



THE KEENE SENTINEL

IN TODAY'S SENTINEL



www.sentinelsource.com | Thursday, October 4, 2018

Remote learning



JASON LITTLE

A mother carries her baby in a pouch — an amauti — in Pond Inlet in Canada's Nunavut Territory.

INSIDE

Church in city's downtown sold to Keene marketing firm. **Region, A3**



Whoopie pies are the cookie sandwiches guaranteed to bring a smile to your face. **Magazine, C1**

Facelift underway for former courthouse

By PAUL CUNO-BOOTH
Sentinel Staff

Dawson Luoma stood on a ladder, working to loosen a century-old window from an arched opening on the second floor of the Cheshire County Hall.

"Not cooperating?" Assistant County Commissioner Rodney A. Bouchard asked.

"Old windows," said Luoma, a carpenter with the Dublin-based company Window Master. "Wood expands and shrinks and whatnot."

That's been a problem, Bouchard explained. "They don't sit square into the wooden frames," he said of the windows, meaning air can escape.

Last week, workers began the process of removing and restoring 81 aging windows from the 1850s courthouse structure that now forms part of the county hall. County officials expect the project to last through December.

The window restoration is part of a multi-phase project to preserve and restore the old courthouse, while adapting it to modern office use.

By holding on to the original windows, "we get to keep the beauty of the building from the outside, without compromising any of the heating," Bouchard said.

The work began Sept. 25, with the removal of a batch of double-hung windows installed in 1911. Luoma and foreman Brian Durocher snapped off pieces of wood, removed the windows, and then disconnected them from the chains and cylindrical

See RESTORATION on Page A3

FPU professor devotes sabbatical to Inuit entrepreneurs

By MEG McINTYRE
Sentinel Staff

Jason Little's first glimpse of the Nunavut Territory in Canada was in 2008, when he completed a 600-mile canoe trip on the Kazan River. In July, he went back — but this time, it wasn't as a tourist, but as a mentor and researcher.

Little, a marketing professor at Franklin Pierce University in Rindge, traveled to the region on a sabbatical to mentor young business professionals and research marketing practices in the Inuit community. The trip combined his love of the natural beauty of the far north, his interest in Inuit and indigenous cultures and his expertise in marketing and business development, he said.

Starting in February 2017, Little began meeting monthly via video conference with a group of young Inuit entrepreneurs in Pond Inlet, a Nunavut hamlet about 1,200 miles from the North Pole. The members had participated in an entrepreneurship program called Inspire Nunavut and wanted to continue building on their business ideas, Little said.

During the sessions, Little and his mentees discussed topics such as website design, marketing plans, budgeting and inventory management. They are working on a range of business projects, Little said, including a hydroponic farming system and a clothing company called High Arctic Apparel.

"I didn't go in and dictate and tell them

See PROFESSOR'S on Page A2



COURTESY

From left, Chris Idlaut, Michael Milton, Jason Little and Jamesie Itulu are shown at Pond Inlet in Canada's Nunavut Territory. Little, a marketing professor at Franklin Pierce University in Rindge, has been mentoring Idlaut, Milton and Itulu, who are young entrepreneurs.

"I think it's important for Inuit to keep their identity, but balance that with taking ownership and taking advantage of business opportunities that will benefit them and their people."

— JASON LITTLE, MARKETING PROFESSOR,
FRANKLIN PIERCE UNIVERSITY

Baseball stars align: It's Sox vs. Yankees in ALDS

By DAVE SHEININ
The Washington Post

It has been 13 years and 349 days since the New York Yankees and Boston Red Sox last met in baseball's postseason, a long and lonely stretch — at least in the eyes of television executives and Major League Baseball's accountants — that has seen an 86-year-old curse broken (then re-broken and re-broken again) in Boston, and a 27th World Series championship banner raised in the Bronx, but no more October entries in baseball's most essential and storied

(or depending upon your viewpoint, overblown) rivalry.

That will change, for better or worse, Friday night at Fenway Park when the Red Sox host the Yankees in Game 1 of the best-of-five American League Division Series, an outcome assured Wednesday night when the latter dispatched the Oakland Athletics, 7-2, in the AL wild-card game at Yankee Stadium. You may relish the thought of a Sox-Yanks matchup, with all its attendant hype and history, or roll your eyes at it — but either way, chances are you

See RED SOX on Page B3



JANE TYSKA / Bay Area News

The Yankees' Aaron Judge, right, celebrates with Giancarlo Stanton after hitting a two-run home run Wednesday.

More than 1 in 3 eat fast food on a typical day, and we eat it all day long

By KAREN KAPLAN
Los Angeles Times

If you're an adult in America, there's a better than 1 in 3 chance that you'll eat fast food today — if you haven't already.

New survey data from the Centers for Disease Control and Prevention show that 36.6 percent of us eat some kind of fast food on any given day. That includes 37.9 percent of men and 35.4 percent of women, according to a report published Wednesday by the CDC's National Center for Health Statistics.

Fast food is on the menu all day long. On a typical day, 22.7 percent of Americans get

See FAST FOOD on Page A2

DAILY DIGEST

SENTINEL WEATHER

TODAY: 74

TONIGHT: 44

FRIDAY: 64

FORECAST, PAGE A4

INDEX: OPINION/LETTERS TO THE EDITOR: A6

SPORTS: B1

MAGAZINE: C1

COMICS: C3

CLASSIFIEDS: C4

ELF

220th year, No. 273

• Three sections, 18 pages

New Hampshire's oldest newspaper: Guarding the past, tending tomorrow

Established 1799



\$1

1 80328 00000 2

Region/Nation



JASON LITTLE

Professor's research seeks to help Inuit business owners, entrepreneurs

(Continued from Page A1)

what they needed to do. The Inuit culture is very cooperative, and everybody works together, so I really wanted to turn it over to them as far as what they wanted to do," he said.

During his visit in July, Little met three of the entrepreneurs he's worked with — Michael Milton, Jamesie Itulu and Chris Ildaut — as well as Aileen Hope, a local volunteer who helped arrange the video conference sessions. For the research side of his project, Little also met about a dozen business leaders in Iqaluit, the territory's capital.

"I wanted to kind of learn about what kind of marketing communication strategies are being used by current businesses and what might be done differently to help improve the strategy to get the word out about a business startup or how companies communicate," he said.

Besides his own findings, his report will also include student-driven research.

In spring 2018, Little enlisted Franklin Pierce students in the university's small business advisory group to begin compiling information on Inuit-owned organizations in the Nunavut Territory. The students researched 343 Inuit companies, gathering information about each organization's online presence and marketing strategy.

Little plans to continue incorporating his research in his classes at Franklin Pierce. He also hopes to speak about his trip on campus during the university's annual academic showcase in April 2019.

"My whole experience — I will definitely be sharing this with my students," he said. "I'll be able to draw parallels with the business challenges up there with what's happening globally," citing the melting of the polar ice caps as an example.

To Little's knowledge, his research project could be the first completed on marketing communications in the Nunavut Territory. He plans to finish it by the end of this month and intends to present the research at the Nunavut Trade Show in Iqaluit and the Northern Lights Conference in Ottawa.

His hope is that his findings and recommendations can help Inuit business

owners and entrepreneurs learn new strategies for growing their companies. And while the focus of the visit was research and mentorship, he stressed that cultural exchange was also an important part of the experience.

"It's kind of a fine line that I walk because if you think about it, here's a culture that has many cultural values still intact, and my mission is not to be disruptive on that end," Little said. "I think it's important for Inuit to keep their identity, but balance that with taking ownership and taking advantage of business opportunities that will benefit them and their people."

Meg McIntyre can be reached at 352-1234, extension 1404, or mmcintyre@keenesentinel.com. Follow her on Twitter @MMcIntyreKS.

Above: The Nunavut Legislative Assembly Room is set up to accommodate the consensus-style government of the region. There are 22 constituencies representing different Nunavut hamlets. Right: Jason Little, a marketing professor at Franklin Pierce University in Rindge, stands with Valerie Kosmenko, general manager of Baffin Business Development Corp.



Fast food consumption: volume, duration stand out

(Continued from Page A1)

their breakfast from a fast-food outlet. At lunchtime, 43.7 percent of Americans pick up a quick meal, and 42 percent do the same for dinner. Another 22.8 percent get a snack from a fast-food joint. (Clearly, many Americans are eating fast food more than once per day.)

Nearly half of American men — 48.3 percent — eat fast food for lunch on any given day. That's significantly more than the 39.1 percent of women who do the same.

On the other hand, about 1 in 4 women (25.7 percent) treat themselves to a fast-food snack on a typical day, compared with 1 in 5 men (19.5 percent).

The conventional wisdom about fast food is that

people eat it when they can't afford something better, due to a lack of money or a lack of time. But the report reveals that this isn't necessarily the case.

In fact, the more money someone has, the more likely he or she is to partake of fast food on any given day.

Among those whose family income was less than or equal to 130 percent of the federal poverty line (which was set at \$11,770 for a single person or \$24,250 for a family of four in 2016), 31.7 percent ate fast food on a typical day. Among middle-income families (whose income was between 130 percent and 350 percent of the poverty line), 36.4 percent ate fast food on a typical day. And among high-income families (those with incomes above 350 percent

of the poverty line), 42 percent dined on fast food on a typical day.

This might make you wonder whether "fast food" included take-out sushi, Starbucks frappuccinos and organic berries from the farmers market. The definition used in the survey was vague: "restaurant fast food/pizza." It's certainly possible that some people interpreted this to mean something other than burgers, fried chicken and sub sandwiches.

The data show that the popularity of fast food varies by racial and ethnic group. Its biggest fans are African Americans, 42.4 percent of whom ate it on a typical day. It was the least enticing to Asian Americans, though 30.6 percent of them ate it on a typical day as well. In between were

whites (37.8 percent) and Latinos (36.5 percent).

By now, you might be wondering what it would take for Americans to dial back their addiction to fast food. The survey results suggest an answer: time.

Our taste for fast food seems to diminish with age. Peak fast-food consumption occurs in our 20s and 30s — 44.9 percent of survey-takers in this age group ate fast food on a typical day. In middle age, that figure drops to 37.7 percent. And after we turn 60, only 24.1 percent of us rely on fast food for at least one of our daily meals or snacks.

The data in the study came from the CDC's National Health and Nutrition Examination Survey in the years 2013 through 2016.

Tips abound in case of missing Maine teacher

By BANGOR DAILY NEWS

Law enforcement and rescue officials have received more than 100 tips in the case of a North Yarmouth woman who went

missing overnight Sunday, but thus far none have led them to her, authorities told CBS 13.

Forty-seven-year-old Kristin Westra, a teacher at Chebeague Island School,

went to bed around 8 p.m. Sunday night, according to the Cumberland County Sheriff's Office. When her family woke up the following morning, she was gone. Her keys, cellphone and vehicle had all been left behind at her Lufkin Road home, the sheriff's office said.

"We've checked areas where she's been known to run or visit or like," Capt. Scott Stewart of the sheriff's office told CBS 13. "We've checked places where someone may have (seen) something suspicious and we've had to follow up on each and every one of those [tips]. It is a daunting task but we pour the resources wherever they're needed."

Rescuers expanded their search Wednesday to reach a construction site and quarry near the family's home, according to multiple media reports.

He told the newspaper Tuesday's efforts "eliminated with high probability" the likelihood that Westra is within that 1.5-mile area of woods.

Westra's brother, Eric Rohrbach, said police suspect the woman was not thinking clearly when she went missing, according to the Press Herald, but he said his sister has no history of mental health problems and resists taking medications that could have affected her state of mind.

ABOUT THE SENTINEL

The Keene Sentinel
(www.sentinel-source.com)

The Keene Sentinel and New Hampshire Sentinel, founded in 1799, is published daily except selected holidays. Send address changes by email to circulation@keenesentinel.com. If you have any news tips, suggestions, corrections and comments about the accuracy, fairness or adequacy of news coverage, please call any of the individuals listed under News contacts.

How to reach us:

Office: 60 West St., Keene, N.H. 03431
Phone: 603-352-1234
Fax: 603-352-0437
Email: news@keenesentinel.com

Single copy price: Monday-Saturday - \$1.00; Sunday - \$1.75

Suggested home delivery price: 8 weeks, \$6.60 a week; 13 weeks, \$6.60 a week; 27 weeks, \$6.35 a week; 55 weeks, \$6.25 a week (as of Sept. 25, 2017). The 7-day EZ Pay rate for four weeks is \$20.44, which is still our best rate.

To begin home delivery, or if you have billing questions or delivery issues, call 603-283-0797 or 352-1234 and ask for the Circulation Department (option 3), which is open Monday through Friday 8 a.m. to 5:30 p.m., and Saturday and Sunday from 6 to 11 a.m. Email us: Circulation@keenesentinel.com

Subscription term lengths reflect basic subscription rates without surcharges. Due to the size of our Premium Editions such as the Thanksgiving edition, there will be a \$1.00 surcharge for each Premium Edition. Surcharges will accelerate the expiration of your subscription if the subscriber receives delivery of Premium Editions.

News contacts: 352-1234

Breaking news: 352-1249
Local news: ANIKA CLARK (1406)
Business: ROSS EWING (1423)
Events calendar: AVERY REEKSTIN (1421)
Sports: MICHAEL McMAHON (1414)
ELF: SARAH SHERMAN (1826)
Opinion: BILL BILODEAU (1403)
Reader Opinion: BILL BILODEAU (1403)
Photography: MICHAEL MOORE (1441)
Religion: AVERY REEKSTIN (1421)
Digital content: CECILY WEISBURGH (1437)

Key personnel

THOMAS M. EWING, publisher
TERRENCE WILLIAMS, president and chief operating officer
KELVIN PARKER, operations director
PAUL R. MILLER, executive editor
MICHAEL BRESHEARS, advertising director
LINDA FLAGG, business and human resources manager

CHRIS CARREIRA, information systems manager
SHAY RILEY, production manager
JESSICA GARCIA, director of interactive media services

In memoriam:

JAMES D. EWING, publisher emeritus

Other services

Sentinel Print Shop: TOM CASEY (1501)

To place an advertisement

For classified and retail display advertisements, please call and ask for the advertising department, open 8 a.m. to 5 p.m., Monday through Friday. The Sentinel assumes no financial responsibility for typographical errors in advertisements but will reprint in the following issue that part of an advertisement in which the typographical error occurs. Advertisers, please notify our advertising director promptly of any error.

Alliance for Audited Media

PREMIUM WOOD FUEL PELLETS
IN STOCK & READY TO DELIVER!
Call For Details

TRUCKLOAD SALE PRICING!

KraftMaid
KITCHENS FOR THE REAL LIVING ROOM

FOR ALL YOUR BUILDING AND REMODELING SUPPLIES

PERKINS Home & Building Center

HOURS:
Mon-Fri: 8:30 am-5 pm
Sat: 9 am-4 pm
Sun: 9 am-1 pm

FREE DELIVERY AVAILABLE
SEE SALES TAX IN OUR POSSESSIONS - SAVE IT!

Rt. 9, West Chesterfield, NH • (603) 256-6844

FENG TONG KITCHEN

Spend \$25 and get a FREE Small General Tso's Chicken

One coupon per visit.
Monday Closed
Tue - Thurs 11 a.m. - 9:00 p.m.
Fri - Sat 11 a.m. to 10:00 p.m.
Sunday Hours - 9:00 p.m.
www.fengtongkitchen.com
620 Park Ave., Keene, NH
603-352-0400

EXPIRES OCT. 31, 2018

Columbus Day Tent Sale at Norm's

Under the tents!
OUR BIGGEST SALE of the year!

Thursday, October 4th thru Monday, October 8th

Left-over Ski Equipment
Huge Savings on Skis, Boots & Bindings!

Left-over Snowboard Equipment
Huge Savings on Boards, Boots & Bindings!

HUGE SALE ON WINTER CLOTHING
Hats, helmets, goggles, jackets, pants and lots more!

2018 SELECTED BIKES ON SALE!

Norm's Ski & Bike Shop
YOUR FAVORITE SHOP FOR THE WINTER SEASON!

62 Martell Court • Keene, NH
(603) 352-1404 • normsskibike.com
Thurs. 10-6; Fri. 10-9;
Sat. 10-6; Sun. 11-5; Mon. 10-6