

Lockdown can take a toll on mental health

BY KATHERINE LESNYK
Contributing Writer

REGION — Even though “Stay at Home 2.0” is starting to be rolled out in New Hampshire, the toll that the coronavirus (COVID-19) pandemic has taken on mental health is continuing, and challenges to mental health are expected to last beyond the pandemic’s resultant stay-at-home orders and social distancing requirements.

Jayne Sullivan, a therapist at Lakes Region Mental Health Center (LRMHC) in Laconia, and Pamela Mott, a licensed mental health counselor based in Alton, both discussed the impact that decreased social interaction and ongoing concern about the pandemic can have on mental health, and ways that people can cope as the situation evolves in May, which is designated as Mental Health Awareness Month.

“We are all collectively as a society going through a traumatic event,” Sullivan said in a phone interview.

In terms of at-home coping strategies, Sullivan and Mott both agreed that meditation and yoga can be helpful for mental health. Mott said in a phone interview that movement including tapping, stretching and doing yoga regulates the nervous system and helps people to feel calmer.

Sullivan discussed the importance of mindfulness, which

she described as “being in the present moment” and being in control of your mind, rather than your mind being in control of you.

“If you try to fight reality, you suffer,” she said.

Mott discussed a book called “Aware: The Science and Practice of Presence” by Dr. Daniel Siegal, M.D., which outlines the practice of mindfulness and its benefits for the body. Mott said that mindfulness can decrease inflammation in the body, and that people who regularly engage in meditative practices and yoga can even shrink the size of the amygdala – the part of the brain that reacts to stress using the “fight or flight” response – which can make a positive impact on their mental health.

Sullivan also mentioned the importance of exercise, nutrition and staying well-rested during these unprecedented times. She said that not getting enough of any of those things can “cause emotional vulnerability.”

Many local residents are already choosing ways to cope with social distancing.

Trish Whynot, a holistic counselor with offices in Pittsfield and Windham, said on the Barnstead NH Community Group on Facebook that she has been meditating more and recording videos about meditation that are reposted to the Oscar Foss Memorial Library Facebook page each week.

Powerful You Yoga in Pittsfield, operated by Stacey Wright Moran, is also offering yoga classes virtually.

Others have come up with creative ways to cope.

Sara Gemmiti, a Barnstead resident who works as a hairstylist in Alton, said in an online message that she has been teaching her sons about the earth and activities to do outdoors, and her son thought of a project to stay occupied and connect with the community.

“My oldest son, who is five, came up with a brilliant plan to start a ‘worm sale.’ We have about five garden beds in our backyard that we are purposely not planting anything in, but rather use it for digging worms to sell to the fishermen in Locke Lake...So since fishing season is upon us, we are ready to dig in our dirt for big juicy worms, and we have been tending to the soil for an entire year,” she said.

Gemmiti’s son, Dominic, will be opening his worm sale next to the Locke Lake boat launch soon.

Thomas Sorenson, a photographer and videographer from Farmington, said that he has started experimenting with astrophotography and long-exposure photos of the night sky. He also mentioned catching up on home projects that he had been meaning to do. Mott confirmed that doing projects around the home

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COURTESY

ACS STEM classes get outside and plant!

Mr. MacDuff was excited for his students to try this fun outdoor project. Alton Central School’s STEM students and families were invited to build their very own “pole bean teepee” in their yards. The materials were provided to students for socially distanced pickup/delivery set up by Mr. MacDuff. A video was provided for students in addition to their directions. This was a great opportunity for students to get outside, create a different type of garden and reap the benefits of their harvest of healthy snacks during the summer! ACS student Eyan Roberge is pictured here sitting inside his newly constructed pole-bean teepee!

PMHS student awarded prestigious National Honor Society scholarship

ALTON — The National Honor Society (NHS) announced that Isabelle Huggard, a high school senior at Prospect Mountain High School and member of the NHS, has been selected as an NHS Scholarship semifinalist. Huggard was chosen from nearly 7,000 applicants and will receive a \$3,200 scholarship toward higher education. She is the only recipient in the state of New Hampshire.

SEE HUGGARD, PAGE A7

Community adjusts to life in a COVID-19 world

BY CATHY ALLYN
Contributing Writer

NEW DURHAM — These are challenging times; COVID-19 has done an efficient job of disrupting lives. No fam-

ily remains untouched in at least one way or another.

Of course, it’s not London during the Blitz; but, without much warning at all, our jobs were radically different,

or our jobs were gone. Our lives have been turned upside down and, for some, lives were threatened.

New Durham is fortunate to be a small, rural community with

very few cases of the Coronavirus, so far. Residents and Town officials, however, have all had to deal with unprecedented situations.

How is everyone faring?

To start, all town services are functioning as before, although Town facilities are closed to the public under the governor’s stay-at-home order. Telephone, e-mail, virtual meetings, on-line portals, the mail service, the Town Hall drop box, and the opportunity to make appointments has kept the business end of things going strong.

All departments are still staffed, with some staff members telecommuting.

As far as long-term operations go, Town Administrator Scott Kinmond reported that officials are looking at protection of staff by way of controlled access to facilities, health screenings, a walk-up

service window at Town Hall, and maintaining social distancing.

“The COVID-19 pandemic crisis is expected to continue for up to many months,” he said, “and this will likely change our way of doing business.”

In anticipation of revenue shortfalls, the Board of Selectmen has frozen approximately \$260,000 of several budgeted expenditures from departments and projects.

“We appreciate all of our town employees,” Kinmond said, “who are all essential workers, staying healthy and continuing to serve the town.”

In a recent Town Administrator’s Update, Fire Chief Peter Varney observed, “Even while much of the world is focused on a national emergency, the fires don’t stop.”

He indicated that even as the first responders

are “bogged down with the corona virus precautions,” there are still daily operations to handle and calls continue.

Varney wrote, “The men and women of this department serve this community without reluctance or delay. My hat is off to them and I am proud to be their Chief. To them I say, “Thank you.”

Wearing another hat, Varney serves as the Emergency Management Director, a job he considers “24/7” during this crisis.

He stated, “We need to stay on top of this situation, as it is critical to the safety of the residents of New Durham and the emergency services in this community.”

The emergency management department has been operating at a heightened level and Varney noted that would continue until the gover-

SEE COMMUNITY, PAGE A11



COURTESY

These brothers and their mother came up with this banner to display their appreciation of the New Durham School staff. Life during the Covid 19 pandemic has made for different and difficult times, but Town departments and residents are meeting the challenges.

Booster Club salutes senior athletes

The Prospect Mountain High School Timberwolves Booster Club salutes our Spring 2020 senior athletes. Best of luck in the future, and remember that we are always cheering for you!

Boys' Baseball



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Ryan Dube



Noah Sanville



Nathaniel Charity



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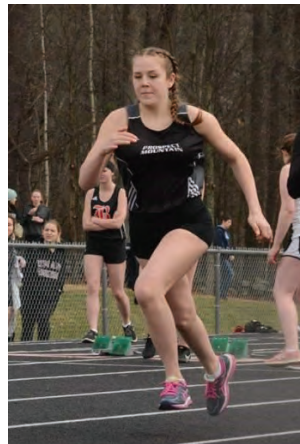
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The making of Mother’s Day

Another Mother’s Day has come and gone, and this year’s was certainly different as far as celebrations go. Due to COVID-19 restrictions, traditional Mother’s Day luncheons or brunches did not take place. Mothers living in long term care facilities replaced in person visits with zoom or telephone calls. From what we can see, most everyone has made the best of the situation.

We would like to recognize the fact that today, “mother” is increasingly becoming a word that could also apply to a father, aunts, uncles, grandparents and other family members who, for one reason or another, step in to that role as single parents or careivers. To those people, we wish you a happy Mother’s Day as well. With that being said, motherhood should be celebrated. Our children bring out the best in us and sometimes the worst, however at the end of the day the bond between most mothers and children is one that is stronger than anything we can describe.

Interesting is the fact that the creator of the holiday, Anna Jarvis, in 1908 fought to remove the day from the calendar after it became overly commercialized. Mother’s Day was officially placed on the calendar in 1914 by President Woodrow Wilson. Mothers were to wear white carnations given to them by their children and presented with other gifts.

The ancient Greeks, along with the Romans, held festivals to honor mother goddesses Cybele and Rhea. In more recent history the Christians called it ‘Mothering Sunday.’ Across the Atlantic Ocean, the holiday fell on the fourth Sunday during Lent and every mother was expected to return home to their ‘mother church’ to attend a Mother’s Day service.

Ann Jarvis (the mother of Anna Jarvis), along with Julia Ward Howe, held special classes in West Virginia during the early 19th century to teach women how to care for their youngsters. In the year 1868, Jarvis put together a ‘Mothers Friendship Day’ where mothers would socialize with former Union and Confederate soldiers in helps to create reunification.

Howe penned a ‘Mother’s Day’ Proclamation in 1870 in which she asked mothers across the country to help promote world peace. Three years later, Howe was pushing to have a ‘Mother’s Peace Day’ celebrated on June 2 annually. In Michigan, Mary Towles Sasseen and Frank Hering worked together to organize the holiday into the 20th century.

In 1905, Anna Jarvis lost her mother Ann. The grieving daughter looked to honor the sacrifices her mother made for her by celebrating Mother’s Day and hoped other children would do the same.

The first big celebration took place in 1908 in West Virginia, where a business owner named John Wanamaker held an event at a church to honor motherhood. That same day in Philadelphia thousands attended a sister store of Wanamakers to celebrate as well.

In 1970, Coretta Scott King, wife of Martin Luther King, Jr., used the holiday to bring awareness to underprivileged women and children. In Thailand, Mother’s Day is celebrated in August on the birthday of the current queen. In Ethiopia each fall, a big feast along with music is held over the course of a few days to celebrate motherhood. A fun fact, is that more phone calls are made on Mother’s Day than any other day of the year.



DONNA RHODES

Frosted Forsythia

Residents throughout New Hampshire awoke last Saturday morning to see the elusive “Frosted Forsythia” shrubs in bloom once again this year. The late season storm brought anywhere from a dusting to several inches of snow to the state, depending on location and elevation.

STRATEGIES FOR LIVING

The price of success

BY LARRY SCOTT

In the New Testament book of Hebrews, we read: “By faith Moses, when he had grown up, refused to be known as the son of Pharaoh’s daughter. He chose to be mistreated along with the people of God rather than to enjoy the pleasures of sin for a short time. He regarded disgrace for the sake of Christ as of greater value than the treasures of Egypt.” Of Hebrew origin, he was the grandson of society’s most powerful and wealthy man ... and everything life had to offer was available to him.

One cannot imagine the sumptuous lifestyle that was his to enjoy. The wealth, the power, a life of “wine, women, and song” was his for the taking. But it was not to be. By the time we find him on Mt. Sinai in per-

sonal conversation with God, producing the Ten Commandments and the law that was to guide the nation of Israel, Moses had gone through a traumatic and life-changing transition.

Despite the ease and comfort available to him as an Egyptian Prince, Moses chose instead to be identified with his Hebrew family. When he was 40 years old, things finally came to a head. He killed an Egyptian who was abusing one of the Hebrews and had to flee for his life. For the next 40 years, giving up on any dreams of greatness he might have had, he became a shepherd to his father-in-law in southern Arabia. The “pleasures of sin,” the sumptuous lifestyle, the educational opportunities, the benefits of power – all lay behind him.

But God had not abandoned him. At 80

years of age, God called on him to lead the Hebrew people out of Egypt into a 40-year journey through the wilderness of Arabia, to the land promised to Abraham centuries before. Moses, who had spent forty years in Egypt thinking he was somebody, spent 40 years shepherding sheep thinking he was a nobody, only to discover that God can take a nobody and make a somebody out of him – so long as he is willing to pay the price for his success.

But that is God’s way. He is more than able – and willing – to take us as we are and where we are and help make us the best that we can be. That I believe to be true whether we acknowledge Him or not. But taking Him seriously and following the guidelines He has laid out for us, changes everything. A godly life may demand

self-discipline and surrender to His will, something that unfortunately most people do not find the least bit appetizing, but as Moses discovered for himself, it beats anything a self-centered and godless life has to offer.

God’s plan for our lives, however, can only be discovered “from the inside out.” In Jesus Christ we find enough evidence to substantiate the fact that our faith in God is not misplaced. It is to our advantage, far above anything life without God has to offer, to take a step of faith, accept Jesus Christ as the Lord of our life, and discover for ourselves that the promises of God have not been exaggerated; God is as good as His word!

You want to talk about it? Hit me up at rlarryscott@gmail.com

LETTERS FROM EDWIN

Anticipation

I’m sitting out on the front porch in my rocking chair. My intention was to come out here after supper and watch the sun go down. No sooner had I sat down that the neighbor fired up his dirt bike. Being on the heavy side, he seems to need to rev it a lot to get himself going, and it doesn’t sound like there is a muffler on it. He and his kids have all kind of motorized toys. I’ve had thirty years of peace, quiet and seclusion so I shouldn’t complain. There’s just been a lot of changes to get used to, and I’ve never liked change much. If I set the chair right behind the post, I almost don’t see the new house that went up right in front of me.

The fly catchers are back. My obstructions continue to keep them from nesting

up here on the porch. There’s a lot less bird droppings to deal with that way. The lawn is also signaling to me that I ought to dig out the lawn mower which will be needed soon. All those spring time chores. Put away all the snow shoves and winter toys, and get out all the summer tools and toys.

Today, I spent the day cutting, hauling and filling up the wood bin that will fuel next year’s saunas and sap evaporator. That one’s checked off now. I believe that I’ve cut up enough wood to fill up the wood shed to heat the house. We’ll see once it’s all split and stacked. Thank God for log splitters.

Tonight is definitely a night to sleep out under the stars. It’s going to be in the for-

ties with a first quarter moon, and all the annoying night bugs haven’t hatched yet so there’s no need for a tent. I wait all year for such a night. I ought to go get everything set up in the yard right now, as I know only too well, that having worked so hard all day, that if it’s not all set up, I’ll just haul my tired butt upstairs and jump into my own bed.

I want to get me another small pup tent and a camp bag like I used to have. There was a well worn path from my house into the woods where I could find my tent without needing a flash light. I would see with my feet. The tent was set up under a hemlock so it didn’t get heavily snowed upon and it was there, always ready, year round for many years. Now that I have

that grown up get up to pee at night affliction, camping out isn’t quite as hassle free as it used to be.

There, I did it. Everything is all set up. Mattress, bag, pillow, jar. And the sun just snuck out from under the clouds. I’m trying not to burn up my retinas as I sit here. It’s still to early to stare at the sun. Another fifteen minutes or so. Some of the animals are already starting to announce days end.

Daylight is dimming fast. The birds have now gone and found their nightly perch. Everything has calmed down. The sun has found itself another cloud to hide behind, shooting it’s beams out to other clouds in its last ditch effort to brighten up my porch. Too late, it’s gone.

As it’s now getting too dark to see my keyboard. The first night animals to key in were the coyotes. They’re not far off, probably down by the swamp. Around a half mile. I can no longer hear any little noises anymore due to my tinnitus. I’m hoping to hear some owls so I can echo them and hope they come to check me out. It’s real cool when that happens. All of a sudden, they’re perched in a tree real close, talking at you. They fly so silently you don’t hear them arrive.

So after dark, I headed out to my luxury camping out accommodations, and hopped into my sleeping bag. It was pretty overcast so there never was a moon for the coyotes to howl at, nor stars to ponder. If there were frogs peeping, I cer-

tainly couldn’t discern them over the din. No owls came calling either. I quickly fell asleep to awake in the morning before sun was to rise having had no nightly interlude. I packed everything up and got myself into the shower.

The only sound that was consistently present throughout the twilight hours, was that of morning doves. Which makes perfect sense. Doves are associated with peace, and that’s exactly what permeated my whole experience. Often times in this life, anticipation far exceeds reality.

E. Twaste
Correspondence welcome at edwintwaste@gmail.com

The glacier and the boulder, and “Your bees are here”



By JOHN HARRIGAN
COLUMNIST

Fellow columnist Gary Moore, who writes a weekly outdoor article for several newspapers from his home in Bradford, Vt., dragged his wife Linda along for a truck-tour of mid-state New Hampshire a couple of weeks ago. One of the features they stopped to see was the famed Madison Boulder.

This gigantic rock is so named because (surprise) it’s in the town of Madison, named in turn for the signer of some fundamentally important documents. For the geographically challenged, Madison is just south of Conway and east of Route 16. If you get lost in Madison, and wander into adjacent Eaton, and continue to be unaware of your surroundings, you could (gulp) wind up in Maine. Be careful while over there, however, because among other suspicious things, they like their hotdogs Number Eight Foodstain red.

The Madison Boulder is thought to be the largest glacial erratic in New England. It is 23 feet high, 37 feet wide, and 83 feet long. Its weight is “said to be,” as the old dodge goes, 5,000 tons.

“Glacial erratic” means that the rock does not match surrounding formations and was probably transported thither by a glacier. In light of this, the Madison Boulder is also an outsider, a non-native, a newcomer, or as a Millennial might put it, a newbie. There was probably at least one glacier earlier than the glacier we struggle to learn about, which occurred perhaps 15,000 years ago.

That is roughly when the massive sheet of ice tore the Madison Boulder from the arms of its loving bedrock and slowly bulldozed it along to its new home several miles to the southeast. Experts trying to back-track it have said it came from either the White Ledges (four miles), the Whitton Ledges (12.5 miles), or Mt. Willard in Crawford Notch (24 miles).

Either way, the Madison Boulder is “from away,” as those with that certain smug self-awareness and sense of place (that might be me) love to say. I mean, doesn’t that just come off as so...well, non-inclusive? “He’s from away,” one says, with a wave of dis-

missal.

Where were we? Right, Madison. Gary included a photo of the Madison Boulder, and it looked like it always looks in a newspaper photo, like a big blob of nothingness, as if there’s a hole in the page. The Madison Boulder could be best photographed from a blimp, and even then only if the woods weren’t there and sheep were grazing all around, as it actually once was.

In the meantime, we can imagine the immensity and power of the mile-thick sheet of ice that carried it there, and ultimately melted away.

+++++

Last week included the 17th anniversary of the date (May 3, 2003) when the Old Man fell off his perch on Cannon Mountain. To those of us who grew up seeing the Profile every time we went through Franconia Notch (except when occluded by fog or low-hanging clouds), it was about as rude a geological awakening as you could get.

But it had always been a matter of time, and this was brought home when later in life I got to scramble around on the rocks that formed his shape, and saw how much effort and material had gone into keeping the Old Man where he was. And from the



COURTESY

One of the few ways to convey the size of the Madison Boulder is to gather a whole bunch of people at its base, as took place during this sunny outing. (Courtesy of the Moultonborough Public Library)

first time I stepped onto the Old Man’s forehead with longtime caretaker Niels Neilsen and his crew, I thought the big fall might happen in my lifetime.

That was back in the early ‘70s, when I was working for the New Hampshire Sunday News. Giant turnbuckles bolted key components of the Profile to bedrock and kept them from succumbing to gravity, and layers of tar and thick tarpaper covered the granite’s seams.

The Associated Press squib that accompanied the 17th anniversary photos said the Old Man fell because “The rocks gave way after centuries of freezing and thawing.”

Well, yes and no. It was hydraulics of the old-fashioned variety. During the warmer months, water soaked into the accumulated soil, pebbles, dust, moss and lichens in the seams of the 14 major rocks that formed the Old Man. As we’re all supposed to know, water expands when it freezes. Ultimately, centuries of these tiny little nudges bested the best of intentions.

+++++

People don’t “chop” firewood, any more than diesel locomotives “chug.” Yet newspapers and magazines are always putting it that way, to teeth-grinding consternation.

Most people get their firewood in eight-foot logs dumped as close to their houses as possible, to reduce lugging. They cut the logs up into stove-wood length, usually with a chainsaw (some diehards use crosscuts or two-man saws), and then split it with hydraulic splitters or splitting mauls, and pile it up to dry outside, or stack it

in a woodshed, or down cellar. “Chopping” these days is pretty much relegated to university-level logging team competition.

One might suspect that stories referring to “chopping” firewood are written by someone from Asphalt America. But on the flip side of this kind of snarky, divisive terminology, I’d probably get things totally and revealingly (to Manhattanites) wrong if I was assigned to write about, say, the New York subway system.

+++++

David Brooks writes about all things scientific and outdoors for the Concord Monitor, and happily submits to being tagged “The Science Geek.” In this regard he has become something of a regional celeb.

David was surprised to learn that you can order bees through the U.S. Postal Service. His personal favorite is bumblebees, used in some greenhouses, so he mused about ordering a batch of bumbling but benign bumblebees.

Having partnered in the bee business for a while (honeybees, that is), I have up close and personal experience with bees and the U.S. Postal Service. You order your bees, and a few weeks later, you get a telephone call:

“Your bees are here.”

Tons of meaning are

dripping like honey from these few choice words. The translation is, “Your bees are here, and we’d really just as soon they weren’t, and we’d like you to come and get them, as in out of here, gone, pronto.” But lest we be tempted to be judgmental here, this could be as much out of concern for the health and safety of the bees as for the postal crew. There are mitigating circumstances, after all.

No matter how carefully the shipping container and its skeletal wooden frame have been assembled back down there in South Carolina or wherever you ordered your bees, the box is emitting a low but audible hum; and two or three bees have somehow escaped.

And they are out, right there, crawling around the framework.

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MARK ON THE MARKETS Productive cash



BY MARK PATTERSON

Couple of weeks back, I was speaking about little-known fees inside mutual funds. This cash left inside of mutual funds is not for tactical purposes but for mutual fund outflows. This cash creates “cash drag” that adds to the overall expense of mutual funds. As an advisor who manages money and would never use an expensive broker sold fund, I do often have cash in my client’s accounts. The key difference is that this is not cash left aside for outflows, but it is or can be used for tactical purposes.

I was recently at a conference for money managers where one of the presenters spoke of his advisory that primarily sells option premium. Selling option premium is something that I do inside my client’s accounts where appropriate, and this is a tactic within a strategy that gains revenue

for the account, because I’m selling premium and collecting money. The other reason that I do it is to build positions of stocks or ETF’s using this option strategy to improve the price for my client. But getting back to the advisor whose objective is to sell options premium. He stated that through much of the year he is in cash, typically in times of low volatility the premium available when selling an option contract is low, so this advisor waits for volatility to rise to maximize the premium that is collected on behalf of his clients. So, you could see that the cash in the client accounts is not just sitting there unproductive, but if used sporadically and tactically, returns can be very good, double digits in his case (YTD). Another tactical use for the cash in your account may be simply waiting for certain situations within the markets to become available.

As I’ve stated in the past, a well-constructed portfolio according to modern portfolio theory will have low-correlated asset classes which typically do not all do well or poorly at the same time. Over time you will enhance the yield and mitigate the risk with this method. Studies have also shown that the average investor will buy near the top and sell

near the bottom. Having cash in the account allows us to scale into asset classes that are undervalued and scale out or rebalance those asset classes where we are over invested.

A well-constructed portfolio is likely to not see the gains that a portfolio of stocks would have in a bull market for stocks, but it will also not have the losses of a bear market if stocks. The objective is to move ahead and be able to quantify the gains and losses using statistical analysis and a standard deviation from the mean, a.k.a. average.

Your portfolio should reflect goals, objectives and risk tolerance that pertains to you. It is my opinion you cannot just buy a family of mutual funds and achieve a well-diversified portfolio of investments that return maximum performance/ mitigate risk and have low fees.

Please visit my web site, MHP-Asset.com, and go to tools and then risk analysis. You are welcome to take the Riskalyze profile to measure your risk tolerance using real dollars as an example.

Mark Patterson is an advisor with MHP asset management and can be reached at 447-1979 or Mark@MHP-asset.com.



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Why routine checkups are vital to overall health

Regular visits with a medical professional are an important part of a healthy lifestyle. Too often people visit the doctor only when they are ill, as they may not realize just how essential well visits and physical exams are.

Routine checkups are the smartest way for people in all age groups to stay on top of their health, but they can be especially valuable for those age 50 and older. Regular checkups enable physicians to check current health against past visits, ensuring that any anomalies can be investigated and treated efficiently and promptly. This can make the difference in slowing down the progression of a disease that has already developed or prevent something from becoming a full-fledged issue.

The Mayo Clinic says there are no hard and fast rules about how often seniors should visit health care providers. Those who are in generally good health may only require one medical checkup a year. At this point vital signs will be checked, medications reviewed and lifestyle topics discussed. Doctors may even recom-

mend or discuss tests. Patients also can bring up any issues they may be experiencing, however insignificant they may seem. Anything from sleep disturbances to memory loss to unexplained fatigue or pain can be addressed. Sometimes getting everything out in the open and being reassured that there's nothing to worry about can be helpful.

General care and geriatric doctors also are adept at asking questions to get a sense of how patients are faring in the world. This may include topics that seemingly have no relevance to health but can be quite important. A provider may ask about topics such as bathing or dressing. Questions about social interaction or typical routines can paint a better picture of both physical and mental health.

The recommended frequency of doctor visits may change as health issues arise or if follow-up is needed after a treatment plan or injury, according to the caregiver company Home Care Assistance. Some seniors may have to visit a provider once a week or once a month. Doc-

tors, nurses and therapists will design a regimen based on a patient's current health needs.

The following are some compelling reasons to be diligent with provider visits.

- Frequently health issues can be silent and not noticed early on by a patient, according to Mercy Medical Center in Baltimore.

- Patients will be less likely to forget about important screenings, like mammography, prostate tests, cholesterol tests, and more.

- Vaccines can be administered, as even adults need certain immunizations to stay healthy.

- Patients can discuss potential lifestyle changes, like going on a diet or taking up a new fitness regimen.

It is essential to follow through with health care provider visits, even if they seem redundant. Physicians may detect issues that warrant close observation. Patients are urged to have an open dialogue with their doctors so they understand the reason behind health care visits and expectations in the future.



Shopping for assisted living facilities



people need when they can no longer manage living alone. Typically these facilities provide assistance with bathing or dressing, medication management and other care, while also catering to people who may not require the around-the-clock medical care most often associated with nursing homes.

Vetting is an important component of finding assisted living facilities. Family caregivers need to educate themselves about services, costs and other resources provided by assisted living facilities.

AARP says assisted living facilities provide residents with a range of services that can include supervision, meals, housekeeping, laundry, and personal care. Residents usually have their own apartments or private rooms. Because they are mostly regulated at state level in the United States, there is a lot of variety among these facilities. That means family caregivers need to assess their needs and desires in a facility to find the right one that fits. Assisted living facilities offer a home-like environment, and the amenities available vary based on cost.

Paying for assisted living differs from paying for nursing homes. Largely government-subsidized health programs like Medicare and Medicaid pay for nursing home care. Those who would be best serviced by assisted living may find they may not qualify for government support, nor may the facilities accept anything other than private payment or long-term care insurance to cover room and board.

Other considerations in assisted living facilities are size, specialties, atmosphere, location, and the ability to transition to higher forms of care. Assisted living may fill a void currently, but it's often not a permanent situation for all, and eventually certain residents may have to move on to skilled care facilities.

Potential residents and their families should visit various assisted living facilities to get a feel for what they are like. Speak with the staff and residents, request a meal and get a sense of the environment. Apart from cost, how the home feels is one of the most important factors in shopping around for this type of residence.

As people age, often-times their living arrangements need to be adjusted. Needs evolve as children move out or other situations arise. One of the scenarios that may come to pass as a person ages is the need for more specialized help that just isn't possible at home.

When failing physical or mental health affects one's ability to be independent and live safely at home, moving into an assisted living facility may be the next step. The National Center for Assisted Living indicates assisted living offers the little bit of help some

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THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alton	22 Barnes Ave.	Residential Developed Land	\$319,933	Shawn Hillsgrove	Mark S. Beetz and Jennifer L. Holman
Alton	243 Woodlands Rd.	Single-Family Residence	\$1,026,666	Boulder Shore LLC	Mark Manning
Alton	N/A (Lot K28)	N/A	\$282,533	Maria M. and Richard R. Price	Michael M. and Stephanie C. Burke
Barnstead	75 Colbath Rd.	N/A	\$305,000	RF Downing Homes LLC	Brian J. and Lauren A. Dow
Barnstead	73 Cooke Rd.	N/A	\$250,000	Anthony Perez	Peter A. Leach and Jennifer Ort
Barnstead	40 Parade Circle	Single-Family Residence	\$231,733	David A. and Noella R. Gregoire	Colby R. Ellis and Katelyn L. Bailey-Ellis
Barnstead	15 Pinebrook Dr.	N/A	\$226,000	Lauren Dow	Michael J. Casey
Barnstead	98 Winwood Dr.	Single-Family Residence	\$230,000	Gary W. Quartochi	Dawn M. and Shane M. Lemieux
Barnstead	N/A	N/A	\$80,000	Mary R. Letourneau	Fabrizio Cusson

ABOUT THE REAL REPORT

Here are recent real estate transactions in Alton and the surrounding areas. These sales summaries are informational only, not a legal record. Names shown are usually the first listed in the deed. Sales might involve

additional parties or locations. Prices are usually based on tax stamps and might be inaccurate for public agency sales. Refer to actual public documents before forming opinions or relying on this information. Additional publicly recorded information on these sales, prior sales and data from Department of Revenue Administration forms is available at www.real-data.com

or 669-3822. Copyright 2011. Real Data Corp. In the column "Type": land= land only; L/B= land and building; MH= mobile home; and COND=condominium. Transactions provided by The Warren Group, Boston Ma., publishers of The Registry Review and Bankers and Tradesman newspapers, Phone: 1-800-356-8805. Website: www.thewarrendgroup.com

New Durham Library works to safely resume services

NEW DURHAM — As the state begins to slowly open up, the New Durham Public Library is in the process of putting policies and procedures in place to allow for safe resumption of services.

"Safe is the operating word," Library Director Cathy Allyn said. "The health of our staff and patrons is of paramount concern, and there are many library specific considerations to take into account."

In these uncertain times, plans may need to change, but the library has envisioned a phased reopening.

The book drop will be available for people whose last names begin with A-L on Saturday, May 16 from 8 a.m. – 1 p.m. Those with last names beginning with M-Z will be able to drop off books on Saturday, May 23.

"That's to prevent us

from being inundated by books," Allyn said, "and having the drop filled to capacity immediately. The books need to be quarantined in the book drop."

Following May 23, it is hoped to have the book drop open for all every Saturday from 8 a.m. – 1 p.m.

The next proposed step is no-contact porch service.

"We know people are itching to get books in their hands again," Allyn said, "and we have all of the new ones here ready for them."

Patrons may request items on-line, by email, or by phone.

"We'll also be able to create bundles for people, based on the reading material they like. It won't be quite like a blind date, but there could be some surprises we include for them," Allyn added.

The phase after that is likely to be taking ap-

pointments for people to come in, followed by opening the facility with social distancing observed.

"We'll have face masks here for anyone who does not have one," Allyn said. "The Friends of the Library have been sewing masks for us in all sizes, so everyone can feel protected."

She indicated that the library's plans rely on availability of disinfecting supplies and PPE, federal/state guidelines for employees and the public, what other Town departments are doing, and "a long string of other considerations."

Allyn said questions have come in regarding the summer reading program, also.

"Imagine Your Story" will look quite different from our other summer programs," Allyn said, "but it won't be missing the fun component. We're assuming it will be heavily virtual, but

we'll be putting a personal touch on everything."

Children in grades K-6 will be able to register soon.

In the meantime, up-to-date information can be found at the library's Facebook page, New Durham Public Library, and in the weekly e-newsletter. Go to the Web site at [library.org to subscribe to the e-newsletter.](http://newdurham-</p>
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"Each Monday, we send out a great compilation of sites to visit for education, entertainment, recreation, art, and things to keep all ages occupied," Allyn said, "as well as activities to do away from any screens."

Sessions of First

Steps for toddlers and Storytime for pre-schoolers can be found on Facebook or YouTube.com/NewDurhamLibrary.

Emails sent to newdurhamlibrary@gmail.com will be answered seven days a week, and phone messages left at 859-2201 will be answered periodically.

Village Players postpone "The Sound of Music"

Fall musical moved to next year, May movie presentation cancelled

WOLFEBORO — As the COVID-19 pandemic continues to impact the nation and the local community, the Village Players Theater in Wolfeboro is again adjusting its schedule moving into the summer months with an eye toward the fall.

Wolfboro's community theater program was slated to present the popular musical "The Sound of Music" this fall, directed by Rosemary Lounsbury. But with the pandemic condition still up in the air, the idea of bringing together a large cast of people over the course of a few months working in close quarters raised a number of concerns.

With that in mind, the Village Players Board of Directors made the tough decision to postpone the production of "The Sound of Music" to the fall of 2021. The board had previously postponed the spring production of Broadway Bound to the spring of 2021.

In an online meeting, the board also discussed how to best handle the pandemic situation in regard to continued scheduled performances and screenings.

The scheduled summer production of "Laughing Stock" was originally scheduled for mid-July, but with auditions needing to happen a few months in advance and social distancing guidelines still in place through the month of May, the decision was made to temporarily postpone "Laughing Stock."

The hope of the board is that if conditions allow, Laughing Stock could be produced in November, taking the spot held for The Sound of Music. With a smaller cast, crew and set, the idea is that Laughing Stock, directed by Chelsea Stewart and Michaela Andruzzi, would be a safer production for the Village Players to return to live theater with. However, the board also continues to keep an eye on the pandemic situation and will make adjustments to the schedule as things continue to change.

The Village Players' movie presentation for the month of May, "Caddyshack", has been cancelled and a decision regarding the June movie presentation of Big Fish will be discussed at the next board meeting.

The Village Players Board of Directors is also looking at other possible ideas to entertain the community when things are able to get back to normal in the theater world. Keep an eye on the group's web site, village-players.com, for more information or follow the group on Facebook, Instagram or Twitter.

The board would also like to thank all of its generous patrons for their support over the years and looks forward to once again providing engaging entertainment to the Lakes Region community as soon as it is safe to do so.

HUGGARD

(continued from Page A1)

For nearly 100 years, NHS members have been making a difference in their schools and communities and the NHS Scholarship is NASSP's way of recognizing the most exceptional of these student leaders. Recipients are chosen based on their demonstrated work to support the four pillars of NHS: scholarship, service, leadership, and character.

"Izzy has gone above and beyond to serve our chapter, school, and local community this year and I couldn't be more

proud of her and her accomplishments. She is an amazing role model to her peers and a source of positivity to all those around her, she is truly deserving of this honor," said her NHS adviser, Meghan Schmiermund.

This year at Prospect, Huggard has served as the NHS chapter President, in addition to serving as Tri-M Music Honor Society president, volunteering at Alton Dance Academy & BeFree Community Church, and facilitating Class of 2020 fundraisers. This fall, she will attend Richmond University, double majoring in

PPEL (Philosophy, Politics, Economics, & Law) and Dance.

Since 1946, more than \$17 million in scholarships has been awarded to outstanding NHS senior members to support college access and student success. The scholarship program is supported by the parent organization of NHS, the National Association of Secondary School Principals (NASSP).

For more information about the NHS, the scholarship, and the 2020 recipients, visit www.nhs.us

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Tuesday, Thursday 12:00-5:00

OBITUARIES

Richard Conant Davis, 93

ALTON — Richard Conant Davis, of Alton Bay, passed away on Wednesday, April 29, 2020 with his loving daughter Jane by his side.

Richard was born on Jan. 27, 1927 in Lynn, Mass. He was the adored son of Charles and Evelyn (Rose) Davis, and younger brother of Carl and Robert.

Richard grew up in Saugus, Mass., and graduated from Saugus High School, class of 1944. He enjoyed playing football, running track, ice skating, skiing, driving his first car which had a rumble seat, and courting his future beautiful wife, Marion.

After high school, Richard served in the United States Army during World War II. His ship arrived in Japan just as the war ended, and he spent a year working as a carpenter rebuilding infrastructure. Richard was a very proud veteran, always telling detailed stories of boot camp in Georgia and his time overseas.

In 1949, he married the love of his life, Marion. Richard and Marion were neighbors growing up - true childhood sweethearts. They were married for 68 wonderful years, raised two children, and were blessed with six grandchildren and five great-grandchildren. The two lived in Saugus, Mass. until 1966, then moved to Wakefield, Mass., and retired in Alton Bay in 1988.

While living in Saugus and Wakefield, Richard had a long and successful career serving the manufacturing industry. He began his career by joining the General Electric apprenticeship program and worked for GE for many years. During this

time, he also took many engineering courses at Northeastern University. Richard worked at various manufacturing engineering jobs until he retired from Gaulin Corporation at the age of 62.

After his retirement in 1988, Richard and Marion travelled extensively in the United States and Europe. They also spent many winters in various parts of Florida.

In Alton Bay, Richard and Marion lived in a beautiful home on a sandy beach that they were fortunate enough to build themselves next to the historic family summer camp. They loved sitting on the beach soaking up the sun, while watching the kids play in the water and build sandcastles. Richard would help Marion set up the SeaDoo and watch her speed around the cove with the kids on the back! The grandkids also remember Grandpa taking them up the hill behind the house, picking blueberries, and making blueberry pancakes. We will cherish those happy memories forever.

In addition to the fun, there was never a shortage of projects to do at the lake - luckily Richard was a skilled woodworker, plumber, electrician, etc. He was quite the handy man. He helped to renovate his son's house in Tuftonboro, and helped his daughter with many home projects in Laconia - building a shed in recent years.

Richard was an extremely dedicated patriarch of the family, always very involved with the lives of his children, grandchildren, and great-grandchildren. He attended countless sporting events,

followed academic and creative achievements, and was always willing to offer his wisdom and to lend a helping hand.

Richard enjoyed conversing with almost anyone, had a great sense of humor, and loved storytelling. Some of his favorite subjects were politics, history, sports, and stocks. Richard enjoyed playing chess, and held chess games at this house. He researched family genealogy, and was always eager to share his findings. Richard was a descendent of artists, inventors, and founders, and was proud of his family history. He was an avid sports enthusiast - he enjoyed watching all sports, especially football, baseball, and hockey. Richard also loved dogs, especially his black lab "Brandy."

For the last three years, since his wife, Marion, passed, he lived alone at the lake, and very much enjoyed visits from family and friends. Even though Richard was sometimes critical of the world, he was always extremely optimistic about his own health, and was a very resilient and independent man until the end. In fact, less than a week before he passed away, he drove himself to the grocery store, went shopping, and hauled his groceries up the stairs - he was tough!

Richard was a proud, sincere, and loving man. He is very loved and will be greatly missed by his children, Jane and Alan, and the rest of the family.

Richard was preceded in death by his wife, Marion R. (Oliver) Davis.

He is survived by his daughter, Jane Davis of Laconia; son, Alan Davis and his wife Deborah of Hollis; and grandchildren, David Young, Debbie Young Albergo, Brina Young, Michelle, Emily, and Elizabeth Davis; and five great-grandchildren, Kiersten and Bryan Slater, Michaela Young, Keith Albergo, and Grayson George.

The family will have a celebration of life in the coming months. Richard will join Marion at the New Hampshire State Veterans Cemetery. May his spirit fly freely!

In memory of Richard Conant Davis, donations may be made to New Hampshire Veterans Home, 139 Winter St., Tilton, NH 03276-5415

Peaslee Funeral Home, compassionately, helped with these arrangements.
www.peasleefuneralhome.com

Matthew Francis Noonan, 46

WOLFEBORO — Matthew Francis Noonan, 46 of Wolfeboro passed away on Friday, May 1, 2020 at the Catholic Medical Center in Manchester after a long illness.

Born in Stoughton, Mass. June 22, 1973, he was raised in Brockton and Middleboro, Mass.

Matthew was employed at PSI Plastek of Wolfeboro for several years. He loved cars, was a people person and a good Dad.

He is survived by his mother, Deborah (Noonan) Burr of Wareham, Mass.; maternal grandmother Marjorie Loveday of Brockton, Mass.; fiancé Krystal Martin, a stepson, Ashton, and son Kayson Noonan, all of Wolfeboro; sister April of Plymouth, Mass.; brother Allen of Wareham, Mass.; several cousins, nieces, nephews, aunts and uncles.

He was predeceased by his father, Kenneth

Burr, Sr. and brother Kenneth Burr, Jr.

Due to the current COVID-19 pandemic, services will be held at a later date.

The Baker-Gagne Funeral Home and Cremation Service of Wolfeboro is assisting the family with the arrangements. To share your condolences, messages, stories and sign an online guest book, visit www.baker-gagnefuneralhomes.com.

Alton Parks and Recreation Connection

ALTON — In an effort to promote a healthy and active lifestyle, while continuing to practice social distancing, we wanted to share information about local trails in Alton- these trails are generally less traveled, and lesser well known.

This week's trail spotlight is on the Mike Burke Trails in the Alton Town Forest.

The Mike Burke Trails are located off of Alton Mountain Road, on Avery Hill Road. These trails were dedicated to Mike Burke for his passion about trees, forest management, and land conservation. Mike who passed away in 1994 loved Lake Winnepesaukee, the woods, and the Town of Alton. About a quarter of a mile after turning onto Avery Hill Road from Alton Mountain Road, you will find a parking lot and Kiosk for the trail system on the right side of the road.

The Mike Burke Trails consist of three different trails: the lower loop, upper loop, and middle connector trail. These trails all start and finish in the same parking lot. Total distance of all trails come in at just under two miles. These trails are great during all four seasons. A gentle hike through the Alton Town Forest features a great forest setting and is perfect for all skill levels. The trails are primarily used for hiking, walking, nature trips, and bird watching. These trails are most popular during the months of May through September but are also great for snowshoeing in the winter.

More information on the Mike Burke Trails and other local recreation areas can be found on the Town of Alton's Web site: www.alton.nh.gov: Government-Parks and Recreation or Conservation Commission- click on blue button-Hiking Trails. Another resource for local trail information is forestsociety.org. Paper local trail maps are available at the Alton Parks and Recreation Office Kiosk, located at 328 Main St., Alton. Get outside today and discover a trail less traveled!



ALTON POLICE LOG



ALTON — The Alton Police Department responded to 102 calls for service during the week of April 26-May 2, including four arrests.

-One Male Subject was arrested for Attempt To Commit Murder & Reckless Conduct; Place Another In Danger.

-One Male Subject was arrested for Protective Custody of Intoxicated Person.

There were two Motor Vehicle Summons Arrests.

There was 1 Motor

Vehicle Accident.

There were 6 Suspicious Person/Activity Reports on Main Street, Homestead Place, Bay Hill Road, Marsha Drive, Davis Road & Miramichie Hill Road.

Police made 11 Motor Vehicle Stops & handled 4 Motor Vehicle Complaint-Incidents.

There were 80 other calls for services that consisted of the following: 1 Assist Fire Department, 2 Assist Other Agencies, 2 Pistol Permit Applications, 2 Animal Complaints, 1 Domestic

Complaint, 2 General Assistance, 1 Protective Custody, 7 Alarm Activations, 3 Noise Complaints, 4 Lost/Found Properties, 2 Highway/Roadway Hazards, 1 Aggravated Assault, 2 General Information, 1 Vehicle ID Check, 2 Trespass, 1 Sex Offender Registration, 1 Civil Matter, 1 Community Program, 1 Disabled Motor Vehicle, 35 Directed Patrols & 8 Property Checks.

Masons cancel monthly breakfast

ALTON — The Masons of Winnipisaukee Lodge regret to announce that our monthly breakfast buffet that was scheduled for Sunday, May 17 is cancelled. The COVID-19 pandemic, the need to protect the members of the Lodge who cook and serve the breakfast as well as the friends and neighbors who attend, and adherence to the guidance set forth by Governor Sununu and the Grand Master of Masons in New Hampshire make this action necessary.

Winnipisaukee Lodge looks forward to resuming their breakfast buffets as soon as they are able to do so, always on the third Sunday. In the meantime, the Masons hope the community can be safe and remain healthy. Thanks for your patience and understanding.



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HEALTH

(continued from Page A1)

can ensure resiliency and help people to feel accomplished.

Some residents have also expressed their worries about the pandemic and the challenges it has caused. Terri McGinness, a Wolfeboro resident, said in an email that she worries about her adult children and the number of people out of work due to the pandemic, including her husband.

“Even though I do have some worries, I refuse to let fear run my life,” she said.

Sullivan and Mott both feel that mental health will be impacted long after the pandemic is over.

“I think our mental health services going forward will look very different,” Sullivan said.

Mott and Sullivan, as well as all other mental health profes-

sionals at LRMHC, are now utilizing “telehealth” services for their clients, and Sullivan said that she hopes that telehealth will continue to be used, even when mental health practices are open again for face-to-face care, because of fears and anxiety that people may have about getting sick.

According to the Health Resources & Services Administration, a division of the United States Department of Health and Human Services, telehealth is “the use of electronic information and telecommunication technologies to support long-distance clinical health care, patient and professional health-related education, public health, and health administration.”

Emergency Order #8 Pursuant to Executive Order 2020-04, “Temporary expansion of access to Telehealth Services to protect the public and

health care providers,” which was signed by Gov. Chris Sununu on March 18, states that “all health insurance carriers regulated by the New Hampshire Insurance Department, all health benefit plans authorized under RSA 5-B, and New Hampshire Medicaid coverage, including all Medicaid Managed Care Organizations, are hereby required to allow all in-network providers to deliver clinically appropriate, medically necessary covered services to members via telehealth.” Mott said that the requirement that insurance companies cover telehealth services “removed a lot of barriers” for access to mental healthcare.

Mott said that she is hoping to offer small group services at gathering places in the community such as libraries starting in the summer, and LRMHC is currently doing intake for new

clients. LRMHC’s core programs include counseling and mental health services for children and adults, addiction treatment and recovery, residential and employment programs for adults, neurocognitive services for older adults and community wellness education, according to LRMHC Director of Development & Public Relations Ann Nichols.

Sullivan said that anyone feeling dread or anxiety due to the pandemic can reach out for help from mental health professionals.

The National Al-

liance on Mental Illness (NAMI) operates an emergency mental health hotline Monday through Friday from 10 a.m. to 6 p.m., which anyone can access at 1-900-950-6264. Lakes Region Mental Health Cen-

ter’s emergency services team can be reached at 528-0305 at any time, and the non-emergency phone is 524-1100. More information about LRMHC can be found at lrhmc.org.

The Town of Alton is accepting bids for Tree Removal on Tom and Valley Road.
More information is available on our website
www.alton.nh.gov

TOWN OF NEW DURHAM Invitation for Bids

Municipal Plow Equipment Dump Body and Spreader body

Sealed bids for the provision of the purchase & installations of Municipal Plow Equipment, dump body and spreader will be accepted until 2:00 p.m. on Monday, June 1, 2020 in the Offices of the Select Board, 4 Main Street, PO Box 207, New Durham, NH 03855 at which time they will be opened and publicly read aloud. (see virtual meeting posting)

The general specifications are for a Municipal Plow equipment (Front Power Angle Plow, with Front mount patrol wing with rear mount, dump body and slide in spreader body. A detailed package with information on the equipment to be delivered, items to be supplied by the owner or the vendor, and accommodated within the design, the conditions thereof, and bid forms, is available at www.newdurhamnh.us (click on Public Notices) or said Select Board offices during normal business hours.

Each submitted bid should be in a sealed envelope marked, Town of New Durham, 2020 Ford F-550 municipal plow equipment, dump body and spreader up-fit Bid, with the due date clearly marked. If mailed, the bid submission should be in a similarly marked separate sealed envelope to protect against the actual bid being opened in error. Any questions with respect to this invitation must be received, in writing by mail (above address), by email (skinmond@newdurhamnh.us) or fax (603.859-6644) by Scott Kinmond, Town Administrator, no later than 4:00 p.m. on May 22, 2020. It is the bidder's responsibility to view and account for any addendums relating to this request. These will be posted on the Town web site no later than 4:00 p.m. on May 26, 2020.

The town reserves the right to reject any and all bids, and waive any minor or non-material informalities, if deemed to be in its best interests.

New Durham Board of Selectmen

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NOTICE

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COMMUNITY

(continued from Page A1)

nor and New Hampshire Emergency Management has determined the threat has subsided.”

He reported that the Fire Department has provided adequate personal protection equipment (PPE) for the town’s essential services operations for the short term.

Selectperson Dorothy Veisel said the response in New Durham has been truly “heartwarming,” citing “neighbors checking on neighbors and running errands for our vulnerable seniors.”

She said the community Food Pantry has been overwhelmed with donations of food, supplies, and cash.

“With continued service to residents as their priority, the Selectmen, Town Administrator and our amazing town employees have made accommodations,” she said. “I’m grateful to be

a member of this community in such uncertain times because the one fact I’m sure of is that caring neighbors abound, and help is only a phone call away.”

Schooling, tipped upside down and sent through the ether, is another aspect of New Durham life that is rolling right along.

New Durham School Principal Kelly Colby-Seavey said the teachers and support staff there “rallied unbelievably” in mid-March, working for multiple days to get remote learning up and running.

“Our teachers were ready ahead of the district launch date of March 20,” she said. “Teachers are making daily contact with students, continuing to hold morning meetings, then whole class, small or individual groups for instruction.”

The school works closely with parents and

guardians who, in some cases, are continuing to work in healthcare, continuing to travel to work, or are having to work from home all while assisting their children.

In a time of remote learning, the digital divide became readily apparent. About 70 Chromebooks and 40 iPads have been loaned out for student use.

“A few families needed hotspots to help with their WiFi,” Colby-Seavey said, “and were supplied with those from the district.”

The New Durham School staff continues to provide and even deliver weekend food bags for several families.

If there weren’t enough complexities for a school to deal with when children were in attendance, there are even more when they are not.

“We have sixth graders who are missing their friends and the normal

traditions of spring in grade six,” Colby-Seavey explained. “We have young children who are expected to engage with screens longer than we and their parents would like. Big, long-looked forward to field trips are all postponed or canceled.”

Some children may be feeling the financial stress of the virus on their families, may be feeling depressed about the continued stay at home situation, or may have underlying medical needs that are cause for the school’s concern.

“Our teachers and staff are trying to provide families with anything they need, as possible,” she said. “Staff members are providing lunch bunches to allow students more supervised, social engagement, even if it is on-line, spirit days and more flexible Friday schedules.”

The children at home are making the best of the situation. One wom-

an said it was working out well for the youngster in her household, as it seemed the child received “more one-on-one” with the teacher.

“We have received so much love and support from families,” Colby-Seavey said. “They continue to be amazed at the attention, caring, and engagement our people provide to their children.”

In an attempt to show the children how much they were thinking of them, teachers prepared a video telling them they missed them.

“And then, in honor of Staff Appreciation Day, the families sent video clips to the staff,” Colby-Seavey said.

She recounted that one parent stated, “I think you’d be hard pressed to find a school that has handled this better than New Durham.”

The Town’s Parks and Recreation Department has held a modi-

fied town-wide Easter Egg hunt and scavenger hunt. Residents are hopeful of a return to a small degree of normalcy as they watch work being done at the Town Beach.

The New Durham Public Library streams programming and sends out weekly e-newsletters containing websites to inform, teach, and entertain, and activities that families can do away from screens.

Schools and town departments are working hard in the midst of a pandemic, but the community is made up of individuals with unique situations.

Next week, we’ll hear from a variety of perspectives as residents from all walks of life speak about how COVID-19 has affected them, and how they are coping.

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The production of this material was supported by Grant #205V0003-01-00 from HHS Administration for Children and Families/Family Youth Services Bureau. Its contents are solely the responsibility of the National Domestic Violence Hotline and do not necessarily represent the official views of ACF/FYSS.



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