

No one left behind

TAKING CARE OF OUR VETERANS IN THE NORTH COUNTRY

BY MAGGIE HASSAN
U.S. Senator

The theme for this year's North Country Veterans Conference, which was held in Shelburne on Oct. 26, was "No One Left Behind" – a phrase that perfectly encapsulates the spirit of our state. In New Hampshire, our "all-hands-on-deck" spirit defines us. Granite Staters from all walks of life roll up their sleeves, pitch-in, and work together to support their fellow citizens and improve their communities. And nowhere else is this spirit more pronounced than among our brave veterans who

have sacrificed so much for our freedom and for the safety of our nation.

Unfortunately, far too many veterans do feel left behind as they maneuver the programs and benefits that they earned with their service. For veterans living in the North Country, this problem can be especially acute because of their physical distance from VA resources and facilities. We must do more to ensure that our veterans can easily access the benefits and support that they need and have earned.

That's what I'm working on in the Senate. The

New Hampshire delegation recently called on the Department of Veterans Affairs (VA) Secretary Robert Wilkie to swiftly implement the recommendations of the New Hampshire VA Task Force, which was convened to reexamine VA care in our state and recommend a path forward. We specifically asked Secretary Wilkie to improve North Country VA care by co-locating more VA services in rural communities and improving access for veterans who are in need of a complete range of medical treatment, but are

without full VA services.

Additionally, one of the most critical earned benefits that the VA provides is employment and education programs, which help veterans transition back into civilian life. I worked across party lines to introduce a bill with Republican Senator Marco Rubio of Florida that would help to prioritize education, housing, vocational rehabilitation and employment, and military-to-civilian transition services at the VA, which are critical to helping provide veterans with the tools and skill sets to succeed in the 21st century innovation economy.

My dad joined the Army when he was a teenager and fought in the Battle of the Bulge. As a veteran, he was proud of his service to our country, and he instilled in me a deep appreciation for all of our brave service members who have sacrificed so much to ensure that we may live in peace. We need to ensure that we continue to appreciate our service members and veterans by listening to them about ways the federal government can improve their experience.

I was reminded of my

dad when I attended the North Country Veterans Conference last month, where I spoke to veterans about the debt of gratitude every American owes to them – a debt that we will never be able to fully repay, but we must try.

There is no doubt that we have a lot more work to do in order to ensure that all of our courageous veterans have access to the full range of services that they need and have earned. I will keep working to make that vision a reality for veterans in the North Country and across New Hampshire.

SUMMIT BY MORRISON AND THE MORRISON ASSISTED LIVING AND SKILLED NURSING CARE

Importance of a balanced diet

We have all been told if we eat healthy, we will live longer. For good reason. A Johns Hopkins-led Multi-Ethnic Study of Atherosclerosis that tracked more than 6,000 people ages 44 to 84 for over seven years, found that those who

made good-for-you lifestyle changes, including a healthy diet, extended their life expectancy.

Eating healthier can be a relatively simple process, such as substituting spices and herbs for salt to add flavor to foods, drinking water instead of sugary drinks, or avoiding unhealthy processed snacks in favor of sliced fresh fruits and vegetables.

Lifestyle modifications, including changes in your diet, are important at any age, but even more so as we get older. According to the AARP, the human body's ability to absorb minerals and nutrients begins to decline after the age of 50,

making it paramount to stick to a properly regimented nutrition plan.

Malnutrition alone poses the dangers of a weakened immune system, muscle fatigue, and decreased bone mass, leaving seniors more prone to falls and injuries. Good nutrition helps prevent these ailments, while increasing energy, building up resistance to stroke, improving mood and memory and even reducing certain cancer risks.

A 2017 study published in the Journal of the American Medical Association, found that of "702,308 adult deaths due to heart disease, stroke, and type 2 diabe-

tes, 318,656 (45%) were associated with inadequate consumption of certain foods and nutrients widely considered vital for healthy living, and overconsumption of other foods that are not."

According to choosemyplate.gov, there are some simple changes you can make to your diet to start taking better control of your health and nutrition:

Use spinach and romaine as an alternative to iceberg lettuce and consume broccoli, sweet potatoes, or carrots with meals.

Drink three cups of fat free or low-fat milk throughout the day.

If you have trouble

with milk, try yogurts, hard cheese or lactose-free foods.

Consume foods high in B-12, such as a fortified cereal.

Eat lean meats for protein, as well as eggs, beans and nuts.

Consume whole grains for fiber, such as quinoa, barley, oats and brown or black rice.

Review your dietary needs frequently with your primary care physician and take advantage of health screenings and blood tests for possible deficiencies in nutrients that are essential to a healthy and active lifestyle (including vitamins D and E, B-12, Omega 3's, Zinc and Magnesium).



BY SHANNON LYNCH
EXECUTIVE DIRECTOR

Your PCP can also help you find the right registered dietitian to help develop the right nutritional plan for you. Additionally, AARP has a great collection of recipes at recipes.aarp.org. After all, healthy meals should also be tasty ones. **Bon appétit!**

COÖS COUNTY COMMISSIONERS
Regular Meeting
Wednesday, November 14, 2018
9:30 a.m.
Coös County Nursing Hospital
W. Stewartstown, NH

Do You Remember Coös County of Many Years Ago?

We would like to hear from readers who have stories to tell about the way things were here in Coös County in days gone by.

Send us your memories from years ago. Any year or time period will do between the 1830s to the 1990s. We want to hear your memories! We will share them with our readers. Don't worry about your writing – we will edit it so it looks good.

You are welcome to send pictures too. Send your memories to us. Email or regular mail. We look forward to hearing from you.

Email us: MyDemocrat@SalmonPress.news
Mail: Memories
Coös County Democrat
5 Water Street
Meredith, NH 03253

THE COÖS COUNTY DEMOCRAT

Dr. Seuss the theme for 2019 Relay for Life kickoff

LANCASTER — "I Don't Like Cancer Here or There, I Don't Like Cancer Anywhere." This is the theme for the 2019 Relay For Life of North Country, scheduled to be held on June 22 at the Lancaster Fairgrounds. The kick-off for the event will be held on Tuesday, Nov. 13 at the Lancaster Town Hall at 6PM. All current team captains and members are encouraged to

attend, as well as anyone interested in forming a team, joining an existing team or just learning more about the Relay experience.

Based on team members input, there will be many changes to the upcoming event. Come and learn of the new points system and goals. Provide the planning committee with any of your thoughts and ideas for theme laps, or topics to be discussed

at future team captain's meetings. Refreshments will be served.

The guest speaker for the evening will be Jennifer Hewes, the regional manager of H & R Block. Hewes is a motivational speaker as well as a cancer survivor.

There are still open positions on the committee and always room for more teams and team members. The Relay For Life is the signature fundraiser for the American Cancer Society. For more information about the North Country event, contact Kathy.metz@cancer.org.

TOWN OF CARROLL POLICE CHIEF

The Town of Carroll, NH is seeking a progressive, proactive law enforcement professional with a proven record of leadership to serve as its next police chief. Governed by a three-member Board of Selectmen, the Police Chief oversees a department that is staffed by the Chief, 3 full time sworn officers, and 4 part time officers.

Carroll, NH with a full time population of 744 is a popular Tourist destination nestled in the heart of the White Mountains covering 52 square miles, including local attractions such as The Mount Washington Hotel, Bretton Woods Ski Area, AMC Highland Center, White Mountains National Forest and The Mount Washington Cog Railway nearby.

Desired minimum qualifications are a B.A. or B.S. in criminal justice, law enforcement, public administration or related field plus twelve (12) years of progressively responsible law enforcement experience with a minimum of five (5) consecutive years in a supervisory role. A combination of training, education and experience demonstrating the ability to perform all aspects of the position may be considered in lieu of the stated requirements. Must have, or be able to obtain, certification as a NH full-time Police Officer. Applicant must pass a pre-employment background check, psychological evaluation, polygraph test, a physical exam and a physical agility test.

A select number of candidates will be invited by the Police Chief Search Committee to participate in an assessment center process.

Applicants should send a cover letter and résumé by email to: selectmen@townofcarroll.org
This posting closes on November 30, 2018.

LEGAL PROBATE NOTICE

THE STATE OF NEW HAMPSHIRE
3RD CIRCUIT - PROBATE DIVISION - LANCASTER
10/19/2018 THRU 11/1/2018
APPOINTMENT OF FIDUCIARIES

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

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

Fuller, Maureen E, late of Dalton, NH. Claudette M Martin, PO Box 384, Littleton, NH 03561. #314-2018-ET-00265

Jodrie, Sidney Leonard, late of Lancaster, NH. Stephanie Fortin, 392 Burgess Street, Berlin, NH 03570. #314-2018-ET-00245

Miller, Rosalie Ann, late of Whitefield, NH. Cynthia Banach, 9 Snow Street, Whitefield, NH 03598. #314-2018-ET-00251

Roberge, Rose E, late of Groveton, NH. John R Roberge, PO Box 28, Lebanon, NH 03766. #314-2018-ET-00204

Sullivan, Bruce Alan, late of Dalton, NH. Colleen Elizabeth Kuerth, 3040 Kirkwall Lane, Fort Mill, SC 29707. Christine Lancaster, Resident Agent, 325 Maple Street, Bethlehem, NH 03574. #314-2018-ET-00262

Dated: 11/2/2018