

The Record



FRIDAY, JUNE 2, 2017

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Friday, June 2, 2017
Vol 8, No. 50

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Sister Monique Couture examines her rhubarb patch. (Photo by Leah Carey)



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TURNING RIGHT IN THE CENTER LANE

I Can't Believe You Kept This

To say my mom is a packrat is an understatement. She keeps the most mundane things: receipts, pinecones, blank postcards, and all kinds of handwritten lists. I tease her all the time for hanging on to her little mementos! But, she wouldn't be my mom if she was any other way.

We had a yard sale last week. This was a big deal for us! I am guilty of squirreling away stuff, too: books I've already read, clothes that no longer fit, bird feathers (don't ask). But, it was time to let go of the past—and the storage unit.

Cleaning out storage was like being in a time warp. There were boxes full of school projects I didn't remember making, stacks of awards from ski races I didn't remember participating in (let alone winning!), and furnishings I hadn't seen since I was a child.

"I can't believe you kept this!" was the theme of the weekend, as we sifted through the gems and the junk. Among the junk: one single flip flop, an Annie Oakley puppet I made in the 7th grade, approximately seventeen-thousand pinecones, a million sea shells, and a plastic orange tree that belonged to my grandparents. Among the gems: a 1970s flexible flyer sled, which belonged to my mom, letters written between my sister and me while I was away at camp, boxes full of pictures, antique skis, and the letter my mom received from the State when she found her birth mother almost thirty years ago.

It was sad to part ways with some of it, but a relief, too. It's exhausting to hang on to the past. I've been working on sorting, organizing, and cataloging the piles of pictures and documents.



By Paige Roberts

They aren't all worth keeping, but a lot of them are.

There aren't many pictures of my mom, but there are some. I am weirdly jealous of the person who was behind the lens when the pictures were taken. Almost all of them are from before I was born. It makes me wonder what my mom was like before she was my mom. Or what she was like before she was anyone's mom! Who was she? Did she always like her toast burnt? When did the pinecone obsession start? Did she want a daughter, let alone two? I wonder

how much of the storage unit she was carrying around back then.

Sorting through pictures of the past makes me think of my future. What will my kids think when they see these? Will they have that same ping of jealousy for not knowing the me from before? I wonder if I'll even have kids to share all this history with.

Thirty years from now, I imagine that I will be looking back at these photo albums. Maybe I will have a storage unit of my own, filled to the brim with stuff of the past. Maybe I'll pick through, find an old flip flop, and a letter or two from my sister. I'll probably find a pinecone (or a bird feather). Maybe I'll keep the stuff for thirty more years. Maybe I'll sell it. Maybe my kid will look at me and say, "I can't believe you kept this!" Maybe.

Paige Roberts has a degree in Creative Writing. She is the Assistant to the Director at The Frost Place. More of her writing can be found at www.idontreallyknowwhatkindofgirliam.blogspot.com.



The 2017 NNEKY award winners and nominees gather for a group picture before the start of the third annual Northern New Hampshire and Northeast Kingdom Yearly High School Sports Award ceremony at Lyndon State College on Sunday, May 28, 2017. For more visit NNEKY.org. (Photo by Paul Hayes)

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Summit Rallies Kids In Substance Abuse Battle

BY ROBERT BLECHL
Staff Writer

LANCASTER — It was a rallying cry for change and it brought together more than 100 students to empower the region's youth leadership to take charge of the drug and opioid scourge, reach out to those at risk, and save lives.

The youth summit on substance misuse at the Rialto Theatre in Lancaster on May 24 - the first of its kind in the North Country - helped provide the region's future with the tools and resources to battle the problem, inspire them to make a cultural shift toward healthy practices, and take what they learned back to their own schools.

"It's a capstone to a project we've been working on all year," NCCA Principal Lisa Lavoie said before the three-hour event began.

The summit, sponsored by the NCCA in collaboration with the North Country Health Consortium and N.H. Bureau of Drug and Alcohol Services, aims to encourage youth to impact their immediate circles and move from a culture of despair to one of hope.

It brought students from across Coos County as well as from school districts in Littleton and Lisbon in northern Grafton County.

Among those helping to make that change was Hannah Potter, a student at NCCA and the event's emcee.

"Nothing is going to change unless we step up and participate," she said. "We are the leaders who will be directing our peers for a solution to this problem."

Potter pointed to stark statistics for N.H., a small state that has one of the nation's highest addiction and fatal overdose rates.

In 2016, there were 477 total overdose deaths, up from 201 just six years ago. Most deaths were caused by the deadly phar-

maceutical fentanyl.

To date in 2017, there are 73 total drug deaths in N.H., according to the most recent statistics.

Also among those leading the charge to save lives was Greg Williams, NCHC substance misuse prevention coordinator, who said, "You guys are the leaders of the next generation. Your voice matters, and it matters more and more because you're growing older."

Social media is a large part of the campaign, and Potter and others said it can be used to reach out to the younger generation, educate them about the ills of substance misuse and let them know there is help.

Bernadette Gleeson, a recovery advocate who recently moved from Indiana to become director of recovery development for HOPE for N.H. Recovery, said a crucial step is to erase the stigma of addiction and correct what she said is a falsehood - that nothing can be done for someone who isn't ready for help.

The number one public health crisis ranked by N.H. voters is addiction, she said.

And addiction breeds in darkness, in isolation, said Gleeson. "When the number of deaths go down, it will be because of you," she said. "You can immediately impact people's opportunity to be alive in recovery. You have to speak the truth about this or the stigma won't go away ... This is not the responsibility of one. This is the responsibility of all."

See **Summit**, Page 9



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Sister Monique Couture Oversees Growing Ministry

BY LEAH CAREY
Staff Writer

Hardly a half mile off the main streets of Littleton is an oasis of calm and beauty. Many don't even realize that it exists.

For over 50 years, members of the Daughters of Charity of The Sacred Heart of Jesus have congregated at the convent at the top of Grove Street. For the past 25 of those years, Sister Monique Couture has been in residence.

She holds many positions within her religious community and our local community, including being associate pastor and music director at St. Rose of Lima Parish in Littleton. But it is her "gardening ministry" that takes up an abundance of Sister Monique's time and passion.

"I grew up farming, so I've always had a hand in gardening no matter where I went," Sister Monique said.

Now she manages a thriving gardening program that includes classes from local schools and families from the community.

It began in 2008 when the economy crashed and many community members were concerned about whether they'd be able to afford their groceries each week.

"We had been sharing a lot of our excess produce with a couple food pantries and with people who we knew in town who really needed it. And we said, 'Why don't we give some of these people

who want to participate a chance to help grow the vegetables?'" Sister Monique explained. "It would not only satisfy their needs, but we would also be able to offer to the food pantries and continue that tradition."

She spoke with the local Catholic Charities, which was already running a program teaching people how to cook whole foods.

"The best follow up to that is to show them how to grow it, so they don't have to go to the supermarket to pick up what they're going to cook. It was working hand in hand," Sister Monique said.

They signed up five families to work alongside them in the garden and share in the produce. As those families moved on, new families joined the fold.

"Some people are still coming," Sister Monique said. "They don't have the same needs now, but they know they want to give back."

That program has now transitioned to focus on students.

"They come year-round. We have a grow house so we can do some gardening in the winter in grow boxes, or prep stuff," Sister Monique said. "We do a lot of planning. They learn all those skills."

For instance, if they are starting their own tomato seeds and need to plant them at a certain time, how long will it take to establish them in the greenhouse?

"If you want something in ten weeks, can you grow it in ten weeks?" Sister Monique said. "How far in advance do we start them?"

As the weather grows nicer, they plant things in the ground and then go about the work of a garden: weeding, pruning, harvesting. Sometimes they pack up produce to be delivered to the food pantries.

Some of the students are starting from a total lack of knowledge, not even willing to believe that if they plant seeds, the seeds will grow.

"And some of them will tell the others, 'We know that it works! We've seen it! We brought some home, we grew a plant for ourselves. We brought it home and had tomatoes.'"

Apostolic versus monastic communities

Contrary to the vision of nuns walking the grounds in silent prayer, the Sisters in Littleton are actively involved in the community.

"We're an apostolic community," explained Sister Monique. "That simply means that we're ministering. We're serving the needs of the people around us. There are monastic communities that are more cloistered, they're more onto themselves."

This type of living suits Sister Monique. One of her favorite things about this work, she said, is "To be able to connect with people in their real lives ... Some of them don't have a lot of support in their real-life situations."

Working with them in the garden helps to foster that sense of connection.

"It's a healthy way to process a lot of stuff in your life. And it
See **Couture**, Page 15



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News Briefs

New Non-profit Aims To Help North Country Seniors

In many areas, the United States is a graying nation, and nowhere is that demographic trend more pronounced than in northern New England.

As North Country residents become increasingly older, there's a new nonprofit in town that is partnering with local physicians and organizations

to provide services to keep the region's seniors safe, healthy, independent, and active.

Called Organized Acts of Kindness for Seniors (OAKS), it was inspired by a book called "Being Mortal" and is based on a national "village to village" movement described in that book and created in 2000 by several Boston residents, who sought to help their neighbors stay in their own homes as they aged.

"This is created by seniors for seniors," Bethlehem-based OAKS founding director Kay Kerr said Tuesday. "The seniors are the volunteers and the seniors are also the member recipients."

The Bethlehem-area OAKS group, the first of its kind in the North Country and one of only a handful in N.H., is among more than 200 of the membership-driven villages across the nation that serve people 55 and older in need of services with volunteers and vetted service providers.

An online survey is currently being conducted to identify needs, volunteers are sought, and a fundraiser is planned for August.

In short, the group aims to connect members with what vol-

unteer advisory committee member Laura Clerkin said will be vetted, discounted providers and volunteers for any service they might want or need.

It will also help offer healthy living options such as meals, exercise classes and discounted home care providers, and will organize social programs and trips to connect seniors, some of whom face isolation, to their communities.

The coverage area will be Bethlehem, Littleton, Franconia, Sugar Hill, and Easton.

"We feel comfortable that we can cover that radius well," said Clerkin.

Many area residents, although they might be older, are not yet ready for assisted living or nursing homes, but need someone to call for a ride, for instance, to pick up medication, or for help with household jobs, such as painting, said Clerkin.

The book "Being Mortal" and its "village to village" movement was recently discussed by senior women in Bethlehem, where several brainstorming sessions were then held to see if an OAKS group could be launched in the greater Littleton area to meet a need.

Kerr, of Bethlehem, said the North Country OAKS will be under the umbrella of the village to village network, which is now international after several groups were created in Britain and Australia.

Kerr spent more than two years conducting research, visiting villages, and attending the annual meeting of the village network. One OAKS group, in N.H.'s Monadnock area, was extremely helpful,

and in the North County she found no shortage of interested people.

"Local physicians and local service organizations have been extremely proactive in this process," said Kerr. "We've had nothing but encouragement."

Joining the effort were organizations that include the Littleton Senior Center, Ammonoosuc Community Health Services, Catholic Charities of N.H., the Women's Rural Entrepreneurial Network in Bethlehem, the Littleton Rotary Club, Passumpsic Savings Bank, North Country Health Consortium, Service Link, MLK Consulting, Littleton Regional Hospital, and Caleb Caregivers.

The group's advisory committee, too, has been helpful, said Kerr.

Although working with North Country social service agencies, OAKS is not looking to reinvent the wheel but will see where a particular need cannot be met by an organization and will step in to fill the void, said Clerkin.

It was a meeting in January, facilitated by Bethlehem consultant Mary Lou Krambeer, that kicked the group into high gear and led to the development of goals for the year and the formation of the marketing, finance, and volunteer committees, she said.

The Littleton-based Affordable Housing, Education and Development Inc. will be the fiscal agent for the group as it obtains its official nonprofit status and has allowed the group to occupy space, at least for the short term, for its office at

AHEAD-owned property at 262 Cottage St., Suite 7.

The brief survey is for those who need assistance now, may need it in the future or are interested in becoming a volunteer.

The link to the survey to identify community needs and interests can be found at www.surveymonkey.com/r/OAKSinfo.

For printed surveys or more information, call the OAKS office at 603-575-5502 or email oaks4info@gmail.com.

A fund-raiser is planned for Aug. 18 at The Colonial Theatre, in Bethlehem, where Ashton Applewhite, an advocate for aging and author of "A Manifesto Against Aging," is scheduled to speak.

Littleton Food Co-op Advances Future Plans

LITTLETON — After celebrating its 9,500-square-foot expansion last week, the community's member-owned grocery store, the nonprofit Littleton Food Cooperative, is not resting on its laurels but instead planning for the future.



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News Briefs

Continued from Page 6

That future includes more food from local vendors and farms as well as classes and community space for residents.

"We have a 7-year plan, and our 5-year goal is to increase our purchases of \$1.59 million from local vendors to \$3 million," LFC General Manager Ed King said Friday. "We also want to add 30 new positions and grow our workforce from 75 to 105 people."

Educational classes will be a big part of the future.

"We have a teaching kitchen and open space available for the community and are always looking for people to host classes as much as attend classes," said King. "It's meant to be a community space. We will definitely have events going on."

If people have a fantastic spaghetti sauce recipe they want to share, for instance, they can do so, he said.

"We will have classes on nutrition to support our mission of education to our membership," said King.

While many classes will be on food issues, they will not be limited solely to food, he said.

On May 19, the LFC celebrated its nearly \$7 million expansion with a ribbon cutting.

The new space includes nearly 6,000 square feet of new retail space as well as 3,700 square feet of operations and storage space.

The new addition and existing store were also outfitted with LED lighting and other energy efficient technology.

"We've added solar panels and energy savings throughout the store," said King "The energy use in our current budget with the combined buildings is slightly less than our old footprint. We've increased the size of our building by 9,000 square feet and slightly reduced our energy usage. A lot of the planning, expenses and equipment were geared toward reducing our energy and carbon footprint."

In addition, two charging stations for electric vehicles will be installed in the coming weeks, making the LFC the only spot in the area to have such stations, he said.

Funding sources for expansion include member loans, loans from local banks, and new market tax credits. Mascoma Savings Bank led the effort to secure the funding.

Since it opened in 2009, the LFC has grown.

"We are adding new members at a breakneck pace," said King. "We are quickly approaching 6,000 members, and should hit that number this summer."

One-time membership is \$100, which can be paid in \$25 installments, and is a low sum as far as co-ops go, he said. There is partial

and full membership, the latter of which carries voting privileges.

In recent years, there have been membership requests to carry more produce, said King.

The co-op, too, has expanded its bulk department, gourmet cheese section, and beer and wine selection, he said.

And outside are more tables for shoppers, members and residents to enjoy a nice day.

Members are not just from the Littleton area, but come from places that include Colebrook, Berlin, and the Northeast Kingdom, said King.

School Board Rejects Proposal To Rename Middle School

LITTLETON — The Littleton School Board has rejected the proposal to rename the Daisy Bronson Middle School in honor of popular teacher and basketball coach Pierre Lafitte, who died last year.

The renaming idea, however, is not over. The man leading the charge, Ron Lahout, Class of '76, will propose naming the high school after Lafitte. Lahout had Lafitte as his teacher and class advisor.

Lahout is on the agenda for the board's next meeting, on June 5.

On Friday, Ann Wiggett, chair of the school board, said board members left open the possibility of a dedication to Lafitte in the gym or outside in the landscaping area.

Lahout, however, feels the honor should be bigger.

"My rationale is the opposition was based solely on having an existing name already on a building," Lahout said Friday. "Everybody supported honoring Pierre, but the people opposed [to the middle school renaming] were opposed to not removing the name of someone who had been honored."

Littleton High School, unlike DBMS and Lakeway Elementary School, is currently not named after an educator.

The name of Littleton High School would not change – it will still be known as LHS – but would have Lafitte's name in front of it, said Lahout.

Lafitte was more than a coach and deserves more than a gymnasium named after him, said Lahout.

On May 15, according to the draft meeting minutes, Wiggett said after review by the board of both verbal and written requests for and against renaming DBMS there is and has been a perception of an icon for educational quality past, present and future.

Responses the board received – unnamed in the minutes – included one respondent who said, "Pierre was a wonderful human being,

truly dedicated to his students and the community, however, I don't think it appropriate to take away the recognition of another very worthy individual in order to honor Pierre Lafitte"

Another said, "I do not believe that the school board of 1963 would want a change in name in 2017. Daisy Bronson was a trailblazer in her time and when we are looking for more women and girls in the STEM programs we need to educate everyone that her legacy is not something of the past but it being for the future."

Another said, "The school board of 1963 naming the school after Daisy Bronson breaks a gender barrier as it usually names elementary schools after women because they do not yield the level of influence in the community as middle and high schools do."

After deliberation, school board members Jim Anan and Millie Nelson made a motion to keep the middle school named after Daisy Bronson, but consider another option to honor Lafitte.

It passed 4-0, with school board member Greg Cooks, Lafitte's son-in-law, abstaining.

Lafitte, a longtime middle school social studies teacher, back-to-back championship basketball coach and athletic director, died in September at the age of 70.

He taught at the school for 43 years before retiring in 2010.

Bronson taught at the Littleton School District for 50 years, with 43 of them at the middle school, before retiring in 1951.

In 1961, a six-room addition for junior high students was made to the high school. Two years later, that addition was formally named the Daisy L. Bronson Junior High Wing.

Bronson died in 1975 at the age of 95.

In April, Lahout went before the board to argue his case, saying Lafitte did more to impact those alive today.

Also at that meeting was Susan Mooney Randall, a retired educator and grand-niece of Bronson, who said Bronson was unique among female teachers as she taught math and science – both STEM subjects – in 1936, when a large portion of female educators taught English and other non-STEM classes.

Bronson remains an enduring role model for the community, teachers, and, mostly importantly, the students, and the naming of a school is to be a lasting tribute to all educators, said Randall.

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News Briefs

Continued from Page 7

Court Paves Way For Mobile Home Park Expansion

WHITEFIELD — Although opposed and appealed by abutters, Coos Superior Court has paved the way for the expansion of a mobile home park in Whitefield.

The project is being helmed by Dick Harris, who currently pays about \$40,000 annually in property taxes and said the new homes proposed will be energy-efficient and the expansion will increase the town's tax base.

He also said it's affordable housing for the community and is a place for retired people who have downsized their living.

"I was pleased with it," Harris said Wednesday of the decision. "My family and I have tirelessly striven for the past 20 years to provide the town's residents with safe, comfortable, desirable, and most importantly, affordable housing for the full-time residents of Whitefield who serve all the part-time residents and guests to Whitefield."

The planning board has flexible authority for the project to expand to continue to serve residents and manufactured housing should not be discriminated against, said Harris.

In August, however, several abutters, grouped into a plaintiff called John B. Dodge Family LLC, appealed a July 2016 Whitefield Planning Board decision that unanimously approved a master plan for the first phase of a three-phase expansion for four new mobile homes, the installation of which will take place over the next several years.

The Country Village Mobile Home Park, located off Hall Road, was first developed about 26 years ago. It currently has 31 homes.

Harris, who also owns Dick's Truck Sales in Whitefield and

storage units in Twin Mountain, Lancaster and Whitefield, recently bought 150 acres for the mobile home park expansion. Although the first phase was approved, he will still need to go back to the planning board for approvals of phases 2 and 3.

Attorney John Riff, representing the abutters, had argued the development is not allowed under the town's master plan and the location, along Hall Road, which is a designated scenic road, would destroy the purpose of having a scenic road. Riff also argued the town's development guide prohibits manufactured housing in a residential zone.

The abutters' property is about 1,000 feet from the portion of Harris' land slated for the first phase.

While Whitefield has zoning and planning boards, it does not have a zoning ordinance like some other towns and instead has a comprehensive development guide adopted by voters in 1992.

In his May 12 order allowing for the first phase, Coos Superior Court Judge Peter Bornstein said the abutters read the definition of the town's residential activity category too narrowly and said Whitefield planners did not consider each manufactured home an individual residential unit, but instead considered all 12 planned homes as a single unit with 24 bedrooms.

"The petitioner has failed to carry its burden of establishing that the board's application of the lot size criteria was unlawful or unreasonable," wrote Bornstein.

Rather, the board "was not necessarily precluded from creatively interpreting the meaning of 'residential unit,'" said Bornstein. "Indeed, the guide's Appendix II, which contains the soil type lot size table, seems to encourage this type of outside-the-box thinking because its purpose section states, in part, '[t]he following criteria propose encourage greater flexibility and creativity in the designs of subdivisions ...'"

The abutter, though, has 10 business days to file a motion from the date of Bornstein's decision asking the judge to reconsider his decision and can file an appeal with the N.H. Supreme Court.

Conference Explores Role Of Science In Opioid Crisis

HANOVER, N.H. (AP) — New Hampshire's disproportionately high rate of opioid overdoses is the result of prescription practices, underfunded and scarce treatment options and the state's proximity to the drug supply chain, Dartmouth College researchers said Tuesday.

The rate of death due to synthetic opioids — mainly fentanyl — increased by nearly 1,600 percent from 2010 to 2015. In 2015, the most recent year for which federal data is available, there were 24 such deaths per 100,000 residents, the highest rate in the nation and double what it was the previous year.

With funding from the National Institute on Drug Abuse, researchers at the Dartmouth Center for Technology and Behavioral Health conducted a six-month study of the crisis, the results of which were presented at a conference Tuesday.

"The statistics are tragic, they're alarming, and they call for urgent action," said Dartmouth President Philip Hanlon.

Dr. Nora Volkow, director of the National Institute on Drug Abuse, was even more blunt, saying that when she saw the trend, she said to herself: "What the hell is going on in New Hampshire?"

In hopes of finding out, researchers interviewed recent fentanyl users about their trajectory of drug use, their experiences with overdoses and treatment, and other issues. They also interviewed first responders and emergency department workers.

Lisa Marsch, the center's director, said many participants reported early recreational substance use, substance use among multiple generations of their families, severe injuries warranting prescription opioids or experience self-medicating themselves for mental health conditions. Most said they did not specifically seek out fentanyl alone and were either neutral or averse to it, though they said if they heard it was present in a batch of drugs that caused an overdose, they would seek it out.

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Summit

Continued from Page 4

Gleeson encouraged the students to “be the light” and “be an opportunity” for those in need.

The call drew robust applause from students. Receiving a standing ovation was NCCA student Taylor Cornell, 19, now in recovery from alcohol addiction, who recounted her struggle and asked those to stand up who have been impacted by someone close to them with a problem, or who had someone close to them they lost.

The theater filled with standing students. “With drugs and alcohol follows trouble,” said Cornell, who said those with addiction need to not only seek treatment for themselves, but also for those who love them.

Erik Becker, of Lancaster, who is helming

the Black Crow project that gathers stories about addiction and educates young adults on how they can help others, told the students what they are dealing with is different from what he was dealing with a mere 10 years ago when he was in high school and when drugs were for the most part less dangerous.

Becker encouraged them to speak up if they see something that isn't right, such as someone getting into a car who shouldn't, or someone, perhaps a classmate, slurring words.

“Somewhere down the road you don't want to say to yourself, ‘if only I had done something,’” said Becker. “If you see something, say something, because that

might save a life.”

He encouraged the student leaders to make a culture that builds each other up and looks out for each other, so when bad times come they have someone to hold onto.

Last week's event drew several dignitaries, among them Frank Edelblut, commissioner of the N.H. Department of Education, and Marty Boldin, policy advisor to the governor for prevention, treatment, and recovery.

Gov. Chris Sununu has put together a youth council on addiction, with the goal to take ideas and make them into policy, said Boldin.

“My job is to make your voice heard at the

highest levels of government,” said Boldin.

The summit that also featured a short dramatic film about the tragedy of addiction titled “If Only” ended with a student-led discussion to generate ideas that can be brought back into North Country schools to effect change.

One step is to let people know they are cared about so they don't fall into the downward spiral of addiction. Another was more education about types of drugs and the damage they can do.

The summit came out of an NCCA opioid project called Care To Inspire, initiated last autumn and including a student-made mural on Lancaster's Main Street.

Williams, previously an educator at NCCA, helped students with the project and continued to do so after moving to the NCHC.

Of the summit, which will have a followup this autumn, Lavoie said, “This is the beginning of a student-led initiative, truly the beginning of a journey to create a cultural change.”

**“If you see something,
say something,
because that might
save a life.”**

— Erik Becker

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Obituaries

James H. "Jim" Walker Jr.

James H. "Jim" Walker, Jr, 76, of Woodsville, N.H., died Sunday, May 28, 2017, at the Grafton County Nursing Home, North Haverhill, N.H.

He was born in Haverhill, N.H., Oct. 16, 1940, the son of James Harvey and Bernice (Moore) Walker, Sr. Jim graduated from Woodsville High School, class of 1958. He

also graduated from New Hampton Prep School and from the University of New Hampshire. Jim married Jean Mileski on Nov. 15, 1967. Jim served in the Vermont Air National Guard.

Jim went to work for his father at Walker Motor Sales in Woodsville in 1967, and took ownership in 1983. Walker Motor Sales of Woodsville is a well known Chrysler-Dodge-

Jeep dealership which was started back in 1935. Jim was very civic minded, serving his community and surrounding area all of his life. He was a long time member, director, and past president of the Cohase Lions Club since the early 1960's. He spearheaded the Annual Cohase Lions Club Basketball Tournament, which involved town basketball teams from all over New England. Jim was the recipient of the Melvin Jones Fellowship Award in 1999, a prestigious National Lions Award. He has been the only recipient from the Cohase Lions Club in the club's history.

Jim was one of founding members and longtime president of the Woodsville High School Sports Booster Club back in 1972. It is still the most successful fundraiser for the sports program in Haverhill. Jim served as the Chairman of the Town of Haverhill Republicans since the 1970s. He was instrumental in bringing George H. W. Bush to Haverhill when he was serving as Vice President of the United States and also brought Vice President Dan Quayle to the area. Jim always welcomed political candidates to place their signage across from his dealership.

His memberships were numerous. To name

a few, he was a member of the Elks, Ross Wood Post #20 American Legion, the Masons, Shriners, Good 'Ole Boys, and was chairman of the Friends of Ray Burton Committee.

He was a member of the Haverhill School Board for 12 years in the 1980s and 1990s and served as Chairman of the Board and Chairman of the SAU 23 Board. Jim was the Baccalaureate speaker for the Woodsville High School, class of 1990.

Jim's greatest passion in life was following the Boston Red Sox. He traveled to Florida for spring training every year, attended all home games, and traveled to rival parks to cheer on his team. He also belonged to the BoSox Club.



James Walker

Richard Southworth

Richard Southworth, age 26, a New Hampshire native and Chef at Common Man's Town Docks Restaurant, died unexpectedly Tuesday, May 23, 2017, at his home in Ashland, N.H.

Rick was born in Laconia, N.H., but spent most of his life in Bethlehem. He graduated from Profile High School and attended New Hampshire Technical Institute for Business Administration. He spent the majority of his career in the hospitality industry, specifically restaurants. He had a passion for the culinary arts and strong leadership skills. Starting out as just a dishwasher he quickly honed his

See Obituaries, Page 11

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Obituaries

Continued from Page 10

skills and climbed up the ranks in various restaurants until finally joining the Common Man. As a kitchen manager he found his calling, making great food and teaching a young staff.

Ricky was a "Free Spirit" that cared not of what others thought of him, but rather how others felt. He had an extraordinary gift of bringing out the best in every person he encountered. The kind of person that could lighten any mood, warm the soul, and bring out a smile on even the darkest of days. He may have spent his career in food service, but laughter was his life's work. There aren't words that can clearly depict the sorrow that will be felt by all those that knew him. He lived not to have his presence heard, but rather his absence felt. He lived every moment as any person could hope to - By making the best of every second he had.

Rick is survived by his loving mother April Hibberd, his father Roger Hibberd, his siblings Brittany Lemelin (and wife Hilary), Steven Southworth (and fiancé Brittney), Bella Hibberd, Charlie Hibberd and Kody Hibberd. His grandparents Steve and Doreen Burrows, Doris McNamara, Peter and Sally Hibberd. His aunt and uncles Jeff Burrows, Mike Burrows, Andrew Burrows, Colin Hib-

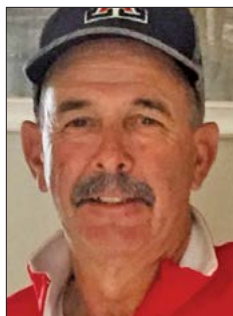
berd and Stephanie Erskine. And his favorite newborn nephew Lincoln Southworth. But those that love him number in the thousands.

Rick passed away from a problem with his heart being too big, but to those of us that knew him well take that as no surprise. He had such a capacity for love - We always knew he had the biggest heart.

A Celebration of Life will be held at the Maplewood in Bethlehem, N.H., at 11 a.m. on Thursday, June 1.

In lieu of flowers there is a fund for Ricky's youngest siblings Bella and Charlie at the Mascoma Savings Bank. This account was created to allow Rick to continue to take care of them for the rest of their lives. Donations can be made directly to the Mascoma Savings bank in Bethlehem, N.H.

Pillsbury Phaneuf Funeral Home and Crematorium, Littleton is in charge of arrangements. To view an online Tribute, send condolences to the family, or for more information, please go to www.pillsburyphaneuf.net.



James Carreau

James Edward Carreau

James Edward Carreau, age 61, passed away unexpectedly at the Northeastern Vermont Regional Hospital in St. Johnsbury, Vt. on Wednesday May 24, 2017. Jim and his wife Valerie had just arrived back in Vermont after 12 years in Tucson, Ariz.

Jim was born on May 22, 1956, in St. Johnsbury, Vt. He was son to the late Paul Emile and Inola (Roby) Carreau. He graduated from St. Johnsbury Academy with the Class of 1974. After high school he began working for A.D. Rossi and continued there for the next 30 years, until moving to Arizona where he worked at the Del Lago Golf Course in Vail, Ariz.

Jim enjoyed hunting, fishing, golfing, reading, and camping. He cherished his ad-

ventures with his beloved Weimaraner, Sadie-Lynn. He was an avid cribbage player and would often point out the fact that he was "a former state champion." He and Valerie spent the past two weeks fulfilling their dream of an amazing cross country adventure through several National Parks. He was a past member of the Orleans Country Club and of the St. Johnsbury Elks. Spending time with his wife, kids and grand-kids was his absolute favorite thing to do. His family and friends were everything to him. With a gentle smile, contagious, one-of-a-kind laugh, and a big generous heart, he made friends often and easily. When you were friends with Jim you had a loyal friend for life. He had the best sense of humor, loved to make people laugh,

See Obituaries, Page 15

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Saturday, Jun 03

COMMUNITY

Lupine Festival Open Air Market: 10 a.m.-4 p.m., Sugar Hill, Sugar Hill. <https://harmanscheese.com/open-air-market/>.

Show and Tell: 10-12 a.m., One Stitch Two Stitch, 81 Main Street - Outback, Littleton. Bring in any project (finished or not) that you are proud of and show it off to a group of supportive, fellow crafters. Can be any type of crafts or projects. Children are always welcome. Beth Anderson, henpecked.quilts@yahoo.com, 6034445284. <http://www.onestitchtwostitch.com/>.

Write & Self Publish Your Own Book Workshop: 2-4 p.m., WREN in Bethlehem, 2011 - 2013 Main Street, Bethlehem. WREN Member \$25 - Non member \$40. Nina Garfield, ninag@wrenworks.org, 603-869-9736. <http://ww3sren.wildapricot.org/event-2541258>.

Sunday, Jun 04

COMMUNITY

Lupine Festival Open Air Market: 10 a.m.-4 p.m., Sugar Hill, Sugar Hill. <https://harmanscheese.com/open-air-market/>.

Sunday Meditation: 10-

11 a.m., St. Johnsbury Shambhala Center, 17 Eastern Ave., St. Johnsbury. Meditation instruction available. Caroline DeMaio, cdemaio5@gmail.com, 8027489338. <http://st-johnsbury.shambhala.org>.

MUSIC

Sprouting Sessions: 1 p.m., 73 Main Street, 73 Main Street, Lancaster. Mark Fixter, Folk favorites from the 1960s.

Monday, Jun 05

COMMUNITY

Free Open Sew: 10 a.m.-4 p.m., One Stitch Two Stitch, 81 Main Street - Outback, Littleton. Bring your machine and project. Be social, get feedback on your work, and help each other. Beth Anderson, henpecked.quilts@yahoo.com, 6034445284. <http://www.onestitchtwostitch.com>.

Art class with Rick Tilton: 10 a.m., Littleton Area Senior Center, 77 Riverglen Lane, Littleton. Any medium, all levels welcome.

Facebook Boot Camp Part I: 6-8 p.m., WREN in Bethlehem, 2011 - 2013 Main Street, Bethlehem. Nina Garfield, ninag@wrenworks.org, 603-869-9736. <http://ww3sren.wildapricot.org/event-2441227>.

Join the St. Johnsbury Band: 7-9 p.m., St. Johnsbury Band, Caledonia County Court House, Main St., St. Johnsbury. All

GLADFEST 2017

The Littleton Area Chamber of Commerce and its many partners are pleased to announce GladFest June 9-11. The weekend will be the 15th Anniversary of the unveiling of the Pollyanna statue on the library lawn. The variety of events will offer many opportunities for family fun. For additional information, go to: www.golittleton.com or littletonareachamber.com.



musicians are invited to join the St. Johnsbury Band. The band meets weekly at the Caledonia County Court House. All genres of music are played and all ability levels are welcome. More information at manager@stjohnsburyband.org. Susan Gallagher, susgallagher@gmail.com, 802-626-5836. <http://www.st-johnsburyband.org>.

MUSIC

Palaver Strings Concert: 7 p.m., Heartbeat Lifesharing Community Center, 218 Town Farm Road, Hardwick. 472-3285 or hallevents@heartbeat.org for more information.

Tuesday, Jun 06

COMMUNITY

Weekly Chess: 6-9:30 p.m., Vermont Liquor Outlet Bldg, Route

2 and Hill Street, Danville. All levels of chess players welcome. If you don't know how to play, we'll gladly teach you. Contact KingdomChessAssociationLtd@gmail.com for information. Brian Lafferty, KingdomChessAssociationLtd@gmail.com, 8022743346. <https://www.facebook.com/groups/700339456802664/>.

Wednesday, Jun 07

COMMUNITY

Free Open Sew: 10 a.m.-4 p.m., One Stitch Two Stitch, 81 Main Street - Outback, Littleton. Bring your machine and project. Be social, get feedback on your work, and help each other. Beth Anderson, henpecked.quilts@yahoo.com, 6034445284. <http://www.onestitchtwostitch.com>.

Knitters group: 1 p.m., Littleton Area Senior Center, 77 Riverglen Lane, Littleton. Usually first and third Wednesdays, call to confirm 603-444-6050.

Facebook Boot Camp Part II: 6-8 p.m., WREN in Bethlehem, 2011 - 2013 Main Street, Bethlehem. WREN Member \$24 - Non-member \$30 Nina Garfield, ninag@wrenworks.org, 603-869-9736. <http://ww3sren.wildapricot.org/event-2441229>.

Book Talk: Merchants of Siberia: 6:30-7:30 p.m., Littleton Public Library, 92 Main St, Littleton. Author Erika Monahan discusses her recent book: The Merchants of Siberia. In The Merchants of Siberia, Erika Monahan reconsiders commerce in early modern Russia by reconstructing the trading world of Siberia and the careers of merchants who traded there. She follows the histories of three merchant families from various social ranks who conducted trade in Siberia for well over a century. Meagan Carr, littlib@gmail.com, 603-444-5741. <http://littletonpubliclibrary.org>.

Thursday, Jun 08

COMMUNITY

Java With Joanne: 8-9 a.m., Daisy Bronson Middle School/Littleton High School, 159 Oak Hill Avenue, Littleton. A community roundtable conversation with Prin-

icipal Joanne Melanson regarding Daisy Bronson Middle School and Littleton High School. Our goal with these sessions is to work on developing ways to ensure DBMS/LHS is a safe, respectful and inclusive campus. We want to provide a forum where people can discuss concerns and celebrate our successes. This will be held every Thursday from 8 a.m. to 9 a.m. in our Cafeteria. Bibbit Haney, ehaney@littletonschools.org, 603-444-5601. <http://www.littletonschools.org>.

Braco's Gaze - Healing Transmission: 3-5:45 p.m., Catamount Arts, 115 Eastern Ave, St. Johnsbury. FREE Live Streams of Braco's Gaze of Light that initiates help and healing. Michale, 802-748-9545. <https://www.braco.me>.

Design Your Own Website: 6-8 p.m., WREN in Bethlehem, 2011 - 2013 Main Street, Bethlehem. A website is a full impression of your business. Make a good one with Squarespace! In this workshop with Meg Brown of Nutmeg Media, we'll cover the elements of Squarespace including themes, blocks, pages, blog creation, and e-commerce. No design experience necessary. WREN Member \$24 - Non-WREN Member \$30. Nina Garfield, ninag@wrenworks.org, 603-869-9736. <http://ww3sren.wildapricot.org/event-2485273>.



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42 Maple Presents 'A Beginner's Bull' By Byrne Klay

The Gallery at 42 Maple Contemporary Art Center will present original illustrations by New York native Byrne Klay which will be on display for the month of June with an opening reception on Friday, June 2.

Byrne Klay is a traveling musician by choice and a visual artist out of necessity. Born color blind in Mexico City to a home in which creativity was ignored, he was reared in White Plains, New York and educated by an assortment of bohemians and beatniks in New York City. Klay studied double bass at the Oberlin Conservatory of Music and New School University. He toured for several years with the punk band 'Dynamite Club', visiting Japan, Taiwan, Europe, Australia and the United States. Klay says he has no artistic qualifications, save his humanity.

Despite this humble statement, Klay is best known as one-half of the musical group Megan Jean and the KFB, a transient married duo that has been relentlessly performing and building a dedicated following up and down the East Coast for the last decade. "I can tell you I've driven a million miles in ten years," says Klay.

For the past 22 years, Klay has been studying and practicing Buddhism, which can now be seen for the first time in a visual diary of his experience with the daily practice. He creates this visual art on the road and in between gigs. Now, his first publically available collection of works, entitled 'A Beginner's Bull', will be on display at 42 Maple Contemporary Art Center in Bethlehem from June 2nd to July 3rd. Each piece in this collection is a variation on traditional Buddhist motifs which originated in India and China.

The diary begins with a 'Bahavacackra', or 'Wheel of Becoming', which is a visual representation of the Buddhist concept of Samsara or "works of suffering." The next ten images are based on a series of pictographs from the Chinese Chan tradition known as the Ten Ox Herding Pictures, and is a highly abstract representation of an individual's study and practice of the Buddhadharma, ending with the substance, essence, and purpose of Nirvana.

One image in Klay's collection, titled 'Ordinary Life', is based on a parable attributed to Buddha and

told within the Joto Shinshu tradition. This parable is used to illustrate the discontentment and suffering of ordinary life.

Yet another image in this body of work, 'Baptism', is a deeply personal expression of Klay's experience, the only image in the entire collection to be presented in color, and is a collaboration with his wife, Megan. "This collection is not meant to proselytize or convert, but rather to be enjoyed on whatever level that exists for the viewer in that moment, with or without the spiritual context," says Klay.

An additional collection of woodblock prints will also be on display at 42 Maple. According to Klay, it "...reminds many people of Jesus Christ or some saint. But really it could be anyone."

The opening reception for "A Beginner's Bull" will be Friday, June 2, 2017, from 7 pm to 9 pm and will include the world premiere of Megan Jean and the KFB's latest album. Artwork will be on display until Monday, July 3rd. For more information about this or other events at 42 Maple, please call 603-575-9077 or visit www.42maple.org.

'WILD WONDER' ON EXHIBIT AT WREN

BETHLEHEM — On Friday, June 2 from 5-7 p.m. the Gallery at WREN presents the opening reception of WILD WONDER, an exhibit of paintings by Carole Keller and Mimi Wiggin. The exhibit is sponsored in part by The Littleton Coin Company, and highlights the talents of two North Country painters who share a love of wild animals, and the natural world.

Wiggin said, "The wonderment of the outdoors has always been exciting to me. In my paintings I want to pass along this excitement and raise awareness of what is in our "backyards" as an encouragement for all of us to live in harmony with our natural surroundings."

The opening reception is part of Bethlehem's First Friday celebration of art, which includes exhibits at Maia Papaya, and 42 Maple. This exhibit runs through June and is free and open to the public. The Gallery at WREN is open daily from 10 a.m. - 5 p.m.

Keller was raised in rural NH and began painting at an early age. She studied painting and art history at Plymouth State College with Mary Taylor. She has lived and worked in Florida and California, where she studied with Georgia Abood. She is a member of the NH Art Association and the Lakes Region Art Association, and shows her work in Portsmouth at NW Barrett Gallery and at the Bleu Waves Gallery in Meredith. Keller teaches oil painting classes at her studio in the summer.

Mimi Wiggin is an award-winning oil painter whose depictions of birds, wildlife and local scenes have been featured in Kearsarge Magazine, SooNipi Magazine, The Art & Gallery Guide, and Forest Notes, as well as on the cover and in illustrations of a book about 19th Century Women Writers from New Hampshire. Mimi lives in the Mink Hills of Warner, NH with her freelance writer husband Larry Sullivan.

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For more information regarding the minimum qualification for this position please visit:

<https://www.nh.gov/safety/divisions/nhsp/ssb/recruitment/seasonal-trainee.html>

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We are looking for people who are able to set clear boundaries, are flexible, creative, motivated and compassionate, and enjoy being part of a team.

A degree or experience in this field is helpful, but not necessary. We are happy to train the right person! Please specify which office location(s) you are interested in.

These positions require a valid driver's license, proof of adequate auto insurance and completion of driver's and criminal background checks. Northern Human Services is an Equal Opportunity Provider and Employer.

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PO Box 299
Whitefield, NH 03598
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(Job ID 2770266)

Middle School Boys Soccer
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Continued from Page 5

gives you time to not only appreciate nature, but to be at one with nature,” she said. “And then to see that these people are now empowered to spread goodness, to be able to return what they’ve received somehow. To give back.”

Sister Monique is committed to the ideals of St. Vincent de Paul, who dedicated himself to serving the poor.

“To help the rich befriend the poor so they can see their needs,” as Sister Monique put it. “So many times

the rich don’t see their needs. They say, ‘Why don’t they pull themselves up by their bootstraps?’ There’s reasons they can’t.”

She is also passionate about taking care of the environment. She insists on entirely organic practices in the gardens (which she said helps to boost the yields of her crops) and helps to spread the word about good environmental practices when she’s on mission trips in other countries.

“It’s about taking care of the earth, as it was meant to be from the days of Creation, as outlined in Genesis. ‘And God saw that it was good,’” she quoted. “Can God say that now? Or have we done something to destroy that goodness?”

Barbara Chase, the special education life skills

teacher in Littleton, brings her students to work in the garden each week.

“They get to practice teamwork, job skills, science concepts,” Chase said. “A lot of good things happen up on that hill.”

She said that Sister Monique has a special way with the kids.

“She has a way of getting them engaged, teaching them even if they’re not listening,” she said. “She’s able to pick out something positive that I might have overlooked. Teaming with her helps give me a new perspective of their strengths. I need that sometimes ... She’s definitely made a difference in them feeling good about who they are.”

Obituaries

Continued from Page 11

and can be quoted as saying “I’ve got a million of ‘em.”

Jim is survived by his wife and best friend, Valerie. His daughter Denise Montgomery and her boyfriend, Kevin Sleeper of Lyndonville. His son Paul Carreau of Burlington. His daughter Jennifer Adams and her husband Kurt, of Lyndonville. His brother Richard Carreau and his wife Rose of Gibsonville, N.C. His sister Ann Speight and her husband Dennis of Alexandria, Va. His brother Norman Carreau of Whitefield, N.H. He is also survived by his five grandchildren who love their Peper enormously; Kyle Adams, Jordan Adams, Jacob Montgomery, Emma Montgomery and Tyler Montgomery. Dad and Mom by marriage; Jim and Theresa Daniels. Brothers and sisters by marriage; Sam, Brian, Kimberly, Darcy, Casey, Katrina and their families. Several Aunts, Uncles, cousins, nieces, nephews and friends. He was pre-deceased

by a brother: Larry Carreau.

Calling hours to celebrate Jim’s life will take place from 4 to 7 p.m. on Wednesday, May 31, 2017, at the Guibord Funeral Home on the corner of Center and Main Streets in Lyndonville. Please bring a story and a smile to share. In honor of Jim’s wishes there will not be a separate service. Burial will take place at the convenience of the family.

Memorial donations may be made in his name to:

Lyndon Youth Baseball/Softball: PO Box 1242 Lyndonville, VT 05851

LAYHA: PO Box 1242 Lyndonville, VT 05851

Condolences may be shared with the family at www.guibordfh.com.

Linda Amadon

Linda Amadon, at her self-proclaimed age of 29, died May 21, 2017, at her home in Waterford, Vt. She was born on February 23, 1946, in St. Johnsbury, daughter to the late Stanley and Leah (Cheever) Davenport. Linda and her late husband, Merle H. Amadon had been married for 45 years

when Merle passed away in 2014 and she still resided at their home in Waterford.

Linda is survived by her brother Steve Davenport, a nephew Steve Davenport and his children, Kylie and Rylee; a brother-in-law Merlin Amadon and his wife Sheila, their children Ann and Peter along with Peter’s children Grant and Mekenna. Then Linda’s extended family: close friend Lera Gadapee and husband Brent and their children, her God Daughter Katie Gadapee, Tessie Gamble and husband Jared and their children Parker and Max whom she considered her own grandchildren.

Linda was employed by Weidmann from 1985 to 2012 when she retired to have more time with Merle. She was also employed by Burndy prior to her years at Weidmann.

Linda loved the outdoors and loved working in her gardens. She continued with Merle’s love for music and frequently attended Music Jams in the area; Woodsville was one of her favorites. She also joined a group of ladies for line dancing and quickly made another group of friends, The Lines & Vines Dancers. She also enjoyed going to the Senior Meal sites in the Kingdom. Her favorite by far though was spending time with Parker and looking forward to the day Max could join them.

At Linda’s request there will be no visiting hours. A graveside service at the Mt. Pleasant Cemetery will be on June 10 at 11 a.m.

Memories and condolences may be shared online at www.saylesfh.com.



Linda Amadon

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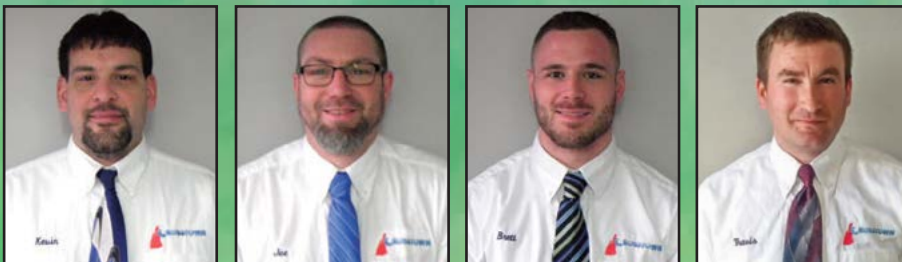
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