

EDITORIAL

Wildlife management should not be the province of politicians

Last year, the town of Hanover received much attention after a family of nuisance bears wreaked havoc on homeowners and college students. The bears had been conditioned to rely on human food sources and grew to have zero fear of people, so much so that this particular family of bears entered a home while people were inside. Fortunately, the young children and their parents were not harmed.

Another incident with a nuisance bear involved a dog attack which nearly killed the canine. There have been recent stories in the North Country where a bear attacked a dog who was sitting outside of her home in Whitefield. The dog was near death, but survived.

As a result, New Hampshire's Fish and Game bear expert recommended the animals be captured and euthanized. This, of course, had animal rights activists in arms, and while we understand their plight, this set of bears was too far gone to ever be able to survive in the wild again. Sometimes the behaviors of these bears are a public health risk, and need to be put down for both the good of the bear, in that survival in the wild is nominal and for people including young children who could become injured.

In a perfect world, animals and humans would live in harmony; however, the fact that humans fail to heed warnings about leaving garbage out, as well as bird feeders, puts these bears and themselves at risk. There are some residents who knowingly feed bears ice cream and post videos on social media as if it's 'cute' or 'daring'. What it is, is irresponsible. So, while the behavior of these bears is no fault of their own, due to human error, we still need to keep the public safe.

We believe that the New Hampshire Fish and Game experts know what they're doing as far as animals go, and question why the Governor would go against their recommendation. Is it because a politician in Concord wants to appear empathetic?

What's more is that the North Country should not be a dumping ground for nuisance animals. While there is more forest and a scarce population of people, the idea that a conditioned bear will not find a home in Pittsburg in search of food is ludicrous. Remember, these bears are conditioned to find food from the hands of humans; it's all they know. Is Sununu implying that residents in Hanover are more important than residents who live in the North Country, and should be more protected? Would the Governor prefer the bears be relocated to his neighborhood?

Noted is that one of the bears that was relocated to Pittsburg last year has returned to Hanover, despite the long trip. This bear now has four new cubs which Fish and Game captured and shipped up to Pittsburg, overriding the recommendations from biologists due to a request made by the Governor, who should stick to his area of expertise, politics, and leave the handling of wildlife to those who have been entrusted with it.



COURTESY

North Country Sen. Jeff Woodburn's sixth annual ice cream, dairy tour will be held on Friday, July 20, and will include NH Agriculture Commissioner Shawn Jasper. The pair will celebrate national ice cream week by touring ice cream shops and the Hatchland Farm in North Haverhill. The tour will end with an ice cream social at Sen. Woodburn's ancestral home on the Whitefield Common. All are welcome to join us at any of our stops.

LETTERS

Election law and campaign fundraising in New Hampshire

To the Editor:

As many of you may know, I am the Republican candidate for the New Hampshire House of Representatives from Grafton County District 2. A certain person wants to contribute \$100 toward my campaign, but did not want her identity revealed. I queried the New Hampshire Secretary of State, Elections Division about the requirement to identify contributors. I was shocked to find that a contribution of as little as \$26 required the name and address of the contributor. If the amount was \$101 or larger, the requirement is to identify the contributor's name, address, occupation and employer.

I asked the purpose and origin of these requirements, but got no response to my inquiry. What can the need to know any of this information be? This requirement is typical of those who want the government, them, to control who runs for office. It reminds me of those autocratic, dictatorial nations, most recently Turkey and Russia, who advertise free elections but intimidate, harass, and even jail opponents.

The requirement to identify contributors to a candidate for public office clearly infringes on our right to privacy and right to property, meaning the right to do with our property as we want, without gov-

ernment threat, coercion or intimidation as long as there is no interference with the rights of others. Unfettered access to the names of candidate campaign contributors places those people in jeopardy of harassment and intimidation in the least, and reprisal in the worst case.

Denying people these rights goes against the US Constitution, Amendments IV and IX, the New Hampshire Constitution, Bill Of Rights Articles 2, 12, 19 and numerous Supreme Court opinions upholding privacy. When the alleged rights of society are pitted against individual rights, the latter should prevail, a founding principle of our democratic republic. Placing societal rights in preference to those of the individual is socialism, pure and simple. And we know the successes of socialistic governments such as Venezuela and Greece. Unfortunately socialists such as Bernie Sanders and Alexandria Ocasio-Cortez in New York believe they offer a new twist on an age-old economic, freedom and personal liberty failure, tried by many who "knew better" than freedom loving peoples all over the world.

We should not tolerate government interference into our property rights and privacy.

Robert A Peraino
Franconia

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

Incorporating exercise as we age

BY SHANNON LYNCH
Executive Director

Staying physically fit during every stage of life is vital to enjoying your golden years. When you stay at a healthy weight, maintain good balance and limit the medications you need, you can stay independent longer.

Maintaining a healthy lifestyle can also help avoid the feelings of depression some seniors experience when they age and stop moving regularly. Keep moving!

As you age, however, you have to be careful how you exercise. You may experience some

pain, stiffness or swelling after exercise due to conditions such as arthritis. High-impact exercises, like running and jumping, put extra strain on the joints, so talk with your doctor or healthcare provider before beginning any new routine.

Always remember to gently stretch, and don't overdo it as you find an exercise routine that works for you. And now that summer is here, it's a great time to take advantage of the warm weather and move your routine outside.

Here are five ways

you can get active outside without putting too much strain on your joints:

Walking: A walk around the neighborhood with a friend or partner can provide you with fresh air and new energy to get your day on track. You should aim for about 8,000 to 10,000 steps per day. If you can't get outside, try an elliptical machine, which allows users to adjust the level of intensity without lifting their feet off the machine.

Yoga: Yoga is a relaxing activity that can be done in a class or on

your own. Yoga focuses on flexibility, breathing and strength training in order to promote full mind and body health. This is ideal for the outdoors, so grab your mat and head down to the park on a sunny day. Chair yoga is great for people with less mobility.

Swimming: Being in the water eliminates the impact on our bodies. Water aerobics are a great way to increase your cardiovascular health while strengthening your muscles.

Biking: Biking has

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