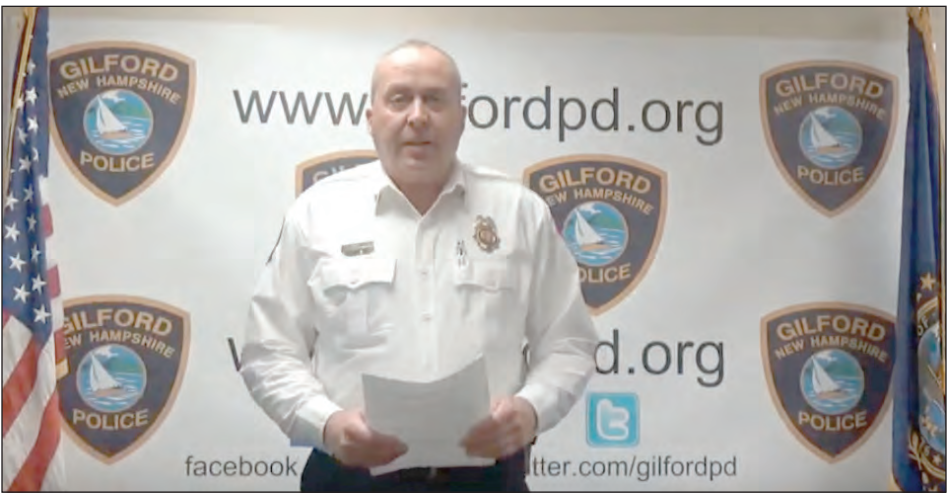




THURSDAY, APRIL 9, 2020 GILFORD, N.H.

Gilford Steamer



Town Administrator Scott Dunn and fire chief Steve Carrier are some of the town officials who appear on a recently posted video outlining the town's response to COVID-19. COURTESY PHOTOS

BY ERIN PLUMMER
mnews@salmonpress.news

Town department heads are outlining what they are doing to prevent the spread of the coronavirus and still delivering

town services in a new video. The town posted a video on Friday featuring Town Administrator Scott Dunn, Fire Chief Steve Carrier, Police

Chief Anthony Bean Burpee, Public Works Director Meghan Theriault, and Town Clerk Danielle LaFond giving information on what their departments are doing to keep services running and protect their staff and the public from COVID-19. A link for the video can be found on the front page of the town Web site, www.gilfordnh.org. "As you might imag-

ine, these are very challenging times and new information about this coronavirus pandemic is coming at us every day," Dunn said. "I want to reassure folks out there that local government services in the town of Gilford are still available and we are going to do everything humanly possible to keep those services going as long as we can." All town buildings

are closed to the public, a few offices available by appointment only but many basic services can be done over the phone and online. The fire and rescue, police, and public works departments are working with other departments in the region as well as the state and federal governments to share information and prepare for the spread of the virus. All staff mem-

bers have been practicing social distancing, hand washing, and cleaning surfaces. "The men and women of Gilford Fire Rescue stand ready and continue to answer all types of calls included in fire and medical emergencies," Carrier said. Carrier, who is also the town's emergency management director, SEE VIDEO PAGE A10

LRGHealthcare responds to COVID-19 crisis



BY KEVIN W. DONOVAN
President and CEO
LRGHealthcare

LRGHealthcare is closely monitoring the coronavirus disease (COVID-19) outbreak and preparing for any possible disruptions, as well as supporting public health agencies to help the community prepare. A major first preparation step for the organization was cancellation of all elective and non-urgent surgeries, procedures and outpatient visits a few weeks ago. In further preparation and due to the economic impact of the COVID-19 crisis, effec-

tive on or about April 7, LRGHealthcare will take the following short-term steps to ensure we can effectively respond to the expected surge in COVID-19 cases in our community. Temporarily close most outpatient services including Doctor's offices Downsize non-clinical areas Maintain minimal Medical Staff to support essential COVID-19 activities Furlough approximately 500 full-time equivalent employees These temporary changes will allow us to focus our efforts on the COVID-19 response and maintain Lakes Region General Hospital and Franklin Regional Hospital's core hospital services. Last week, Gov. Sununu announced that the state has approved a \$5.25 million interest-free loan that will greatly support the organiza-

BY ERIN PLUMMER
mnews@salmonpress.news

The town's new public works director is going into this year's road program examining each road and using mapping capabilities to review needed work. Public Works Director Meghan Theriault updated the board of selectmen on the coming 2020 road program during the March 26 meeting. The budget for this year's road program is \$1.75 million. Theriault said Town Administrator Scott Dunn gave her the preliminary list and she started looking at the roads with highway superintendent Kyle Tibbets. She said when they moved forward with the contractor, they would go down each road and look at the cross culverts. Over the spring the department would clean out culverts and

see if any need to be replaced. Theriault said they are also working on getting mapping abilities. "I'm used to being able to have a plan I could give to a contractor," Theriault said. Theriault said she doesn't have the staff for this. She has been working with CAI technologies about using GIS systems to get basic maps of the roads printed out. Theriault advocated for going with Wolcott Construction of Gilmanston for the paving contractor. She said the company was holding to its prices from last year except for asphalt,

which has a volatile market. Because this will be her first year working on Gilford's roads, she said she was more comfortable working with a company that has worked with the town for years. She also said Wolcott has been flexible working with the town, especially addressing issues and needed changes that come up out in the field. After much discussion, the board approved a motion made by selectman Kevin Hayes to grant this year's contract to Wolcott with the caveat the contract would go out for bid in 2021. Selectman Gus Benavides voted against, saying

the contract should be bid out this year with companies like GMI and Pike Industries also expressing interest in bidding for the contract. Board Chair Chan Eddy also asked Theriault if she had been down Henderson Road to old Lakeshore Road, an area that has seen heavy traffic due to recent detours. He said something should probably be done on that road and maybe it should be put on the list. Theriault said the list she has now is the preliminary list she got from Dunn and it's likely there are more roads that need to be addressed like Henderson Road.

A Note to Readers

This week's edition of the paper might seem a bit smaller than you are accustomed to, but rest assured, this is only temporary. Due to the unique circumstances we are all living under at the present time, local sporting events and community activities have wisely been canceled as we all try to stay closer to home and practice social distancing.

As we ride out this temporary interruption of life as usual together, we urge you to continue supporting the local businesses that advertise in your newspaper. They have always been here for you through good times and bad, and now, more than ever, they need you to be there for them in any way you can.

Amid this temporary absence of local events and municipal meetings, we are also looking to celebrate the many quiet heroes in our communities who have gone above and beyond to make this situation easier for those most affected by it. Let us know if there is someone in your community who you think should be recognized by e-mailing brendan@salmonpress.news.

Above all, know that we have been your trusted source for local news for generations, and we plan to be here for you to generations to come, in print and online at www.salmonpress.com.

A much needed message

Bank of New Hampshire Pavilion leaves a message for the community during the coronavirus pandemic.

PHOTO BY ERIN PLUMMER

Notes from the Gilford Public Library

BY MARK THOMAS
Library Correspondent

Creativity booms as people at home discover new hobbies and creative projects. Many people are no longer commuting or spending time gathering, and so they use their energy to create instead. Art is an endless outlet, from sewing to woodworking, from gardening to graphic imagery, from painting to writing. We all have so much potential, and despite self-doubt right now, we are putting it to use.

The Library is going to create a patron sourced historical record of Gilford during the pandemic. We are looking to hear from you and your neighbors about your experience. A story, video, poem, pictures, a recipe, drawings, however you want to share it, we would love to hear it. The library will compile all the responses and help keep a record of what happened during the pandemic. Take a look at the Help Create History Project on the Gilfordlibrary.org website for more information.

More for creators: CreativeBug is a crafter's muse. Their website has classes on all kinds of paper, yarn, fabric, jewelry, and paint crafts. It has daily technique practices, inspirational materials, and new content every day. If you are trying out a new creative outlet, or are looking to learn a new technique, Creativebug could be the place for you. It also features incredible artists and their work throughout the site. We're happy to say that the Library has signed up for access to Gilford Public Library card holders during this pandemic, so you can try it out

with your library card at www.creativebug.com/lib/gilfordlibrary.

Remember that the library is here to help connect you with resources you need. If you need help accessing a resource, or even if you want tips on how to start on something, reach out to us and we will get you there. Create on!

Virtual Events
April 9-16

Thursday, April 9

Teen Discord Game Club, 2:30-3:30 p.m.
Social gaming for teens and tweens. Get in touch with the library for access.

Friday, April 10

Miss Jill's Storytime, 10:30-11 a.m.
Storytime posted to Facebook.
Teen Discord Game Club, 2:30-3:30 p.m.

Monday, April 13

Geri Fit: New Classes Weekly.
Miss Maria's Storytime, 11 a.m.
Storytime on Facebook Live.

Teen Discord Game Club, 2:30-3:30 p.m.

Tuesday, April 14

Miss Maria's Storytime, 11 a.m.
Storytime on Facebook Live.
Teen Discord Game Club, 2:30-3:30 p.m.

Wednesday, April 15

Studio Tour With Molly Harper, noon
Tour Molly's pottery studio on Facebook Live.
Teen Discord Game Club, 2:30-3:30 p.m.

Thursday, April 16

Book Discussion, 12:30-1:30 p.m.
Library book discussion on Zoom. Contact the Library for details.
Teen Discord Game Club, 2:30-3:30 p.m.

GILFORD POLICE LOG

The Gilford Police Department reported the following arrests during the week of March 31 to April 5.

Rachel M. Brown, age 26, of Ashby, Mass. and Zahcary W. Zyla, age 26, of Manchester were arrested on April 1 for Criminal Trespassing.

Hunter I. Gilpatrick, age 21, of Pembroke was arrested on April 1 for Reckless Operation and in connection with a bench warrant.

Danielle Lafleur, age 26, current address unknown, was arrested on April 3 in connection with a bench warrant.

Adam R. Nedeau, age 32, of Gilford was arrested on April 4 for Breach of Bail.



DONNA RHODES

Market Basket in Tilton, along with the company's other locations, is now limiting the number of shoppers who enter the store at one time and opening from 6-7 a.m. for seniors only in hopes of reducing the transmission of the COVID-19 virus.

Market Basket limits customer traffic in response to coronavirus

BY DONNA RHODES
dhrhodes@salmonpress.news

TILTON – On Thursday, April 2, Market Basket of Tilton began limiting the number of customers permitted inside the grocery store at any one time to 147. The corporation decided that under the present circumstances, it was important to promote social distancing for public health while continuing to provide their customers with the food and supplies they need to shelter at home.

With their staff already accounted for, it was determined that 147 customers would allow for social distancing as people shopped, and on Day 1, it was working quite well, said Assistant Manager Brian Sayers.

"The whole company is doing what it can to enforce social distancing. Weekdays are a bit slower, which is good because we didn't have to have anyone waiting out in the cold today. Weekends are a bit busier, but so far so good," he said.

Entry to the business has been restricted to the left hand side of the building where an associate keeps track of how many people come and go. Should they meet the 147 customer maximum, the additional customers will be asked to wait in line before they are then allowed inside as others exit.

"We're just trying to keep everybody, both us and our customers, safe," said Sayers.

Sayers was also pleased to announce that his deliveries have been coming regularly and associates have been able to maintain a steady amount of supplies on the shelves.

Updated hours for the store at this time are seniors only from 6-7 a.m. each day, then 7 a.m. until 6 p.m. for the general public.

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As a retailer selling essential goods, Ocean State Job Lot stores are open.

As a company, we always look for ways to turn challenges into opportunities. During this time of crisis, we are using our global supply chain to source critical supplies, like masks, gloves, sanitizers and more. These supplies are immediately donated to hospitals and other medical facilities.

We have contributed \$250,000 toward acquiring these vital items, and we are asking for your help by donating at the register. We will use 100% of your donation to purchase supplies, and we'll use our buying power to get the most for your money.

During these difficult times, we are also ramping up our food donation efforts. We could not do this without the incredible support of our customers all throughout the year. We are grateful, now more than ever, for your continued partnership with us.

Thanks for your support, and stay safe.

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Peabody Home recognizes local doctor partnerships



COURTESY
Cheryl Barnes Director of Nursing Services & Dr. Jonathon Mishcon.

FRANKLIN — Peabody Home in Franklin recognized the support and care provided by two local doctors associated with the non-profit residential home for the elderly in conjunction with the National Doctor Appreciation day for all doctors. It didn't matter

to Peabody staff that the medical degrees held by Jonathan Mischon MD, and Barry Taylor DVM, were for people and animals respectively, the appreciation was the same. Meg Miller, Administrator and Executive Director, said "We are

so incredibly lucky and honored to have Dr Jonathon Mishcon as our Medical Director. He provides geriatric care delivered with such empathy and compassion, that our residents live with joy and purpose made possible by his medical expertise in the special needs of the elderly." Staff and residents greeted Dr. Mischon with broad smiles and each wearing a signature bowtie. He was then presented with two new bowties of sophistication to add to his collection. An impromptu demonstration of how to correct tie a bowtie ensured; the dapper Doctor made it look effortless! Next, a contingent of residents boarded the Peabody Home bus and visited Dr. Barry Taylor at his Franklin Veterinary Clinic. Not only does Dr. Taylor – Doc Taylor as he is affection-

ately known - provide veterinary care to some of the privately owned pets at Peabody, he also takes care of the two felines who live there permanently. Both cats are well into the double-digits, but thanks to Doc Taylors tender care they are spry and healthy. The good doctor was presented with an oil painting created by one of the talented residents, and bestowed a gift card to Black Forest Nursery in Boscawen. Peabody Home is a multi-leveled unique senior living community nestled in the heart of Franklin, and located along the banks of the Winnepesaukee River offering Assisted living, nursing care, respite, hospice and elder day care. To learn more about services offered, check out www.peabodyhome.org or call 934-3718.



Dr. Barry Taylor, Franklin Veterinary Clinic.

Belmont family launches hunt for bears — the stuffed kind



BY DONNA RHODES
drhodes@salmonpress.news

REGION – The hunt is on for bears in New Hampshire. These particular bears aren't black and living in the wild, however — they're brown, blue, pink and every other color under the rainbow, and families looking for a way to entertain their children while distancing them from the public are being encouraged to take them out for a ride to participate in the great "New Hampshire Bear Hunt."

Kate Lewey of Belmont came up with the idea to have people set

out teddy bears in their yards, on their porches or wherever they could find, so children could see them safely from

COURTESY
Kate Lewey of Belmont has started a massive statewide "Bear Hunt" for teddy bears, encouraging families to take a drive to look for them during a time when they may need some entertainment while still distancing themselves from others.

their cars. She said she heard about a similar project in Australia and thought that with the arrival of spring and real bears emerging from their winter dens, a teddy bear hunt would be a fun idea for children in New Hampshire. Her purpose now is to help them stave off boredom in these sheltered times while having a little fun through her teddy bear hunt.

"I ran the idea by some friends and we decided to give it a whirl. The idea just exploded when I put it on Facebook. The response has been incredible," she said.

Lewey kicked it all off by setting her daughter's massive old stuffed teddy bear on their lawn.

"I was going to take it to Goodwill, but I'm grateful we didn't get rid of him. He's a happy part of this whole thing now," she said.

Lewey and her teenage children have been assisting her in maintaining an online Facebook map that, when people zoom in on their area, will give them a

clue as to what roads bears in their area can be found. They can then take a drive anywhere in the state to look for the bears while having fun keeping track of how many they find on an outing.

"We want to caution everyone that it's not good to 'pet,' 'feed' or 'encounter' the bears in any way, though. Just look at them from a safe distance," said Lewey.

While children are enjoying the "hunt," she said adults are having just as much fun setting out bears and even creating displays in their windows, yards or on their porches. One woman in the Newfound Area even put a bear decal in the back window of her car for children to spot.

"Senior citizens are having a great time being involved in this. I've received messages from older people in Rochester, Manchester, Dover and all over the state, who said they get so excited when families drive by and wave when they spot their bears. It really makes their day," said Lewey. "That just goes to show how good this is for everyone right now."

First Responders have also joined in on the fun. Lewey said that the Concord Police Department recently contacted her about how much they enjoyed hearing about the Bear Hunt and wanted to send a token of thanks to the Town of Belmont.

The map can be found on Facebook through a search for "New Hampshire Bear Hunt." It's interactive so that people who want to be listed can click on it to add their bear to the list or

they can contact Lewey if they have difficulty in doing so. Families can then pull it up on their phones as they drive to find roads that have a "bear den" listed on the site. As of last week, there were hundreds of street addresses registered from the Massachusetts border to northern New Hampshire and the listings continue to grow. The only blank spots on her map are in the northern reaches of Coos County but she hopes people in that region will soon hear of the project and jump on board, too.

"I want to keep this going until this (COVID-19) is over. Teddy bears equal comfort and this is a feel good thing we can all do. Even healthcare workers have said commented on how much they enjoy seeing the bears on their way to work every day. It's just good for everybody right now," Lewey said.

*Easter prayers
and blessings to all
in these trying times.*



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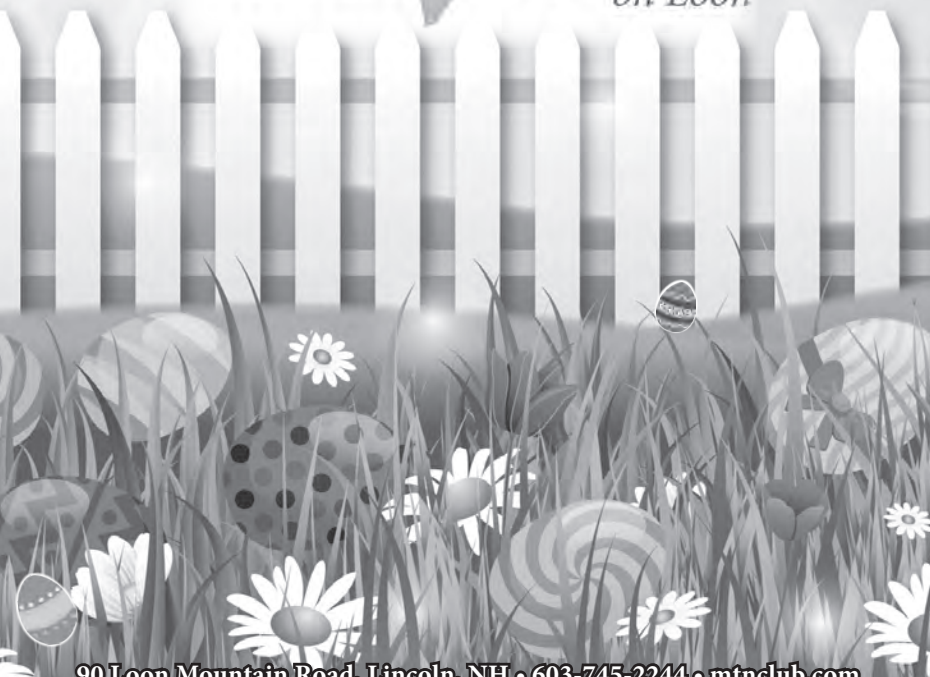
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Finding a silver lining

This editorial is being written immediately after our Editor returned from a walk around town. While we are all undergoing a complete change in the way we live our lives, and the reason is scary and horrifying, there is a silver lining. This coronavirus has caused a camaraderie among people that seems to break through barriers of religion, race, political beliefs, socioeconomic status or where we live in the world. We truly are all in this together.

During our walk, we saw entire families slowly strolling up and down side streets, with no real destination, simply enjoying the sun and warmer weather. It was nice to slow down enough to notice the cracks in the sidewalks, or notice the intricate woodwork on the old houses we passed. Seeing the community through a new, calmer, less stressed pair of eyes was interesting. While a cloud of uncertainty hangs above all of us, it's clear that despite the unknown, shoulders have dropped a bit, and we have been forced to slow down and just be present. These are stressful times, no doubt, but it hasn't gone unnoticed that the majority of people seem to appear more relaxed. [This, of course, does not include those on the front lines fighting this virus, to whom we say a heartfelt thank you.]

There are so many unknowns when it comes to this situation. We don't know when it will end, we don't know whether the virus will mutate when the warmer weather we've all be waiting for finally arrives, and we don't know how it will affect our economy or our livelihoods in the long run. What we do know is that, again, we are all in this together.

Strangers are stopping strangers (at a safe distance, of course) and having conversations that go beyond the weather. This outbreak has created a need for us to talk and to relate to each other for comfort, and to simply process what is happening.

While passing by a gentleman getting ready to grill his dinner on the back porch, we struck up a conversation about going stir crazy, sharing a few laughs and well wishes, and then we were on our way. People have slowed down enough to lift their heads from their phones, laptops, steering wheels and television sets to open their eyes fully to the world around them. There are more smiles and head nods exchanged. People are making more eye contact with one another, almost to say yes, I'm uncertain too, but we will be all right.

With nowhere to go aside from home and work (for some of us who also deserve thanks for continuing to put their health at risk so we have groceries and supplies to live on), priorities have shifted. People have used this time to really think about what matters in their lives. They have caught up on their reading, or revisited old hobbies and house projects that have sat dormant for years.

Finally, this situation gives us all an excuse an excuse to just 'be.' Could it be that people can really benefit from simplifying their lives? How will things look when the world re-opens? We have a feeling that people will be friendlier and more appreciative of being able to clink beer mugs and raise a toast at their local watering holes. Perhaps people will find the value in slowing down.

We are living in a point in history that will live on in perpetuity. These few months will be read about and discussed for decades to come, long after we are gone, as we look back now and wonder about simple things like what it would have been like to live without electricity or a way to keep our food cold. We're not sure there has ever been a time when the entire society has shut down, when town squares look like ghost towns or something out of a movie set with no one in sight.

To those reporters and editors to come after us, we will tell you that these times are surreal. Despite not knowing what's going on and watching the news change every day, people are generally in good spirits and are finding ways to decrease stress and otherwise find some sort of joy.

Send us your letters!

We seek your input! Tax rate got you down? Glendale too congested for your liking? Do you approve of a recent selectmen decision? Hate the paper? Love the paper? Let us know!

Send your letters to:

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Our fax number is 279 3331.
E-mail us at brendan@salmonpress.news.
We're looking forward to hearing from you!



PHOTOS BY ERIN PLUMMER

Enjoying a swim

A couple of hooded mergansers enjoy the water and the fishing in Gunstock's fishing pond on a Sunday afternoon.



Comfort Keepers COVID 19: Help for seniors

BY MARTHA SWATS

Owner/Administrator

Comfort Keepers

Amidst the Coronavirus crisis, during a period of time when staying at home and socially distanced is essential, it's important to keep seniors safe, reassured, active and cared for.

•One-to-one relationships are important right now. Our caregivers are trained in infection control and senior care, and work in a one-on-one relationship with seniors, reducing the risk of community-wide exposure to COVID-19.

•Seniors are safest at home, away from the risk of infection. Comfort Keepers focuses on

care and supportive services centered around serving seniors in their home, where they are best protected.

•Our caregivers can pick up prescriptions, grocery shop or provide transportation to medical appointments.

•Our offices can help with online orders of supplies, meals and other necessities.

•Our caregivers can provide housekeeping and make sure that surfaces are disinfected to keep seniors clean and prepare meals to make sure they are nourished.

•Comfort Keepers is all about Elevating the Human Spirit for clients, caregivers and families. That has never been

more important than now. During this time of social distancing, seniors may be socially isolated, in addition to being physically isolated. Comfort Keepers works to help seniors fight depression and loneliness, especially while remaining at home. We help keep them active, optimistic and socially engaged during this period. A daily dose of joy is sorely needed.

•Supporting families is essential. When a senior is in the care of Comfort Keepers, so is their entire family. We are a supportive resource to address questions, concerns, and check on loved ones.

•Many of our offices

provide digital, remote services to extend care (including virtual check-ins). We can enable social connection and augment in-home visits. This includes check-in phone calls.

•Whenever possible and safe, our caregivers are encouraged to practice Interactive Caregiving™. Instead of doing for the client we do with the client. Participating in daily activities will keep seniors active, engaged, and provide a sense of normalcy in a time of uncertainty.

Contact your local office for a free consultation. Let us be a resource during these difficult times. Learn more at ComfortKeepers.com.

About Comfort Keepers

Maintaining senior health and wellbeing is a priority for the team at Comfort Keepers®. Our caregivers can assist in providing seniors with transportation to and from the doctor's office or clinics to receive their vaccinations. In addition, caregivers can also work to promote a healthy lifestyle by supporting physician-recommended diet and exercise plans, as well as medication reminders. Contact your local Comfort Keepers office today to learn more.

PET OF THE WEEK

JOAN

Meet sweet Joan! Joan came all the way from Lubbock, Texas to find her forever family. She is a 2 year old boxer mix ready for adventure. Joan is currently learning quite a bit at our shelter. She is food motivated and willing to train! Currently Joan knows sit, down, is learning leash skills such as 'with me' aka heel, and loose leash walking. Joan would do best in an active adult only home as the only animal. If prospective adopters have another dog, we are happy to try them, however Joan has been a little over the top with her doggy friends. No cats for this sweetheart!



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But even the bears, these days, would have to settle for take-out



By JOHN HARRIGAN
COLUMNIST

Bears are out and about a bit earlier this year, and some people are shutting down their bird feeders or at least bringing them in for the night. My situation was a little bit different. I'd been inviting the bears into the kitchen.

A friend had given me a window-feeder his father could no longer use. I'd seen these setups but had never had one, so I was eager to try it out. It took a while, but eventually the feeder was set into a kitchen window, and everything was set to go.

All that was missing was the birds. Visitors helped out by shoveling a path through the deep snow to the feeder, so we could make a show of filling it up and scattering some seeds around. The birds were in the trees, watching every move. When I slid into my office chair, with the feeder smack in my eyes, I figured it was only a matter of time.

I was right. To no surprise, the chickadees were the first to show up. Ravens are my favorite bird, but chickadees are not far behind. They fly right in and hop all over the old swing-set when I'm filling feeders in the dead of winter, and flit along after me when I'm on a hunt. They are somehow the birds that are always there.

The window-feeder was new and different, and brought the birds in close. It was a struggle to keep it tight against contrary wind and rain, but there was a bigger problem at hand. For a hungry bear looking for lunch, the feeder was a big blinking sign. "Eat at Harrigan's," it said in a glow, the arrow pointing straight inside.

There was no way around it--the window-feeder had to come out, and soon. Hungry bears were already ranging. I handed it down to Bob Vashaw, and shut the window against weather and bears.

+++++

A bear's nose is incredibly sensitive, and up at camp, ten air-miles from my house but two hours by truck and trail, bears are ever on our minds. A scrap of food in a crack in the counter could draw a bear in from miles away. Their



COURTESY

Turkeys are now a common sight in New Hampshire, from the seacoast to the Canadian line.

noses are incredible, and they never forget.

A bear would smash his way into camp, and root and loot it to pieces, not that there's much reward. In fact, there's nothing but the indelible smell of cooking. What we carry in, we carry out. We pick up and clean up as best we can. But there's no beating the nose of a hungry bear.

Toward the end of one sunny spring day, I had to get something from downtown. It was going to be just a minute. I forgot about an overhead door. I came home minutes later to ruin. A bear had trashed shop and barn.

We kept birdseed in a 30-gallon galvanized steel container. The bear tossed and trashed the shop to scarf up seeds dropped by mice, ripped a door open to get the birdseed container, bit it full of holes, and dragged it through the barn on his way out, scattering birdseed throughout. Much later, I found the container, down near the edge of the swamp.

The French voyageurs, who got along with the local people here long before them better than anyone else, called the black bear "cochon de bois," pig of the woods. Under their robes they're just that, a great big omnivorous pig.

+++++

State and federal governments and a whole raft of conservation organizations own or control vast amounts of acreage in the U.S.--about 14 percent of the total land mass. And here's a sobering thought: That's 10 percent of all the protected land in the world.

For the bulk of my newspapering career I wrote an outdoor column for the New Hampshire Sunday News, focusing more on the hunting and fishing side of things, although the column's topics wandered all over creation.

But one complaint I

heard every year--and more frequently as time went by--came from hikers and walkers who were afraid to go out during hunting season. Never mind that hunting accidents involving people who aren't hunting are almost non-existent. It's the sound of gunfire that hurts.

Back when I started the column, in the early '70s, my reply was that hunters just wanted to use part of the landscape for a very narrow time of year--the traditional late-fall hunting season--and for the rest of the

year the Great Outdoors belonged to everybody else.

At best, this was a simple argument for a simpler time. Today, of course, everything has changed. Millions of other recreational users are out on land and water, recreating in ways we could never have imagined, from zip-lining to surviving in the wild.

Hunting has changed too, and we now have a host of additional seasons on either side of fall. The "we only need it for a little while" argu-

ment sounds increasingly thin.

There are mollifying arguments I'm still sure of, however: The hunters I know want no part of hunting anywhere near well-known hiking trails. First, where it's stellar hiking it's not apt to be great hunting, and vice versa. Second, the sound of gunfire carries over long distances, and often what sounds close isn't.

+++++

One thing we most definitely did not have when I was coming

STRATEGIES FOR LIVING
Surprise! Surprise!
The dead man is back!

BY LARRY SCOTT

The dramatic events that followed the crucifixion of Jesus Christ may be summarized by a statement made in the Gospel of Matthew, chapter 27, verses 57-60: "As evening approached, there came a man from Arimathea, named Joseph ... he asked for Jesus' body, and Pilate ordered that it be given to him. Joseph took the body, wrapped it in a clean linen cloth, and placed it in his own new tomb that he had cut out of the rock. He rolled a big stone in front of the entrance ... and went away." End of the story ... or so they thought. For King Herod (Antipas) and Pilate, the Roman Governor, a troublesome, popular figure was dead; for Caiaphas, the High Priest, the One claiming to be Messiah, the One who challenged

his authority, had finally been eliminated; for Joseph of Arimathea, he would be forced to live in shame for his inability to dissuade the Jewish power-brokers from sentencing Jesus to death; for the disciples, it was an unmitigated disaster. Their hopes for the promised Kingdom, their faith, which had been strengthened by their Messiah and Best Friend ... all vanished with the crucifixion; for the women who followed Jesus, the One Man who had treated them with dignity and respect was no longer available; for the guards, charged with protecting Jesus' tomb, it was a gravity assignment, the failure at which would doom them to death. But not so fast, guys. You're dealing with God here ... and you are about to hear the rest of the story! Again, from the Gos-

pel of Matthew (28:5-6), "After the Sabbath, at dawn on the first day of the week ... the angel said to the women, 'Do not be afraid, for I know that you are looking for Jesus, who was crucified. He is not here, he has risen.'" For the guards, their gravity assignment had just turned into a nightmare as the stone began to move; for Herod and Pilate, it was not the end but the beginning -- of a disaster they could not imagine; for the temple hierarchy, an explosive new church would soon emerge ... and in their heart of hearts, they would have to acknowledge they had crucified their Messiah, and that to their own damnation; for Joseph of Arimathea, it heralded a new opportunity to regain his self-respect and serve the One he had grown to love and admire; for the disciples, the resur-

rection promised new understanding, new hope, new direction, and a new mission to which they could dedicate their lives; and for the women? Unbelievably, "He's back!" Happy days are here again! But it was not for them alone! For me too, and I share, with the greatest thanksgiving, the Apostle Peters' note of triumph: "Praise be to the God and Father of our Lord Jesus Christ! In his great mercy he has given us new birth unto a living hope through the resurrection of Jesus Christ from the dead, and into an inheritance that can never perish ... kept in heaven for you" (1 Peter 1:3-4). He is alive! Thank God Almighty, Jesus Christ has arisen from the dead! For more thoughts like these, follow me at indefenseoftruth.net.

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Edward Jones: Financial Focus

Avoid Touching Retirement Savings Early

You contribute to an IRA and 401(k) to help build the financial resources you'll need to enjoy a comfortable retirement. But despite these funds being set aside for retirement, many investors use them before they retire. More than half of Americans tap into their retirement savings early, according to a survey from Magnify Money, a website focusing on financial topics. How can you avoid this problem?

It's obviously important to leave your retirement savings untouched, as much as possible, until retirement. You could spend two or three decades as a retiree, so you'll need a lot of financial resources. Of course, it's understandable why some people touch their retirement accounts early: According to the Magnify Money survey, about 23% did so to pay off debts, 17% to make down payments on

a home, 11% to pay for college, and the rest for other reasons. While you also might consider these needs for taking an early withdrawal or loan from your retirement account, you've got good reasons for not touching your IRA or 401(k) before you retire. First, you may face tax penalties if you withdraw money from your IRA and 401(k) before 59 ½, though there are exceptions. Also, if your withdrawals from your retirement accounts are large enough, they could push you into a higher tax bracket. Plus, the longer you leave your money intact, the more you'll probably have when you need it in retirement. Let's use the survey results to look at some additional points you might evaluate before using funds from your retirement accounts for other purposes:

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Edward Jones: Financial Focus

Avoid Touching Retirement Savings Early

• Paying off debts – You could consider using a 401(k) loan to pay down some high-interest rate debt, but this move assumes two things – one, you don't plan on taking on additional high interest rate debt, and two, you plan on repaying the loan from your 401(k) within five years. If you don't, you could face penalties.

• Making a down payment on a home – The IRS allows first-time home buyers to make a penalty-free withdrawal of \$10,000 from an IRA to make a down payment on a home; however, taxes could still be owed. You might be better off by delaying the purchase of a home, giving you time to build up additional savings, held outside your retirement accounts, that could be used for the down payment.

• Paying for college – If you haven't saved enough for a child approaching college,

you might consider withdrawing from your retirement accounts to do so. If the funds are used for qualified education expenses, you may be able to withdraw from your IRA without paying a penalty, but again, taxes could be owed on the withdrawn funds. Alternatively, if you have more time, you could consider opening tax-advantaged 529 accounts for younger children to help pay for their education.

As the name suggests, a retirement account is designed for retirement, so do whatever you can to protect it. You may want to consult with a financial professional for guidance on meeting the other needs people cite in tapping into their retirement accounts early. The more you know, the better prepared you'll be to make the best decisions you can for your situation.

Video

FROM PAGE A1

said access to the fire station is limited for the public, but people can still get burning and LP gas permits by contacting the department. They will also continue doing inspections.

Carrier said personnel will wear different protective clothing on medical calls to protect patients, personnel, and their families.

“I am proud of our employees’ unwavering commitment to provide essential services to the community,” Carrier said. “Their bravery and vigilance in the face of this pandemic is remarkable.”

Bean Burpee said the common feeling a lot of people have at this time is anxiety and it isn’t a sign of weakness. He urged people to be patient with themselves, engage in relaxing activities, and connect with those close to them.

“We are in this together, and as a community, we will work together in moving through this,” Bean Burpee said.

Bean Burpee said the department will continue to respond to all calls involving crimes in progress and crimes against people. When responding to many calls,

Bean Burpee said police officers will maintain the six-foot distance, meet with people outdoors, and in some cases can take police reports and correspondence over the phone or email.

Bean Burpee thanked the staff for all they do for the community. He also thanked all those who have provided the department with lunch to show appreciation.

Theriault said their number one priority is protecting Gilford residents and public works staff while maintaining services.

The recycling center remains open during regular hours. Free Dump Days will still be going on Saturday, April 18 and Sunday, April 19, both days from 8 a.m.-3:45 p.m. Staff will be maintaining physical distancing and won’t be able to assist people as much as they normally would.

The public works office is closed to the public, but people can still call or email with questions or to obtain permits.

Theriault said a number of residents have been asking about the free blue bags for roadside cleanup. She said those are still available for free and can be picked up in the entry-

way of the public works building or people can call about getting them. When the bags are full, people can leave them on the side of the road and call the department to have them picked up.

“Thank you to those who are volunteering their time to do this and keep Gilford beautiful,” Theriault said.

LaFond said the town clerk/tax collector’s office has been closed to the public since March 19. Most transactions, like dog licenses, motor vehicle registration, sewer bills, tax payments, and others, can be done online. People who do need to talk to someone in person can make an appointment. A plexiglass window was installed at the desk to protect staff and visitors during these appointments.

LaFond said the state’s temporary license plates have been extended from 20 days to April 30, which she said gives the department more time to figure out how to do those transactions.

“We appreciate your patience while we navigate through this time and we’re just trying to keep everybody healthy and safe,” LaFond said.

LRGH

FROM PAGE A1

tion in the coming days and weeks as this situation evolves. We are grateful for the support Governor Sununu has extended to LRGHealthcare. We expect, with this support and with the temporary changes we’ve announced, we will meet the needs of our community during this pandemic.

We also want to reassure our community that LRGHealthcare has

continued, despite the current crisis to be on a strong footing to finalize plans with a partner in the future.

LRGHealthcare is setting up a fund for our furloughed employees to lessen the impact of being displaced during these trying times. We will keep their healthcare benefits in place, but they would benefit from other financial support at this time.

The LRGHealthcare COVID-19 Hotline (527-

7069) is available daily from 7 a.m.-7 p.m., to answer your questions. You can also visit our Web site at LRGH.org for up-to-date information.

LRGHealthcare is a not-for-profit healthcare charitable trust representing Lakes Region General Hospital, Franklin Regional Hospital, and affiliated medical providers. LRGHealthcare’s mission is to provide quality, compassionate care and to strengthen the well-being of our community.

Notebook

FROM PAGE A5

Turkeys are the tough guys of the neighborhood, and a roving gang of turkey roughnecks regularly appears where my feeders used to hang. They are powerful scrapers. With turkeys, rather than fearing being pecked to pieces I’d worry about getting scraped to shreds.

I’ve seen abundant

turkey sign even up in the northernmost reaches of Pittsburg’s Indian and Perry streams, and lots of tracks and droppings on the trail into camp, which (theoretically, at least) is in the middle of nowhere.

Oh, the hazards of the trail: Being shadowed by coyotes, tripping over a porcupine, facing a fisher (cat), being stalked by a catamount, and now, stepping in the abundant

evidence of turkeys. There are no records on how far north our original wild turkeys ranged, but as wild things are trying to teach us all the time, history knows no bounds or boundaries.

(Please address mail, with phone numbers in case of questions, to campguyhooligan@gmail.com or 386 South Hill Road, Colebrook, NH 03576.)

Police continue equitable asset share agreement

By Erin Plummer

mnews@salmonpress.news

A portion of money from federal and state police seizures has been going back to the Gilford Police Department with the department looking to use it for some safety equipment.

During the March 26 selectmen’s meeting, the board approved a motion to sign the town’s Equitable Share Agreement with the US Department of Justice. Police chief Anthony Bean Burpee said town administrator Scott Dunn brought this to the town’s attention and Bean Burpee explained the program.

Like many municipal police agencies, the Gilford Police Department has an agreement with US Department of Justice and the state that it will receive a share of certain money seized from criminal activity. The department receives 80 percent of a share from the federal government and 45 percent from the state.

Bean Burpee said the department currently has a federal equitable sharing account that has been set aside for several years. Money can go toward certain purposes including law enforcement investigation and operations, education and training, public safety initiatives, and equipment. He said this money has been used for different purposes in the past six years he has been chief.

In 2015 the department bought two narcotics testing kits, allowing the police to do roadside drug tests. That same year they also bought an exhaust system and a separate evidence storage system for marijuana. In 2016 they bought a heating and cooling chamber for evidence.



Now the department is aiming to buy 600 watt LED lumen lights for nighttime investigations and the accident reconstruction team.

The board unanimously approved a motion to sign the Department of Justice Equitable Share Agreement.

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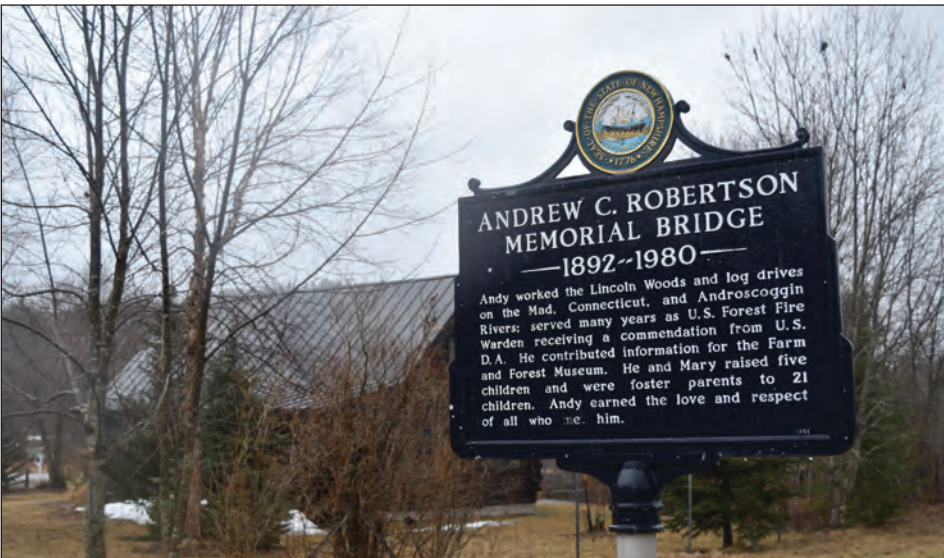
Journey through the past, one marker at a time

BY DONNA RHODES
dhrhodes@salmonpress.news

After the first publication of my series last week on the N.H. State Historical Markers found in my coverage area, I received a few very nice emails from people who said they enjoyed learning about the history of our beautiful state. Most notably was one note from Mary Charnley, a fourth grade teacher at Franklin Middle School. Charnley has been challenging her students to have their photos taken by some of these markers and collect information about their relevance. Prior to the unexpected school closures, they had even started a display in the hallways to show where they have gone to learn about N.H. history. So, as a tip of my hat to their studies, I changed my schedule for the marker I would write about this week and took an unexpected side trip to Franklin last weekend to visit Daniel Webster's Birthplace.

Daniel Webster was born on Jan. 18, 1782 in a modest home located on North Road, which was originally part of the Town of Salisbury but now lies within the Franklin town line. As an adult, Webster lived in Portsmouth where he was a lawyer who later became a New Hampshire delegate, serving in the U.S. House of Representatives from 1813-1817. He then moved to Massachusetts where he served as first a Congressman and then a Senator for another 18 years. In his book, "Cruising New Hampshire History," author Michael A. Bruno notes that Webster is also only the second person to have served as Secretary of State for three presidents.

Webster was one of the key people involved in the Webster-Ashburn



Situated in the rural countryside between Franklin and Salisbury, N.H. State Historical Marker #0091 pays tribute to the birthplace of Daniel Webster, who, as an attorney and a statesman, played a significant role in the nation in the 1800's.

Treaty of 1842. The treaty resolved border issues between the United States and the British North American Colonies, which was later named Canada. Through that treaty an agreement between the two governing bodies determined where the Maine and New Brunswick border was officially located. It also included decisions on the border of the Indian Stream Republic, now known as Pittsburg. Additional information on that matter is chronicled on historic marker #0001 in Pittsburg.

To find marker #0091, the Daniel Webster birthplace marker, travelers should head to the intersection of Rte. 3 and Rte. 127 in W. Franklin, located across from the N.H. National Guard Armory. Staying on Rte. 127 they will soon see a sign pointing them to the Daniel Webster Birthplace on North Rd. where the home and the marker can be found on the right before a sharp bend in the road. There is a small pull-off area in front of the sign where people can stop to read more about Webster and enjoy the rural setting where one of New Hampshire's most well known statesmen was born.

I want to say a special hello to all the fourth graders at Franklin Mid-

dle School and all other schools where New Hampshire history is part of their curriculum. I hope they are all doing well with their at-home

studies and can use this information to learn more about the great State of New Hampshire!



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MARK ON THE MARKETS

Uncharted waters



By Mark Patterson

The global equity and debt markets continue to rise, and fall based on the news of the day around Covid 19 and oil. Probably like many readers, I listen to the news and

watch the briefings in the afternoon regarding information of how this global pandemic is affecting our day-to-day lives, our economy, our physical and emotional well-being. We all handle stress in different ways, but let's not allow stress around the circumstances to be pointed at each other. We are very fortunate to live in an area where we can get outside, go for a walk or hike and maintain our distance from other people. Like you, I know and speak with people in New York City or Los Angeles where you don't have the luxury of walking out your front door

walking down the road for fresh air and exercise.

I truly believe that in the not too distant future we will turn the corner on this pandemic and our lives will become better but maybe not the same. I believe that more people will continue to work remotely than in the past. I believe our cities, where there is a high concentration of people will be more prepared for situations in the future. Just like Sept. 11, 2001 changed our nation and the way we went about life, I believe this event will also change us, hopefully for the better.

The US equity markets have pulled back sharply, rallied, and I believe will move sideways with some volatility. We may test or punch through recent lows to make new lows in the market, but there's just no way to know for sure at this point. I believe we need to maintain liquidity in our portfolios and scale into positions that we feel are going to be good companies or asset classes when we come out the other side of this unprecedented shock to the markets. The difficult part is to try to gauge the impact on certain types of business going forward.

Many small businesses like restaurants and retail that employ a lot of people may not be able to sustain a shutdown that goes on an indefinite amount of time. I realize that many of us are trying to support these businesses but unfortunately all our efforts may not be enough.

I am encouraged by corporations that are now producing needed medical equipment and supplies to get our country through this difficult time. The collaboration between government and private business to navigate times of crisis is what makes our country shine!

So, let's not allow ourselves to become paralyzed with fear and do nothing with our investment portfolios, but pick our spots and put money into the right places, depending on our objectives so that our futures are greater than our past.

M HP asset management can work with you through videoconferencing, DocuSign and electronic methods during these difficult times.

Mark Patterson is a portfolio manager with MHP Asset Management and can be reached at 447-1979 or Mark@M HP -asset.com.

Selectmen approve vehicle purchases

BY ERIN PLUMMER
mnews@salmonpress.news

The town will be getting a new ambulance and rotating out two police cruisers with approval from the selectmen.

The board approved motions to purchase a new ambulance for \$275,000 and two used police cruisers for \$62,228 with two trade-ins during the March 26 meeting. One selectman, however, expressed concern about purchasing new vehicles now with the potential hit in revenue the town might take as a result of the COVID-19 crisis.

The board approved purchasing the ambulance from Specialty Vehicles of Plainville, Mass., for \$275,000.

Selectman Kevin Hayes said the board would be deciding a number of purchases

that night and asked if it would be a better idea to put those on hold until the pandemic is over given that a lot of people might have problems paying their taxes because of the situation.

"I don't see where it causes any problems to delay this a month or two months," Hayes said.

Town Administrator Scott Dunn said the money is already sitting in the ambulance fund and will be taken out when the ambulance is purchased.

"I'll agree there are some uncertainties with the budget and state revenues and all of that, but in this particular case we have a dedicated fund specified for the purchase of an ambulance," Dunn said.

Selectman Gus Benavides said they are legal-

ly obligated to spend that money in the fund on an ambulance.

The motion received unanimous approval.

The selectmen then decided on purchasing two police cruisers and trading in two other cruisers. Dunn said the remaining funds for this purchase will be taken out of the operating budget, though the town is under a time crunch for this purchase.

Police chief Anthony Bean Burpee said one car was totaled last year and hadn't been replaced yet. Additionally, they are looking to rotate out two cruisers that have passed 80,000 miles. Usually, if they put out an order in late March or early April, it would take around 20 to 24 weeks to get them in, meaning they won't have them by summer. Instead the

town was able to work out a deal with a company in Massachusetts where they purchased cruisers last year. The company had vehicles in stock that could be painted and delivered to Gilford by the end of the next week, though it would take another two or three months to have them outfitted with equipment.

Hayes made a motion that the town purchase one cruiser now and wait until the town has a better view of what the budgets will look like before purchasing the other one. Benavides said taking that approach might result in the town not getting that other cruiser for months. Bean Burpee said if they don't pick up that cruiser now and it's no longer available they will be back to square one.

"There are other agencies out there that are looking at getting cruisers this time of year," Bean Burpee said. "I had a conversation with another Belknap County agency that are still waiting on their cruisers that they ordered last year."

Benavides said with what the country's facing now it's crucial that first responders have what they need to do their jobs.

Board Chair Chan Eddy said he would be more concerned that the 20-24 weeks to get a new cruiser would stretch further out to 36-48 weeks. Already some vehicle manufacturers are building ventilators and he said it's unlikely everything will immediately return to normal after the crisis is over.

Dunn said the town

budgets what the voters approved. The town will likely be facing drops in tax revenue and non-tax revenue like from Highway Block Grants and Rooms and Meals Tax.

"I think we're in a good position, though, to make up those shortfalls with our fund balance if we need to," Dunn said.

Hayes' motion to purchase one vehicle failed to get a second.

Benavides then made a motion to award the bid for the purchase of two police interceptor vehicles to Colonial Municipal Group for \$62,228 and authorize the trade of a 2014 and a 2016 Ford Explorer. The motion passed in a vote of 2-1 with Hayes voting against.



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CARES Act provides investors, business owners with opportunities

For Edward Jones financial advisors, passage of the Coronavirus Aid, Relief and Economic Security (CARES) Act has been a jolt of good news in an otherwise deeply unsettling time.

“Obviously, our biggest concern is for the well-being of everyone in our community,” Devon Sullivan says. “And we hope everyone is practicing social distancing and doing everything they can to keep themselves, their loved ones and their neighbors safe and healthy. But beyond the physical worries caused by the coronavirus, there have been deep

economic concerns, and the CARES Act is an important move toward addressing some of these.”

Sullivan says that several provisions of the CARES Act may be of particular benefit to investors:

Direct payments - Individuals will receive a one-time payment of up to \$1,200; this amount is reduced for incomes over \$75,000 and eliminated altogether at \$99,000. Joint filers will receive up to \$2,400, with this amount reduced for incomes over \$150,000 and eliminated at \$198,000 for joint filers

with no children. Plus, taxpayers with children will receive an extra \$500 for each dependent child under the age of 17.

“One possible idea for this money is to use it as part of an emergency fund,” Sullivan says. «By putting it in a low-risk, liquid account, you’ll have it available when you need it for any large, unexpected expenses during the next several months.»

Expanded unemployment benefits - The CARE Act provides \$250 billion for extended unemployment insurance, expands eligibility and provides workers with an additional \$600 per week for four months, in addition to what state programs pay. Unemployment benefits will also be extended through Dec. 31 for eligible workers. And the provisions also cover the self-employed, independent contractors and “gig economy” workers.

“These benefits can provide a lifeline to many workers,” Sullivan says. “And they may be able to help people avoid liquidating some long-term investments earmarked for retirement just to meet their daily cash flow needs. So, in that sense, the money can help individuals feel more secure today and in the future.”

No penalty on early withdrawals - Typically, individuals must pay a 10% penalty on early

withdrawals from IRAs, 401(k)s and similar retirement accounts. Under the CARES Act, this penalty will be waived for individuals who qualify for COVID-19 relief for distributions up to \$100,000 in aggregate from IRAs and plans that allow COVID-19 distributions. Withdrawals will still be taxable, but the taxes can be spread out over three years.

“Waiving the 10 percent penalty is a positive move during times like this,” Sullivan says, “but we would still advise our clients that, if they really have a need for the money, to look at other sources first, because IRAs and 401(k)s are long-term vehicles designed to help support people during their retirement years.”

Suspension of required withdrawals - Owners of traditional IRAs and 401(k)s are usually required to start taking withdrawals from these accounts once they reach 72. The CARES Act waives these required minimum distributions for 2020.

“Of course, if people need the money, they can still tap into these funds,” Sullivan says. “But, if not, this provision gives the money even more time to grow on a tax-deferred basis.

Increase in retirement plan loan limit - 401(k) investors who qualify for COVID-19 relief can now borrow up to \$100,000

from their accounts, up from \$50,000, provided their plan allows loans.

“We recommend that you exhaust some of the other provisions associated with the CARES Act first, such as mortgage and student loan relief, or using the direct payment to bridge the gap on current expenses before taking a distribution or loan from your retirement account,” Sullivan says. “If you decide to take a withdrawal or loan we recommend you work with your financial advisor to consider developing strategies to recontribute/pay back these funds over time to reduce any long-term impact to your retirement goals.”

Another key part of the CARES Act provides \$349 billion to help small businesses - those with fewer than 500 employees - retain workers and avoid closing up shop. A significant part of this small-business relief is the Paycheck Protection Program. This initiative provides federally guaranteed loans to small businesses that maintain their payroll during this emergency. Significantly, these loans may be forgiven if borrowers use the loans for payroll and other essential business expenses (such as mortgage interest, rent and utilities) and maintain their payroll during the crisis.

“Small businesses are really the economic backbone in many of the

communities in which we have our offices,” Sullivan says. “I would certainly encourage our clients who are business owners, and any business owner, to explore this opportunity.”

Ultimately, Sullivan says, the CARES Act may be seen as another steppingstone on the road back to recovery, from a financial standpoint.

“We’ve still got some major challenges, but it’s encouraging to see our lawmakers coming together to offer some concrete steps to provide relief to investors and business owners,” Sullivan says. “We all need to work together to get through this challenging time, and I’m confident we’ll do just that.”

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Healthy eating options for seniors

“Let food be thy medicine” is a quote attributed to Hippocrates, the ancient scholar considered to be the father of modern medicine. The saying relates to the notion that what people put in their bodies can heal and/or prevent certain conditions.

For seniors with medicine cabinets full of over-the-counter and prescription medications, the idea of relying predominantly on food to promote optimal health may be tempting, and various foods can be particularly useful to the 50-and-over demographic.

According to the

World Health Organization, poor diet is a major contributor to many of the diseases that affect older people. Poor diet has been connected to the development of diabetes, and degenerative diseases such as osteoporosis also may be linked to the foods one eats. The National Council for Aging Care says micronutrient deficiency is often a problem among the aging due to factors like lack of variety in diet and reduced food intake. Eating a variety of foods can provide all of the nutrients people need to stay healthy as they get older. Certain foods may be particularly helpful.

- **Brain-friendly foods:** Foods such as avocado, leafy vegetables, sunflower seeds, blueberries, and salmon are good sources of vitamin E, antioxidants, omega-3 fatty acids, and other nutrients that may help ward off dementias like Alzheimer’s disease, advises Sonas Home Health Care.
- **Anti-inflammatory foods:** Foods rich in omega-3 fatty acids may help prevent inflammation that can cause cancer and rheumatoid arthritis. Aging.com says foods that are high in omega-3 fatty acids, like salmon, should be consumed at least twice per week.

- **Fruits and vegetables:** Fresh, canned or frozen produce tend to be high in micronutrients, including a variety of important vitamins that are essential for all components of health. The Academy of Nutrition and Dietetics advises eating dark green vegetables, such as leafy greens or broccoli, and orange vegetables, such as carrots and sweet potatoes.
- **Energy-boosters:** Choose whole grains that can provide sustained energy by way of healthy carbohydrates over processed grains.
- **Bone-friendly foods:** Calcium-rich foods,

such as milk, yogurt and cheese, can prevent calcium from being leached from the bones, which contributes to conditions like osteoporosis.

- **Digestive system-friendly foods:** The digestive system slows down as the body ages, as the walls of the gastrointestinal tract thicken and digestive contractions that push waste along may slow down and become fewer. Foods rich in fiber can promote proper digestion by moving food through the digestive tract more easily. High-fiber foods also may help naturally reduce blood cholesterol levels.

- **High-iron foods:** Without enough iron in the body, a person may feel tired and lethargic from a reduced production of hemoglobin, which carries oxygen in the blood from the lungs to the rest of the body. A lack of oxygen in body tissues from anemia can be serious, says the National Council for Aging Care. Tofu, spinach, lentils, pumpkin seeds, and fortified breads and cereals are high in iron.
- Smart food choices can help seniors live long and healthy lives.

Coronavirus sparks worldwide concern

The dawn of 2020 ushered in many newsworthy headlines, but few have turned the heads of the masses as sharply as the arrival of a novel coronavirus that was first identified in Wuhan, Hubei Province, China. In late 2019, Chinese authorities identified the new virus, which has resulted in scores of confirmed cases in China, and additional cases identified in a growing number of international locations.

Both the World Health Organization and The Centers for Disease Control and Prevention have closely monitored the coronavirus, which was named COVID-19 in mid-February 2020. The public is understandably concerned, but educating oneself about COVID-19 and coronaviruses in general can assuage some fears.

What is a coronavirus?

Medical News Today reports that coronaviruses typically affect the respiratory tracts of mammals. Coronaviruses are responsible for between 15 and 30 percent of common colds. They’re also associated with pneumonia and severe acute respiratory syndrome, or SARS.

Coronaviruses were given their name based on the crown-like projections on their surfaces (in Latin, “corona” means “halo” or

“crown”). Coronavirus antibodies do not last or work for very long, so a person who becomes ill can catch the same virus again a few months later. Also, antibodies for one strain of coronavirus may not be effective against other strains.

What is COVID-19?

In 2019, a new type of coronavirus not previously identified was discovered in China. Like other coronaviruses, this virus, COVID-19, can be spread easily from person to person, particularly through respiratory droplets acquired when someone with the virus coughs

or sneezes. Most often people need to be within six feet of the infected person for contraction. The CDC says that COVID-19 also is believed to be spread from animals to people. It’s currently unclear if a person can get COVID-19 by touching a surface or object that has the virus on it and then touching his or her own mouth, nose or eyes.

Those confirmed as having the virus reported illnesses ranging from mild symptoms like fever, cough and shortness of breath to more severe illness. Reactions to COVID-19 can differ from individual to individual. It’s believed that symptoms of

COVID-19 can appear in as few as two days or as long as 14 after exposure. Those who have been in China or around others who have visited from China and are experiencing cold or flu symptoms are advised call their physicians.

Prevention and Treatment

The WHO says that if a person is healthy, he or she only needs to wear a mask if this person is taking care of another with a suspected COVID-19 infection. One also

should wear a mask if he or she is coughing or sneezing.

Doctors advise that frequent handwashing, and in the absence of warm, soapy water, alcohol-based sanitizers that are at least 60 percent alcohol can be effective in preventing transmission of COVID-19. Also avoid touching your eyes, nose and mouth with unwashed hands.

Currently there is no specific antiviral treatment for the disease; people should receive supportive care for

symptoms. However, research into antiviral drugs, such as those for HIV and influenza, are being tested for their potential efficacy against COVID-19. Research into developing a vaccine for this novel coronavirus also is ongoing.

Concerned individuals should speak with their healthcare providers for accurate, up-to-date information about COVID-19 as global health organizations continue to monitor conditions and treatments.

During these challenging times it is difficult for some of the seniors to get out and about and Salmon Press would like to offer free online subscriptions through the end of April (to anyone 65 years or older who currently does not have a subscription).

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How COVID-19 is transmitted

COVID-19, the novel coronavirus that was declared a pandemic by the World Health Organization in mid-March 2020, has claimed thousands of lives across the globe. Though the WHO insisted during a press briefing declaring COVID-19 a pandemic that the virus could be suppressed and controlled, Director-General of the WHO Tedros Adhanom Ghebreyesus described what he felt were “alarming levels of inaction” in regard to preventing the spread of COVID-19.

Understanding COVID-19, including the threat it poses and how it’s transmitted, is of the utmost importance. According to the Centers for Disease Control and Prevention, there is still much to learn about COVID-19, including how it spreads. However, the CDC notes the following are some ways that researchers, as of March 2020, feel that the virus is transmitted.

Person-to-person

Researchers who have studied the virus feel that it is spread mainly from person-to-person. People who are within six feet of one another may spread the virus through respiratory droplets produced when an infected person coughs or sneezes. These droplets can land in the mouths or noses of those who are nearby or potentially be inhaled into the lungs.

The CDC notes that the virus is contagious, and that people might be most contagious when they are at their sickest. Symptoms of COVID-19 include difficulty breathing or shortness of breath, persistent pain or pressure in the chest, new confusion or inability to arouse, and bluish lips or face. Additional symptoms may be associated with COVID-19 as researchers learn more about the virus, and people who experience anything unusual should discuss their condition with a physician immediately.

Researchers also suspect that the virus may be spreading through people who are asymptomatic. So even people who do not feel sick or exhibit signs of sickness may unknowingly have the virus, potentially making them capable of spreading it.

Contact with surfaces

The CDC notes that researchers do not suspect that contact with contaminated surfaces or objects is the main way the COVID-19 virus is spreading. However, the CDC also notes that it may be possible for people to get the virus by touching surfaces of objects that have the virus on them and then touching their own mouths, noses or possibly their eyes. The relative infancy of COVID-19 means researchers have yet to fully understand how the virus is transmitted.

Understanding COVID-19 also involves staying up-to-date on local announcements about the virus and adhering to any restrictions government officials put in place. People living in or near areas where others have been diagnosed should follow all protocols put in place by the government to reduce their own and their neighbors’ risk of exposure to the virus. More information about COVID-19 is available at www.cdc.gov.



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Patty Stewart has been a broker in New Hampshire with 30 years of experience specializing in fulfilling the needs of the senior market in New Hampshire. She currently works with several of the nation's leading Medicare supplement providers.



From left to right Patti Thompson, Pam Baker and Patty Stewart
Debunking The Broker Myth
by Patty Stewart

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HIPAA Privacy Rules

BY EDWARD H. ADAMSKY

The Health Insurance Portability and Accountability Act of 1996 (“HIPAA”) required new privacy standards to protect health care consumers. It took until 2003 to have those standards finalized and implemented. At first the rules caused confusion and fear as the law had severe penalties (fines and jail) for violations of patients’ privacy. Providers changed their systems and became very rigid in what information they would release.

In the last sixteen years however, providers have become used to the system. No one has been punished for innocent infractions and no health workers have gone to jail.

Some egregious and criminal violations have been sanctioned but the original fears of most providers did not come true.

Still, the standards are in place to protect everyone’s privacy, and providers do follow them. You will not be able to get any “Protected Health Information” from a “Covered Entity” without a release by the individual patient. In most cases if the patient is present, they can give verbal approval for a provider to speak to or in front of another person. But, without a written privacy release, the provider will not speak to a third-party about a patient. Hospitals are comfortable telling you if someone is there or not, but they won’t tell you the person’s condition.

This means that if you want someone else to know about your situation, then you should sign a HIPAA Privacy Release so that third person can present that document to any provider from whom they need information. I am now having all of my clients execute a Privacy Release along with their other Life & Estate Planning documents. You may need HIPAA releases for your college-age children too.

One reason a third-party might need information is to pay a bill. If you have signed a Power of Attorney naming some trusted person to help you with paying bills, then that person has the power to handle your money and pay the bill. But, if it is a medical bill, and they have a question about it, the provider will not talk to them without the Medical Privacy Release. A medical bill contains Protected Health Information and the billing office of a provider will not talk to your Agent under your Power of Attorney without a signed HIPAA release.

Protected Health Information means information about an individual’s physical or mental health condition; the provision of health care to the individual; and, payment for that health care. “Covered Entities” include most health care providers, health insurers, and affiliated organizations (Doctors, Hospitals and Labs).

Estate Planning and Elder Law attorneys have modified their planning documents to include language designed to help families properly use and share protected information. Older documents may not have the right language, so you should review your documents, and if necessary, see your attorney to have them updated.

Market swings making you uneasy? Let's talk.



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Mid-State Health Center Launches Remote Healthcare Visits

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Plymouth, NH - For those who are unable to come to our offices, Mid-State now offers telehealth for its patients through remote healthcare visits via telephone and video conference. Staying healthy is one of the best ways to combat the impact of the corona virus and Mid-State's commitment to providing primary care to the community has never been more important.

Telehealth, or the use

of digital communications to manage healthcare, will help patients and caregivers to stay connected. Telehealth, also known as telemedicine, creates a real time, secure connection to access your provider. Remote healthcare visits allow you to have consultation with your provider, seek medical advice, receive follow-up care for chronic conditions, as well as address immediate health concerns such as cold or flu,

all over the phone or by video conference.

Mid-State patients will now be able to access their healthcare team from the comfort of their own home. Patients are able to conveniently receive care from their medical and behavioral health providers using video conferencing or phone.

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Audiology Specialists has always been flexible to meet your hearing needs. Audiologist, Laura O'Brien Robertson, Au.D. Is a doctor of audiology and has cared for members of the Lakes Region since 1992. We will continue to be available to help you hear in any way that we can.



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COURTESY

Laconia Christian Academy honor roll

Laconia Christian Academy has released its honor roll for the second quarter of the 2019-2020 school year. Pictured above, by grade level, are: Grade 12 — Carolyn Bixby, Abigail Duddy, MacKenzie Glines, Noah Longval; Grade 11 — Ian Manning, Deborah Umwiza; Grade 10 — Sarah Glines, Caleb Longval, Violet Manson, Abigail McKinney, Grace O'Brien; Grade 9 — Emma Blake, Grace Burton, Emma Desmarais, Katelyn Kilcup, Hannah Longval, Emily McLeod, Jacob Sheehan, Amber Stillion, Clarissa Wirth; Grade 8 — Brycen Allen, Audrey Bond, Ava Hall; Grade 7 — Leanne Daigneau, Jillian Mitchell, Emma Scott; Grade 6 — Ian Blake, Natalie Bleiler, Oliver Bond, Luke Butler, Cooper Mack, Quinn Selesky; Grade 5 — Sophia Horne, Grace Longval, Adam Mitchell, Avery Murray, Mya Selesky, Javan Swearingin, Aubrey Tyrrell

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