

Local twins enter Marine Corps together

BY CATHY ALLYN
Contributing Writer

NEW DURHAM — The Marine Corps Recruit Depot at Parris Island, S.C., has been the site of Marine Corps recruit training since Nov. 1, 1915. Today, approximately 20,000 recruits come to Parris Island annually for the chance to become United States Marines by enduring 13 weeks of rigorous, transformative training.

Any parent whose child makes the cut to become a Marine has reason to be proud, but a New Durham family has double that claim, with twin sons completing the program and going on to serve their country.

The twins are Aaron and Alan Hamilton, whose journeys into adulthood remain interwoven.

They were born prematurely, and tax advantageously, in the eve-



In 2017, Alan Hamilton (left), who graduated from Marine Corps recruit training in late 2016, stood proudly by his twin Aaron (right) on the parade deck at Parris Island, S.C. at Aaron's graduation from the same training regiment.

ning of the last day of the year in 1997, spending their early days in the hospital.

Their parents, Bob and Michele Hamilton, and their older brother Ryan, just out of toddlerhood, were not intimidated by welcom-

ing home preemie twins.

"We're very efficient," Bob said, citing the fact that they had three children in only two pregnancies. "Raising a child is raising a child."

"It was fun," Michele said. "Ryan was the errand boy, which

helped. He was very involved and didn't feel left out with two new babies in the house."

The Hamilton family is extremely close-knit. Michele stayed home to be with her children, which, at times, included Bob, who is self-employed.

"Yes," Michele agreed, "I had four boys."

"Their mother was here for them at all times," Bob said, "and I wasn't gone for nine hours every week day and I didn't travel for work."

During the win-

ters, when his landscaping business was put on hold, he plowed driveways and parking lots. But when there was no snow, he took full advantage of being at the house with his sons.

"We went crazy in there, building forts and having more fun than anything. It was Romper Room; good times with the family and the dog."

Like most twins, Aaron and Alan communicated "more with each other than with us," Bob said.

Little did the family know, but as the boys grew older, their communication with each other involved joining the military.

With their father being a former Marine, it might seem a natural development, but that really wasn't the case.

"We had some family members in the ser-

SEE HAMILTONS, PAGE A8

Barnstead selectmen appoint new chair

BY KATHERINE LESNYK
Contributing Writer

BARNSTEAD — The appointment of a new Chair and Vice Chair and committee assignments were the primary points of discussion when the Barnstead Board of Selectmen met with its new composition – Lori Mahar, Diane Beijer, Edward Tasker, and new members Gary Madden and Rick Therrien – for a live-streamed meeting on Tuesday, March 31.

Since it is the last year of her term, it was decided that Mahar will be the chairperson. Beijer will be continuing as vice chair. Therrien is now the selectmen's representative for the planning board and the conservation commission, and on BCEP as an alternate. Madden will be the selectmen's representative on the Parks and Recreation Commission and the Zoning Board of Adjustment. Tasker is on BCEP and the Highway Department as the selectmen's representative. Beijer is the selectmen's representative alternate for the planning board and the selectmen's representative for the budget committee, and is taking on the role of safety administrator. Mahar is on the Suncook Valley Regional Town Association, the budget committee as an alternate selectmen's representative, grant research and business development. Town Administrator Karen Montgomery said that she would be reaching out to the chairs of each board and committee to inform them of the new selectmen representatives.

SEE BARNSTEAD, PAGE A9

Homemade masks on the way

BY ELISSA PAQUETTE
Contributing Writer

ALTON — The impulse to protect healthcare workers on the front lines facing shortages of protective equipment is sending a number of people to the drawing board to design and sew protective masks.

A team of Registered Dental Hygienists led by Alton resident Kerri Duggan have marshalled their forces, including Duggan's young daughter Paige, to create washable masks for multiple uses with a pocket designed to hold a disposable filter.

Duggan says the polypropylene filter captures particles 0.3 microns in size and is comparable to those of the N95 masks, and "certainly healthier than having to repeatedly wear a mask due to limited supplies." She says that she and her fellow hygienists "have been hit hard" knowing about how the disease spreads and how a shortage of masks endangers those caring for others during this pandemic.

They've made more than 100 washable



More than 100 washable face masks with disposable polypropylene filters and counting. Left to right, sewers Kerri Duggan, daughter Paige (holding a box of colorful face masks), and Daniele Bardsley West take a moment from their individual mask making efforts for a photo. Social distancing keeps them apart but the work goes on.

masks at last count for every nurse and resident at Forestview Manor in Meredith, says Duggan and donated well over 100 disposable filters.

Duggan thanks sewers Sue Morrison, Paige Duggan, Rebecca Clinch, and Jayne Laurion for joining the effort, each working from home on

a specific job, and sewer Daniele Bardsley West for a "crash course" on using the sewing machine. "It's a win win for everyone," says Duggan. "It feels good to show my daughter how to help others in need" and learn a life skill in the process.

She also acknowledg-

es John Lucas of Water Industries, Inc. of Alton, and Longmeadow Farm and Home Supply of Wakefield for donating multiple water filtration filters for the disposable mask filters.

The number for those desiring to order masks is 978-479-1257.

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John HarriganA15

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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.

Local college seniors adjust to early campus closures

BY KATHERINE LESNYK
Contributing Writer

REGION — With colleges closed across the country due to the ongoing coronavirus (COVID-19) pandemic, local college seniors have been uprooted from their campuses in their last semesters and are now completing college virtually.

Marisa Connors, a 2016 Prospect Mountain High School (PMHS) graduate studying nursing at Saint Joseph's College of Maine, had her graduation ceremony, nursing pinning and senior week cancelled when the college announced the transition to online courses for the remainder of the semester on Monday, March 17.

Not only are traditional classes being

held online, but nursing students like Connors are finishing clinical placements and internships via simulations as well.

"Internships/clinicals got cancelled for the semester, so we're completing online simulations, case studies, certifications, etc. to fulfill our hour requirements to graduate," Connors said. "It's a relief to know that we'll still have the degree on time, but I lost out on six more clinical days that I love."

Madison Morton, another PMHS graduate and a senior communications major at the University of Maine, said that the school announced on March 11, shortly before spring break, that classes would be remote for the remainder of the semester.

"There was about an hour between when my parents told me and when we got an email. At first, I thought it was some bad news source and it was a rumor, but once I got the email, it was shocking," Morton said.

Morton said that she was going to be missing her last in-person class the day after the announcement because of an interview, which increased the stress of the situation.

"...[N]ow I was skipping the last in-person class and I couldn't see how the rest of school was reacting, so it felt like I was in the middle of an ocean and there was a tsunami on the horizon," she said.

Colleges implemented a variety of different ways of moving students out of on-campus hous-

ing. Connors said that students at Saint Joseph's College of Maine were given a 48-hour notice to vacate their housing, while students at UMaine had until March 22 – over a week from the initial announcement about the transition to remote learning – to depart from their on-campus residencies with all of their belongings.

While housing, classes and hands-on learning experiences have all been abrupt changes, one of the most painful changes that college seniors have had to go through is the uncertainty of whether graduation ceremonies will be able to happen as planned. At UMaine, a senior decided to plan a faux ceremony for a group of friends, but it eventually grew into an unofficial "corona-mencement" that

many students participated in. According to Morton, it's a tradition at UMaine for graduating seniors to have their names up on the sign at Morse Field, UMaine's football stadium, at the commencement ceremony, and that was arranged for the March 13 student-led event. Morton added that the dean of students spoke, there was an appearance by the school's mascot and students got to walk onto the field in a close simulation to an official, university-hosted graduation.

"...I was hanging on to that graduation [in May] to really get through but now it feels like I lost that final bit of closure," Morton said.

UMaine is planning on holding official in-person commencement ceremonies,

"hopefully" in the fall, according to the UMaine website.

Many New England colleges, including Saint Joseph's College of Maine, UMaine, and local colleges such as the University of New Hampshire, are working on contingency plans for their 2020 graduates. Most colleges have yet to announce official rescheduled dates for the ceremonies. For now, college seniors will be completing their undergraduate courses on Zoom, Kaltura and other online platforms, keeping an eye on their emails for continued updates from their universities and waiting for official news regarding their respective graduations.

Locke Lake board meeting postponed

BARNSTEAD — Residents of Locke Lake Colony are advised that there will be no public Board of Directors Meeting in April.

The next Public Board of Directors Meeting will be held on Thursday, May 21 at 6:30 p.m. at the Lodge. These meetings are open to LLCA members only.

Profile Bank welcomes new member to Board of Directors

ROCHESTER — Profile Bank is proud to announce that at its March 31 Board of Directors Meeting, the board appointed Kelly L. Glennon as the newest member of the Board of Directors.

Ms. Glennon brings extensive banking knowledge to the board having worked in the banking industry for several years. Kelly is well known throughout the community and currently serves as Chair of the Dover Chamber of Commerce. She and her husband Doug reside in Dover, and are the owners of Jewelry Creations.

At the same meeting, Dr. William R. Lowe III was elected Chairman of the Board. Dr. Lowe has served on Profile Bank's Board of Directors since 2005.

Also announced was that Albert H. Miltner, Jr. was elected Vice Chairman. Mr. Miltner has been on Profile Bank's Board of Directors since 2008.

After 30 years of service, Robert B. McCarthy announced his retirement from the Board of Directors at Profile Bank. The Bank appreciates his dedication to serving our communities and positive impact on Profile Bank's continued success.

Profile Bank has been headquartered in Rochester since 1907, with branches in Sanbornville, Alton and Somersworth. We pride ourselves in our commitment to investing in these communities and will continue to support them well into the future. For more information about Profile Bank please visit profilebank.com.

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Fassett's PHOTOGRAPHY

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Local Nursing student returns from Costa Rica

MANCHESTER — A local student at Saint Anselm College in Manchester recently returned from a medical education trip to Costa Rica.

Nicole Bourque of Center Barnstead, a nursing major in the class of 2021, was among a contingent of eight nurses from Saint Anselm College who conducted home visits, ran clinics in two impoverished communities, and provided health education at a shelter for teenage mothers.

that they would otherwise have completed in Manchester. Students gained valuable hands-on nursing experience abroad as well as an understanding of cross-cultural nursing care.

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Cornerstone starting new youth choir

OSSIPEE — Cornerstone Christian Academy is excited to announce the start of a new youth choir. This choir is for children in grades K-8 who love to sing and have fun. The choir will encourage children to find their voice, learn the basics of vocal health (in speech and singing), breathing and diction, technical concepts and much more. It is their hope to grow the choir and begin practicing virtually, so that they can apply to perform in the Victory Party 2020 (currently in its planning stage) in the town of Wolfeboro, marking the end of the Coronavirus. For more information or to sign up, please call Carolyn Yule, office manager, Cornerstone Christian Academy at 539-8636.

Bourque and her colleagues were immersed in a new culture while confronting pressing healthcare issues such as communicable diseases, disaster relief, environmental health, and the expense of care in developing areas. During the week-long trip they also attended a physician-led class and completed clinical hours

The Costa Rica trip which took place over winter break is part of the spring semester course Community & Public Health Nursing. Upon return to the classroom, the students began discussion of epidemiology, communicable disease, environmental health, and disaster relief.




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New Durham Library meets challenges of COVID-19

NEW DURHAM – Responding to the Covid-19 crisis, the New Durham Public Library has already worked at several levels to remain the hub of the community.

The library is currently matching up people unable to get out for groceries with those willing to shop for them.

The Friends of the Library has been distributing kits to volunteers who can sew face-masks and scrub caps.

And, armed with a 3-D printer provided through a grant awarded the Alton-Barnstead-New Durham Centennial Rotary Club, the library is in the process of determining what designs the printer can make to donate products to nearby hospitals.

“This is something we obviously didn’t expect,” Library Director Cathy Allyn said. “We’ve been turning out items for summer and fall program-

ming, but if this works out, we’ll use all of our filament to make what the health care workers need.”

As part of a grant written by Rotary member Hunter Taylor that includes monies for summer entertainment, the three libraries in the communities that make up the club share the 3-D printer.

Since the New Durham Public Library will be integrating the printer into its summer reading program, the printer was on site, while the Oscar Foss Memorial Library in Barnstead and the Gilman Library in Alton will use it later in the year.

The printer is smaller than those owned by the state library, which are already printing out items.

“The company that makes this model has given us designs for a child’s face mask and a Y-splitter for a ventila-



COURTESY
This 3-D printer, shared by the New Durham Public Library, Gilman Library, and Oscar Foss Memorial Library, will hopefully be turning from making toys such as what is shown here to PPE and other medical equipment needed during the Covid-19 crisis. The printer was a gift from the Alton-Barnstead-New Durham Centennial Rotary Club.

tor,” Allyn said. “There are other designs online, too, so right now we’re wading through what we think our printer can make. The next step is checking with the hospitals to see if they need what we can come up with.”

Other considerations are the kind of filament that can be used.

“We’re in the early stages of investigation,” Allyn said, “but we’re giving this project our top priority. Everyone on the staff is hoping it’s successful.”

Also during these challenging times, any residents needing reliable WiFi are welcome to access the library’s from the parking lot. The log-in information is: Name – Library and Password – Everglades.

The library’s Facebook page at New Durham Public Library and its e-newsletter provide a compilation of

trustworthy websites for instruction and entertainment, updated weekly.

Check the Facebook page for times when young children can call the library and have “Miss Cathy” read them a short, funny poem.

The library has also launched its “Signs of Spring” campaign, asking people to send in their photographs of this wonderful season.

Remember that the digital branch of the library is open 24 hours a day, seven days a week. Access to OverDrive for eContent is through a library card at newdurhamlibrary.org; temporary cards for access may be acquired by emailing newdurhamlibrary@gmail.com.

E-mails are answered every day of the week. Phone calls to 859-2201 will be answered periodically.

THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alton	35 Brad Circle	N/A	\$197,533	Robert M. Bergeron Estate and Virginia V. Bergeron	DJ Real Estate LLC
Alton	37 Brad Circle	N/A	\$197,533	Robert M. Bergeron Estate and Virginia V. Bergeron	DJ Real Estate LLC
Alton	Stockbridge Corner Road	Forest Use	\$62,000	Andrew and Susan Morse	Scot and Jennifer Kinville
Alton	N/A (Lot 8)	N/A	\$270,000	Robert J. and Christopher R. Loprete	Rand Hill Realty LLC
Barnstead	Route 28	N/A	\$225,000	Justin Cooper	Todd R. and Katelyn M. Nicholson

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.thewarrengroup.com

Region sees first COVID-19 cases

BY ELISSA PAQUETTE
Contributing Writer

REGION — The closures of town offices to the public in area towns comes amid official notices from town, state, and federal officials to practice social distancing. Work is still accomplished in those offices behind the scenes but in a manner intended to protect employees and the public for unintentional spread of the Corona Virus.

Grocery stores are still staffed at winter levels but they are dealing with the increased demand for food. They and their customers depend on others to stay home when not feeling well.

Information from state health officials as of Tuesday morning, March 31, on the numbers of residents testing positive for the virus is a reminder that the current guidelines on social distancing and frequent, thorough hand washing are as important as ever.

New Durham, Ossipee, and Wolfeboro, all within the Governor Wentworth Regional School District catchment area, are listed in the 1 – 4 positive case grouping.

Community based transmission of COVID 19 (abbreviation for coronavirus disease 2019) has been identified in the majority of New Hampshire counties. “Community based” means that people without risk factors associated with travel or close contact with a confirmed diagnosis are contracting the disease within the community. Social distancing of at least 6 feet is recommended when in public.

Data released on March 30 reports 314 cases of the virus in New Hampshire. Three deaths are attributed to the disease. There were 45 hospitalizations.



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We Will NOT be Undersold

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 re-visited 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.



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

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 gravy 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 Gospel 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 gravy 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 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.

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 mar-

kets 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!

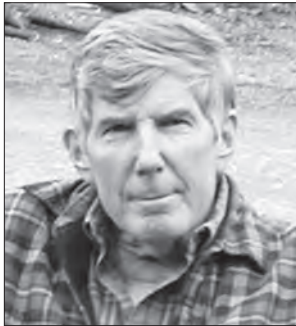
So, let's not allow

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@MHP-asset.com.

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



COURTESY

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

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 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" argument 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 along was a turkey season. Now, in one of the beat-known wildlife restoration success stories in the nation's history, we not only have a general fall turkey hunting season, but also a season in the spring for toms.

Back when all this started, half a century ago, New Hampshire traded live-trapped fishers with West Virginia for live-trapped turkeys. Our first transplant in the southwest failed, but the second try in the Pawtuckaway region took hold. Seemingly overnight we were off to Turkey-Land, and now have turkeys in all parts of the state, including the far north.

Back then I went out for an afternoon in the field with Fish and Game's budding turkey biologist, Ted Walski, who was so focused on peering through his binoculars and recording data that he forgot about the steering wheel, and got us thoroughly stuck on the edge of a cornfield in West Swanzy. We were ingloriously rescued by a truckful of hunters.

NOTES FROM WINDY HOLLOW

Reaching out to my siblings

BY VIVIAN LEE DION
Contributing Writer

These are difficult times, and we don't know what tomorrow will bring. But I know one thing, I needed to reach out to my brother and sister to say, "Hello, I'm thinking of you and love you. I hope you are fine."

My brother, Joseph, is living in Italy where he previously learned engraving from a master engraver. He adapted to Italian life, and found that engraving was his profession. He also learned the technique of inlaying gold into his creations, and soon his specialty was engraving guns. His artistic ability in engraving eagles, bears, and other wildlife helped him to become the selected artist for the Wyoming state duck stamp.

For a while, he lived in Cody, Wyoming and demonstrated his talent working as a guest artist at the Buffalo Bill Cody Museum, in Cody Wyoming. The engravings delighted visitors, and his golden scrolling and artwork were well received. In addition, his wife Franca owned and operated Franca's Italian Restaurant. Singer-songwriter Willie Nelson, dined there

and later sat on the back door step and traded stories with Joseph.

Macular degeneration has taken its toll on Joseph's eyes, and now he is using large fonts and works with his computer writing books. One book in particular was written in English and Italian.

My sister, Helen, has always been a little spitfire inheriting my mother's quick spirit. Yet, as an accomplished artist who works in oils, she has sold many paintings in the Springfield, Illinois area. She is a busy lady who holds a yearly open house in her art studio. Cars are parked up and down the road, and patrons gather to get a glimpse of the paintings and buy her creations.

So, what's the problem? I think distance and time has taken its toll on our relationships. Where are the children who ice skated together and swung in the back yard? One time we gathered a huge pile of pine needles, and climbed up the little shed, and jumped into the pile. Thankfully, we didn't hurt ourselves. We laughed as we tumbled in the pine needles.

I can honestly say that the death of our

parents was the tipping point and the reason we drifted apart. There are no longer any family celebrations, which include Thanksgiving and Christmas. We all have our own families and spent years focusing on raising our sons and daughters. The weeks turned into months, then years and before long time passed by.

Having reached out to my siblings has truly been purifying. I will continue to keep telephone calls and e-mails friendly and peaceful and take one day at a time. Just knowing that we have reconnected

and are family once again is heartwarming. "Like branches on a tree, we may grow in different

directions, yet our roots remain as one." Unknown

Vivian Lee Dion of

New Durham is a writer and speaker and can be reached at windyhollow@metrocast.net



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PET OF THE WEEK


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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JOAN



End 68 Hours of Hunger, school district distribute weekly Food Packs

REGION — End 68 Hours of Hunger is a nonprofit organization whose mission is to put nourishing food in the hands of children who experience hunger for the approximately 68 hours that occurs between the free lunch they receive in school on Friday and the free breakfast they receive in school on Monday morning. The local Chapter focuses on ending childhood hunger by providing food for children Pre-K through Grade 6 in the Wolfeboro, Tuftonboro, Ossipee, Middleton communities, Ossipee Headstart, and Wolfeboro Children’s Center, in the hope that no child goes hungry on the weekends.

Working with members of the Governor Wentworth Regional School District, program coordinators Jan Brooks, Eileen Leavitt and Carol Simpson co-

ordinated their efforts to ensure the program continues to function as the pandemic and public health crisis unfolds; packing and delivering breakfast meals, lunches, dinners, and snacks to children at risk of food insecurity.

The program’s success is due to the significant time and effort that volunteers give each week, their care is so appreciated. Typically, volunteers from the Chapter’s End 68 program pack and deliver the weekly food bags. However, during these times of uncertainty, changes have had to be made to the packing and delivery procedures; decreasing the number of volunteers and receiving assistance from the Governor Wentworth Regional School District. To ensure that only a few individuals have contact with the food under controlled condi-



Terry Flynn-Sullivan, Home/School Liaison; Assistant Superintendent, Heather Cummings; End 68 Program Coordinators, Jan Brooks & Eileen Leavitt.

tions, the packing teams have been temporarily suspended and the program coordinators have assumed the packing responsibilities. Furthermore, rather than volunteers utilizing their own vehicles to transport the food to each drop-off location, weekly deliveries

are occurring through the coordination of Assistant Superintendent, Heather Cummings; Counselor, Deb Bunting; Home/School liaison, Terry Sullivan-Flynn and GWRSD bus drivers, Jill Kennard and Mimi Beaudet. Just as End 68 Hours of Hunger

provides food to children from preschool to Grade 6, Knights against Hunger works to provide similar services to Middle and High School students under the leadership of Amanda Logan and Sheryl Power at the High School and Joe Vognola and Jessie

Mardis at the Middle School.

It is humbling to experience the unwavering commitment that others have offered to ensure End 68’s mission is achieved. The support received from others continues to be significant even at a time when we face the unknown, needs are increasing, financial uncertainty is looming and complexities that none of us could have imagined are occurring. Whether received in the past or during the present, such support truly demonstrates the care our communities have for the children in our towns.

Should you be in jeopardy of food security or know of a family who could use the support of End 68 Hours of Hunger, please contact Terry Flynn-Sullivan at 892-5445.

LETTERS FROM EDWIN

Maple thoughts

BY EDWIN TWASTE
Contributing Writer

I’m sitting here, closed up inside my home, as I have been for quite a few days now like most others around the world. Not really cowering in fear, but just kind of keeping my cool. I have enough dried, canned and frozen food and hot sauce stored up to keep myself well-nourished for quite some time if needed.

I did venture out yesterday to check my taps, as sugar maples are like livestock, they don’t follow the dictates of those who try to govern. The landowner of one to my tapping sites came out and we discussed the current world situation for a few minutes while his steers called out in the distance. The sap from his trees is rapidly fading. It’s getting a bit yellow and the moths

are a definite sign that the end is near. Some taps have already dried off.

There is another stand of trees that I also tap that are up the hill another 50 feet or so in altitude. They always seem to keep flowing for a bit longer than his. It’s amazing what a bit more altitude can do. His trees had no ice in the buckets while up the street had large hunks to toss out.

Same everything else, just a few feet up the road.

I can’t do much about it. That’s just the way it is. It’s kind of like everything, we worship man and all his accomplishments and abilities, but in the end, if God sets off to do something, we may try our best to thwart it, to keep ourselves stable, we still basically get to watch the show.

So here I am, sitting in the comfort of my godfather’s old rocking chair in casual unrushed morning solitude, thinking of how we, man(-kind), including woman or whatever else you choose to call yourself these days, have evolved our reasoning over the years, but we more than ever still put our faith in ourselves. We can do anything through science. Right?

Charles Darwin went and figured out that species modify and change over time to adapt to their environment. Survival of the fittest. Unless of course you’re a human. All the other creatures on the plan-

et aren’t smart enough to affect their future. I mean they’re just dumb animals. In fact, we need to take care of them. Especially because we are constantly encroaching upon their ability to survive on their own or have turned them into domesticated servants or food. We have the right. We’re smart. Right?

Now over the years, there have been numerous biological plagues that have come upon us with the “intent” of diminishing our population and causing the natural selection process to act upon our own species. Every time it happens, we freak out and do our best to stop the process. It’s our self-interest. All the while prophesying our over population and its negative effects upon the planet. It’s the way we’re wired.

It’s funny that I constantly get popups on my computer trying to lure me into some “live longer” kind of scam and God comes up with this new virus that supposedly will knock off feeble old folks or sickly people who have abused or not taken good care of the bodies they have been granted the use of.

Meanwhile our politicians are at odds as to how to fix social security and medicare. Oh, the yin and yang of it all.

We all know that this is a temporary existence here on this planet. Those of us who listen to the scientists and believe what that they tell us, believe that this is all there is, makes it actually scary to think that the end is near. Alternatively, those who have faith in what has been revealed over the millennia through mystics, prophets and God himself, that this is only a transitory stage into the other world we call eternity.

I guess I got a little philosophical there, please forgive me, but you see, I am not afraid. I know that I’m going to that eternity. I hope you do to. Otherwise this world easily becomes scary. If you don’t, maybe you know someone you could talk to who could help you to find that piece of mind.

We’re all transforming into something new. What once was sap in a bucket will soon become delightful syrup.

Correspondence welcome at edwintwaste@gmail.com

Rotary offering scholarship for students 21 and older

ALTON — The Rotary Club of Alton, Barnstead and New Durham is offering a scholarship to a person who is 21 years of age or older and has completed high school or earned a G.E.D. The \$1,000 award is for a non-traditional student with a three-year gap between graduating from high school and a full-time college attendance or a record of part-time college for three years after graduating from high school. Scholarship recipients earning a B average or better may apply for a subsequent year of support. The scholarship can be used for expenses at a four-year or two-year college, or for another type of accredited institution. The scholarship is awarded in the name of Past 7870 District Governor Janice McElroy, who died in 2014. To apply, contact Alton Rotary Scholarship Chair Rotarian Jim Fontaine by phone at 875-0110 or e-mail at info2@pcswbdesign.com. Applications need to be completed by no later than April 15.

Church Service SCHEDULE

10 am Worship Service

Community Church of Alton
20 Church Street, Alton

ABUNDANT HARVEST FAMILY CHURCH
Sunday School for children up to age 12, service 10:30 a.m. Sun. Meeting at Prospect Mountain High School, Pastor Sam Huggard, www.befreechurch.net.

CENTER BARNSTEAD CHRISTIAN CHURCH
Morning Service 10:00 am. Adult and Teen Bible Study 11:15 am. Sunday School for all ages 10:00 am. Rte. 126 next to Town Hall. Pastor Brian Gower. 269-8831.

COMMUNITY CHURCH OF ALTON
Prayer Meeting 9:00 am Christian Education for all ages, nursery-adults, 9:00 am. Rev. Dr. Samuel J. Hollis. 875-5561. Sunday Worship Service 10:00am Alton Bay Bandstand July 1-Sept 2 10:00am 20 Church Street

CONGREGATIONAL CHURCH OF NORTH BARNSTEAD UCC
Sun. School and Worship Services, 10:00AM, 504 N. Barnstead Rd., Pastor Nancy Talbot, 776-1820, ccnorthbarnstead.com

FIRST CONGREGATIONAL CHURCH UCC FARMINGTON

Worship Services 10:00 A.M. Sunday School 10:15 AM 400 Main Street Farmington, NH 02835 Pastor Kent Schneider 755-4816 www.farmingtonbuc.org

FIRST FREE WILL BAPTIST CHURCH
Sun. School 9-9:45am; Church 11am; Evening Service 6pm; Wed. Prayer Meeting 7pm. Depot St., New Durham; Pastor James Saxon.

PARADE CONGREGATIONAL CHURCH OF BARNSTEAD, N.H.
on the Parade in Barnstead Sunday Morning Worship Service for all ages begin at 10:00 a.m. Prayer Meeting - April through November at 7:00 p.m. on Wednesday Evenings. Pastor Sandy Pierson - 483-2846

ST. KATHARINE DREXEL
40 Hidden Springs Rd., Alton, 875-2548 Father Robert F. Cole, Pastor. Mass Saturday 4pm; Sunday 8:30 & 10:30am; Daily Mass Mon., Tues., Wed., Fri. 8:00am.

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NHBM preparing for 2020 season

WOLFEBORO — While COVID-19 has effectively shut down many sectors of industry, it has not reduced the need to plan for the 2020 season at the New Hampshire Boat Museum (NHBM).

“Dates for some of our events are a moving target, but we are doing all we can to prepare for a wonderful 2020 season,” said NHBM Executive Director Martha Cummings. “I think the museum’s programs and events this summer can help bring our communities together.”

Cummings said part of the optimism she feels

related to the upcoming season stems from support NHBM has received from various corporate sponsors.

“We are so fortunate to have the support of so many local businesses that believe in what we do,” she said.

John Spooner, owner of Diamond Shine Boat Detailing, which is lead sponsor of NHBM’s annual Ice Out Dinner & Auction, said he is “proud” to support the museum.

“The New Hampshire Boat Museum is a great organization that respects New Hampshire’s

rich boating history,” he said. “Their mission to preserve the heritage of boating on our state’s lakes is something we are proud to support.”

Founded in 1992 by antique and classic boating enthusiasts, NHBM is committed to inspire people of all ages with an understanding of, and appreciation for, the boating heritage of New Hampshire’s fresh waterways.

Noting NHBM has historically been referred to as the “boat museum,” Cummings said the current crisis may help to illuminate its “deeper purpose.”

“We offer hands-on learning programs and opportunities that dig deeper into our heritage and who we are in and around the Lakes Region of New Hampshire,” she said. “My hope is we can expand access to our programs and exhibits this summer so more people of all ages can enjoy themselves. We need to reconnect as a community.”

In looking ahead to the 2020 season, Cummings said the only changes in their event calendar include postponing their spring Opening Reception and rescheduling their annual

Ice Out Dinner & Auction to Friday, June 19. Ice Out had been scheduled for Friday, April 17.

“We will monitor COVID-19 to ensure the safety of staff, volunteers and visitors, but we are hopeful we can still open Memorial Day weekend,” she said. “It will be wonderful to be able to go out, be social and get together in person again, so Ice Out has taken on special meaning.”

In addition to food and drink, the auction part of Ice Out Dinner & Auction will feature various boating excursions, Red Sox tickets, vacation getaways, in-

cluding a trip to Mexico, and more.

“Even though Ice Out will be later than usual, it still serves as our kick-off event,” said Cummings. “We hope people will see the event as a way to re-engage with the community, friends and family.”

NHBM’s annual Ice Out Dinner & Auction is sponsored by Diamond Shine Boat Detailing, Rourke Fine Home Building, Faye’s Boat Yard and Maxfield Real Estate.

To learn more about the event or NHBM, visit nhbm.org.

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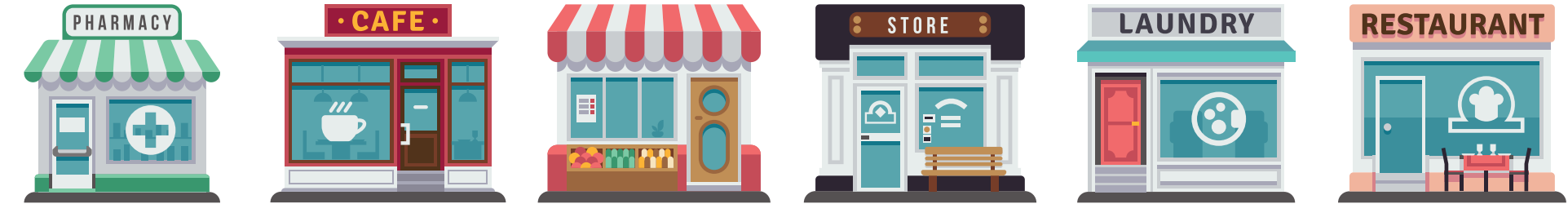
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HAMILTONS

(continued from Page A1)

vice way back,” Bob explained, “but I was kind of the first. The boys heard me talk about my experiences when the opportunity arose, but I never discussed my service a lot. And I never glamorized it.”

Michele added, “We never talked about them going in.”

So it came as a complete shock when Aaron informed them his brother had borrowed the family car to meet with a Marine recruiter in Wolfeboro.

“We were blindsided,” Bob said. “This was the first time we heard of Alan thinking about going in.”

Bob drove to the meeting and was waiting with the recruiter when Alan walked in.

“Surprise, surprise, his dad was sitting there,” Bob said. “Then a few months later, we’re all standing at Parris Is-

land watching him graduate.”

The entire family was there for Alan at his boot camp graduation in December of 2016.

“There was a smile on Aaron’s face when he saw the camaraderie among the Marines,” Michele said.

The day before, during Family Day, Aaron had been given a ribbing for being in civilian attire when a member of Alan’s platoon mistook him for his twin.

“But Aaron never talked about the service,” Michele said.

In early 2017, Alan came back to New Durham while waiting for a slot in his training school to open.

“They were finding busy work for him in the recruiting office,” Michele said, “so Alan recruited Aaron. He showed up at the house and told us he was picking Aaron up to talk to the recruiter. That was

the first we heard of Aaron thinking about it.”

When Aaron graduated in the summer of 2017, the entire Hamilton clan, including Alan who was then stationed in VA, drove down and repeated the entire process for the newest Marine.

“Aaron was really surprised to see Alan there,” Michele said.

“As soon as they got together, they were two Marines talking about Marine Corps stuff,” Bob said.

Michele said she later discovered that it was Aaron who had had the first thought about enlisting. He’d mentioned going to talk with a recruiter to his brother.

“Aaron is the quiet one and Alan is out front,” she said. “Alan jumped on the idea and talked to the recruiter first. Seeing Parris Island and the camaraderie was the incentive for Aaron.”

Alan, who has wanted



Bob and Michele Hamilton of New Durham received a surprise when they spotted this banner raised by a neighbor in honor of their twin sons Alan and Aaron, who both serve in the U.S. Marine Corps.

to get into gunsmithing ever since taking a metal shop class at Kingswood High School, has had military training that is right up his alley, and serves as the armorer in his unit.

“He repairs the guns at the weapons base in Yorktown, VA, as part of the security force regiment,” his father said.

He’s had the chance to travel the world some, being deployed to Cuba for six months, followed by a stint in Japan. While there, he was chosen to participate in the color guard at the change of command of the US 7th fleet ceremony in Yokosuka, Japan in 2019.

“That was a huge honor,” Bob said.

A weapons company supplements an infantry unit, and members of his small unit can be seen “dotting the embassy in Washington, DC,” Michele said.

“He’s loving it,” Bob noted.

Aaron is also stationed in the U.S. When an opening was unavailable in data networking for him, he signed up for a four-year stint in the Marine Corps wing communications station in Cherry Point, N.C.

Off base training has taken him to AZ and 29 Palms in California, but he stays mostly in North Carolina in charge of the aircraft equipment for tropospheric communications.

Interestingly, he participated in a NATO exercise in Norway in 2018 that has a close connection to his father.

“This was the largest naval exercise in Norway since I was there doing the same thing in 1986,” Bob said.

“Aaron could literally have walked in Bob’s footsteps,” Michele said.

What does the future hold for the twin Marines?

If Alan is accepted

to the school he wants, he will re-up for another three years. The sought-after assignment would allow him to work as a gunsmith anywhere in the world once he’s back in the civilian world. He’ll find out in July if he has been accepted.

Aaron is leaning toward coming home when his enlistment ends in May of 2021, to see what his previous employers have to offer him.

“Their careers are a lot like their personalities,” Bob said.

There is no denying the immediate leap in maturity of their sons.

“They changed immensely after boot camp,” their mother said. “They weren’t young boys, they were young adults.”

Bob said Ryan went through the same jump into independence when he went to Ohio for college.

“You’re responsible for your own stuff there, too,” Michele said, “You just don’t have a drill officer in your face.”

Neither parent had concerns when the twins enlisted.

“I wasn’t worried one bit,” Bob said. “They are in good hands; I’ve seen it first hand.”

He said it took a long while for their actions to sink in, though.

“I’d never suggested they go in, and then they both went into the Marine Corps. I was able to walk around Parris Island twice, and I kept thinking, ‘How did I deserve this?’”

Bob and Michele are also reminded daily of their sons’ service when they pass a giant banner thanking Aaron and Alan that a neighbor raised as a surprise.

“We had no idea it was happening,” Bob said. “I saw it on Christmas Eve day and thought Michele had something to do

with it.”

“That made us feel really good,” Michele said, “that our neighbors are out there, supporting our children.”

As his sons get older, Bob guesses they will be as reserved about speaking of their military years as he has been.

“I was all over the world during my four years in the Marines and have a million stories, but it’s just not me to talk about them,” he said. “But you have to launch yourself; just go and do it. When I went into the military I had no idea what I wanted to do, but when I came out I had a long list of what I didn’t want to.”

Both of the Hamilton twins, as noncommissioned officers, have earned the rank of corporal.

Such a position of authority comes from promotion through the enlisted ranks, and, according to their father, “is not handed to you. It’s a big deal to earn that in just a couple of years and a good gauge of their success.”

Bob should know. “It took me longer than Alan to reach E-4. I had to go before a meritorious board several times before getting that position.”

Although their joining the Marines came as a surprise to their parents, the choice was apparently clearly in front of the boys for years.

Michele held the key that unlocked the answer. “In one of my conversations with Alan, I asked him what made him decide to join. He told me he’d thought about it for a long time. He said, ‘The way Dad carries himself in public made me want to be like that. He served, and maybe that’s what it takes to be like my father.’”

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BARNSTEAD

(continued from Page A1)

In related news, it was announced that the planning board will be conducting meetings via Zoom, an audio and video conferencing software. Residents will be able to email or mail comments and questions to the board.

Montgomery also reported that the Oscar Foss Memorial

Library, which is now closed until further notice but is still offering “virtual information and support” and a free book shelf outside the library, according to its Facebook page, sent a request for an appropriation. Montgomery said that the appropriation is already part of the library’s budget, but the check needed to be approved and sent to the

library.

The conversation returned to the coronavirus (COVID-19) pandemic after a member of the police department presented the board with a donation the department received toward a new flagpole. Board members asked how the police department is handling the pandemic. The department is using more summons, and

when they do have to take someone into custody, the entire cruise is disinfected. The department uses extra precaution when going into homes and maintains social distance.

At the time of writing, there are no reported cases of COVID-19 in Barnstead. The number of cases statewide totaled 479 as of last week’s meeting, according to

New Hampshire Public Radio. Thirteen of those cases are in Belknap County.

“If we stay here and do what we’re supposed to, we’ll probably be okay,” Tasker said.

Montgomery said that she spoke with Emergency Management Director Wayne Santos, and he reported that the emergency management team is meeting

every other week.

The board decided that they will be meeting every other week until further notice. The meetings will live-streamed on YouTube, with the link accessible on the Barnstead website. The next meeting will be on Tuesday, April 13 at 5 p.m.

Keep the makerspace Tool Raiser in mind during spring cleaning

WOLFEBORO — With spring comes spring cleaning, and GALA is asking residents to keep the makerspace in mind, with an eye out for items that could be contributed to their Tool Raiser. Take a good look in the deep recesses of the tool shed, garage or basement to find stuff you no longer use or need or would just like to repurpose. If it’s in workable condition, GALA may be able to take it off your hands and put it to good use at the future Makerspace. Not only is removing clutter known to relieve stress but now you can also enjoy the feeling of giving to a worthy cause.

As you may have heard, GALA is creating a makerspace in downtown Wolfeboro. Makerspaces are popping up all over the country - the world, actually. Think of them like community centers that operate much like a gym. Instead of exercise equipment, there are tools, and instead of trying to get in shape, people are there to learn a new skill, develop or scale up a business idea, gain credentialing for employment mobility or career transition, or to simply tinker, fix, or repair everyday household items. Most recently, we are witnessing how makerspaces are also proving to be valuable community assets in emergency preparedness and response, something explained in further detail toward the end of this article.

GALA’s makerspace home is 23 Bay St., Wolfeboro, and while much of the work just now is focused on the required building engineering, architectural and construction scope as well as fundraising, the actual renovation work is planned to commence this fall with a Phase 1 renovations completion date of late 2021.

While the planning wraps up and construction is underway, GALA is looking for working-order tools and equipment for each of the future workspaces: woodshop, metal and welding shop, media and FabLab, and fiber art, fine arts, and jewelry studios. G.A.L.A. is working to acquire these tools ahead of time so it can hit the ground running with programs as soon as the last nail is pounded and contractors leave the site.

Some of the items needed in the makerspace are quite specialized and big such as an industrial “serger” sewing machine, metal and wood band saws, lathes, milling machines and table saws. Others are smaller and for more general purposes such as sanders, screwdrivers, wrenches, nails, pliers and hammers. There is also a need for consumables like sandpaper, screws, drill bits, saw blades, etc. You can find a regularly updated Wish List for the makerspace online at galacommunity.org/get-involved/wishlist. There you will also find a in-kind donation acceptance policy.

At this point in time, as we are being asked to practice physical distancing, items cannot be delivered to the GALA makerspace. Participants are encouraged to keep them aside for now and either call the GALA office at 569-1500 or email (contact@galacommunity.org) to let someone at GALA know what

you plan on donating. Someone will get back in touch with you regarding collection/delivery when it is clear how to do so in a safe manner. After accumulating tools this spring and maybe into summer, GALA volunteers will organize, refurbish, and repair tools. Items that are deemed duplicates or not of use will be included in a sidewalk sale in the fall to raise equally critical money for the makerspace opening. Many generous residents have already contributed to this Tool Raiser effort, equipping GALA with valuable tools and equipment to get started.

It has been inspiring to watch how makerspaces across the world have responded to the coronavirus. A quote from a recent Makezine blog shares that “Thousands of (Makerspace) inventors and product designers have been co-developing makeshift protective gear, respirators, ventilators, and other crucial equipment across the USA and worldwide. Makers in countries like Israel, Chile, Serbia, and the Czech Republic are leaning in to create solutions, many of which will be ready or near-ready by the end of this week. In fact, in some places, such affordable products are already being manufactured and used to protect medical teams and save lives.” As if makerspace weren’t relevant enough in addressing workforce challenges and carving out pathways for gain-



COURTESY

Scott Travis stopped by the makerspace-in-the-making last spring donate some tools and equipment to the project, including an air-filter, jointer, and grinder, among other items for the woodshop. GALA is asking for residents to keep their Tool Raiser in mind during the spring cleaning season.

ful employment and fulfilling careers, they are now demonstrating how valuable they are for emergency preparedness and community resilience. This is just one more reason to invest now in your local community makerspace, for the sooner GALA can reach it’s fundraising goals, the sooner your this makerspace will be up and running and put to use in times of need.

Contact Josh or Carol at 569-1500, email contact@galacommunity.org,

or visit www.galacommunity.org to learn more and stay engaged. And if you use social media, follow GALA on

Facebook and Instagram @galacommunity for the latest updates and opportunities.

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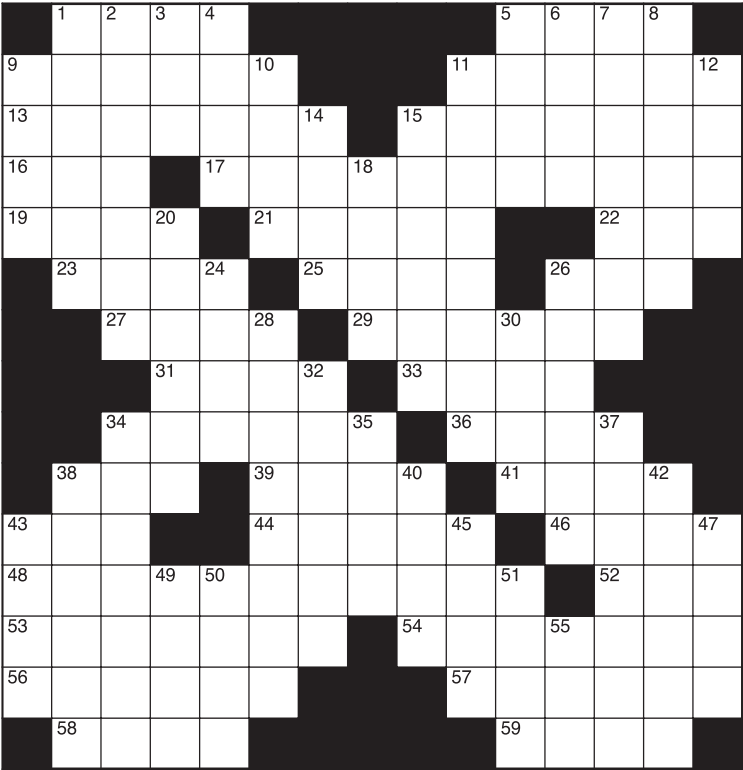


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TAKE A BREAK



ACROSS

- Canadian law enforcers
- 5. Actor Idris
- 9. Cut or bruise
- 11. Vegetables
- 13. Aircraft delivery
- 15. To make obsolete
- 16. Things similar to those already noted
- 17. Columbus is a famous one
- 19. Age group
- 21. Denotes nature of sound
- 22. Klutz
- 23. Uninteresting
- 25. Computer manufacturer
- 26. 2,000 lbs.

- 27. Genus of seabirds
- 29. Emerges
- 31. Baseball stat
- 33. Witnesses
- 34. Observed
- 36. Satisfy
- 38. Former OSS
- 39. Small Eurasian deer
- 41. Wife of Sparta's king
- 43. Ballplayer accessory
- 44. Temporary cessation of breathing
- 46. Where construction workers ply their trade
- 48. Arguments that justify a religious doctrine
- 52. Thick cloud of tiny water

- droplets
- 53. Widens
- 54. Detection
- 56. Period of inactivity
- 57. Tomato and vodka are two
- 58. Greek war god
- 59. Urinates

DOWN

- 1. Churned
- 2. Seal bottles
- 3. Million barrels per day (abbr.)
- 4. Meat from a pig (French)
- 5. Within
- 6. Walk in a slow pace
- 7. Cries
- 8. About Andes
- 9. Fishermen use it
- 10. Expresses delight
- 11. Shouts
- 12. Feudal agricultural laborer
- 14. Sailboat
- 15. Small Eurasian willows
- 18. S. American native people
- 20. Extreme disgust
- 24. Nonsense (slang)
- 26. Produce male reproductive cells
- 28. Computes
- 30. Pop singer
- 32. Weds secretly
- 34. Having two poles
- 35. Yankee hero Bucky
- 37. Building
- 38. Per __, each
- 40. Six (Spanish)
- 42. Makes amends
- 43. Scoundrels
- 45. Baseball's best pitchers
- 47. Some are scrambled
- 49. Emit coherent radiation
- 50. Singer Redding
- 51. Break
- 55. Institute legal proceedings against

CAR CARE WORD SEARCH

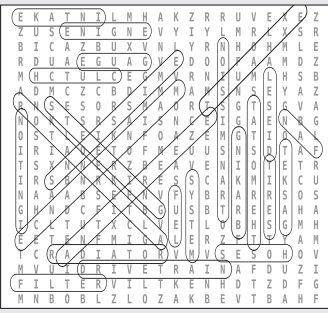
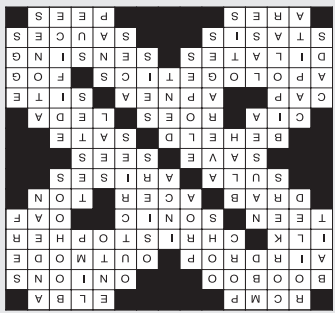


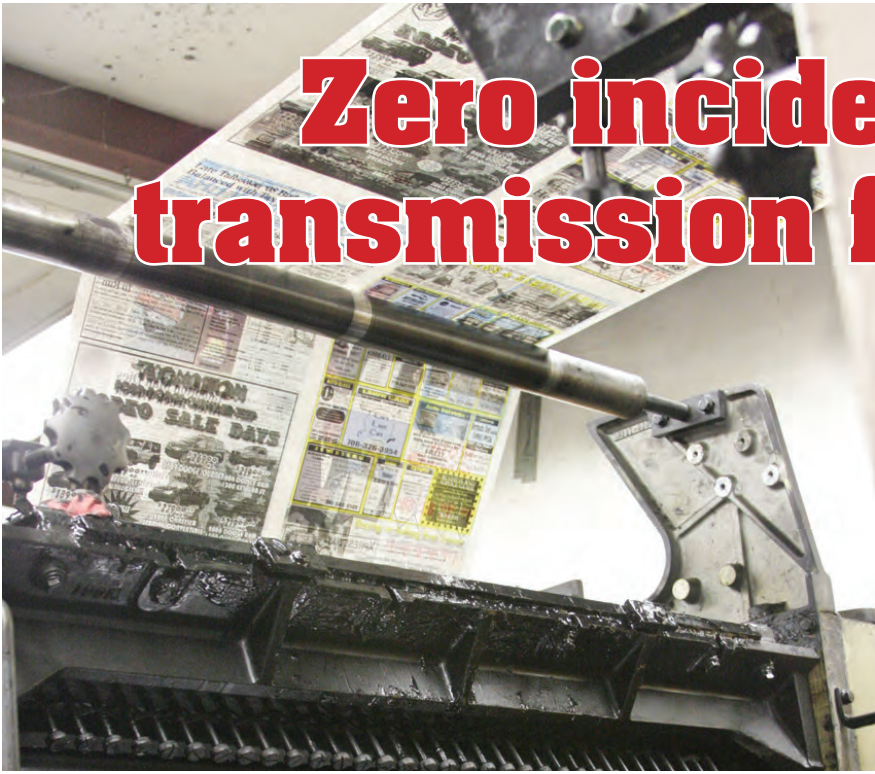
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CAR CARE WORD SEARCH

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This Week's Answers





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Mid-State Health Center Launches Remote Healthcare Visits

MID-STATE NOW OFFERS TELEMEDICINE TO IMPROVE ACCESS FOR ITS PATIENTS

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.

Patients can schedule a remote healthcare visit with their provider for many of their regular visits as well as things like flu-like symptoms,

rash and hives, and behavioral health support. Call today to see if a remote visit is the right option for you (603) 536-4000.

About Mid-State Health Center:

Mid-State Health Center delivers primary care and supportive services at both its Bristol and Plymouth offices, offering medical services,

dental services, behavioral health counseling, recovery services, and care management for the entire family. The mission of Mid-State Health Center is to provide sound primary health care to the community accessible to all regardless of the ability to pay.

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 En-

tities” 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.

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 ones eat. 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 se-

vere 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.

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Ohm Lifestyle Center boxing up services in response to Coronavirus



Ohm Lifestyle Center, the region's leading full-service, organic spa, beauty and wellness center, is packaging up massages and facials into boxes. With the Coronavirus (COVID-19) pandemic causing Ohm to cease booking appointments for the time being, Ohm is expanding on its successful subscription box program to create specialized boxes featuring all the tips, tools and products customers need to recreate massages and facials right in their own homes. Top photo: Massage Box; Bottom photo: Mom's Escape Box.



We're All In This Together.

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.

COURTESY

WOLFEBORO — Ohm Lifestyle Center, the region's leading full-service, organic spa, beauty and wellness center, is packaging up massages and facials into boxes. With the Coronavirus (COVID-19) pandemic causing Ohm to cease booking appointments for the time being, Ohm is expanding on its successful subscription box program to create specialized boxes featuring all the tips, tools and products customers

need to recreate massages and facials right in their own homes. For more information, call 603-515-9923.

"We are constantly looking for ways to better serve our clients and to meet their individual needs, and this temporary shift is about finding a new way to be there for our clients in an uncertain, challenging time," said Gayle Washington, owner and founder, Ohm Lifestyle Center. "We are all anxious and nervous about what's happening with COVID-19, and we thought by providing these boxes, we could meet a need in our community and empower our customers with the very best products and tools."

Ohm is kicking off its expanded box program this week with a "Massage Box," which features a foam roller, foot roller, 8-ounce custom massage oil, and a bottle of Chlorophyll Water. Ohm is also featuring a "Mom's Escape Box," which features a variety of products with mothers in mind. The Massage Box costs \$140 and the Mom's Escape Box costs \$100. Boxes will also feature guided tutorials and video as needed. Ohm is also building a "Facial Box" and a "Hair Maintenance Box," and will continue to build out massage boxes based on its service offerings and

customer interest. Boxes are customizable.

Through its subscription box program, Ohm practitioners hand-select premium products, including moisturizers, cleanings oils, and bath bombs, to send to subscribers. Expanding the program to create individual service boxes was a natural evolution, particularly given the current situation, regarding COVID-19 and the need to practice social distancing.

Ohm is currently taking preorders. Ohm can ship boxes anywhere in the United States.

Indicative of its five-person team's commitment to innovation and better results, Ohm Lifestyle Center is the only establishment in the northeast to offer Spinal Reflex Therapy (SRT), a cutting-edge clinical massage assessment and treatment approach in which practitioners use a thermal scanner to identify and treat exact pain points. Ohm Lifestyle Center also created 38 Senses Massage, which combines full body massage and a custom-written, individualized guided meditation.

For more information about Ohm Lifestyle Center, visit www.ohm-lifestyle.com/.

Duggan named to Dean's List at St. Lawrence

CANTON, N.Y. — Brianna P. Duggan has been selected for inclusion on St. Lawrence University's Dean's List for academic achievement during the Spring 2019 semester.

Duggan is a member of the Class of 2023. Duggan attended Prospect Mountain High School.

To be eligible for the Dean's List, a student must have completed at least four courses and have an academic average of 3.6 based on a 4.0 scale for the semester.

Founded in 1856, St. Lawrence University is a private, independent liberal arts institution of about 2,500 students located in Canton, N.Y. The educational opportunities at St. Lawrence inspire students and prepare them to be critical and creative thinkers, to find a compass for their lives and careers, and to pursue knowledge and understanding for the benefit of themselves, humanity and the planet. Through its focus on active engagement with ideas in and beyond the classroom, a St. Lawrence education leads students to make connections that transform lives and communities, from the local to the global. Visit www.stlawu.edu.





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Drivers License and references a must

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PAINTING



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(The Fair Housing Act of 1968 at 42 U.S.C. 3604(c))

This paper will not knowingly accept any advertising which is in violation of the law. Our readers are hereby informed, that all dwellings advertised in this newspaper are available on an equal opportunity basis.

To complain of discrimination call HUD toll free at 1-800-669-9777

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You may also call The New Hampshire Commission for Human Rights at 603-271-2767 or write

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MLS# 4798119
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MLS# 4798284
ALTON: Walk to Winnepesaukee! 3BR/2BA w/ vaulted ceilings, balcony & 3-car garage. **\$274,900**

MLS# 4798431
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MLS# 4796434
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Facsimile MLS# 4797240
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PARTICIPANT DIRECTED AND MANAGED SERVICES ARE LOOKING FOR YOU!!



We are looking for part time Consumer Directed Assistants to join our wonderful and growing team! These positions are available across the Carroll County Region including in West Ossipee, Brookfield, and Madison. Responsibilities include, but are not limited to; Assisting the individuals with their goals and learning adult skills as well as hiking, biking, socializing with their peers, finding volunteer opportunities in the community and creating meaningful relationships. If you are a creative individual with a great sense of humor and enjoy making a difference in someone's life, then we WANT TO TALK TO YOU!

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Candidates seriously interested in making a difference, please send a resume with phone number and e-mail address to Rhonda Vappi, Office Manager at NHS - 87 Washington Street, Conway NH, 03818, or you can fax to 603-447-8893, and email to rvappi@northernhs.org.

This position requires a valid driver's license, proof of adequate auto insurance and completion of driving, criminal and background records checks. This Agency is an Equal Opportunity Employer, and Provider. (432,446, 402)

Call our toll-free number 1-877-766-6891 and have your help wanted ad in 11 papers next week!

GILFORD SCHOOL DISTRICT Experienced Custodian

The Gilford School District is currently accepting applications for an experienced Custodian. Experience in hard floor care, general cleaning and housekeeping equipment operation, is re-quired. This is a year round benefited full time position. During the school year this is a second shift position. The Gilford School District offers a clean, safe, healthy atmosphere, and a compet-itive wage and benefit package

If you have Custodial experience, please contact: Ken Mulleavy, Supervisor of Buildings and Grounds at 603-527-1532 ext. 821 at the School District office at 2 Belknap Mountain Road, Gilford, NH 03249 for an application and additional information.

Position will remain open until filled.

Gilford School District is an Equal Opportunity Employer

Sunday
PAVING & SEALING
Wolfeboro, NH

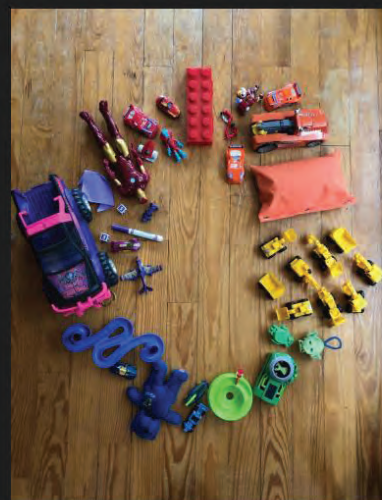
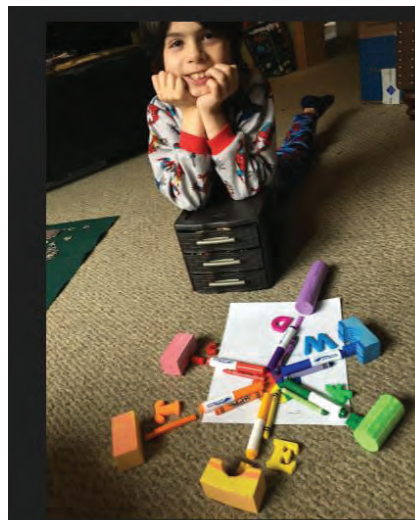
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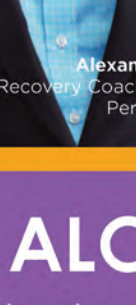


Alexander Annunziata
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