's trending in the right direction, as long as everyone continues to be self conscious and respectful of each other.”

Vermont store owners are now just days away from being able to open, following Gov. Phil Scott's announcement on Monday.

On Railroad Street in St. Johnsbury some business owners have been making the best of a tough situation.

Scott Beck, who owns Boxcar & Caboose Bookshop and Cafe with his wife and is also a member of the Vermont House of Representatives, said the last couple months have been difficult but manageable for his store. While the bookstore has been closed to in-person business, Beck has remained open, seven days a week, for curbside pickup and has served his customers however he could, through email, social media ... even walking around the store on Facetime to show customers various items.

The 8-week closure, though, has not been business as usual for the bottom line. “I haven't even bothered to run a number,” he said of his sales. “I would suspect that we are less than half of what we would normally be.” He did note, though, that some of his expenses have dropped as well.

One bright spot was a \$100 gift certificate program he launched that could be redeemed over 10 months and for every one sold he would make a donation to benefit the Northeast Kingdom Community Action food shelf.

Despite his faith that he could carry on this way for a while longer, Beck is eager to reopen, remarking how his business is one that really begs for browsing.

Beck couldn't give any hours to 2 part-time workers but expects them back on the job soon and recently received approval and a disbursement from the second wave of the Payment Protection Program, a part of the federal pandemic stimulus package to help small businesses. Beck said while he's relieved he has the safety net of the forgivable loan, he is still waiting to get more guidelines on how it can be used before he will utilize the funds.

Beck has been working on preparing for the reopening, installing

Plexiglas guards near his registers and redesigning how some of his products will be handled or offered, like the self-serve bulk candy and coffee bar he previously had.

Beck offered thank yous to the customers and community members who supported his store the last couple months and is hopeful for the coming months.

“It will be completely up the people of the area. If they decide to spend their money here then we will be OK. If people don't, then we won't,” he said. “I hope as things open up that people decide to keep their dollars here.”

Just down the block from Beck's store is Moose River Lake and Lodge, a clothing, jewelry, home goods, gift and wine shop owned by Fred and Robin Little. The Littles, like Beck, have continued to operate through online, email and phone sales with curbside pickup.

Robin half-jokingly said she has sold a lot of wine the last couple of months, and done what she could to serve a wide array of customers who during normal times would wander through her store and check out the myriad items and even try things on.

Robin said, though, that they aren't quite committed or fully comfortable with the notion of resuming more normal operations next week and remain undecided on when they will do so.

“We have been talking about it,” said Robin, noting the 25 percent capacity limit imposed by state officials would mean her store techni-

cally could have 30 people in it at any given time. “30 people are not going to come into my store. I don't want 30 people in my store.”

Robin harbors some concerns about ensuring the health of her staff, some of whom have been able to return to work this week, and her customers. She envisions, at least at the beginning, continuing to operate as she has with phone and online sales and perhaps with shopping by appointment or by keeping the door locked but letting customers who knock in one or two at a time, thus being able to more fully control how many people are in her shop at any point.

“I just don't want it to be stressful for my customers. I want it to be a really positive experience,” said Robin, who believes there may be some reticence from customers to return to the stores as well.

Like Beck, the Littles recently received some support from the PPP stimulus program, which they are thankful for especially since even though March and April are traditionally slow months the curbside business has seen sales drop tremendously.

Robin appreciates the camaraderie of the Railroad Street business owners and is hopeful that all the stores will be able to weather the closures and return.

“We've been supportive of each other. I'm hoping we all get open at some point because we need everybody,” she said. “I wish I had a crystal ball because we don't know what the summer's going to be like, or foliage season, or next Christmas.”

# COVID-19

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## News Briefs

Continued from Page 6

that it was an Easter card," LaCourse said. "My twin grandsons play video games online with him. Everybody communicates with him."

According to Bales, the program does more than forge lasting connections. It also teaches valuable lessons.

She called The Fresh Air fund a cultural exchange, bringing together kids from small towns and the big city, and allowing them to glimpse their differences while realizing their shared humanity.

"It broadens everyone's horizons," she said.

LaCourse agree. "It's nice to be able to expose somebody from the city to the country life that we have up here. Making s'mores, sitting by a campfire. It makes you feel really good to help somebody. And in the same respect they're helping us. [Dwhyte] talks about what's going on in the city, his life, his family."

The arrival of The Fresh Air kids is typically an event. The bus pulls in, the children bound off, and the host families greet them.

LaCourse will miss that. She will also miss catching up with Dwhyte, seeing how much he's grown and how he's doing in school

("He's very good in school"), and introducing him to her newest granddaughter (her 15th grandchild).

She hopes they can meet again face-to-face later this year, when the worst of the pandemic has passed.

"If [the pandemic] calms down, and we feel brave and his folks feel brave, he's old enough to come up on the [bus] by himself," LaCourse said. "I guess we'll just have to wait and see."

### SAU 35 On Search For New Superintendent After Resignation

White Mountains School Administrative Unit 35 is on the search for a new superintendent after Pierre Couture, the superintendent since 2013, tendered his resignation on Tuesday during a meeting of the SAU 35 executive board.

The board accepted his resignation, which is effective June 30.

The plan now, executive board member Kim Koprowski said Wednesday, is to post the position and likely find an interim superintendent to serve for a year before commencing a longer and more

thorough search for a permanent superintendent.

In his letter to the SAU 35 boards, Couture, who previously served as the principal of Groveton High School, said, "The teachers, students and families are fortunate to have supportive school boards such as yours. All of you take great pride in your schools and students. Thank you for the opportunity to serve you and your students."

For the 2019-2020 school year, the SAU 35 superintendent position paid a salary of \$114,089, according to New Hampshire Department of Education figures.

Couture will be moving to the Newfound Area School District SAU 4, in Bristol, to serve in the same superintendent role.

He was chosen out of 19 candidates applying at the Newfound district, said Koprowski.

The next step now is filling his position at SAU 35.

"I assume it will be an interim superintendent for a full school year and then we can look for someone else and do a really good job," she said. "I'd like to have a plan."

That plan could be better developed after the district first has its annual school meetings, which have been postponed because of the coronavirus and the New Hampshire emergency orders prohibiting large gatherings.

Currently, the annual BES meeting is scheduled for June 9, Lisbon's meeting for June 10, and Profile's annual meeting for June 25.

The meetings come just days or weeks before the beginning of the 2020-2021 school year, which officially begins on July 1.

Koprowski, who also serves on the Profile School Board, said she will ask Profile's town moderator, Tim Egan, to keep the meeting date to June 25, even if it has to be done virtually, on the Zoom teleconferencing platform and ballots being picked up by residents, filled out, and delivered in a way that maintains social distancing.

White Mountains SAU 35 includes the K-6 Bethlehem Elementary School, the 7-12 Profile Junior and Senior High School in Bethlehem, the K-6 Lafayette Regional School in Franconia, the K-12 Lisbon Regional School, and the K-3 Blue School in Landaff.



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### Littleton Regional Expands Drive-Up COVID-19 Testing

LITTLETON, N.H. - Littleton Regional Healthcare is now offering drive-up COVID-19 testing to the greater Littleton area.

Expanded testing leads to early intervention and better community surveillance, which are key in controlling the spread of COVID-19, hospital officials said.

Those seeking COVID-19 testing must obtain prior authorization from their physician or provider. If you need a physician or provider order, 1-603-575-6000 to make arrangements for a virtual visit with LRH's Emergency Department.

To receive testing, patients may drive up to the designated testing site located outside of the Medical Office Building at LRH at their convenience.

Testing is available Monday through Friday, 10 a.m. to 4 p.m. When you enter the LRH campus, make a right-hand turn and follow the red drive-up testing signs.

Hospital officials ask that you remain in your vehicle while in line and during testing.

Results may take up to 72 hours. LRH will notify you of your test results.

Pre-op patients arriving for COVID-19 testing should continue to come to the Main/Emergency Department entrance for sample collection, hospital officials said.



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# Hair

Continued from Page 3

"We had a meeting last week and we called all of our employees in. We discussed the pros and cons of opening. All of us were ready to go back. We decided we might as well try it out," Cleaves said.

Added employee Maddie Smith, "Our bosses have always put our safety and how we feel first. They never forced us to come back. They gave us the option if we felt safe. I appreciated that."

However some hair care businesses remain closed, citing health and safety concerns.

## "IT DOESN'T SEEM RIGHT YET"

Two months ago Jane Hamel was chatting with a customer at her business, Teddy's Barbershop in Littleton.

"After his haircut was done, he told me his wife was waiting for her coronavirus test results, because she thought she had it," Hamel said. "I was like 'What? Did I hear that right?'"

That prompted her to shut down on March 19, a week before New Hampshire's stay-at-home order took effect.

It's unclear when it will re-open.

"It doesn't seem right yet," she said. "It doesn't get much more close

and personal than getting a haircut. They're putting a lot of safety procedures in place, and really limiting what you can do, but that doesn't really protect us. It just protects each individual customers. We still have to touch them all."

Hamel took over the 22-year-old business from her father, who retired in November.

She intends to resume the business when the situation improves and restrictions are lifted further.

Her decisions will be based on safety. A Type 1 diabetic, she said she's not necessarily worried about her own health, but that of her customers.

"I guess I could die if I get it," she said with a shrug. "But it's more that, I don't want to be the link between a sick person and someone else getting sick."

Fresh Salon in Littleton will also remain closed during Phase One of the re-opening plan.

In a statement, they said, "We do not feel it is wise to risk our safety and health while also not being able to be profitable."

## "WE'RE GETTING THROUGH IT"

Mane Street Styles welcomed between 30 and 40 clients on their first day back on Monday.

Employees Heather Reischer and Isabel Yeramian were thrilled to

be doing hair again.

"I just feel normal, staying home is not for me," Reischer said. "It's good to feel part of the world again. I feel like I took a big anti-depressant yesterday."

Added Yeramian, "I'm just excited to be back at work and it shows my four kids [ages 7, 9, 12, 18] that things will get back to normal. Even though we are wearing masks and gloves. It just gives everybody the sense of we're getting through it."

Mane Street Styles has modified operations to comply with state COVID-19 regulations.

Customers are appointment only, and appointments are staggered. They must answer questions and have their temperature taken before they can enter. Staff and customers must wear masks the entire time. Services are limited to hair cuts and root touch-ups (no coloring, foiling or blow-drying). Equipment must be cleaned and sanitized between clients. Maximum occupancy (employees and customers) is 10 at any one time.

In addition, Mane Street Styles has separated work stations with clear shower curtains, and employees wear disposable plastic robes, to provide an additional level of safety.

In some ways, those precautions reflect standard industry practices. "Sanitizing between clients, washing everything down, that's something we do all the time anyways," Yeramian said.

During their hiatus, Mane Street Styles kept busy.

The salon distributed over \$10,000 in gift cards to essential workers at local supermarkets, restaurants, stores, and more as a sign of appreciation.

Now that appreciation is being returned by their clients.

"People are just saying they're so grateful we opened, they're thanking us," said co-owner Tari Stearns, Culver's mother.

Financially the re-opening comes in the nick of time.

It will allow Mane Street Styles to remain on a good economic footing, so that the business can keep people looking good and feeling good for years to come. They are currently operating on a limited schedule from 10 a.m. to 2 p.m., in order to perform the necessary cleaning and disinfecting. It's a positive sign as small businesses look to battle their way through the coronavirus crisis.

"We would've made it through one more month of paying the rent and the bills, and then I would have been going to the bank," Stearns said. "But I'm really lucky. These guys, I made them the offer I did, and they all said they were ready to come back. And we're going to roll with it."

# Golf

Continued from Page 3

compliance with those guidelines ... He's got procedures in place to make sure people are socially distancing and cleaning things with the timeframes they are supposed to clean things."

The clubhouse will be closed to the public and two Porta-Potties will be delivered so no one has to go into the clubhouse, said Caplain.

Courchaine has done a good job planning and has had people call him about the course and saying they understand the restrictions and are willing to abide by them, said Caplain.

"I'm okay with it, but if it turns out people are all riding in the same cart or not wearing masks, then we can revisit this," said Selectman Chris Jensen.

Caplain said it would be fair to revisit.

"Matt is telling people that if you don't abide by the rules, we could be shut down immediately. We don't want to be an example. We don't want to be shut down."

Anderson said he did offer to make the visits and is glad to do it.

"As far as the carts go, they can have two people in them as long as they live in the same household," said Anderson.

Courchaine has been asked quite a few times about membership refunds in the event of a closure, said Caplain.

"His response is if you buy a membership and we get closed down in a month and that's it for the season, we would probably give you some kind of refund," he said. "If we open [Tuesday] and we are open for three months and then get closed down for some violation or resur-

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## A Thursday



BY AMY LAWTON McKEEVER

It's Thursday today. The days bleed into each other right now, and I just realized it. Sitting here at my computer, I'm struck by how different today is from a typical, non-pandemic spring Thursday at our house.

It's about 4:30 right now, and the kids are outside. I think they are playing marshmallow ball, a new game they've invented this spring that involves badminton rackets and marshmallows. Their laughter is filtering in through the windows. They spent most of the afternoon fixing up my daughter's rock stand, re-painting it and moving it out to the end of the driveway. Schoolwork was finished a while ago. I made curry after lunch and it is simmering on the stove right now, ready for dinner. In a few minutes I'll hit save on this article and go make some naan. My husband is working downstairs at his computer. Soon I'll call the kids in to set the table. They'll have a bit of screen time. We'll eat dinner together and I'll probably have to remind the kids about table manners and being nice to each other. A million times. Afterwards we will clean up, maybe walk the dog down the hill if it stays nice, and settle on the couch to read a bit before bed.

If we weren't in a global pandemic, my Thursday afternoon/evening would be a lot different. My husband would have rushed home to meet the bus after school. I would have pulled in around 3:40, just in time to change, grab a snack, and bring my daughter to her gymnastics practice that begins at 4:30. My son probably would have had a baseball game, so my husband would have gone to the field and I would have headed there from gymnastics drop off. After the game one of us would have taken one kid home, the other one heading back to gymnastics for 7:30 pick up. One of us would have stopped for pizza. It would have been late, so we would have eaten in the car, and then, once home, rushed around to get the kids showered and tucked into bed, hoping that homework had been already taken care of. Somewhere in there - by, you know, that magic homework fairy. I would have unpacked the day's lunches, washed Tupperware, and then packed them up again for the following day, thankful that it was Friday and we could unwind a bit and not go anywhere over the course of the weekend.

Funny how we get what we wish for sometimes, isn't it?

The past two months have definitely been challenging. We've been lucky at my house, with all of us healthy so far, and my husband and I both able to work from home. Still, the past two months have been full of anxiety - missing friends and family, worried about staying safe, wondering what is coming next. Sometimes I wake up in the morning and, especially if it's raining, I wonder what

the heck we are going to do all day long.

Still.

I'm appreciating the fact that in all of this stress and worry, our lives have slowed down so much that we suddenly have time for all of these other things. Marshmallow ball. Fresh naan. Sledding off the garage roof in a May snowstorm. It's made me realize how much rushing I used to do, from one place to another, from work to practice to a game to bedtimes, from Monday trying to make it until Saturday when we could pause and take a breath over the weekend. And there's not a ton I can do about that - I have to work, and my kids are interested in playing sports and other activities, so we support them in those pursuits. That means being busy during the week, especially as they get older. Still, it feels nice to step away from all of that.

I'm not trying to sugarcoat things; it's not all rosy smiles over here as we wait out this pandemic at home. The kids argue, we're all a bit antsy, and somebody usually cries at least once a day. Sometimes it's me.

But right now, as I sit and listen to the kids laugh, and see that marshmallow plop yet again in the lawn in front of my window, the kids cheering wildly, I'm appreciating this slow Thursday, where nothing was scheduled and lots of good things are happening because of that.

*Amy Lawton McKeever is a teacher/librarian over at the Monroe Consolidated School. More of her writing can be found in the New York Times Motherlode blog and on her home computer under "future book." She lives in Easton with her family.*

## Golf

Continued from Page 14

gence, you probably won't get a refund. It depends on the timing of what would happen and the circumstances."

In recent years, after a several voter-approved warrant articles, selectmen have been trying to find someone to lease or buy the golf course as a way to generate more revenue for the town.

So far, no one has committed, and the town expects to own and run the BCC going into the 2020

season.

"We should also keep an eye on the balance sheet and make sure the number of people coming in is offsetting what our costs are," said Jensen.

"I agree," said Caplain. "I think we'll have to watch it closely. [Courchaine] is cognizant of that. I had that conversation with him today, that you may have less people coming through there and therefore your expenses might need to be kept down, and he's looking at doing that by not hiring as many people this year."

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Our Service Department is fully open. Please contact us today to schedule an appointment. Our Sales Showroom is open, but you can also shop by phone or online and we are offering curbside delivery to your home or work. Whatever is best and most convenient for you.

- Easy scheduling of service appointments by phone or online
- Meeting you outside of the dealership to accept your vehicle for service
- All surfaces will be carefully wiped down after service has been performed
- Our waiting areas have seating over 6 feet apart
- We can leave your vehicle outside of the dealership for you to pick up.



650 Meadow St • Rte. 302 • Littleton, NH

**Call 603-444-7771**

Email Us: [service@crosstownmotors.net](mailto:service@crosstownmotors.net)

We service all makes and models • **Mon-Fri 8AM-5PM**



Book your service appointment online, any time at [crosstownmotors.net](http://crosstownmotors.net)