



Our Editor, Brendan Berube, following the CDC's social distancing recommendations by working from home with the help of his 'assistant,' Lola.

A good time for some good news

BY BRENDAN BERUBE
Editor

As members of the news industry ourselves, we try to keep up with current events as much as possible by monitoring other publications and watching the nightly news regularly. At this point, however, we — like many of you out there — have had it. Over the past few weeks, there has simply been too much darkness assaulting us through our television screens every night. Too many

graphs and charts depicting rates of infection, too much footage of ambulances racing through city streets, too much focus on dreary and depressing statistics reporting how many have been infected by the COVID-19 virus and how many have died. A steady diet of television news right would be enough to leave any viewer with the impression that the very fabric of our society is crumbling away around us.

SEE **GOOD NEWS**, PAGE A9

Bristol Town Offices closed to the public

BY DONNA RHODES
drhodes@salmonpress.news

BRISTOL – As part of their efforts to help “flatten the curve” of the COVID-19 viral pandemic, effective Monday, March 23, officials in the Town of Bristol have closed their town offices to the public until further notice. That does not mean that typical transactions with the town cannot still be made, only that people will need to adapt to the new temporary measures put in place for the well-being and safety of all.

“The town will still be working to serve the residents of Bristol. We intend to do our best to operate as a ‘Virtual Town Office,’” Town Administrator Nic Coates said last Friday.

Many transactions can easily be done online, by email or through the drop box outside the town offices at 5 School St. Questions residents may have will also continue to be answered by calling or sending an email to the appropriate town agency.

“Our Town Office employees will be working both remotely and on-site (in very limited numbers as necessary) but we will continue to be at your service,” Coates said.

It is “business as usual” for emergency responders such as police and fire officials, with just one request. They ask that all non-emergency calls be kept to a minimum so that their time can be better served by addressing those in real need of their services.

Public meetings for the remainder of the month, with the exception of a Plan-SEE **CLOSED**, PAGE A12

Customer loyalty a boon to hard-hit local businesses

BY DONNA RHODES
drhodes@salmonpress.news

BRISTOL – This was the sixth year in a row that Kathleen’s Cottage and Irish Pub in Bristol was voted Best in the State when it came to Irish cuisine and atmosphere. On St. Patrick’s Day 2020, however, their many fans and patrons were limited to take-out meals for the biggest Irish celebration of the year.

“It’s awful. Absolutely awful,” said co-owner Maryann Parkhurst last Tuesday as she sat in her



Maryann Parkhurst and David McCullen of Kathleen's Cottage and Irish Pub in Bristol said their St. Patrick's Day celebrations were limited to take-out meals only this year, but with that and their new bottled sauces, dressings, and clothing apparel available for purchase, they are hopeful that their patrons will help see them and their staff through this unprecedented time.

empty restaurant.

Due to the COVID-19 virus, all restaurants in the state were ordered to move their operations to take-out only on March 16. That couldn’t have been worse for Parkhurst, her co-owner and husband David McMullen, and their staff.

“We were prepping for today when word came down from Concord to close our doors,” Parkhurst said last Tuesday. “The precautions are necessary, and we understand that, but it couldn’t have come at a worse time.”

At Kathleen’s Cottage, those preparations for St. Patrick’s Day begin two months in advance. Food is ordered, Irish Dancers and bands are booked, and additional staffing is put in place to handle the large crowds.

“There’s really a lot of intricate planning that goes into this,” Parkhurst said. “This was an especially big day for our younger dancers but we had to

Martin family named state’s 2020 Outstanding Tree Farmers

BRIDGEWATER — Bridgewater’s Jon Martin, and the entire Martin Family, were recognized as the Outstanding Tree Farmers of the Year at the Farm, Forest and Garden Exposition on Valentine’s Day in Manchester. Instead of dinner out, Jon, Erin, Nora, and Ian were on hand to accept the award in front of a large crowd that included U.S. Senators Maggie Hassan and Jeanne Shaheen, U.S.



The Martin family with U.S. Sen. Maggie Hassan and Rep. Chris Pappas.

Representative Chris Pappas, and State Forester Brad Simpkins.

Jon, who is a New Hampshire licensed forester and volunteer Tree Farm inspector, purchased the roughly 248-acre property in 2007. He granted a conservation easement on about 95 percent of the property’s acreage to the Society for the Protection of New Hampshire

Forests in 2009. Among many notable features, the easement protects nearly two-thirds of a mile of frontage on the Pemigewasset River.

Jon has prepared five commercial timber harvests on the property. Depending on the harvest objectives, equipment used has ranged from conventional logging with chainsaws and cable skidders to cut-to-length harvesters and forwarders to whole-tree harvesting. In addition, Jon harvested almost all the wood needed to build the family’s home from the property and had it locally milled and kiln dried.

Although busy with work and family, Jon estimates that he spends 200-300 hours a year working on his Tree Farm. When

cancel it all.”

This year, on St. Patrick’s Day, instead of that bustling staff members, there was only a small contingency of full time employees on hand to cook, take phone orders, box up some Irish cuisine then pass it on to the those who had looked forward to a night of great food, entertainment and fun.

“We have some great customers, though. One man came in and ordered four breakfasts today, all for himself, and said he would be back for dinner later,” said Parkhurst.

Another order came from patrons living an hour away, and one local family came in to offer their services for delivery.

“People have been amazing. Many of our regular customers have been stopping by for take-out, and while we really appreciate that, it’s still only a twentieth of what would be normal on this day,” she said.

SEE **RESTAURANTS**, PAGE A9

Brewery flips business model

BETHLEHEM — Like all New Hampshire restaurants, Rek.Lis switched from a traditional brewery to a takeout service after Governor Sununu's executive order on March 16. Unlike many other businesses that had no time to adjust to the news, owners Marlaina Renton and Ian Downing had already put a plan in motion before Covid-19 upended everyone's daily routines.

"Almost two weeks ago, I sat everyone down and told them we needed to activate a plan immediately. It wasn't a worry. I just like to be prepared," said Renton.

The brewery owner said the pivotal moment for her was



stopping. It's not like there's a big bubble around America," she pointed out.

Renton said she went home and mulled over the new information, then called her core management team together the next day to run through various scenarios.

"We could only start with what we had and what we knew. We knew right away that we had to be clean and conscious of how germs are spread," she explained.

"We ran through every possible situation. What happens if they close the doors. What does that scenario look like? What happens if they say we can't have any contact, not even takeout? We got down to the point where we'd be completely shut down. We broke it down in terms of how we would take care of our team and how we, as a business, would survive it," continued Renton.

"That show took what I was feeling and summed it up. This situation wasn't like Ebola or SARS, where it stayed in other coun-

tries," she added.

After that initial think tank, the Rek.Lis team began preparations. They started to practice sterilization techniques and ordered additional paper goods for takeout.

On Sunday, March 15, Gov. Sununu announced the immediate closure of all public school systems in the state. The following day, he ordered all restaurants and bars to cease in-room dining. By Monday night, the Rek.Lis team was already in action.

"The rapid change was thanks to our incredible team that can think fast. That night, we sat around the table for two hours. We needed to look at it as a real takeout business," said the brewery-owner.

Renton continued, "Within four hours of that meeting, our team had figured out what kind of system would facilitate the change. Another four hours and they were placing orders that were delivered to our restaurant's POS system."

The first action an-

COURTESY

Sandwich boards announcing takeout and delivery service hours became a common sight in the North Country after Governor Sununu issued an executive order to cease in-room dining operations on March 16.

listening to an NPR show on the radio. "We looked at China, and then we saw it come into Italy. It was something no one was



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Please keep yourselves, your families, and one another safe during these challenging times.

BY TARA GILES
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REGION — A resident of Thornton has begun an initiative that will extend into the North Country as a way to help those in

New initiative connects homebound with volunteer grocery shoppers

need during this current coronavirus pandemic.

Sebastian Fuentes, formally of Lancaster, explained, "I started this initiative following the models already created in the Concord - Manchester area. They have a Mutual Aid plan already in place which consists of collecting volunteer information from people willing to assist other community members while we are in the middle of this global health crisis."

The mutual aid program began in Plymouth last week.

Fuentes said, "By calling (603) 728 - 4443, we can connect with already enrolled volunteers in towns like Berlin, Littleton, Whitefield, Twin Mountain, Jefferson, Lancaster, Monroe, Bethlehem, Dalton, Randolph, Gorham and Milan to do grocery shopping for our Senior North Country residents."

It began when Fuentes overheard a couple chatting about a group of seniors in the southern part of the state who were parked outside a Market Basket asking pedestrians to do some shopping for them while they were still in their vehicles.

"Speaking right through their car windows. They were afraid to go inside the store and do grocery shopping themselves," explained Fuentes.

Callers can dial the phone number and provide their grocery list.

"We then connect the volunteer closest to the caller and provide them with the address

and the list. They go to collect the money and then get the items. We drop them at the door while trying to minimize close contact with the caller," said Fuentes.


Currently, there is a team of 13 regional volunteers from different backgrounds. Some are farmers, local businessmen, lawyers, chefs, educators and food industry workers.

"We are thrilled to see community engagement. We do not get paid for this labor, we do not collect gas money, we are doing it because through moments like this is when the heart of the community shines," he added.

Most of the North Country is covered, except for Colebrook and Groveton. The program is growing and more volunteers are needed in those areas.

To be sure everyone is safe, Fuentes has a plan, and explained "One thing I've been doing is when people call me on the phone, I talk to them like a friend and make sure they are comfortable with the process. If they don't feel comfortable I find another way to do it, whether it's with the help of local law enforcement or some other agency."

He went on to say, "In times like this, sometimes you have to be willing to take a bit of a risk and I think the volunteers up here are willing to do that. Somebody needs to do it because the number of seniors in the North Country is higher than other places in the state."



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Bronson Hill’s treasured Overlook Farm conserved forever

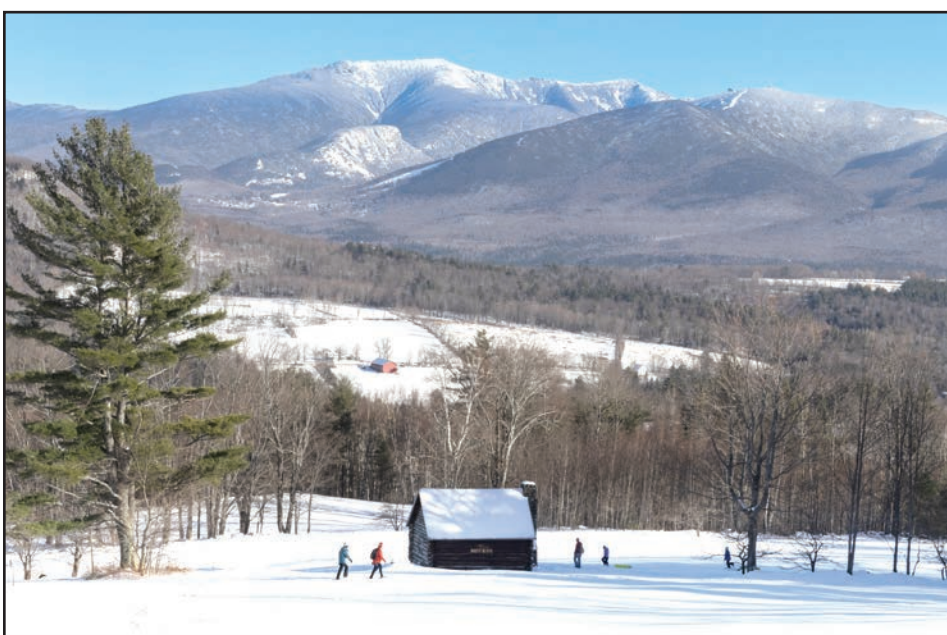
SUGAR HILL – One of the area’s most special places has been protected for all time, thanks to the generosity of the landowner.

Rufus Perkins, whose family history in the North Country goes back generations, placed a permanent conservation agreement on his 300 acres off Hadley Road and Bronson Hill with the Ammonoosuc Conservation Trust.

“I and generations of my family have enjoyed this land and cared for it,” said Perkins during the project closing at the ACT office in Franconia a few weeks ago. “To know that it will now always be in a natural and undeveloped state and available to the community brings me real satisfaction.”

The Overlook Farm property features open fields lending a spectacular and unique view of the Franconia and Presidential ranges. Set amidst the open fields is a quaint cabin built with logs salvaged from the 1938 hurricane. The property has a network of walking/XC ski trails that Perkins has worked on for years, and that ACT volunteers are now helping maintain. A state snowmobile trail also traverses the land.

The property also tells the story of the region’s agricultural past. Of the several 19th-century cellar holes, the most prominent is the old Overlook Farm house and barns for



Rufus Perkins, whose family history in the North Country goes back generations, placed a permanent conservation agreement on his 300 acres off Hadley Road and Bronson Hill with the Ammonoosuc Conservation Trust.

which the property is named. While the farm site is forested today, Sugar Hill after the Civil War was mostly open fields and pasture land. Inside the cabin hangs a watercolor of the farm, a poem praising the hills, and a narrative about the farm history and that of the cabin itself. This property was featured as an example of the region’s land use changes in “Where the Great River Rises: An Atlas of the Upper Connecticut River Watershed” (UPNE, 2009).

Overlook Farm is known to a growing number of people who’ve been introduced to it through ACT hikes and bird walks. On a recent sunny Sunday, telemark skiers swooshed down through the sidehill fields, and snowshoers trekked through the woods. Two-legged and four-legged com-

panions romped and hung out at the cabin.

“This is such a wonderful place,” said ACT Executive Director Rebecca Brown. “It’s been amazing to see more and people coming here. Protecting it so people can use it forever is an incredibly generous gift from Rufus Perkins to the entire community.”

For some, the place has been a special place for years. Inside the cabin, generations of visitors have signed a succession of guest books. Births, deaths, anniversaries, and friendships have all been noted here.

“So awesome to be back,” wrote a woman who grew up in the area. “Have come for many years, often with my father, who loved to come here. Thank you so much for maintaining this wonderful cabin and making it avail-

able to all of us. It is a treasure and a gift that is deeply appreciated!”

“It’s our 18th anniversary & second trip to the cabin,” a couple penned. “Nothing like this anywhere else we’ve been. Thank you for allowing us to visit and thank you Dave for bringing us here.”

“Our dear friend Simon showed me the cabin well over a dozen years ago,” another note reads. “There was at least two feet of fresh snow! . . . Simon passed a year and half ago. I can hear his laugh, see his smile, feel his love when I visit this cabin. This place will always be special to me.”

The Overlook Farm joins a larger area of conserved lands owned by ACT or privately owned and conserved with ACT. This complex is called the Bronson Hill Conservation Area.

It includes the 136-acre Perkins-Perkins-Porter Conservation Area, owned by Perkins and his siblings, and the Foss and MacCormack-Evelyn forests owned by ACT. Together, these lands are over 600 acres available for public enjoyment. Also nearby the Overlook Farm is the Cooley-Jericho Community Forest, with its excellent trails system. One can spend

a long day walking the trails of Bronson Hill and the CJCF.

ACT hosts hikes in summer and XC ski/snowshoe outings in the winter, as well as monthly fun and educational programs and its popular ‘Shoes & Brews. For more information about conserving land or to see our upcoming events, please visit www.act-nh.org or call us at 823-7777.

ServiceLink warns of COVID-19-related scams

REGION — Though this is a time when we, as a community and nation, should be working toward positively supporting each other in the face of a pandemic, the Senior Medicare Patrol (SMP) Research Center has alerted us to a COVID-19 fraud that is occurring across the nation.

Scammers are targeting older adults and those with serious long-term health conditions who appear to have a higher risk for serious illness from COVID-19. Fraudsters are attempting to bill Medicare for sham tests or treatments related to the coronavirus.

What can you do to stop COVID-19 Fraud?

1. Do not give out your Medicare number to anyone other than your doctor or other health care provider.
2. Never provide your Medicare number to anyone who contacts you through unsolicited calls, texts, or emails.
3. Be cautious of anyone coming to your door offering free coronavirus

- testing, treatments, or supplies.
4. Be cautious when purchasing medical supplies from unverified sources, including online advertisements and email/phone solicitations.
 5. Ignore online offers for vaccinations. If you see ads touting cures for COVID-19, they are most likely a scam. There is currently no FDA-approved vaccine for COVID-19.
 6. Do not fall for scare tactics or time sensitive offers.
- Though the Centers for Disease Control and prevention (CDC) and other public health officials may contact you if they believe you may have been exposed to the virus, they will not need to ask you for insurance or financial information.
- If you have questions about how Medicare covers costs related to COVID -19 or concerns about being scammed, please contact your local ServiceLink Office.
- Lebanon 448-1558
Littleton 444-4498

Granite United Way launches COVID-19 Relief Fund

REGION — Granite United Way is working around the clock to help people who are already experiencing hardships during the COVID-19 pandemic.

After being identified by Gov. Sununu as the resource for COVID-19 information, Granite United Way-operated 211 NH information line has already fielded 5,000 calls from concerned residents – more calls than they typically receive in a month.

Our community members are facing needs that could not be planned for - empty grocery store shelves, mothers needing formula to feed newborns, restaurant servers relying on tips but with no customers. Individuals are worried about how to survive today and what may happen tomorrow. Granite United Way has a strong and well-coordinated network of social service agencies that are equipped to help during a crisis, helping our neighbors find the resources they require. These needs come in the form of food, shelter and medical amongst others. United with our partners, Granite United Way is committed to providing access to resources that support our community during this unprecedented time.

Recognizing needs

will continue well beyond the initial crisis, Granite United Way launched the Granite United Way COVID-19 Relief Fund, with 100% of the proceeds going directly to those impacted by the pandemic.

It’s easy to give –

1. Give online at www.graniteuw.org
2. Text GUWHELPS to 41444
3. Mail a check to Granite United Way, 22 Concord St., Manchester, NH 03101

“Granite United Way has always been here for our communities - our neighbors need help now more than ever before with 1 in 4 families already struggling to afford their basic needs. We also know there will be lasting effects after this immediate crisis,” said Patrick Tufts, President and CEO of Granite United Way. “By establishing the COVID-19 Relief Fund we ensure access to critical services and help people get what they need to make it through today and tomorrow.”

Granite United Way is working with state and local leaders to address needs in real time.

“At a time of crisis, we know that aligning our work and support will be key to bolstering vulnerable individuals and

families,” said Heather Staples Lavoie, Board Chair for Granite United Way. “I am proud to serve as Board Chair for Granite United Way, an organization that is a leader in addressing the pandemic – finding real-time solutions for the short-term and planning for ways to continue that support in the future.”

As this situation evolves, Granite United Way will be sharing the most up to date information on ways to help our neighbors; visit graniteuw.org.

Granite United Way

Granite United Way is an experienced and trusted organization dedicated to leveraging the resources of investors and volunteers to create lasting change by addressing the underlying causes of our community’s most pressing needs. United Way’s purpose is to convene public, private, and governmental leaders and resources to tackle the largest, most pressing issues facing our community. Granite United Way fights for the education, health and financial stability of everyone in every community.

Each year, 1 in 3 residents of New Hampshire and Windsor County, Vermont engage with Granite United Way as a donor, volunteer or beneficiary

of a United Way-funded program. Granite United Way, the merger of 6 local United Ways, mobilizes the power of 22,000 donors and volunteers to provide more than \$14 million in support to over 350,000 individuals and provides funding to more than 750 nonprofit programs. Granite United Way is rated a Platinum level participant by GuideStar and holds a Three Star Charity rating by Charity Navigator.

Granite United Way serves the Central Region, Merrimack County, North Country, Northern Region, Southern Region (Manchester / Derry / Salem) and Upper Valley Regions of New Hampshire as well as Windsor County, Vermont. For more information, visit www.graniteuw.org.

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CADY Corner

Online resources for support in this time of uncertainty

BY DEB NARO
Contributor

We know how important it is to have support during these uncertain times. While addiction thrives in isolation, connectedness nurtures recovery. We enhance our emotional, social and spiritual wellness by surrounding ourselves with others who understand us because they share our journey.

The social distancing that is required during this COVID-19 outbreak has put a strain on families impacted by addiction. Self-imposed isolation can disconnect us from the very tools that keep us resilient and strong, making us vulnerable to fear. Fortunately, we live in a digital age where we have so many ways to connect electronically. This includes everything from e-mail to texting as well as internet message boards, social media platforms, video conferencing and an array of podcasts to name a few.

The Partnership for Drug-Free Kids offers an online learning community, hosted by specially trained parent coach facilitators and clinicians. There is no cost to join and the meetings offer education and support for parents struggling with a child's substance use. To learn more about the upcoming groups, text a specialist at 55753. They will help you navigate your journey and connect you to the appropriate resources.

In addition to online resources that local groups may offer, families and individuals in need of support and connectedness have many free online and phone-based options that include the following:

- 12-Step Online (Al-Anon and other variations are offered)
- Al-Anon phone meeting
- Allies in Recovery (membership fees apply in some states)
- Families Anonymous
- Herren Project Online Support Groups
- In the Rooms
- Nar-Anon
- Parents of Addicted

Loved Ones (PAL)

- Recovery Dharma (co-dependency groups)
- SMART Recovery for Family & Friends (CRAFT tools integrated)
- The Support Group Project

There are opportunities to connect with therapists who provide online counseling. If you or a loved one is in need of a counselor who provides online services, Psychology Today can help you locate a resource. Mental Health America is a community-based nonprofit dedicated to addressing the needs of those living with mental illness and promoting the overall mental health of all Americans. Child Mind Institute is a national nonprofit focused on helping children and families struggling with mental health and learning disorders. In addition to many great resources, they are providing daily Facebook video chats with clinicians, remote evaluations and telemedicine as well as daily tips and resources that parents can use to address COVID-19.

The National Alliance on Mental Health (NAMI) is a non-profit dedicated to supporting people impacted by mental illness. They have created a COVID-19 information and resource guide specifically for the NAMI community. If you need immediate assistance, the Crisis Text Line is open 24/7 – text NAMI to 741741.

Finally, the Disaster Distress Hotline is staffed 24/7 by crisis counselors who are able to support anyone experiencing emotional distress caused by a natural or human-caused disaster. You or a loved one can reach this hotline at 1-800-985-5990 or by texting “Talk-WithUS” to 66746. For more information about other available resources, visit our Web site at www.cadyinc.org. If you, or someone you know, struggles with substance misuse or addiction, please call 2-1-1 or the Doorway at LRG-Healthcare (934-8905) for help.



DONNA RHODES

A Merrimack family practiced social distancing while getting some fresh air at the same time last Sunday by taking a leisurely drive to Newfound Lake to inspect the ice conditions and dream of the summer months to come.

Sustainable Bristol

Some ideas for sustainable social distancing

BY LAUREN THERRIault
Sustainable Bristol

I did not expect for this weekly Sustainable Bristol article to get so serious so fast. I thought about going with the original article I wrote before the world seemed to be turned upside down. It seems uncouth to publish that now. The

truth of the matter is, we are living in uncharted territory.

Last week, I introduced our committee and our goals; this week, many people are not allowed or able to go to work or school. Many people are struggling with ways to make ends meet with limited or

no paychecks, adapting to teaching their children while they are out of school, and feeling isolated by lack of activities and social events. My hope here is to give some ideas for ways to battle all of these struggles in a sustainable way.

1. Go for a walk or a hike. The extended

weather forecast does not look great but that does not matter. “There is no bad weather, just bad clothing.” Dress appropriately and get outside. While you’re out there, bring a bag and collect some trash. It’s not your garbage but it is your planet.

2. Do some yard
- SEE **SUSTAINABLE**, PAGE A9

Letters to the Editor

Let’s help each other through this

To the Editor:

There are many things I would like to share with my fellow Bristol and Newfound area neighbors, but I skinned it down to three.

First, as neighbors, we should be helping each other during this pandemic, and many have already. If a neighbor says no today, they may need help tomorrow, so, keep reaching out. Don’t take that no as no never, but no not today, but a maybe for tomorrow. Tomorrow is always a new day and we never know what tomorrow holds for any of us. Remember, many of our neighbors have lost income and even if they get an unemployment check it is only a fraction of what they used to make. Who is our neighbor? It is the person to the left and right us.

Second, many of our businesses are financially suffering. Many of these businesses are down 50 to 80 percent, and in good times, that would force a business to close for good. They still need to pay the rent, keep the heat and lights on before they pay themselves. Don’t forget, these businesses are owned by your neighbors, and if they do not make a buck, then they do not have

a paycheck. So, if you are able, then support your local businesses and at the same time maintain that six feet of social distancing to keep this virus in check.

Third, is to have faith; this will pass. The Bible says, “and end of a thing is better than the beginning”, meaning we will be glad when this is over; but while it is still here, it is on our minds daily. Faith is also having hope, hope that encourages and sees this storm will end and we will live on. Faith is what you cannot see but will see in the future. Have faith and hope and especially love. Let’s act in faith and show our neighbors love.

Lastly, I encourage you to read and re-read the New Testament Gospel of John several times and God will show you truth, hope and love by His actions and the action Jesus did for us. Easter and Passover are right around the corner; maybe think of attending a service (if allowed) and be encouraged that God is in full control and He loves you. Afterall, He gave His only son’s life that we may have eternal life.

John Sellers
Bristol

This is not A drill

To the Editor:

The world’s global supply chain has been catastrophically disrupted by the COVID-19 virus. Because “social distancing” is critical to preventing the spread of this contagion, many businesses have closed and laid off employees. Travel has slowed to a virtual standstill. Our economy has been stilled by necessary medical measures in our battle against the virus.

In New Hampshire, we tend to cast a jaundiced eye at those in positions of leadership. That’s not a bad thing to do; when done in the right spirit, it strengthens the fabric of our society as our leaders chart a course towards greater safety, health and prosperity while sustaining our rights and freedoms. That’s my job description in the New Hampshire Senate.

I offer the following information to enable you to connect with available state resources to deal with a physical or financial crisis. I’m also sharing updates, sometimes several times each day, summarizing national and state directives and resources on my Facebook page, “Senator Bob Giuda.”

The US Small Business Administration has opened an online portal for Economic Injury Disaster Loans: <https://www.sba.gov/funding-programs/disaster-assistance>. SBA has also set up a hotline to answer questions at 1-800-659-2955.

For those 65 and older, Medicare has temporarily expanded coverage to include COVID-19 services. For information, visit the Medicare Web site at Medicare Telehealth.

Individuals who are unable to work or who have

reduced hours due to the COVID-19 pandemic will have immediate access to unemployment benefits. If your employer temporarily closes due to COVID-19; if you need to self-quarantine or are directed to quarantine at the instruction of a health care provider; employer or government official; if you need to care for a family member that has COVID-19 or is under quarantine; if you need to care for a dependent because of school closures, child care facility closures or other similar types of care programs; or if self-employed and temporarily unable to operate your business for any of the above listed situations, you are eligible for unemployment benefits. You will need to file for each week of temporary unemployment. This can and should be done online at www.nhes.nh.gov, or by calling 271-7700.

Evictions and disconnecting water, phone and electric have been stayed by Executive Order of Governor Sununu.

Please know that we are doing everything possible to save lives while trying to minimize the damage to our economy. The repercussions of our actions will affect life for some time going forward, but as always, when faced with a crisis of this magnitude, we will work together to defeat COVID-19.

Together, we will win, and together we’ll rebuild, because that’s who we are, and that’s what we owe each other.

Thanks for the honor and privilege of serving.

Sen. Bob Giuda
Warren



NORTH COUNTRY NOTEBOOK

By JOHN HARRIGAN

Something’s in the air: No, wait! Mud! Spring!

Whatever is in the air, it will have to make room for spring. The arc of the sun tells all. The Ides of March is history. The Ides of April awaits.

The snowpack is melting like mad, mimicking the glacier’s retreat, rivulets on a rush to Long Island Sound. The crows are the neighborhood thugs, chasing away the gangs of jays, pecking away at seeds on bare ground, cawing like the murder they are.

A long time ago, not an eye-blink in the long scheme of things, maybe 15 millennia ago, a sheet of ice more than a mile thick crept over northern New England and points south. Among other gigantic works--kettle-hole ponds, mountains left bulldozed like chips at a mill, scrapes on Mount Washington’s top--the tremen-

dous weight of the ice ground up rock and ledge into the fine stuff that makes mud.

Thus was born, in the shorthand version of the story, Mud Season. In a rugged, mountainous, boreal-forest country stretching across half a continent, it’s the fifth, fine, and final season of a year that begins in spring.

+++++

It is or was sugaring season, depending on where you are or where you were. With New Hampshire, you never quite know. Depends on geographical situation, and altitude. Some would say “Attitude.”

Here is an adage about the variation in climate the state offers, which I’ve rudely and crudely made into an approximation of a poem:



JOHN HARRIGAN

The mini-glacier on my front lawn, as of Sunday afternoon the 22nd, and two of the glacial erratics left by the last real one, moved by dint of hydraulics from their 15-millennia place of repose on nearby Ancestors’ Hill.

This is the state where a walker, they’d say, could leave Strawberry Banke on the First of May, and pick ripening strawberries all the way

to Pittsburg on Independence Day.

Sugaring is history for all but those sugar-bushes facing north, the last to get the spoiling taste of buds. “Aw-fpt! Buddy,” they’ll say, lips askew on a sample

of sap. Then the whole crew, the whole family, cleans everything up for next spring.

Some people so love the many different things about sugaring that they think about them all year long, even as they go about other seasonal chores, even as they’re out there making hay, going round and round, neither tractor nor mind affording a stop.

country around your place, from mine,” he wrote, and that’s just the kind of man he was, just the way I’ll always remember him, a “placed-based” guy if ever there was one.

+++++

The south side of snowbanks began melting at just about that time, on Mother Nature’s slow clock, near February’s end. The sap buckets were out just about on time, as if there were ever any such thing.

The last glacier, no one knows how many glaciers, left plenty of crops of fine rocks. And layers of gravel, some good, some not. And on some shelves and pockets, a layer of loam. And here and there, of course, fine silt, now turning to the finest kind of mud, the kind that says “Stay home.”

Or at least it used to. For early farm families, there was little choice between horse-drawn sleigh or wagon. They had to wait for the snow-roller or for the roads to dry up.

When we’ve become so accustomed to going at will, it’s a life hard imagined. Well, not so.

Hope springs eternal, and so does the carpet of green. Soon the mess that winter left behind, everything that was on top of the melting snow and laid

SEE NOTEBOOK, PAGE A9

Does humanity really end when the toilet paper runs out?

By Gary W. Moore

I have a friend since high school named Karen. She was a smart and focused student, a cheerleader... very popular but always a kind soul. We lost touch through the years but reconnected when, to her surprise, she saw my name on a book at Barnes & Noble. Karen was always engaged and helpful. Raised by kind parents, she was always one of those people who were... well, just that way.

Sunday morning, Karen rose early and headed to the grocery store in her small Michigan town. She had a plan to arrive as the doors opened and get the few items she needed and did. Toilet paper was on her list and she bought the only package left ... a package of eight rolls. She, like most of us, was surprised by the empty shelves. She bought what she could and headed out of the store and to her car. In the parking lot, she encountered an elderly man, visibly upset. Karen asked if he was okay.

“My wife and I are out of toilet paper. I’ve been searching for days. I don’t know what to do,” the troubled old gentleman explained.

He didn’t know what to do, but Karen did. She broke open the package of eight rolls and tried to give him half. He would only accept two, and was touched to tears. He didn’t have to leave empty handed because



POSITIVELY SPEAKING
GARY W. MOORE

of the generosity of Karen Tyson. She, and others like her, give me hope and optimism in a time wrought with despair and pessimism.

We still live in the richest nation in the history of the world. Is it truly necessary for some of us to survive, that others must go without?

No.

“We have nothing to fear but fear itself.” – Franklin Delano Roosevelt

When fear sets in, irrational behavior begins. Saturday, I witnessed a man and a woman struggling in the aisle of my local store over a bottle of bleach. There’s really not a shortage of bleach, there is only the fact that some bought more than they needed and left others without. The same with hand sanitizer. I’ve seen some on social media bragging about how much they have while others are driving all over town and can’t find a single bottle. I personally know of a 65-year-old man with cancer who is at high risk and can’t find a single bottle anywhere.

Being prepared is admirable, while hoarding is only selfish.

Last week, I wrote a column that I thought would be whimsical,

but by the time it went to print was not. There are people in serious need of the basics of life. No, not having toilet paper may not be life threatening, but a lack of food items and basic products for disinfection are. If you have a little to spare, please share. Call your local house of worship, food pantry, Salvation Army or any organization who can help get these into the hands of someone in need. Be inspired by the kindness and willingness to share that Karen, and many like her have displayed.

No. I am not asking you to share what you need for the survival of the next few weeks or month, but please examine your heart and ask yourself if you have a little to spare. I believe the supply chain of these items will catch up with demand sooner than later. The shelves will soon be filled again. That’s the beauty of capitalism. Just look into your heart and pantry and see, like Karen, if you can graciously give a little to help someone who is in need.

Keep your eyes open. Most people in need will never ask. Karen saw a man who

was distraught and asked him. Will you do the same? Do you have elderly neighbors? Will you stop by and check on them? See if they are in need?

Be kind ... be optimistic ... and pray.

If you have nothing to give, share a kind and encouraging word. Do not take part in the negative gloom and doom conversations. Be uplifting and encouraging in public and in private, if you are so disposed ... please pray.

We’ve always been a nation that looked out for our neighbor and pitched in to help where we can. Yes. These are unprecedented times, but we will survive then thrive. And besides ... I am old enough to brag that I have survived at least ten end-of-the-world predictions. I’m optimistic the world will survive this one too.

Gary W. Moore is a freelance columnist, speaker and author of three books including the award-winning, critically acclaimed, “Playing with the Enemy.” Follow Gary on Twitter @GaryW-Moore721 and at www.garywmoore.com.

Select Board
Town of Hebron
PO Box 188, Hebron, NH 03241

NOTICE OF PUBLIC HEARING

In accordance with RSA 32:5, I, you are hereby notified that there will be a public hearing on the Hebron town budget and warrant articles for the optional fiscal year 2020/2021.

The Public Hearing is tentatively scheduled for Tuesday, April 7, 2020 in the Community Hall in the basement of the Union Congregational Church located at 16 Church Lane at 7:00 p.m.

Per Hebron Select Board,
John W. Dunklee, Chair
Paul S. Hazelton, Vice-Chair
Patrick K. Moriarty, Selectman



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Edward Jones: Financial Focus

Know the Four Uses of Cash

It's important to have cash available for your everyday spending and the inevitable rainy day. However, you also need to develop a cash strategy that can contribute to your long-term financial success. But just how much cash do you need? And in what form? To answer these questions, it's useful to look at the four main uses of cash:

- Everyday spending – Your everyday spending includes the cash you use for your mortgage, utilities, groceries and so on. As a general guideline, you should have one to two months of living expenses available during your working years, and perhaps a year's worth of living expenses when you're retired. (The latter can be adjusted higher or lower based on your income from Social Security or a pension.) You'll need instant access to this money – and you need to know your principal is protected – so it may be a good idea to keep the funds in a checking or cash management account.
- Unexpected expenses and emergencies – If you needed a major car repair or a new furnace, or if you incurred a big bill from a doctor or dentist, would you be able to handle the cost? You could – if you've set up an emergency fund. During your working years, this fund should be big enough to cover three to six months of living expenses; when you're retired, you may be able to get by with one to three months' worth of expenses, assuming you have additional sources of available cash. You'll want your emergency fund to be held in liquid vehicles that protect your principal, such as savings or money market accounts or short-term certificates of deposit (CDs).
- Specific short-term savings goal(s) – At various points in your life, you may have a specific goal – a new car, vacation, wedding, etc. – that you'd like to reach within a year or two. Your first step is to identify how much money you'll need, so think about all the factors affecting the final cost. Next, you'll need to choose an appropriate savings vehicle. You could simply put more money in the accounts you use for everyday cash, or even in your emergency fund, but you would run the risk of dipping into either of these pools. Instead, consider opening a separate account – and tell yourself this money is for one purpose only.
- Source of investment – You can use cash in two ways as part of your overall investment strategy. First, cash can be considered part of the fixed-income allocation of your portfolio (i.e., bonds and CDs). Because cash behaves differently from other asset classes – such as stocks and bonds – it can help diversify your holdings, and the more diversified you are, the less impact market volatility may have on your portfolio. (However, diversification can't guarantee a profit or protect against all losses.) The second benefit of cash, in terms of investing, is it's there for you to purchase a new investment or to add more shares in an existing investment. In any case, you probably don't want to be too cash heavy, so you might want to keep no more than 10% of your fixed-income assets in cash.

As you can see, cash can be valuable in several ways – so use it wisely.

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Devon Sullivan
Financial Advisor
164 NH RTE 25
Suite 1A
Meredith NH 03253
603-279-3284
Fax 866-644-4169
devon.sullivan@edwardjones.com



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Towns

Alexandria

Mary Ruggirello 744-5383
sunshine_eyes51@yahoo.com

Well now, isn't this a fine kettle of fish... as my mother would say! Hope everyone is faring well, and staying safe. Please check up on an elderly neighbors, as well as those folks who might be confined otherwise. A phone call even, can bring sunshine to an otherwise dreary day.

Town

This was crossing my column in cyberspace last week, and I'm sure

it'll hold true for a while longer.

In order to limit potential exposure to our residents and town staff, we would like to encourage residents to take advantage of online services or to call the offices to see if your business can be handled over the phone.

The following items can all be done online at alexandrianh.com, through the mail and/or over the phone:

- Property Tax Payments
- Vehicle registration

renewals*For new registrations, the Governor has authorized the DMV to extend all temporary plates issued after 3/1 until 4/30/2020.

- Dog licensing
- Requests for copies of birth certificates, marriage licenses, and death certificates
- Property assessment information and tax maps
- Property tax exemption and credit forms

- Burn Permits

If you are having prob-
SEE TOWNS, PAGE A7

Mary Elizabeth Campbell, 71

HEBRON — Mary Elizabeth Campbell, 71, passed away peacefully and surrounded by the love of her children, at her home in Hebron on March 16, 2020.

She is survived by her children, Elizabeth & Wilmer Nemchick of Concord and David & Valentine Gempka of Hebron and their son, Vincent. Her extended family includes her sister-in-law, Carolyn Campbell of Pepperell, Mass.; nieces Heather Campbell of Pepperell, Mass., Melissa DiLorenzo of Ashby, Mass., Jennifer Hardy of Pepperell, Mass. and Sar-



ah Davis of Pennsylvania; and nephew Colonel (retired) Robert Campbell of Wilmington, N.C., as well as several cousins, great nieces and great nephews.

Mary was a 1966 graduate of Belmont High School in Massachusetts. She received her Bachelor's degree in English from Boston State College in 1970 and her Master's of Education in Administration/Supervision from Plymouth State University (then Plymouth State College) in 1991.

Always faithful to the call of supporting education, Mary worked at Plymouth State University for 45 years. She assisted students through advising, determining transfer credits, editing the college catalog, working with the Curriculum Committees and a lot of love. In 1997, she made her first ever deal with a struggling student – she would attend his soccer games if he worked harder on his studies. It worked, and a whole world of additional advisees was opened to her. Many of the soccer players became her surrogate children, and she would often bring baked goods to the soccer house, as well as attending many of their games (both in-state and out). Through the years, she also began working with basketball and hockey players – and supporting their athletics as they continued their studies. When asked what she did for work, Mary would smile and say “I push a lot of paper and hope I help students.” Mary also served her local school district by serving on the Newfound Area School Board for 24 years.

Mary began her fraternal journey by joining the International Order of Rainbow for Girls in Ayer, Mass. She was a Past Worthy Advisor and a Master of the Grand Cross of Color. After moving to New Hampshire in the mid 1970s, Mary became involved with Plymouth Assembly as an adult advisor. She continued this advisory role for over 30 years, to

the girls of Plymouth Assembly, Pemigewasset Assembly and the State of New Hampshire. She would attend the yearly Grand Assembly and say she had to be at her “appointed station” – the jewelry table. Mary continued her fraternal journey by joining the Order of Eastern Star. She was a Past Matron of Bethlehem Chapter and a Past Grand Representative of Maryland and North Carolina. In 2014-15, Mary was honored to serve the Grand Chapter of New Hampshire as Grand Electa – a story that was dear to her heart, as it emulated the mother; being charitable and loving.

The role of Mother was the most important role of her life. Everything she was and everything she did was in loving care of her children, no matter if they were her children by blood, marriage, fraternal or the students she served. Mary made no distinction between them and the amount of love she expressed to them. To her very last days, she epitomized what every child wanted from a mother: love them unconditionally, believe in them and be proud of what they accomplished and what they could accomplish.

A celebration of life will be held on Sunday, June 21, 2020 from 11 a.m.-3 p.m. at Merrill Place at Plymouth State University (14 Merrill St., Plymouth, NH 03264), with a combined Eastern Star and Rainbow service to be performed followed by love, laughter and stories from family and friends. Mary will be cremated and returned to Marblehead, Mass. to be buried with her parents at Waterside Cemetery, in a private ceremony.

In lieu of flowers, the family welcomes donations to these educational scholarships: Mary Campbell '91G Endowed Scholarship at Plymouth State University, which can be sent to Advancement Services, MSC 50, 17 High St., Plymouth, NH 03264-1595 or given online via go.plymouth.edu/campbell (check payable to Plymouth State University, write scholarship name in memo) or NH Rainbow Scholarship fund which can be sent to Lisa Britko 307B, Amherst St., #128, Nashua, NH 03063 (check payable to NH Grand Assembly, write scholarship name in memo). To leave an online condolence, please visit www.mayhewfuneralhomes.com.



March 19, 2020

Dear Community Members:

Each day brings new challenges in our efforts to mitigate the COVID-19 outbreak, and its impact on our community. We understand the anxiety and stress you and your families are experiencing; from shortages of food and supplies, school closures and potential job losses to fear of contracting COVID-19. The best way we can support you is to provide the care you and your family need, and doing so in a safe manner.

For that reason, we have made some important temporary changes at Speare to protect our patients and employees from exposure, but also to preserve the testing supplies and protective equipment necessary to care for those ill with COVID-19. A summary of those changes follows.

VISITOR POLICY

Speare has instituted a restricted visitor policy. Only the following visitors will be allowed into the hospital.

- Only one healthy birthing partner will be permitted for Maternity patients
- Only one healthy visitor may accompany a patient to our Oncology Department
- Only one healthy parent or guardian will be permitted for Pediatric patients
- Only one healthy person at a time for patients at end of life
- Anyone bringing patients for outpatient services or an appointment in our physician practices will need to drop off and pick up the patient; not attend the appointment with the patient.

ENTRANCE RESTRICTIONS

Entrances to the hospital will be restricted to the following

Hospital Main Entrance
Monday-Friday: 6 AM - 5 PM
Weekends: Closed

Emergency Department Entrance
Monday – Friday: 6:30 AM - 7:00 PM
Weekends: 7:00 am - 7:00 PM
Ambulance Entrance to be used all other times

Entrance to Boulder Point
Main Entrance Monday – Friday 8:00 AM – 5 PM

PATIENT AND VISITOR SCREENING

- All patients and visitors of Speare Memorial Hospital, Boulder Point and our other off-site locations will be screened for signs and symptoms associated with COVID-19.
- If you are a visitor and screen positive because of recent travel or illness, we must respectfully ask you not to enter our facility.
- If you have a scheduled appointment or seek medical care and screen positive because of recent travel or illness, you will be given a face mask and directed to the appropriate location.

DELAYING ELECTIVE SURGERIES AND PROCEDURES

We are delaying some elective surgeries and procedures amid the evolving COVID-19 situation. Staff are reaching out to patients who are scheduled for surgeries or procedures that meet the criteria for the delay. Patients should contact their provider if they have additional questions.

VOLUNTEER PROGRAM, REHABFIT AND USE OF CONFERENCE ROOMS

We have temporarily suspended our Volunteer Program as well as the use of our Conference Rooms by outside groups. RehabFit will closed until further notice.

RESOURCE LINE AND WEBSITE

We have implemented a resource line for our community. The number is 603-238-6464. There is an automated message with up-to-date information, and the ability to speak with someone if you have further questions. We will continually update our website for pertinent COVID-19 information and updates on Speare's related actions.

These changes have been implemented in an effort to support public health efforts to curb the number of COVID-19 cases. Our decisions are not made lightly or without an awareness of the impact they may have on you. We truly appreciate your understanding and patience; and are grateful for your support as we confront this outbreak together. We will be sure to keep you informed as this situation evolves. Please check our website for up to date information www.spearehospital.com.

Sincerely,

Michelle L. McEwen, CPA, FACHE
President/CEO

How to Submit Obituaries & Announcements To Salmon Press Publications

Obituaries and Announcements of special events such as weddings, engagements, and anniversaries are published **FREE OF CHARGE** in any/all Salmon Press newspapers.

Obituaries can be sent to:
obituaries@salmonpress.com

Wedding, engagement, and anniversary announcements are welcome at:
weddings@salmonpress.com

Photos are also welcome, but must be submitted in jpeg format.

*Please contact Executive Editor
Brendan Berube at (603) 279-4516, ext. 111
with any questions regarding
the submission process.*

Towns

FROM PAGE A6

lems locating information on our website, we can assist you over the phone. The Town Clerk can be reached at 603-744-3288 and the Selectmen's Office at 744-3220. Welfare assistance will be done on an appointment only basis.

If you need to come into the town hall, we ask that you limit the number of people that enter. If there are already people in the lobby, we request that you please wait outside or in your vehicle.

We apologize for any inconvenience that this may cause, but we are doing the best we can to provide service to you in a safe manner.

Alexandria UMC

We are holding church services via ZOOM. If you have any questions, please feel free to call or text Pastor Faith at 491-4028. You may also email her at faithgreene83@gmail.com.

The Community Dinner is cancelled for April. I, for one, will miss the cheerful companionship, but it's better to be safe than sorry. Hopefully we'll see each other in May and enjoy a tasty meal!

I'm off for another adventure with you know who! Be safe if you have to travel. Most important, be patient and be kind in your words and deeds.

Bristol

Al Blakeley
adblakeley0@gmail.com

There are many changes going on as I write this. They involve businesses closing down completely after being open temporarily or for only certain services, changes in where folks can be, how many can be in any one place or if any are even allowed in some locales. We face many challenges with this virus that threatens our daily lives and I'm sure there will be more to come. However, I feel if we all pay attention to the fact we do not want to cause anyone any harm through our own actions or lack of action, that we will use our common sense and pay attention to what we are being directed to do by medical and safe-practice authorities, we will be sure to protect one another and get through this. Hear-say seems to be the danger here. We need to pay close attention to medical authorities. Following their guidelines is key to keeping healthy and safe-guarding the safety of those around us.

The deadline for those wishing to have events included in the Newfound Lake Region Events Brochure for Summer of 2020

is April 3. Contact TTCC for information.

The Bristol Historical Society will hold its 2020 annual meeting on Tuesday, March 31 at 7 p.m. at the Minot-Sleeper Library. Following a short business meeting, there will be a presentation of "Old Stories of Bristol." The Society will have a few stories to share and we invite others to share stories they may have. NRHS senior, Evelyn Cutting, will talk about her senior project which has involved collecting stories and creating a website.

The second event scheduled for 2020 is a fashion show at the Historic Town Hall on Sunday, April 19, at 2 p.m. Nancy Spears of Imagine will showcase some of her latest spring attire. This is a free event and all are welcome.

Copies of the 2020 brochure are available at the MSL and the Town Office building. The Society welcomes new members and is looking forward to a busy season. The museum will open in June and is always available upon request. For more information call 744-2751.

The Minot-Sleeper Library is no longer accepting items in the library's return box outside the front entrance. They are asking that you please hold on to books, movies, or other items to be returned until the library re-opens.

Many folks have enjoyed the firemen reading the books for the children. A big thank you to them.

I am not posting very far ahead until I hear that there are no more postponements or cancellations. This is a very difficult time to make predictions very far in advance, so we will play it safe and let you know when things start to get back to 'normal'. In the meantime, I hope you all do what you can to make things better for you and others and keep as involved in our community as much as you can or care to. I thought the roadside clean-up was a good idea and plan to do my part in that. If you have any other suggestions, maybe you could forward them to my email above and I could include those.

All the best to all of you. May we continue to make efforts to get back to where we should be, enjoying the beautiful spring weather and taking part in the rejuvenation of traditions.

Groton

Ruth Millett 603-786-2926
rem1752nh@gmail.com

COVID-19 is a concern for everyone and the Town of Groton is here for our residents. Below

are some numbers to call and information/links regarding COVID-19.

Below are some important numbers to call regarding COVID-19:

- 2-1-1: Groton Residents with general questions on COVID-19 should call 2-1-1. When you dial 2-1-1 you will reach a phone menu, please select the 'COVID' option to reach a live operator. The line has been very busy so please expect to wait to reach an operator.

- DPHS: During the day, call 271-4496 (office hours from 8:30 a.m. to 4:30 p.m.) or 271-5300 (only after hours): Groton Residents that need to immediately report any suspect cases of COVID-19 (via exposure or travel) should call DPHS. You should expect to leave a message with an operator or leave a voice mail. Again, these lines have been very busy so it may take a few hours for someone to return your call but they will.

- Your PCP/Health Care Provider: Groton residents who are sick and showing symptoms such as cough, fever, tiredness, difficulty breathing should call their PCP/health care provider. They do not want you to go to the office and want you to call first. If you do not have your own PCP/health care provider, please call urgent care and explain your symptoms. For emergencies call 9-1-1.

The Town of Groton 744-9190 (Mon-Thurs 8 a.m. to 4 p.m.): Groton residents that are in need of services for food, supplies, getting to appointments, getting groceries, etc. please call the Town of Groton and we can either direct you to a local service or set up assistance for you through the Town.

Please check the Groton Town website for any updates concerning meetings or changes in office hours. For the time being the Town Clerk/Tax Collector office and the Select Board Office are open. If there are people at the window please observe a 6-foot distance from others. We will be sanitizing regularly all knobs and surfaces.

Thank you.

INVITATION TO BID

The Town of Groton is soliciting engineering bids for the NBRC Grant/Sculptured Rocks Road project for reclaiming, paving, ditching, underdrain and culvert work. This project is for approximately one mile of road starting at the beginning of Sculptured Rocks Road to right after the State Park. A site visit will be conducted on Monday, March 30 at 9 a.m., meeting first at the Town House for anyone interested in bidding on the project.

More information regarding the project is available at the Town Office (754 North Groton Rd). Please contact the Town at 744-9190 or select-

men@grotonnh.org for more information. Bid submissions are due by 4 p.m. on Monday, April 20, and may be submitted via email at selectmen@grotonnh.org or by regular mail.

AVITAR
INSPECTIONS/
VISITS

Avitar will be in the area for the next few weeks beginning March 18 to do inspections and site visits. Their vehicle should be marked with Avitar on the side.

In light of the Governor's announcement regarding the State of Emergency and School closures, Avitar has felt the need to be proactive and safe. Given the contracts they have in place, they still need to work and keep on schedule as much as possible. Their field staff are still out in the field working; however, they have been advised not to enter properties for interior inspections. They will still visit, knock, step back and gather information from the taxpayers at the door and continue on with any exterior work needed. This is in line with the CDC recommendations regarding avoidance of close contact. If taxpayers are sick, please be advised not to open the door at all. They will be sending letters at a later date to complete interior inspections where needed. The safety of their staff and all taxpayers is one of their top concerns and they will work diligently to ensure everyone stays as safe as possible. They recognize that they

may encounter children home alone or with their parents and want to get the word out regarding their protocol. If this pandemic continues, this may alter how they handle the informal hearing process for those towns with updates/revaluations this year, as well. They will post updates as they occur on their website and send further notification if and when things change.

Scheduled Meetings
and Closures for the
Town of Groton:

Select Board Work Session – Tuesdays, April 7 and 21, 5 p.m. at the Town House

Select Board Meeting – Tuesdays, April 7 and 21, 7 p.m. at the Town House

Planning Board Meeting – Wednesday, March 25, 7-8 p.m. at the Town House

Select Board Office will be closed, March 30. Working off-site.

Hebron

Bob Brooks
hebronnnews@live.com

Important message
regarding trash
pickup

On Wednesday, March 4, the State of NH Department of Transportation posted the roads with the restricted weight limit. What this means for Hebron residents - the curbside collection services will cease until this weight restriction is

lifted. The Hebron Select Board worked with the State of NH Department of Transportation on an exemption for the Casella Waste truck to be able to travel North Shore Road to Cooper Road and park at the Hebron Highway Garage on Town Shed Road. The Casella truck will be at the Highway Garage from 7 a.m. until noon starting on Monday, March 9. Please bring your trash and recyclables to this location. If the times does not work for you, a Bristol Transfer Station permit can be obtained from the Town Clerk or the Select Board Office. The Bristol Transfer Station is open Monday & Wednesday (7am-4pm), and Saturday (8am-4pm). Thank you in advance for your patience and cooperation in this matter. Updates will be posted on the town website, at the Town Office Building, and the bulletin board at the Hebron Post Office.

Filing Period for
Town Elected
Positions: March 25
to April 3

Registered voters who would like to file for town-elected positions to be voted at the May 12, 2020 town election must file a Declaration of Candidacy with the Town Clerk between Wednesday, March 25 and Friday, April 3.

At this time, the Town Office building is closed to the public in response to the COVID-19 situation.

A candidate may file
SEE TOWNS, PAGE A8

Local Food Drive
Initiative Continues



Warm Someone's
Heart in these
challenging
times



FOOD
PANTRY
DONATIONS *Still* NEEDED

Please check with your local food pantry for a list of ways you can donate and to help a family in need.



At Your ServiceNH
Waste & Recycling

\$300
7 DAY RENTAL
15 Yard Stump &
Brush Dumpster

15 Yard ~ \$450.00 Includes up to 2 tons
2 Week Rental

Clean out the...
Garage • Shed • Attic • Man Cave

Common Uses...
Construction • Renovations • Roofing Debris • Demolition

Curbside Trash Services

WEEKLY • BIWEEKLY • MONTHLY SERVICE
96 Gallon Tote Service Included
No Separation Required
Local Family Owned & Operated
No Contracts • No Hidden Fees

Doorstep Service also available call for Quote

Call 603-986-8149 today to talk trash Or visit our website www.AtYourServiceNH.com

THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alexandria	35 Perkins Hill Rd.	Mobile Home	\$120,000	Matthew G. Russell	Kyle P. Tucker
Alexandria	76 Thissell Rd.	Single-Family Residence	\$209,000	Robert Henshaw	Shannon B. Meaney
Campton	Hemlock Hill Road (Lot)	Residential Open Land	\$22,533	Mark A. Spencer	Joshua D. Johnston
New Hampton	295 Pinnacle Hill Rd.	Single-Family Residence	\$250,000	Pamela K. Prince and Natalie C. Evans	William and Taylor Thalheimer
Thornton	1831 NH Route 175	Single-Family Residence	\$369,000	Jerel A. Benton	Pamela K. Prince
Thornton	58 Northpointe Rd., Unit 2	Condominium	\$104,000	Tina m. Finegan	Robert A. Most
Warren	3 Weeks Rd.	Single-Family Residence	\$339,533	Daniel L. and Rose Ferrara	Douglas D. Gould
Waterville Valley	Golden Eagle lodge Condo, Unit 328	Condominium	\$75,000	Nancy A. Marchiso RET and Mark R. Peucker	Todd Mason-Bennett and Marcy Henderson-Bennett

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.

MARK ON THE Churches

MARKETS

Crazy times



BY MARK PATTERSON

March 9 marked the 11th anniversary of the bull market that has ended. Just like I have written about in the past, everything regarding the economy and the markets seemed to be full steam ahead. But just like October 1987, the decline sort of blindsided everyone.

The fear in the markets feels a lot like 2008-2009, which was the time that the 11-year bull market began. It appears all asset classes were getting hit. Obviously, equities or stocks took a big hit and investment-grade corporate bonds, high-quality municipal debt, gold and especially oil which got smashed all took a big decline from what had been an ideal situation for the stock and bond markets. Good growth in equities compounded by low interest rates which is great for bonds or bondholders is the perfect combination.

See, in 2008, the markets started to weaken and we had some bad days, but we had some good days as well, but we knew that we had systemic problems with the underlying mortgage market which created a liquidity crunch in all capital markets. But what started as a virus from China, compounded with the Saudis and the Russians dumping oil onto the world market, driving the price down, has created a very substantial correction. Many times, corrections in the equity market don't bleed over into other asset classes. But this one, just like 2008-2009, has, in fact crossed over to most all asset classes.

The other fallout from all the retail, restaurant and business closings will surely put us into re-

cession and obviously increase the rate of unemployment. So, recession is just part of the business cycle, and this recession could be mild and brief or if the fallout from all the closures could create a systemic issue rather than a black swan event that while shocking can be typically recovered from quickly. Our society is now living a very different life, with less human interaction and fear of contracting the virus. We hoard toilet tissue and hand sanitizer and sell assets below their values which perpetuates even more fear and panic selling which is not good for anybody except those who are willing to step in and buy those assets at fire sale prices. When people's retirement accounts are doing well, we tend to spend money. This is known as the wealth effect, conversely when those same people's investment accounts are not doing well, we slow down our rate of spending which in a chain reaction slows the economy, creates higher rates of unemployment which self-perpetuates more reliance on the government. It is times like this that the government must work with business to innovate vaccines and produce the necessary equipment for our hospitals and healthcare workers, so they are able to do their jobs. That is what is so great about our country, we have the best and brightest and let me add, most generous people on the planet.

On a personal note, if anyone would like to explore doing business with our company, we have the capability of videoconferencing, DocuSign, and other media that allows us to meet and do business without exposing each other to unneeded risks. I have also ceased doing workshops in public, and have started webinars which times are located on our website, MHP-Asset.com

Mark Patterson the portfolio manager that can be reached at 447-1979 or Mark@MHP-asset.com.

Ashland Community Church

Real Church. Real People. Real Simple.

Ashland Community Church is located at 55 Main St., on Route 3 in Ashland (across from Bob's Shurfine Market). Parking is available next to and behind the church.

Pastor: Ernie Madden
Worship Pastor: Aaron Stout
Phone: 968-9464
Email: accernie@hotmail.com
Website: ashlandcommunitychurch.com

Sundays: 10 a.m. Worship – Come as you are! Casual, welcoming atmosphere. Coffee and snacks are available in the back of the worship center.

Aug. 18 – September 15 Teaching Series: "I Love My Church!"

Toddler Zone (for infants – five years old) is led by Kara Hamill and Kid Zone (for K-6th grade) is led by Debbie Madden. Both programs are available during the entire worship service. Our greeters will be glad to direct you to and introduce you to our leaders.

Small groups: We also offer adult small groups that meet in various locations on Sunday, Tuesday, Wednesday, and Thursday evenings. Please contact our pastor, Ernie Madden, for more information about our small groups program.

New Women's Ministry: A women's

group will be starting this fall the 1st and 3rd Thursday of each month beginning October 2019.

It is our desire to help you understand God's incredible grace, mercy and love. We believe you will love Ashland Community Church. We are a friendly, welcoming, loving, and caring church.

You don't have to dress up. You don't have to be any particular age. And please don't feel the need to pretend about anything. Ashland Community church is a place where God meets seeking people who are far from perfect. That means everyone is welcome, no matter where you are on your spiritual journey. We believe you'll find what you are looking for here. You'll learn how to relate to God. You'll experience a Christian community. And here's the big thing – you will change. Join us each week as we seek God together. Just come as you are! (No perfect people allowed!)

If you have any questions, please don't hesitate to contact our pastor, Ernie Madden, at 968-9464 or accernie@hotmail.com.

We look forward to seeing you soon!

Plymouth Congregational UCC

You are invited to join Pastor Mike Carrier for worship at 9:30 a.m. via our Facebook Page when we will be live-streaming our morning service. The

Sunday Bulletin for this service as well as videos and Bulletins from past services can be found on our church's Web site at www.uccplymouth.org.

In order to protect everyone's health and safety, we have made the decision to suspend all gathered worship services and meetings until further notice.

How do I access the church's Facebook Page? You can find our Page by searching for "Plymouth Congregational United Church of Christ Plymouth NH." "Like" the Page and you will receive notifications when the weekly service goes live! Missed something? Scroll down to the date of the service or program you missed. It is all there!

Feeding Our Children Together

From the start of this school year, we have been providing 3,000 calories to food insecure children in the Head Start Program and to Plymouth Elementary School so that they will have enough to eat over the weekend. We are currently working with our partners to support the needs of these children while the schools are closed.

PCUCC is a vibrant community of faith that is welcoming, theologically progressive, socially liberal, open and affirming, inclusive and enthused about sharing Christ's love with the world. Please visit our Web site at www.uccplymouth.org.

Checklist: six-year term

- Auditor: two-year term
- *Per RSA 669:19, candidates who file on the last day of the filing period must do so in person. Please contact the Town Clerk with any questions (744-7999 or clerk@hebronn nh.org).
- Thank you, Tracey Steenberg, Town Clerk Town of Hebron

Public Hearing Town Budget/ Warrant Articles Tuesday, April 7, 7 p.m.

In accordance with RSA 32:5, I, you are hereby notified that there will

Restoration Church, Plymouth (Assemblies of God)

Greetings from Restoration Church Plymouth, located at 319 Highland Street, Plymouth, NH 03264. If you do not have a home church we invite you to come and join our warm and friendly family here at Restoration Church. Please feel free to contact us at hello@restorationchurch.cc. Our church phone number is still the same, 536-1966. Our schedule has changed to the following:

Sunday: 10:30 a.m. Morning Service
Monday: First and third Monday of the Month
Noon-2 p.m. Helping Hands Food Pantry
Friday: Second Friday of the month
6 p.m. Food, Fun, Fellowship

On Sunday, Nov. 5, 2017, we officially launched as Restoration Church Plymouth. More details about this service will be included in the next article. We also started a new series entitled, Stories. We will be continuing this series this week as well. We have our own worship team during our services in our auditorium and then we watch as a Pastor Nate Gagne preaches via video during our service.

Our Mission Statement: Just One More!

Everyone is welcome to all of our services. The church is handicapped accessible on the east entrance.

be a public hearing on the Hebron town budget and warrant articles for the optional fiscal year 2020/2021.

The Public Hearing is tentatively scheduled for Tuesday, April 7 in the Community Hall in the basement of the Union Congregational Church located at 16 Church Lane at 7 p.m.

Per Hebron Select Board,
John W. Dunklee, Chair
Paul S. Hazelton, Vice-Chair
Patrick K. Moriarty, Selectman

Stay well everyone!

Towns

FROM PAGE A7

by mail, email, fax, or in person from 3-5 p.m. on Friday, April 3.*

Ways to return your signed Declaration of Candidacy form:

- By mail: Town Clerk, PO Box 55, Hebron, NH 03241. Please be sure to allow for adequate mailing time. The last day to receive a candidacy form in the mail is Friday, April 3. The envelope must be postmarked between March 25 and April 2 (file in person if on April 3).
- By email: clerk@hebronn nh.org
- By fax: 744-5330
- In person on Friday,

April 3 between 3-5 p.m.: please contact the Town Clerk by email (clerk@hebronn nh.org) or by phone (744-7999) to schedule an appointment.

You may download the Declaration of Candidacy form by selecting this link: Candidacy Form

- Town-Elected Positions Available
- Selectman: three-year term
- Treasurer: three-year term
- Library Trustee: three-year term
- Trustee of Trust Funds: three-year term
- Town Moderator: two-year term
- Supervisor of the

FROM PAGE A1

FROM PAGE A2

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FROM PAGE A5

FROM PAGE A1

FROM PAGE A1

or lori@salmonpress.news



Summer Camp

The Boys & Girls Club of the North Country is a fun, safe, positive place for your child to spend time at this summer. Action-packed activities inspire creativity, build character and provide academic enrichment. Not only will your child participate in field trips and swim lessons, they will also enjoy learning archery, bike riding, and gardening. Our summer program is an affordable way for kids to make friends, learn new things and just have fun!

When: June 22nd—August 21st
7:30am—6:00pm

Ages: 5-15 years old

Costs: \$125/week or \$25/day

- WEEKLY FEE includes field trip, swim lessons and open swim sessions
- DAILY FEE does not include field trip cost of \$20. Daily fee does include swim lessons and open swim

Pre-registration Required
To register, email sara@bgcnorthcountry.org
Space is limited, sign up today!

WEEKLY FIELD TRIPS • ARCHERY • GOLF • GARDENING • SWIMMING • HIKING • 40K • OUTDOOR SURVIVAL • BIKE RIDING • DND • TEEN ROOM • ARTS & CRAFTS • TECH CENTER • BOOK CLUB • SCIENCE FUN • GAMES ROOM

www.BGCNorthCountry.org • 603-838-5954 • 2572 Route 302 Lisbon NH 03585

BGCNC Camp is not a school sponsored activity

5 reasons why summer camp is a good choice for kids

Summer vacation offers students a respite from lessons and the routine of school. Children might once have eagerly awaited those final days of classes so they could lounge poolside, skip rocks across ponds and spend the long days of the season playing with friends. But many of today's youngsters spend much of their summer vacations indoors playing with their digital devices.

Perhaps that's why one of the last vestiges of the classic summer vacation escape — summer camp — remains such a viable option for parents who want their children to get outdoors once the school year ends.

Although kids needn't be in camp all summer

long, a week or two can benefit campers of all ages. The following are five reasons why summer camp might be the right fit this year.

1. Explore talents. Summer camps help young people explore their unique interests and talents. Under an organized, yet often easygoing, camp schedule, kids can dabble in sports, arts and crafts, leadership, community support, and so many other activities that may not be fully available to them elsewhere.

2. Physical activity: Lots of camps build their itineraries around physical activities that takes place outdoors. Campers may spend their time swimming, running, hiking, playing sports, climbing, and so much more. This can be

a welcome change for kids accustomed to living sedentary lifestyles. Regular physical activity has many health benefits and can set a foundation for healthy habits as an adult.

3. Gain confidence. Day and sleepaway camps offer campers the opportunity to get comfortable in their own skin. Camps can foster activities in self-esteem by removing the academic measures of success and fill in with noncompetitive opportunities to succeed. Campers learn independence, decision-making skills and the ability to thrive outside of the shadow of their parents, siblings or other students.

4. Try new things. Camp gives children the chance to try new

things, whether that's learning to cook, exploring new environments or embracing a new sport or leisure activity. Opening oneself up to new opportunities can build character and prove enlightening for children.

5. Make new friends. Camp is a great place to meet new people and make lifelong friends. Campers flood in from areas near and far. This provides kids with a chance to expand their social circles beyond their immediate neighborhoods and schools.

Camps benefit children in a variety of ways. Lessons learned in camp can strengthen values, build confidence, develop coping mechanisms when adversity strikes, and enable campers to make lifelong friends.

summer INSTITUTE

TILTON SCHOOL

July 7 - 27, 2020

Ages 10 - 17

Tennis Anyone?

Youth Tune Up Camp	Youth Tennis Camp
\$45 Residents \$55 Non-Res	\$55 Residents \$65 Non-Res
(per session)	(per session)
Session 1: June 29, 30 & July 1	Session 1: July 6, 7, 8
Session 2: July 13, 14, 15	Session 2: July 20, 21, 22
Beginners: 4:00-5:30 pm	Beginners: 8:00-10:00am
Intermediate/Advanced: 5:30-7:00pm	Intermediate/Advanced: 10:00-am-12:00pm

Camps include instruction, fun and a camp t-shirt
(if make-ups are needed they will be scheduled on the Thurs and Fri of that week)

Adult Clinics & Lessons

\$15 Residents	\$25 Non-Res
Intro to Tennis Clinic: July 6: 6-7:30pm	
Hone Your Skills Clinic: July 20: 6-7:30pm	
Adult lessons are available upon request	
Private lessons also available upon request	

Registration opens April 15

Tennis Camps & Clinics are weather permitting and take place at Kraine Meadow Park on Playground Drive, Moultonborough. Classes are limited, so contact our office & sign up early!

Moultonborough Recreation Dept.
10 Holland St. PO Box 411
Moultonborough, NH 03254
603-476-8868
www.moultonboroughnh.gov

DISCOVERY TRACKS

 Aerospace and Flight	 Video Game Design	 Design and Build
 AI and Robotics	 Cinematography and Videography	 Storytelling through Photography
 Farm-to-Table	 Business and Entrepreneurship	 Theater Arts

FINANCIAL AID AVAILABLE!

Visit www.tiltonsummer.org for more information.

MOULTONBOROUGH RECREATION DEPARTMENT

SUMMER DAY CAMP

2020

Weekly Sessions available from June 29 thru August 14

Have Fun Today...

Another Summer of Fun!

Sessions & options for everyone!
Registration opens April 15th!

Happy Campers
Ages 5-7 Grades K - 2

REcking Crew
Ages 8-12 Grades 3 - 7

Full Day: 8:00am— 4:00pm

Extended Day:
7:30-8:00am
& 4:00 – 5:30pm

Half Day Options:
8:00am - 12:00pm or
12:00pm - 4:00pm

DAY CAMP OFFERINGS

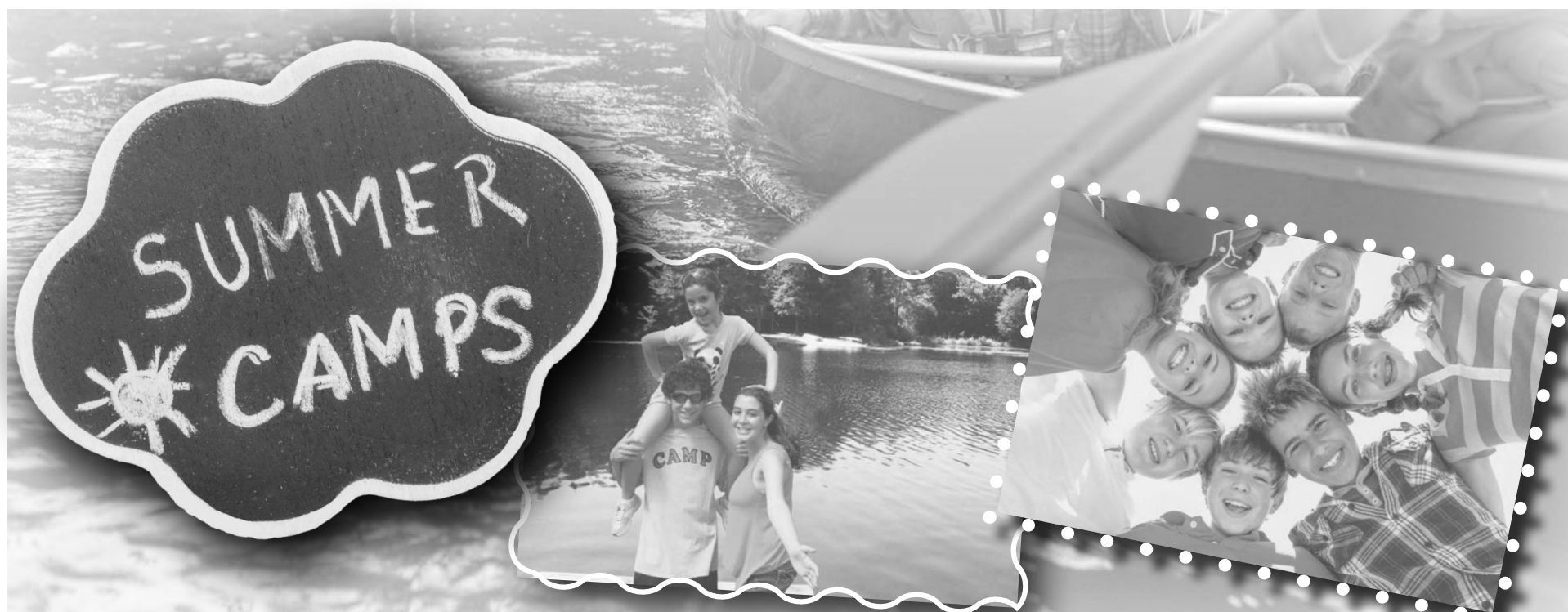
- One central location
- Games of all kinds
- Wednesday Field trips
- Foam Day
- Game Room
- Snacks
- Indoor Space
- Food Days
- Splish Splash Fun Days
- Arts & Crafts
- Sports
- & More!

Trip Based Teen Program:
Ages 12-15 June 30 - Aug 6

Going on vacation? No Problem!
Choose when you have Fun...

Parents have the option to sign their kids up for weekly sessions!
You choose which weeks your child goes to camp!
The registration deadline for all sessions is Thursday, June 11.

MOULTONBOROUGH RECREATION DEPARTMENT
603/476-8868
www.moultonboroughnh.gov



Factors to consider before choosing a summer camp

Adults often look back fondly on their childhood experiences at summer camp. Camps can provide the opportunity to form lifelong friendships and discover rewarding hobbies that can enrich campers' lives for decades to come.

Choosing a summer camp is no small task, as the options at families' disposal range from overnight camps to weekday afternoon camps to camps that specialize in certain programs, such as music or dance. Cost also is likely to factor into families' decisions, as the American Camp Association notes that cost can vary greatly depending on which camp families choose. For example, the ACA notes that the average daily fee

at a resident camp is \$85, while the same fee at a day camp is \$43.

When looking for a summer camp for kids, families should make the decision together. Kids should be involved in the selection process, as they're more likely to have an enjoyable camp experience if they had a say in where they will be spending their summers. The following are some factors families should consider as they look for summer camps, courtesy of the ACA.

Kids' interests

The ACA urges parents to consider the child's interests and personality before choosing a summer camp. Parents might want their children to attend the same summer camp they vis-

ited as youngsters, but each child is different. Just because mom and dad liked a particular camp does not mean their children will. The ACA notes that summer camps should align with children's interests and maturity level.

Locale

Locale may only be a consideration for families considering overnight camps. Kids will likely be familiar with the locations of local day camps, but overnight camps might be set in mountain ranges, near the ocean or environments less familiar to youngsters. Kids who love the ocean

might benefit from oceanfront camps that focus on marine biology, boating or other activities involving the water. In the same vein, youngsters who like camping and hiking might be more likely to embrace camps located in mountainous regions.

Session length

Camps may last as little as one week or up to a couple of months. Session length should be considered by families looking at both local day camps and overnight resident camps. Parents who want their children to enjoy a large-ly schedule-free summer might

not want to commit their children to lengthy camp sessions, even if those sessions are close to home. If parents think their children can benefit from the same structure they're accustomed to during the school year, then an overnight camp that

stretches for several weeks might be what they're looking for.

Summer camps give kids a chance to make memories that will last a lifetime. Choosing the right camp is an important decision that parents and kids should make together.

wmsi
WHITE MOUNTAIN SCIENCE

Robotics • Animation
Game Design • Coding
Minicraft • Mapping
CAD • Prototyping

AGES 5-13

IMAGINE • DESIGN • INVENT • ENGINEER

2020 STEM SUMMER CAMPS!
www.whitemountainscience.org/summercamp/

Explore Squam Lake this Spring & Summer!

SQUAM LAKES ASSOCIATION

April Adventure Vacation Camp—grades 3-6
Community Youth Sailing Program—ages 7-14
Junior Squam Lakes Association Camp—grades 3-9
Leader/Instructor in Training—grades 10-12

Holderness, NH • 603-968-7336 •
www.squamlakes.org

Teen Master Tennis Academy



Summer Session
Brewster Academy
8 weeks 2-3 days/week

Programs for Highly Motivated Youth
who are ready to commit to the next level
Intermediate & Advanced Levels

We have moved 17 players up to
1st and 2nd positions on their teams!

Contact: Phil Eisenmann 603-267-7912

WE'RE HIRING!

Sailing Instructors
Environmental Camp Leaders
Resource Center Staff

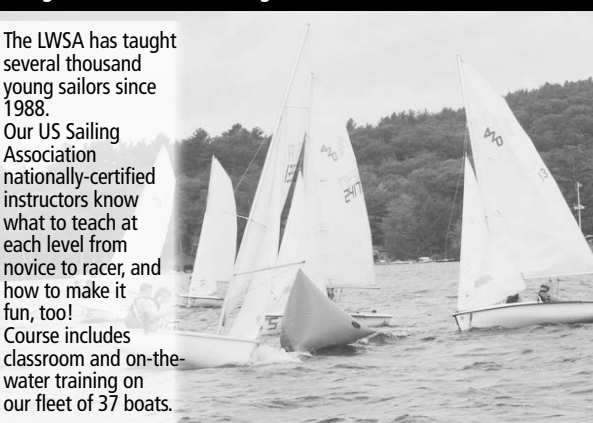


www.squamlakes.org

Summer Sailing Camp

May-August: Come for just 1 or 2 weeks or as many as 9
Beginner to advanced • Ages 7 - 16 • Financial aid available

The LWSA has taught several thousand young sailors since 1988. Our US Sailing Association nationally-certified instructors know what to teach at each level from novice to racer, and how to make it fun, too! Course includes classroom and on-the-water training on our fleet of 37 boats.



LAKE WINNIPESAUKEE SAILING ASSOCIATION

See our schedule and course details online at www.lwsa.org
Questions? E-mail us at sailing-school@lwsa.org
Check us out on Facebook <https://www.facebook.com/LWSA.School/>

Kingswood Children's Summer Theatre

50th Anniversary
Summer 2020 Workshops present



Workshops: Monday through Friday, 8:30am - Noon
Kingswood Arts Center, Wolfeboro, NH

Beginning Late June/Early July
Performances: Saturday July 25th and Sunday July 26th

More info/Register at: www.wolfeboro-arts.org
or call 603-651-3338

Discounts for registrations received before May 1st

Waterville Valley Recreation Dept.

9 Week Summer Day Camp Program
June 22 - August 21, 2020
Monday-Friday 9am-4pm
(8am before care available)
Age appropriate groups
for 5-12 year olds



Outdoor Adventures • Weekly Field Trips • Swimming • Indoor Climbing
Arts & Crafts • Cooking • Tennis • Hiking • Boating & More!

Register at watervillevalley.org/recreation (603) 236-4695

TICK FREE
NEW HAMPSHIRE
PREVENT • INSPECT • REMOVE

Visit TickFreeNH.org
to learn how
to protect your
camper this
summer.

BLACKLEGGED TICKS



Female Male
Nymph Larva

email tickfreenh@jst.com
for a free tick remover scoop!
code: TF20SP



SUMMER GUIDED DISCOVERIES
Week-long outdoor natural adventure
day camps for ages 4 to 14



REGISTER ONLINE



WWW.NHNATURE.ORG | 603-968-7194
ROUTE 113, HOLDERNESS, NH

Waterville Valley Recreation Dept.

SUMMIT Teen Adventure Camp
2-week sessions
Week One: M/T/TH/F
Week Two: T/W/TH/F with 2
Night Overnight!


Session 1: June 29 - July 10
Session 2: July 13 - July 24
Session 3: July 27 - August 7




Outdoor Adventures • Swimming • Climbing • Hiking
Whale's Tale • Whitewater Rafting • More!

Register at watervillevalley.org/recreation (603) 236-4695


Come dance this summer at
The White Mountain School's Creative Edge Dance Studio!



Young Dancer Day Camp, July 6-10
A fun, week-long camp for ages 6-11
Dance Classes
Outdoor Games
Arts and Crafts
Monday-Friday, 8:45-2:45



The White Mountain School Summer Dance Intensive, July 11-18
A residential summer program for dancers entering grades 6-10



Visit www.creativeedgedancestudio.com
for information and registration!

Closed

FROM PAGE A1

ning Board meeting that was scheduled for March 25, have also been cancelled. Information on meetings for the month of April will be forthcoming, Coates said.

“Rest assured that we will be monitoring all local developments related to COVID-19, and as your town officials, we are committed to timely and ongoing communication about any and all changes to our operating status as well as any recommendations to the public from public health and other government officials,” he wrote on behalf of the Board of Selectmen.

For the town’s Web site, please visit www.townofbristolnh.org. From there residents can access many offices.

The Town Clerk/Tax Collector’s link is available from that site to handle any transactions such as vehicle registration renewals. A method to process new registrations, titles and transfers is still being developed but in the meantime they assure new or “new-to-you” car owners that no one will be penalized for late transactions as they continue to work on how to best handle those needs. Vital records ,like birth and death certificates, can be addressed through



DONNA RHODES

With Bristol’s Town Offices closed to the public for the time being, a Drop Box outside the building will help residents and tax payers continue to conduct their business through not only the box but online services available on the town’s web site.

the town clerk link or by contacting TC/TC Raymah Simpson by email, rsimpson@townofbristolnh.org, or by phone at 744-3354, ext. 115. Dog licensing (due by April 30), boat licensing and voter registrations can also be handled by calling her office at the number listed above.

Land use questions should be directed by email to Tyler Simonds at planner@townofbristolnh.org and those with assessment matters should email assessing@townofbristolnh.org.

Driveway permits, road-related matters, drainage and general questions on trash and recycling are being directed to Highway Superintendent Mark Bucklin at mbucklin@townofbristol.org, or

can be addressed by phone at 744-2441. It should be noted that at this time the town is not recycling cardboard due to concerns that it may possibly further spread the virus. Therefore, all cardboard should be disposed of in the general trash compactors until further notice.

For water/sewer related questions or concerns, please contact Office Manager Audrey Landry at 744-8411 or wateroffice@townofbristol.org.

Information on how to contact other town offices, such as the Health Office, Human Services, Human Resources, Permitting and Enforcement and more, are also available on the town’s Web site.

Introducing Share Learn Adventure: SLA online nature programs

HOLDERNESS — In the hopes of helping the community stay connected while our physical doors are closed, the Squam Lakes Association has adapted their usual education and nature-inspired art programs to make them accessible online. These programs, which will be shared on Facebook, Instagram, and the SLA Web site (www.SquamLakes.org; look for Share Learn Adventure under the Education tab), will take the form of videos, activities, games, and prompts that inspire people to engage with, learn about, and explore a variety of nature topics. Currently posted programs include: “Hem-



lock Holmes: Become an Evergreen Detective,” “Start Your Own Duck, Duck, Goose Count,” and “Make Your Own Origami Moose!”

Most importantly, we want to hear from you! As you participate in each activity, share your photos, questions, ideas, and

inspirations with us by using the tag #ShareLearnAdventure on Facebook or Instagram. Not on social media? Send your photos and/or thoughts to info@squamlakes.org. The more you participate and share, the more fun for everyone!

Coping during social distancing Pemi-Baker Community Health offers helpful tips

BY ANNA SWANSON

Pemi-Baker Community Health

Since we’re all staying home—and it’s looking like we will be for at least a while—you might be starting to wonder how exactly you’re going to fill up your time. Pemi-Baker has some ideas with digital gatherings and events. But it’s also important to stay as connected as possible with family, friends, and neighbors, give back to your community, get the material supplies you need, and find new ways to keep yourself entertained.

Entertainment: Explore the World, Virtually With a library card, you can continue to borrow digital resources like e-books, audiobooks, music, TV shows, movies, and more. Visit your local library’s website to find out which services they partner with. OverDrive/Libby, Hoopla and Kanopy are some popular ones. Now’s also the perfect time to check out video streaming services, download a few podcasts, or explore the depths of YouTube. Cultural institutions are moving museum and art gallery exhibits and performances online too, but if you just need a break for something mindless and happy, animal videos are the way to go. The Cincinnati Zoo is offering daily Facebook Live video streams of Fiona the hippo, and Chicago’s Shedd Aquarium filmed its pretty adorable penguins roaming and visiting other exhibits after closure.

Remember to Love Thy Neighbor Now

Now is the time to reach out to one another. Do you know the people who live on your block or in your apartment building? If you can’t call, put a note on their door with your name and phone number. Explain that you live next door or down the street. Tell them you want them to feel free to ask for help. Many people are uncomfortable asking for help. Instead of just saying, “Do you need help?” offer to do something specific for them.

There are many things you can do. Before you run to the grocery store, drug store or a restaurant to pick up take-out, call and ask your neighbors if they need you to pick up something for them. Volunteer to walk their dog or would it be helpful for them if you put their mail and newspaper beside their front door? Does their yard need maintenance? Ask if they would like you to start raking or maybe putting their trash out or bringing the empty cans back into the garage would be helpful. If you have extra soap, toilet paper or other staples, leave a care package at your neighbor’s door. If you’re looking for ways to engage your children, have them help with some of these ideas.

Don’t Forget Self-care to Manage Your Stress and Anxiety.

It can seem like you don’t have time for things like self-care. But this situation is a marathon — not a sprint — and it’s important to take care of yourself throughout. Take a 10-minute break to do some light breathing exercises or yoga. Purposeful, mindful breathing has been shown to be an effective tool against anxiety. Right now, the meditation app Headspace is offering some free tools picked just for this time, and it’s offering totally free subscriptions for healthcare workers. www.Calm.com is another great site and Balance is a meditation app you can download on your phone.

Consider limiting your coronavirus news consumption. It’s important to stay informed, but refreshing your feeds constantly for tidbits of news on the coronavirus isn’t going to prove productive. Instead, check the CDC website for updates periodically and try to spend most of your day focused on other things.

Talk to your friends and family. It’s important that even though this situation leads to increased social isolation that you stay in touch with peo-

ple. Don’t be afraid to reach out to a friend for a phone call — or better yet — a video chat.

Pemi-Baker Community Health is Continuing Their Important Services.

Here at Pemi Baker Community Health and Hospice we take our patient’s health seriously and also the health of ourselves and our community. We want to assure you that we are taking measures to prevent the spread of the virus into our community. We are following both the CDC and the NH Department of Health’s recommendations for healthcare workers. In order to meet the needs of our home care and hospice patients and to minimize vulnerable patients from going out into the community, our field staff will continue making home visits.

We have taken steps to prioritize our Rehab Therapy Patients at Boulder Point. To minimize exposure and help our patients continue their physical and occupational therapy we have: Limited entrance to our facility to patients only, suspended all memberships and swim lessons, implemented social distancing with staff by working from home and separating work stations and surfaces are wiped down after each patient with CDC recommended bleach solutions as well as always washing hands after contact with surfaces and patients.

Please reach out to us if you have any questions or concerns by calling our office: 603-536-2232

Be well and stay safe.

With 52 years of experience, serving over 900 clients from 18 towns in central and northern New Hampshire, Pemi-Baker community Health is the home care provider of choice for Grafton County. PBCH is located at 101 Boulder Point Drive, Suite 3, Plymouth. To contact us please call: 536-2232 or email: info@pbhha.org Visit our Web site: www.pbhha.org and like our Facebook Page: @PBCH4



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Newfound Landing Sports

Section **B**
Thursday,

Thursday, March 26, 2020

PSU announces cancellation of spring sports

PLYMOUTH — Plymouth State University Director of Athletics Kim Bownes announced last Tuesday that in response to the COVID-19 pandemic all spring intercollegiate sports activities at the university have been cancelled.

The decision comes in conjunction with that evening's announcement from the Little East Conference (LEC) that the league



would call off all remaining conference regular season contests and the spring championship tournaments.

"These are very trying times in so many ways," said Bownes. "To have to announce the cancellation of all spring sports is heartbreaking. We know how hard our student-athletes work to represent our institution and how much they love to compete in their respective sports."

The decision affects six spring programs; baseball, softball, men's and women's lacrosse and men's and women's outdoor track and field. Additionally, all non-traditional activities for fall programs are cancelled, while the NCAA cancelled or cut short its winter championships. The NCAA men's ice hockey tournament, and National Collegiate Skiing and Indoor Track and Field Championships all featured Plymouth State student-athletes. The NCAA has since announced a blanket waiver for all spring sports student-athletes to provide an extra year of eligibility.

"I am very happy to hear the NCAA is granting an extra semester of eligibility to our spring sports student-athletes, but not everyone can or will take advantage of that," Bownes added. "We want all of our seniors to know how much we appreciate all they have done for Plymouth State University and, in due time, we will be honoring them properly."

Although there are no confirmed cases of coronavirus at Plymouth State, students have been encouraged to stay home and access their academic work online beginning Wednesday, March 18.

The Physical Education Center (PE Center) will remain closed through at least April 6 and, as such, there will be no access to the Vailas Performance Center (weight room) or PSU Natatorium until that date. Likewise, ALLWell North is also closed and all public walking sessions have been canceled for the foreseeable future.

For information regarding the university's response, please refer to the PSU web site, www.plymouth.edu.



COURTESY PHOTO - PLYMOUTH STATE UNIVERSITY

Mike Wilus was elevated to head coach of the Plymouth State men's lacrosse team.

Wilus promoted to head men's lacrosse coach at PSU

PLYMOUTH — Plymouth State University interim men's lacrosse head coach Mike Wilus has been promoted to head coach, PSU Director of Athletics Kim Bownes announced Tuesday.

Wilus was named interim head coach on Jan. 23 following the retirement of longtime coach Gordon Webb.

"I am extremely excited to name Mike Wilus as our next head men's lacrosse coach at Plymouth State University," said Bownes. "Mike has been a valued member of the staff and brings an abundance of knowledge to the program. He is well respected by the student-athletes and I am looking forward to seeing where he brings the program."

"I couldn't be more

thrilled to be named the head men's lacrosse coach at Plymouth State University," said Wilus. "I want to thank Kim Bownes and the entire athletic administration for the opportunity to lead this team. There is a solid foundation in place that I am excited to build upon."

Wilus joined the Panthers as an assistant coach in 2018. An alumnus of the University of Massachusetts Amherst, Wilus formerly served as first assistant men's lacrosse coach at Lynn University in 2013 and was promoted to associate head coach three years later. His prior coaching experience also includes a two-year stint as assistant coach and recruiting coordinator at Gwynedd Mercy University,

where he posted an 18-12 record while boasting a man-up unit that ranked among the top 30 in all of NCAA Division III.

Wilus played in 37 career games for the Minutemen and was named a New England Intercollegiate Lacrosse Association (NEILA) Senior Scholar-Athlete in his final season. He currently serves the PSU admissions team as Assistant Director of Transfer Admissions.

Plymouth State was off to a 1-2 start before the season was disrupted due to the COVID-19 pandemic. Wilus earned his first career win following a 10-7 victory over Norwich on March 3.



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TOWN OF HEBRON RESIDENTS

Registered voters wishing to file for Town Official positions to be voted at the May 12, 2020 town election must file a Declaration of Candidacy with the Town Clerk between Wednesday, March 25 and Friday, April 3, 2020 during town clerk office hours or from 3:00 to 5:00 p.m. on Friday, April 3. Positions to be filed for are:

Selectman: three-year term
Treasurer: three-year term
Library Trustee: three-year term
Trustee of Trust Funds: three-year term
Town Moderator: two-year term
Supervisor of the Checklist: six-year term
Auditor: two-year term

Per RSA 669:19, candidates who file on the last day of the filing period must do so in person.

Tracey Steenbergen, Town Clerk
Office Location: 10 Church Lane, Hebron
Office Hours: Tuesdays 3:00-8:00 PM, Saturdays 8:30-11:00 AM
(603) 744-7999 or clerk@hebronnh.org


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Mail to: Newfound Area School District
Attn: Superintendent Stacy Buckley
20 North Main Street
Bristol NH 03222

Application is available at:
<http://www.sau4.org/human-resources/employment-information>



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BEFORE

- Follow directions from local officials
- Check flashlight and radio batteries
- Charge mobile devices
- Add warm clothes and blankets to emergency kit
- Keep gas tank full
- Take cash out (ATM's may not work)

DURING

- Conserve energy
- Go to community warming shelters & check on neighbors, family, seniors and homeless
- Only use generators in open areas away from windows and home to prevent carbon monoxide poisoning

AFTER

- Throw out unsafe food

www.Ready.gov/blackouts

Who to Call

Where to Meet

What to Pack

Ready

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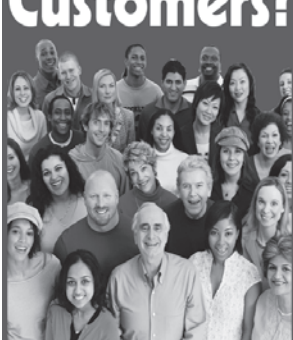
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WHY

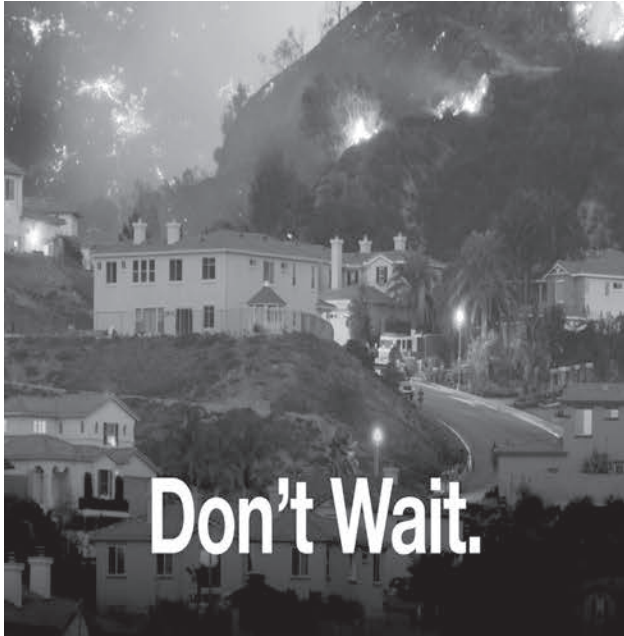
- MOST (98%) INFECTIONS ARE SPREAD BY HANDS
- CLEAN HANDS HELP PREVENT YOU FROM GIVING YOUR GERMS TO SOMEONE ELSE

WHEN


- AFTER USING THE BATHROOM
- BEFORE TOUCHING ANY FOOD
- BEFORE YOU EAT ANYTHING
- AFTER SNEEZING, BLOWING YOUR NOSE, COUGHING, OR TOUCHING YOUR FACE
- AFTER PLAYING WITH TOYS USED BY OTHERS

HOW

- USE SOAP AND WARM WATER IF YOUR HANDS LOOK DIRTY
 - USE WARM WATER AND SOAP
 - RUB HANDS ALL OVER FOR A COUNT OF TWENTY
 - DRY THEM WITH A PAPER TOWEL
- IF YOUR HANDS DON'T LOOK DIRTY YOU CAN USE ALCOHOL-BASED HAND RUB






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What's the Difference?

There are four things different between Picture A and Picture B. Can you find them all?

A



B



Answers: 1. Glasses on man 2. Tie on man 3. Missing glasses on shelf 4. Ponytail on woman

THIS DAY IN...



HISTORY

- **1886:** THE APACHE WARRIOR GERONIMO SURRENDERS TO THE U.S. ARMY, ENDING THE MAIN PHASE OF THE APACHE WARS.
- **1958:** NIKITA KHRUSHCHEV BECOMES THE SOVIET PREMIER AND FIRST SECRETARY OF THE COMMUNIST PARTY.
- **1964:** A 9.2 MAGNITUDE EARTHQUAKE HITS 80 MILES EAST OF ANCHORAGE, ALASKA.



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ANSWER: RETINA

How they SAY that in...

ENGLISH: Eye

SPANISH: Ojo

ITALIAN: Occhio

FRENCH: Oeil

GERMAN: Auge

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Can you guess what the bigger picture is?

ANSWER: EYEGLASSES

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CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to basketball.
Each number corresponds to a letter.
(Hint: 24 = o)

A. 5 24 24 21

Clue: Used for scoring

B. 6 4 18 13 13 3 22

Clue: Move a basketball

C. 6 15 7 10

Clue: Push the ball down

D. 20 5 24 24 14

Clue: Throw ball at hoop

Answers: A. hoop B. dribble C. dunk D. shoot

SUDOKU

			3		5	2		
		1	9	8				
		8			2		6	
			5	9	8			
	6	2						
1		9			6		8	
						7		6
9		7						3
					7			

Level: Intermediate

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

2	2	1	9	2	1	7	4	5	6	8	3
3	4	7	6	2	1	8	5	3	9	4	7
6	9	1	5	8	3	9	7	4	6	2	1
4	4	8	3	6	2	7	9	1	5	8	3
5	7	9	3	1	4	8	6	2	7	5	9
1	2	1	6	8	5	9	3	7	4	2	1
9	6	4	2	1	7	8	3	5	6	9	4
7	3	7	4	5	8	1	9	6	2	1	8
8	1	2	3	6	5	4	8	7	9	1	3

ANSWER:

Loon Mountain skier wins US aerals championship

BY LARA CARLTON
USSA

BRISTOL MOUNTAIN, N.Y. — After four weeks on the road competing back-to-back World Cups the U.S. Aerial Ski Team capped off their season at Bristol Mountain, N.Y. at the 2020 U.S. Freestyle Aerials National Championships.

Several athletes on the U.S. Freestyle Ski Team got their start at Bristol Mountain, including Jon and Chris Lillis. The Lillis family was instrumental in creating Mikey’s Jump, the newest American aerials site, in honor of their late youngest brother, Mikey. The event was a special homecoming for the Lillis brothers and a meaningful way to end the Team’s season.

An unseasonably warm East Coast winter made it impossible to build the triple kicker. But event organizers were still able to provide elite-level competition using just the double and single kickers. Bristol will also be the site of the 2021 Aerials Championships and the mountain looks forward to another chance to showcase its venue.

Coming off of her first podium of the World Cup season at the last aerials’ stop,



JOSHUA SPAULDING
(Left) Eric Loughran soars above the Phoenix SnowPark in the mountains outside PyeongChang, South Korea during the 2018 Winter Olympics. He won the US aerials championship last week.

Ashley Caldwell earned her fourth U.S. Nationals Championship title. “It’s really nice to come back to the states after a long season,” she said. “And this is a nice cherry on top of a medium, good season [for me]. It’s kind of tiring and exhausting to be on the road for that long, especially the places that we go. But this mountain was so excited to host this

event and despite some of the odds we were facing, they hosted a good event and I’m excited to come back next year.” Caldwell shared the podium with Kaila Kuhn, who came in second with her first U.S. Ski Team podium, and Megan Nick, in third. On the men’s side Loon Mountain-based skier Eric Loughran of Pelham took the win, his first U.S. Nationals

title. “It feels really good to earn this title at the end of the season,” he said. “And it’s pretty sweet to have done it on

Locals earn LEC honors at Plymouth State

PLYMOUTH — The Little East Conference (LEC) announced its 2019-20 LEC Winter Academic All-Conference Team and 27 Plymouth State University student-athletes were among those to receive the honors.

The LEC Winter Academic All-Conference Team is for student-athletes competing in the league’s five winter championship sports - men’s and women’s basketball, men’s and women’s indoor track and field and women’s swimming and diving - who hold at least sophomore standing academically, have a cumulative GPA of 3.30 or higher through the end of the previous semester and have been at their current institution for at least one full academic year.

Plymouth State’s 27 honorees matched the second most among conference member institutions. Eastern Connecti-

cut led the way with 40, while PSU, Southern Maine and UMass Dartmouth all had 27. A total of 181 student-athletes league-wide earned the recognition.

Among PSU’s programs, the men’s indoor track and field team had the most individuals honored with 11, while women’s swimming and diving had eight. The eight recipients from swimming and diving matched the most for the sport league-wide, while men’s track’s 11 honorees were the second-most among conference schools.

Men’s basketball
Junior Boley of Concord and Chris McCarthy of Chelmsford, Mass.

Men’s indoor track and field
Michael J. Barrett of Hudson, Dillon Buttner of East Randolph, Vt., Noah Byington of Hanscom AFB, Mass., Gunnar Consol of Homo-

sassa, Fla., Marcus Cryan of Topsfield, Mass., Kyle Mau of Dover, Ted Proctor of Marlborough, Randall Scroggins of Rumney, Leo Shattuck of Grafton, Mass., Shea Therrien of Belmont and Owen Wilcox of Eastham, Mass.

Women’s indoor track and field
Hailey Botelho of Rumney, Paige Boudreau of Dayton, Maine, Kim Bowles of Tamworth, Claire Greineder of East Greenwich, R.I., Erika Lillis of Merrimack and Caitlyn Miller of Lee.

Women’s swimming and diving
Casey Allaire of Matapoisett, Mass. Sylvie Donnell of Warren, Heather Gebhardt of Amherst, Marci Hartman of Lake Worth, Fla., Julia Hollinger of Bow, Liz O’Sullivan of Bow, Madelin Svetin of Topsham, Maine and Ellie Wilson of Darnestown, Md.

Tom Brady livens up a slow sports week

What a strange week it has been.

No sports. Of any kind. Anywhere in the local area. Or on my television, for that matter, with the Bruins, Celtics and Red Sox putting things on hold.

Then came the cancellation of four different trips, starting with the St. Patrick’s Day trip to Ireland, the Kennett baseball team’s trip to Florida and RHAP Survivor events in both New York City and Atlanta. The NHIAA officially announced that the winter season tournaments that hadn’t finished would be cancelled and the start of the spring season would be delayed, in conjunction with the governor ordering all schools to be closed until at least April 6.

For someone who writes about sports, this was about as bleak as it can get. We focus on high school and community sports in our publications and not having these games and contests for a while is a tough pill to swallow.

But, all of that is beyond our control and we have to roll with it.

It seems as though Tom Brady wanted to give the sportswriters at those big daily newspapers something to report on when he announced last Tuesday that his “football journey” would continue some place other than New England.

Obviously, this is a big story in any news cycle but when the rest



By JOSHUA SPAULDING

of the sports world is essentially on hiatus, this is going to get even more than its fair share of exposure.

I would say a group of my friends would tell you that I have been calling for the Patriots to trade Tom Brady for a few years. Most of that has been in jest after he has a tough game, but in many ways, it felt pretty likely something like this was coming down the pike.

I am disappointed in many ways because obviously, Tom Brady is one of the best players to ever suit up in the NFL and is easily amongst the best quarterbacks ever. He helped bring tons of success to the Patriots over the last two decades. As a Patriots fan, I am well aware that we have had more than our fair share of good times.

But, all good things are eventually going to come to an end and while it may be a few years earlier than most fans expected, the end of the Tom Brady era in New England is here.

But I also remember the really bad times as a New England football fan and I don’t see the Patriots going to that extreme again, particularly with Bill Belichick still at the helm. Will the Patriots win another Super Bowl right away? Probably

not, but I think they’ll be more in contention than many people might believe.

I remember when Drew Bledsoe was the savior of the Patriots. Then, along came Mo Lewis and all of a sudden, there was a new savior, the 199th pick in the draft who had been languishing on the bench.

Do the Patriots have the next Tom Brady on their roster? Probably not. Whether Jarrett Stidham is the answer remains to be seen. With Brady in Tampa and Philip Rivers heading to Indianapolis, could Jameis Winston or Jacoby Brissett be the right fit?

Since there won’t be any sports for a while, I imagine there will be plenty of talk and writing over the next few weeks about who is going to be the starting quarterback in Foxboro next year.

At least it gives us some sort of sports to talk about.

Finally, have a great day, Ashley Laufenberg.

Joshua Spaulding is the Sports Editor for the Granite State News, Carroll County Independent, Meredith News, Gilford Steamer, Winnisquam Echo, Plymouth Record-Enterprise, Littleton Courier, Newfound Landing, Coos County Democrat, Berlin Reporter and The Baysider. He can be reached at josh@salmonpress.news at 279-4516, or PO Box 729, Meredith, NH 03253.

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