

The Baysider

THURSDAY, MAY 28, 2020

COVERING ALTON, BARNSTEAD, & NEW DURHAM - WWW.SALMONPRESS.COM

FREE

Huggins offers drive-through COVID-19 testing

BY ELISSA PAQUETTE
Contributing Writer

WOLFEBORO — Huggins Hospital offers drive through Covid-19 testing on site by clinical staff at no cost. Anyone who has symptoms, which can include a cough, shortness of breath or difficulty breathing, fever, chills, muscle pain, sore throat or new loss of taste or smell, may call the COVID-19 Hotline at 569-7558.

Hotline staff will provide screening over the phone, arrange your provider order and schedule testing. According to Monika O'Clair, Vice President of Strategy & Community Relations, insurance companies are billed, and if the insurance company does not pay, there are other avenues for payment based on federal funding that has been provided.

For those without insurance, "We treat everyone regardless of their ability to pay or their insurance situation. This goes for COVID-19 care as well as all health care we provide," states O'Clair.

Observing the drive through operation on May 11 during a light rain, a team of skilled professionals was ready to step out of the building as soon as a car rounded the corner. A red covering protected the driver, who was able to just roll down the window to begin the testing procedure. The swab sample was collected quickly, information to take home was passed to the driver, and within five minutes the test was complete.

O'Clair said currently, it takes approximately three days to get the test results.



ELISSA PAQUETTE

Kate Frechette, Surgical Technologist (L), assists Sheri Thomas, RN, at Huggins Hospital's drive through testing site for Covid-19. If you have symptoms and would like to schedule an appointment, you may call the COVID-19 Hotline at 569-7558.

New Durham Library receives NH Humanities grant

NEW DURHAM — "This grant will help mitigate the digital divide in our community," New Durham Public Library Director Cathy Allyn said. "It's quite a boon."

The library has just received news of award of a \$3,000 grant from the New Hampshire Humanities for general operating support funding. This grant is made possible by funding by the National Endowment of the Humanities and the federal CARES Act.

"My application indicated the need to purchase loanable electronic equipment," Allyn said. "The school loaned out Chromebooks and hot spots which will be returned in June, so we know that families out there need these things. Now we will be able to supply at least a few of them."

Allyn said it was her hope to buy a variety of electronic devices that will serve all ages.

"I'm sure the hot spots will be popular, too. There are a lot of areas around town that have poor internet access," she added.

The library's summer program, Imagine Your Story, is taking the digital divide into consideration, and ensuring children ages four through 12 can participate if they have a computer or not.

One aspect of the program is writing stories that will be performed as shadow puppet plays.

"Stories can be scanned or emailed to us," Allyn said, "but we will also have a tote on the porch where kids can drop them."

Reading logs will be online through READSquared, but, again, children may leave physical copies in the tote.

SEE GRANT PAGE A8

Alton Parks and Recreation Connection

ALTON — This week's trail spotlight is on the Gilman Pond Recreation Area. The Gilman Pond Recreation Area is located at 130 Gilman Corner Road. Traveling North on Route 28 from the Alton Traffic circle, after about 4.4 miles you will turn right onto Gilman Corner Road. After turning onto Gilman Corner Road, continue driving and the parking lot will be on your right. There is plenty of parking on site.

Gilman Pond Recreation area is a 48-acre freshwater pond that features a rocky shoreline surrounded by towering pine trees. The recreation area is also

made up of a small trail system that includes three trails that in total make up just under two miles. These trails are inviting for a nice stroll through the woods or even a challenging place for trail running.

Gilman Pond has direct access to the waterfront from the parking area which makes this an excellent location to drop off your canoe or kayak and enjoy a day of fishing or just being on the fresh water. Great fishing can be had at Gilman Pond, you are likely to catch Largemouth Bass, Black Crappie, or Pickerel. Overall, Gilman Pond Recreation area has a surplus of

different activities that can be fun for anyone to enjoy.

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

Volunteers help Wright Museum celebrate the "Greatest Generation"



COURTESY

Volunteer Steve Messineo talks with a student at the Wright Museum.

WOLFEBORO — For cultural and educational nonprofit institutions like the Wright Museum of WWII in Wolfboro, volunteers often serve as "the backbone" of the operations.

"I am not exaggerating when I say that volunteers keep this place going," said Executive Director Mike Culver. "In turn, we try to provide them with the best experience possible."

Describing his time at the Wright Museum as "one of the most rewarding experiences in [his] life," volunteer Steve Messineo said he tries to share his personal experience with visitors.

great country in the Marine Corp and being part of a military family — three generations of Marines and a WWII Army veteran-I fully enjoy sharing my knowledge and experiences and love for my country," he said.

In sharing his memories of WWII during which time he was "a youngster," Messineo said he hopes to shed light on the "Greatest Generation." His stories, he acknowledged, run the proverbial gamut.

"I share stories like when gasoline was unavailable and my dad tried to fuel his car with kerosene, growing veg-

"Having served our

SEE VOLUNTEERS, PAGE A8

Local restaurants adjust to business in a new world

BY ERIN PLUMMER
Gilford Steamer

REGION — Restaurants throughout the Lakes Region are adapting to the COVID-19 pandemic, many offering takeout while quite a few now have outdoor dining available.

Since May 18, restaurants in the state have been able to open for outdoor dining under certain conditions. According to their different webpages, several restaurants in town have already been offering takeout while a few are now going to outdoor dining. Some have been closed during the pandemic with plans for reopening.

Country Cook'n At The Lakeside on Old Lakeshore Road in Gilford opened its deck and has outdoor dining from 7 a.m.-8 p.m. and is also offering take-out. Call 524-3304 for more information. The restaurant's daily specials can be found on their Facebook page.

The Ellacoya Barn & Grill on Lakeshore Road is open from noon-7 p.m. with outdoor seating available. People are asked to make a reservation by calling 293-8700. The restaurant is also offering a schedule of entertainment in the dining area.

The Ellacoya Barn & Grille is offering free meals for those in need every Thursday. People can get drive-through pickup of meals at the Meredith Community Center at 1 Circle Dr. in Meredith.

Gilford House of Pizza in the Airport Plaza is still offering take-out and delivery; visit the Web site at gilfordhouseofpizza.com for the menu.

"Due to the Coronavirus, we are trying our hardest to keep our customers happy the best that we can," the restaur-

ant stated on its Web site. "We have an extremely limited number of employees at the moment and they are working very hard to get your orders ready. Please bear with us and Thank You for understanding."

The Gilford Village Store on Belknap Mountain Road has been closed. It will reopen on June 2 from 8 a.m.-3 p.m. with a limited menu and new take-out window.

Kitchen Cravings on Airport Road has been closed. As of press time the restaurant had a sign on its door saying it would reopen on May 26.

The Lyons Den Restaurant & Tavern on Dock Road now has some outdoor seating available; call 293-8833 for reservations. The Lyons Den is open Wednesday through Sunday from 1-7 p.m. The restaurant still has take-out with curbside pickup available, visit lyonsdenrestaurant.com for menus.

Patrick's Pub & Eatery on Weirs Road has outside dining and created a deck area in a section of its parking lot. Call 293-0841 to get on the waitlist. It is still offering curbside pickup and delivery, visit patrickspub.com for the menu and to order online. Patrick's is open Sunday through Thursday from 3-7 p.m. and Friday and Saturday from 1-8 p.m.

Pizza Express on County Club Road is open for takeout and delivery Monday through Thursday 11 a.m.-8 p.m. and Friday through Saturday from 11 a.m.-9 p.m., though they will be closed each day from 2-4 p.m. For information and specials visit their Facebook page.

Sawyer's Dairy Bar on Lakeshore Road is open Thursday through Sunday from 11:30 a.m.-8 p.m., weather dependent. Call 293-4422 to confirm closing times. Sawyers is offering its



Sawyer's Dairy Bar is open for the season, offering takeout and outdoor dining while its sign advises customers to continue social distancing. Sawyer's and other Gilford eateries are adapting to life during the pandemic.

usual take-out window service as well as outdoor dining. The restaurant's website says it hopes to offer online ordering as soon as possible and plans to resume normal operations when the industry reopens.

Schuster's Tavern at the Gunstock Inn on Cherry Valley Road has been closed. According to its Facebook page, Schuster's has been working on its grand reopening with an outside dining area and takeout. The opening was initially scheduled for Memorial Day Weekend, but that has been delayed to June 26 "due to unforeseen events."

"Stay tuned for special events and exciting changes!" read Schuster's Facebook page.

This is not an exhaustive list of restaurants, contact an individual business for information.



Patrick's Pub & Eatery turned a section of their parking lot into an outdoor dining area.



ALTON POLICE LOG



ALTON — The Alton Police Department responded to 110 calls for service during the week of May 10-16, including four arrests.

- 1 Male Subject was arrested for Criminal Trespass.
- 1 Male Subject was arrested for Domestic Violence Assault.
- 1 Male Subject was taken in for Involuntary

Emergency Admission.

-1 Male Subject was arrested for Possession of Controlled/Narcotic Drugs.

There were 3 Motor Vehicle Accidents.
There were 3 Suspicious Person/Activity Reports on East Side Drive & (2) Main Street.
Police made 10 Motor Vehicle Stops and handled 4

Motor Vehicle Complaint-Incidents.

There were 90 other calls for services that consisted of the following: 1 Town Ordinance, 3 Assist Fire Department, 1 Assist Other Agency, 1 Public Indecency, 6 Animal Complaints, 1 Domestic Complaint, 4 General Assistance, 1 Miscellaneous, 1 Protective Custody, 1 Drug Offense, 2 Alarm Activations, 1 Noise Complaint, 1 Lost/Found Property, 3 Highway/Roadway Hazards, 1 Simple Assault, 5 General Information, 2 Vehicle ID Checks, 1 Harassment, 1 Trespass, 3 Sex Offender Registrations, 2 Civil Matters, 5 Wellness Checks, 1 Breach of Peace, 3 Community Programs, 1 Dispute, 1 Drug Destruction, 2 Disabled Motor Vehicles, 28 Directed Patrols, (2) 911 Hang-Ups, 1 Motor Vehicle Lockout, 2 Medical Assists, 1 Property Check & 1 Paperwork Service.

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Church Service

SCHEDULE

10 am Worship Service
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20 Church Street, Alton

<p>ABUNDANT HARVEST FAMILY CHURCH Sunday School for children up to age 12, service 10:30 a.m. Greater Wakefield Resource Center, 251 Main St., Union. Pastors Daniel and Sherrie Williams, 473-8014. For more information, please visit abundantharvest.org or e-mail ahf@faith.com.</p> <p>ALTON BAY CHRISTIAN CONFERENCE CENTER Sundays throughout the summer 10am & 7pm; Tues-Thurs 9am; 875-6161.</p> <p>BEFREE COMMUNITY CHURCH, ALTON Alton 9:30 a.m. Sun. Meeting at Prospect Mountain High School. Pastor Sam Huggard, www.befreechurch.net.</p> <p>CENTER BARNSTEAD CHRISTIAN CHURCH Morning Service 10:00 am. Adult and Teen Bible Study 11:15 am. Sunday School for all ages 10:00 am. Rte. 126 next to Town Hall. Pastor Brian Goveer, 269-8831.</p> <p>COMMUNITY CHURCH OF ALTON Prayer Meeting 9:00 am Christian Education for all ages, nursery-adults, 9:00 am Rev. Dr. Samuel J. Hall, 875-5561. Sunday Worship Service 10:00am Our services are live streamed on YouTube Sundays at 10 am www.ccaalton.com Alton Bay Barnstead July 1-Sept 2 10:00am 20 Church Street</p> <p>CONGREGATIONAL CHURCH OF NORTH BARNSTEAD UCC We are an "Open and Affirming Congregation" of the UCC. Reverend Nancy Talbot, 776-1820 504 N. Barnstead Rd., Cr. Barnstead, NH Our services are live on Zoom every Sunday at 10 AM More info at: cconorthbarnstead.com</p>	<p>FIRST CONGREGATIONAL CHURCH UCC FARMINGTON Worship Services 10:00 AM Sunday School 10:15 AM 400 Main Street Farmington, NH 03835 Pastor Kent Schneider 755-4816 www.farmingtonucc.org</p> <p>FIRST FREE WILL BAPTIST CHURCH Sun. School 9:45am; Church 11am; Evening Service 6pm; Wed. Prayer Meeting 7pm. Depot St., New Durham; Pastor James Nason.</p> <p>PARADE CONGREGATIONAL CHURCH OF BARNSTEAD, N.H. on the Parade in Barnstead Sunday Morning Worship Service for all ages begin at 10:00 a.m. Prayer Meeting - April through November at 7:00 p.m. on Wednesday Evenings. Pastor Sandy Pearson - 483-2846</p> <p>ST. KATHARINE DREXEL 40 Hidden Springs Rd., Alton, 875-2548 Father Robert F. Cole, Pastor. Mass Saturday 4pm. Sundays 8:30 & 10:30am; Daily Mass Mon., Tues., Wed., Fri. 8:00am.</p> <p>ST. STEPHEN'S EPISCOPAL CHURCH Sunday 9:30, 50 Main St., Pittsfield Rev. Miriam Acevedo, 435-7908 www.ststephenspittsfield.com</p> <p>UNITARIAN UNIVERSALIST SOCIETY OF LACONIA Sunday services and religious education 10:00 a.m. All are welcome. 172 Pleasant St. Laconia • 524 6188 • uus.org</p> <p>MAPLE STREET CHURCH Sunday Service 11am 96 Maple Street Center Barnstead NH 03225</p>
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Gilford Rotary to sponsor GOT LUNCH food drive

On Saturday, May 30 from 9 a.m. to noon, members of the Gilford Rotary Club will be accepting non-perishable food items on behalf of the Gilford Got Lunch program immediately outside the Gilford Youth Ctr.- adjacent to the Gilford Community Church and the Gilford Public Library.

According to Cindy Tomlinson, board member of Gilford Got Lunch this will be a very timely effort. The Got Lunch program is moving into its busiest season- the summer school break. During the school week qualifying students receive free meals courtesy of a federal government program. Got Lunch provides weekend grocery items for these students. Students have even been receiving

meals delivered to their homes during the Covid-19 pandemic.

However, with summer almost upon us the full weight of supplying weekly nutritional meals to students falls entirely on Got Lunch. The current pandemic-created economic crisis has strained area food banks- necessitating this effort.

While the food bags supplied by Gilford Got Lunch will often have perishable and non-perishable items- it is the non-perishables that this effort will focus on. Among the most important items are Cheerios and peanut butter- but the list also includes: jelly, granola bars, pasta, pasta sauce, tuna (cans or envelopes) and mac & cheese.

In order to do this

safely those wishing to donate food items will drive up to the Youth Center and remain in their vehicle while masked and gloved Rotarians remove the food items from their vehicle trunks. Those wishing to donate cash may do so, as well. Checks should be made payable to Gilford Got Lunch and either dropped off at the GYC or mailed to Gilford Rotary, P.O. Box 7091, Gilford, NH 03249.

Gilford Got Lunch is currently accepting applications from parents of Gilford and Gilman students needing nutritional assistance over the summer. Applications are available online at gilfordgotlunch.com or by calling the school nurse's office.



COURTESY

Members of Gilford Rotary will be accepting donations of non-perishable food items this Saturday, May 30, 9 a.m. - noon at The Gilford Youth Center. While the food bags supplied by Gilford Got Lunch will often have perishable and non-perishable items- it is the non-perishables that this effort will focus on. Among the most important items are Cheerios and peanut butter- but the list also includes: jelly, granola bars, pasta, pasta sauce, tuna (cans or envelopes) and mac & cheese.

Comfort Keepers

Eight ways to keep aging eyes healthy

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

Changes to vision and concerns about eye health can happen rapidly for older adults. Seniors should get a vision test done once a year and should always follow a doctor's recommendations on treatment plans and vision health.

Here are eight strategies for seniors to maintain eye health:

Diet - Eating delicious food is one of the most enjoyable ways seniors can maintain eye health. And, there are a variety of options that provide vitamins and nutrients that help with eye health - kale, carrots, eggs, sweet potatoes, oranges, almonds and salmon are great sources.

Exercise - A physician-recommended exercise plan can not only help with overall health, but has benefits for the eyes too. Increased blood circulation can remove toxins and increase oxygen levels in the eyes.

Avoid eye trauma - Injuries can have a huge impact on long-term eye

and vision health and taking precautions can prevent accidental eye trauma. Remembering to wear protective eyewear or goggles when appropriate, using chemicals and sharp objects with caution, and eliminating trip hazards are some of the ways that accidents can be avoided.

Smart computer use - Regular computer use can lead to eye strain and discomfort at any age. However, computer screens can be more harmful to our eyes as we age, and can cause headaches, eye irritation or vision issues like blurriness or seeing double. Seniors that use a computer regularly, particularly those who are in front of a computer for long periods of time, should make sure that their desk has good lighting, take regular breaks and always use corrective eyewear.

Consider other health issues - Older adults can have health issues that affect their vision health, and it's important to talk to a health-care professional about

how physical conditions and medications can have an impact on the eyes.

Sunglasses - Protective eyewear becomes more important as we age, and it's important for seniors to build the habit of always wearing sunglasses when they are outside.

Sleep - Sleep has beneficial properties for overall health, wellbeing and quality of life. It's no surprise that getting a good night's rest is important for eye health too!

Vision screenings - Changes to vision and eye health can happen rapidly for older adults. Seniors should get a vision test done once a year and should always follow a doctor's recommendations on treatment plans and health.

Comfort Keepers® Can Help

If someone is experiencing changes in their vision, or wants to build healthy habits, the trusted care team at Comfort Keepers® can help. Our caregivers can assist with meal preparation, medication reminders

and can support physician-prescribed exercise regimens and diets. Our goal is to see that clients have the means to find the joy and happiness in each day, regardless of age or acuity.

To learn more about our in-home care services, contact your local Comfort Keepers location today.

About Comfort Keepers
Comfort Keepers is a leader in providing in-home care consisting of such services as companionship, transportation, housekeeping, meal preparation, bathing, mobility assistance, nursing services, and a host of additional items all meant to keep seniors living independently worry free in the comfort of their homes. Comfort Keepers have been serving New Hampshire residents since 2005. Let us help you stay independent. Please call 536-6060 or visit our Web site at nhcomfortkeepers.com for more information.

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A most solemn holiday

As many events over the past few months have been cancelled in an attempt to flatten the Coronavirus curve, Memorial Day celebrations were not exempt. Typical ceremonies were altered as a way to honor those lost serving our country while still maintaining safety.

When Memorial Day was first celebrated, it was known as Decoration Day following the Civil War. Youngsters would place flowers in cemeteries while they sang songs and honored those lost due to war. The Civil War, which ended in 1865, took the lives of more people than any other war in the history of the United States; the estimate is roughly 620,000, with the Union losing 365,000 and the Confederacy 260,000. History says that more than half of these losses came as the result of disease. As a result, the first national cemeteries were created.

In 1868, General John A. Logan, the leader of an organization for Northern Civil War veterans called for a nationwide day to honor fallen soldiers. General James Garfield gave a speech at Arlington National Cemetery on the first Decoration Day and the more than 5,000 people in attendance decorated more than 2,000 graves, both Union and Confederate.

The holiday, as we all know, is celebrated on the last Monday in May, and became an official holiday in the year 1971. Parades across the country take place, and people visit cemeteries where family members who have served in the military have been laid to rest.

At 3 p.m. every year, a moment of silence takes place across the country. In December of 2008, President Bill Clinton signed the "National Moment of Remembrance Act" which designated the time be at 3 p.m. In 1966, the government marked Waterloo, New York as the official birthplace of Memorial Day. In Waterloo, every business in town would shut their doors and owners would venture out to decorate graves with flags as well as flowers.

Originally, Decoration Day was intended to honor those lost in just the Civil War. After the First World War, America felt the need, and rightfully so, to honor all those lost serving their country. In WWI, 116,516 Americans died at war, and 405,399 were lost during WWII. The Korean War took 36,574 lives, and the Vietnam War cost 58,220 lives. A total of 4,411 were lost in Operation Iraqi Freedom, 73 in Operation New Dawn, 2,346 as the result of Operation Enduring Freedom, 48 in Operation Freedom's Sentinel and 61 in Operation Inherent Resolve.

We hope that our readers, and all Americans, took a moment at some point over the long weekend, even in the midst of our current circumstances, to pause and remember the reason for this most solemn of holidays.



EUISSA PAQUETTE

COVID checkpoint

Sugar Hill Retirement Community in Wolfeboro asks all vehicles to stop at the checkpoint ahead as part of the effort to protect its residents from transmission of Covid-19.

STRATEGIES FOR LIVING

An encounter with Jesus Christ

BY LARRY SCOTT

Christians in Damascus, Syria little realized that they were in deep trouble. The "Osama ben Laden" of the first-century church, Saul of Tarsus, was on his way. With authority from the religious leaders in Jerusalem, he was about to apprehend any Christian he could lay his hands on, put them in prison, and, if possible, even support a death sentence. This man was out to destroy the fledgling Christian church.

Saul was incensed at how this new religion was impacting his Jewish faith. He was a sincere follower of God, an ardent conservative, a man wholeheartedly dedicated to preserving the rules, regulations, and theology that had been normative for Judaism since the time of Moses. From Saul's perspective, it was beyond

belief that God was involved in this new faith. Especially galling was the claim that this Jesus had appeared alive and well for 40 days after His crucifixion. Any fool had to know that simply could not be, and Saul was no fool.

But something happened to this dedicated Pharisee on his way to Damascus that changed everything. Before getting to Damascus, he had, by his own words, an encounter with Jesus Christ. "As I was on the road, I saw a light from heaven, brighter than the sun. ... I heard a voice saying to me in Aramaic, 'Saul, Saul, why do you persecute me? ... I am Jesus, whom you are persecuting.'" Now that was a shocker! The faith he had been defending had come to the Jewish nation straight from God Himself. One can only imagine the trauma through which Saul

went as integrated this new faith with everything he had been taught and believed, but from this day forward, Saul was a new man with a mission.

Within a few years, he became the Church's most eloquent spokesman and influential exponent of the Christian faith. Second, only to Jesus Christ, Saul, soon known as the Apostle Paul, more than any other set the theology and the direction of the Christian church. But conversion came at a terrible price. Fiercely persecuted from his earliest days as a Christian, he was stoned and left for dead on one occasion, he was beaten eight different times, he spent several years in prison and was finally executed by Nero. And his verdict on all of this? "I will boast all the more gladly about my weaknesses, so that Christ's power may rest

on me." Paul was proud to be a Christian.

It is difficult for most people to even imagine the dramatic effect that takes place in one's life when Jesus Christ is taken seriously. You can join Islam ... or Buddhism ... or Hinduism ... and except for a new set of regulations demanded by your new faith, you need not experience any semblance of a spiritual transformation. Christianity, however, effects a dramatic change, not only in what one believes and which church he attends, but also in fundamental qualities of integrity, character, and disposition. I am not over-dramatizing this: the greatest "miracle" I have ever seen has been the change of life that has come to those who have welcomed Jesus as the Lord of their life.

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

Letters to the Editor

Thank you for leading by example

To the Editor:

The New Durham Select Board would like to extend their appreciation to the New Durham town employees and the New Durham businesses for continuing to provide services in support of continuing operations and services to the community during this COVID-19 pandemic time.

To our town employees – thank you for providing the essential services within all town departments to maintain seamless processes with only minor changes in procedures which allow our residents and taxpayers to access the needed services of the town from motor vehicle and water craft registration, to building permitting and

inspection, to ongoing road maintenance, to solid waste disposal, to Town financial services, and to Town administration.

We would like to acknowledge and thank our New Durham businesses who have continued to serve the residents of New Durham where able to do so within the Governor's parameters.

Specific mention and recognition should be noted to:

The New Durham General Store for remaining open and providing grocery staples, gasoline, and takeout food services.

Johnson's Dairy Bar and Market who has remained open to service residents with their marketplace store, specialty

meats, seafood, baked goods and other staples and the Johnson Dairy Bar providing takeout meals.

Our local used car dealership, Lakes Region Auto Source, who has remained open for those needing sales and service for their transportation needs.

These businesses have not only continued to provide services to New Durham patrons but they have continued to support and partner / sponsor with the Town for many Town activities such as "virtual recreation wellness programming," etc.

The Board also recognizes all the building contractors, landscapers, electricians, plumbing, HVAC, and fuel & auto service businesses within New Durham and we extend heartfelt thanks and appreciation for continuing to serve the community and vicinity during this difficult economic time.

Unfortunately, this health emergency is not yet completely over and the next few weeks may continue to see some

challenges as the state and country develop reopening guidelines. As these local businesses address their response to these guidelines we encourage their customers to stay vigilant in various protective measures of social distancing, frequent handwashing, surface disinfecting, and face mask use as needed. The Board encourages continued patronage of these New Durham businesses and again express our appreciation to our Town employees and local businesses in helping to keep New Durham a strong and thriving community.

Thanks again to our town employees and businesses for leading by example and serving your community.

NEW DURHAM SELECT BOARD
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Eastern Propane & Oil supports kids and customers



COURTESY

Eastern Propane & Oil at Patrick's Curbside Pickup.

GILFORD — Patrick's Pub and Eatery and Eastern Propane & Oil partnered together to raise funds for the local Boys & Girls Club and the Got Lunch! Program.

"Eastern helped us launch our new online ordering system and get the word out by contributing \$10 each time a special 'It's for the Kids' dessert was sold on the new platform," explained Allan Beetle, co-owner of Patrick's. "With their generosity, we've raised \$500 for each of these critically important organizations."

"In a time of such un-

certainty, it really comes down to community support to get us all through this. When Allan first reached out to us with his plan, we were blown away and excited to be involved. Eastern is excited to support Patrick's with their new online ordering system and giving back to both the Boys & Girls Club and Got Lunch! Laconia. This will hopefully offer them some additional support in a time when so much help is needed," said Josh Anderson, Vice-President of Marketing and Business Development.

Patrick's recently opened back up with outside dining.

"Curbside Pickup and Delivery are here to stay, but we're really happy to see our customers back here at our new 'Roadside Café,'" Beetle joked.

Patrick's outside dining, along with Curbside Pickup and Delivery, is available Monday thru Thursday 3-7 p.m. and weekends 1-8 p.m., with hours likely to expand. For more information, please visit www.patrickspub.com or www.eastern.com.

THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alton	High Point Drive	N/A	\$885,000	Brent E. and Raine Y. Brigham	John and Jennifer Wyman
Alton	211 Route 11-D	Single-Family Residence	\$530,000	Bates Fiscal Trust and B. Thomas Bates	Joseph R. Kealy
Alton	7 Scott Dr.	Single-Family Residence	\$199,933	Timothy D. Kehoe	Ryan P. Place
Barnstead	Colbath Road	N/A	\$45,000	Jamie and Craig Thoroughgood	Clear Creek Builders LLC
New Durham	327 Birch Hill Rd.	Mobile Home	\$169,000	Paula C. Saulnier Estate and Ricky S. Lafleche	James Alexander and Tina M. Cope
New Durham	12 N. Shore Rd.	Single-Family Residence	\$307,000	Annette L. Matthews	Jonathan p. and Teagan Farrington
New Durham	259 Old Bay Rd.	Single-Family Residence	\$369,000	Bradley A. and Frances L. Lipe	Justin W. and Morgan E. Maddox
New Durham	N/A (Lot 278)	N/A	\$500,000	Anthony J. and Linda M. Mazzarini	
Preston Carey and Lauren Demski					

ABOUT THE REAL REPORT

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

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

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

Local sewing club creates quilts for David's House



BY BETTE FRAZIER

Guild, she was inspired and ironing stations. Explorer, cheerleader, ELISSA PAQUETTE

The First Christian Church quilters have completed 29 quilts to provide comfort to families of children hospitalized at Dartmouth Medical Center in Lebanon. Pictured on May 13, posing at the Clark Museum complex with some of the quilts, left to right are: Bette Frazier, Phyllis Forsythe, Nancy Mako and Beverly Funk. Other members include Dot Lyons, Dot Marshall, Melissa Parsons, Cindy Theodore, Ann Scott, Lynda DuShane and Susan Ciccotelli.

WOLFEBORO — Sew Blessed is chaired by Ladies of the Lake Guild member, Bette Frazier, from the First Christian Church (across the street from the Wolfeboro Inn). When Frazier was an active member of the

by church friend, Barbara Cram, who started the David's House lap quilt project for the Guild.

Sew Blessed is in its fourth year of 11 church ladies coming to her home, where sewing machines are provided, as well as cutting

Meeting Tuesday afternoons, 12:30-2 p.m. from March-May, the women have completed 29 kid friendly colorful lap quilts this spring. The themes of the quilts include dogs, frogs, strawberries, baseball, world peace, Dora the

fish, farm animals, etc. Some ladies do not even sew! They just help with

the ironing, pinning and cutting fabric. Some women with a keen eye for coordinating fabrics, go through Bette's stash just to find perfect coordinating fabrics. There is a job for anyone interested in Sew Blessed!

After three meetings together in 2020, the pandemic began, including the stay at home order. The result was completing more quilts at members' own homes than planned, and a month ahead of schedule! All

fabrics were donated except for the batting, which the church provided.

The group looks forward to delivering the 29 lap quilts, along with two large containers of flip top tabs, which David's House turns in for cash, when David's House is able to receive donations. Until then, the group continues to save flip tops and consider themes for the planned, and a month ahead of schedule! All

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BY MARK PATTERSON

MARK ON THE MARKETS

Risky investments

When you hear the phrase “risky investments,” things like penny stocks, futures contracts, option contracts or junk bonds likely come to mind. But those investments or whatever you want to call them are typically used for speculation or as it used to be called “taking a flier” or chance, knowing your

odds of success are not great. Futures and options are not risky per say, just leveraged so that they move faster in or away from profit. They can be used for risk mitigation in some circumstances.

The risk that I wanted to address though was the risk in owning things in your investment portfolio that you may believe are safe income producing vehicles like dividend paying stocks, preferred stocks, MLP’s or bond funds. When a stock or bond is purchased for income or the dividend it becomes that much more sensitive to interest rate fluctuations. As an example, because yields

on CDs, bonds and fixed income in general are so low, investment money has sought out any vehicle that pays a good dividend or yield. That in turn drives the price up and yield down, so when you have a lot of money chasing this yield you get inflated prices of the stock or bond.

Now, I am not convinced that rates will go up significantly all that soon; in fact, I believe that we have a lot of issues to get through before we worry about real inflation. Just realize that abrupt currency value change or a host of external global factors can change the interest rate picture very quickly cre-

ating a real jolt to those interest rate sensitive vehicles.

Know that I am not against bonds, just bond funds. Bond funds are typically perpetual in nature, in other words, the bonds are bought and sold by the fund manager with no maturity date as far as you are concerned. Inflows and outflows make holding a bond till maturity a challenge for funds. Typically, if rates go up you lose value, if they go down you gain value. If you want exposure to bonds you might consider individual treasuries, corporate or municipal bonds with varied maturity dates, referred to as laddering.

Laddering is just a method of staggering maturity dates from short term to long, with a strategy that the near term maturities may be reinvested into a potential rising rate market. This is referred to as “immunizing” the portfolio. If you buy individual bonds you will at least know what you paid, what your yield, maturity date will be and have more control over the investment. If you do not feel that you have enough assets to justify individual bonds I would just take a pass on the bond fund at this stage of the game and find something else for income. Low cost bond E/TF’s can be a good non correlated asset to an eq-

uity portfolio; however, I do not believe it is the best means for current income. The exception to owning a bond fund would be a specialty fund, such as a municipal bond fund that is specific to that state making it triple tax free.

Of course, all these strategies can be debated, I just want you to be active and aware of what is going on with your money whether you manage it yourself or have someone managing for you.

Mark Patterson is an Investment Advisor with MHP Asset Management LLC and can be reached at 447-1979 or Mark@MHP-Asset.com.

Ohm Lifestyle Center offering free, guided massage to first responders

WOLFEBORO— Ohm Lifestyle Center is offering free, guided head and shoulder massage classes through Zoom specifically for first responders, medical workers and other employees working on the front lines in the battle with the Coronavirus (COVID-19). The region’s leading full-service, organic spa, beauty and wellness center, Ohm Lifestyle Center began booking guided Zoom massage classes earlier this month to continue serving its devoted customer base remotely during the COVID-19 pandemic. Ohm Lifestyle Center made the decision to offer free classes to support first responders by helping them alleviate discomfort and stress. For more information, call 515-9923.

“We are always looking for creative and innovative ways to deliver

results to our customers but we wanted to go a step further to give back to first responders and medical workers who are sacrificing so much to keep us all safe and healthy,” said Gayle Washington, owner, Ohm Lifestyle Center. “These guided and interactive sessions give us the opportunity to demonstrate proper technique for addressing specific areas and trouble spots, while providing real-time feedback and direction. Workers on the front lines are playing such a critical role and we wanted to be sure we were doing everything we could to support them in these challenging times.”

Ohm Lifestyle Center, which is booking individual and group sessions, will schedule guided massage classes based on demand. Call 515-9923 to book a virtual appoint-

ment. Group sessions will be limited to up to 20 people.

While the current circumstances are driving increased demand for alternatives to in-person services, virtual guided therapy had already been picking up considerable traction within the wellness industry. Ohm Lifestyle Center’s guided massage sessions provide an effective resource for managing and reducing pain and discomfort in a convenient format accessible from home.

“This is changing the way all of us in the wellness industry are doing business and interacting with our clients, in some ways opening us up to a wider audience beyond our physical locations,” Washington said. “Our Zoom sessions are a great opportunity to bring family members, colleagues or friends together for a unique wellness experience that connects them, no matter where in the

country they are physically.”

Operating in accordance with all guidelines and regulations within Governor Chris Sununu’s Stay at Home 2.0 order, Ohm Lifestyle Center reopened for haircuts and partial coloring services Wednesday, May 13. Ohm Lifestyle Center also reopened its retail shop, which offers an array of nutritional supplements, beauty products and health and fitness equipment.

Ohm Lifestyle Center’s five-person team is constantly working to develop innovative solutions to deliver better results to its dedicated customers. Ohm Lifestyle Center is the only establishment in the northeast to offer Spinal Reflex Therapy (SRT), a cutting-edge clinical massage assessment and treatment approach in which practitioners use a thermal scanner to identify and treat exact pain points. Ohm Lifestyle

Center also created 38 Senses Massage, which combines full body massage and a custom-written, individualized guided meditation.

Currently unable to book in-person appointments for the majority of its services, Ohm Lifestyle Center adjusted to the circumstances and expanded its successful subscription box program to create specialized boxes featuring all the tips, tools and products customers need to recreate massages and facials right in their own homes. Along with the Facial Box, Ohm Lifestyle Center’s expanded box program includes a “Massage Box,” which features a foam roller, foot roller, 8-ounce custom massage oil, and a bottle of Chlorophyll Wa-

ter, and a “Mom’s Escape Box,” which features a variety of products with mothers in mind.

Guided group massage classes cost \$45 per person.

For more information, visit www.ohmlifestyle.com/.

About Ohm Lifestyle Center Ohm Lifestyle Center, 19 Elm St. in Wolfboro, is the leading full-service, organic spa, beauty and wellness center in the northeast, offering an ever-growing array of services, including massage therapy, a full salon and beauty shop and a carefully curated selection of wellness supplements. Visit www.ohmlifestyle.com/ for more information.

BARNSTEAD SUPERVISORS OF THE CHECKLIST

The Supervisors of the Checklist will hold a session on June 2, 2020 at the Barnstead Town Hall at 7-7:30 pm for corrections and additions to the Checklist and will also be accepting applications for voter registration or change of political party, for the State Primary on September 8, 2020. This will be the last day that voters may change their party before the election. Please check the Barnstead website for “Change of Party Application” as it is available if you feel unsafe coming to the meeting. You must have it back to the town office by 5 pm on June 2, 2020. You may deposit it in the white drop box near the Town Hall entrance. This is to deal with the COVID 19.

Supervisors of the Checklist

Judith L Forsyth
Marjorie J Terry
Pricilla Tiede

Supervisors of the Checklist for New Durham

Sherry Cullimore
Pat Grant
Mary Poston

Supervisors will be in session
Tuesday June 2, 2020
7:00 to 7:30 PM.

New Durham Town hall entrance foyer
go to New Durham Website to obtain
APPLICATION TO CHANGE
PARTY AFFILIATION form

according to Emergency Order #43 using the
APPLICATION TO CHANGE PARTY AFFILIATION
**The form requires the voter to complete the form,
print it, sign it, obtain a witness signature, and
return it to the clerk’s office, on or before June 2, 2020.**

TOWN OF NEW DURHAM ZONING BOARD PUBLIC HEARING NOTICE

TUESDAY, JUNE 09, 2020
7:00 PM @ NEW DURHAM TOWN HALL
Ray and Bridget Halpin

You are hereby notified that a virtual Zoom Public Hearing will be held by the New Durham Zoning Board on Tuesday, June 09, 2020 at 7:00 pm case # 2020-008. The hearing is regarding an application submitted on behalf of Ray and Bridget Halpin for property located at 170 Pine Point Road - Map 103 Lot 016. The applicant is requesting variances to allow Dimensional Requirements Flood Hazard Area and Water Body Setback. The full application is on file at the New Durham Town Offices for review during normal business hours. If you need assistance using Zoom application please contact Brian Cauler at ndlanduse@newdurhamnh.us or by contacting the Zoning Board.

The property is located at 170 Pine Point Road, Map 103 Lot 016.



GOVERNOR WENTWORTH REGIONAL SCHOOL DISTRICT

NEW DURHAM EARLY CHILDHOOD PROGRAM

Applications are now being accepted for the New Durham Integrated Preschool 2020-2021 school year to be held at the New Durham School.

The New Durham Integrated Preschool is an educational preschool program, with a limited number of openings for typically developing children residing within the Town of New Durham. The program offers developmentally appropriate activities to foster children’s language, cognitive, social and physical development.

- The Preschool is open to children of residents of New Durham. If the number of applications exceeds space availability, children will be accepted on a first come, first serve basis.
- Your child must turn three on or before September 30, 2020, and be less than five years of age on September 30, 2020.
- The program will be held 4 times a week (Monday through Thursday) for 4 year olds and 3 times a week (Monday, Wednesday, Thursday) for 3 year olds at the New Durham Central School. Morning session, 9:00 AM until 11:30 AM.
- PARENTS ARE RESPONSIBLE FOR TRANSPORTING THEIR CHILD TO AND FROM THE PROGRAM.
- Tuition is \$75 per month for 4 day program and \$56.25 per month for 3 day program payable in advance.
- Applications will be accepted from June 1-12, 2020 for enrollment in the 2020-2021 school year. In the event that the program is full and additional slots become available, parents will be notified in the order that applications were received. All required paperwork must be submitted for application to be considered complete.
- If all openings are not filled by New Durham residents, applications will be accepted from residents of surrounding towns within GWRSD.
- Status of your child’s application will be confirmed in writing by June 30th.
- Applications will be available on the GWRSD website (<https://www.gwrsd.org/>) on June 1, 2020 at 8:00 am. Additional supporting documents for residency, birth certificate, and custody paperwork must be mailed to Susan Merrell, PO Box 190, Wolfboro Falls, NH 03896.
- Enrollment is contingent of schools reopening in the fall.

GOVERNOR WENTWORTH REGIONAL SCHOOL DISTRICT

INVITATION TO BID

You are invited to submit a bid on the following items from the Governor Wentworth Regional School District Transportation Department:

- 1 – 2008 Freightliner 77 Passenger Bus with 229,555 miles
- 1 – 2008 Freightliner 77 Passenger Bus with 191,362 miles
- 1 – 2008 Freightliner 77 Passenger Bus with 264,384 miles
- 1 – 2007 Freightliner 77 Passenger Bus with 245,580 miles
- 1 – 2009 GMC 20 Passenger Van with Lift with 265,255 miles

Sealed bids will be received at the Superintendent of Schools’ Office, 140 Pine Hill Road, P. O. Box 190, Wolfboro Falls, NH 03896 until 11:00 a.m. on June 4, 2020. No facsimile bids will be accepted.

Any questions may be directed to Maryann Belanger, at 603-569-2684.

The School Board reserves the right to accept or reject any and all bids.



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

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You may also call The New Hampshire Commission for Human Rights at 603-271-2767 or write The Commission at 163 Loudon Road, Concord, NH 03301

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HIGHLAND RIDGE IS OPEN!

A NOTE FROM THE DEVELOPER: In these strange times it is vitally important to provide a safe and secure setting to show property. The nature of home construction is allowing for work to continue as close to normally as possible. We have broken ground on several new foundations and are prepared to meet our 120-day construction timeline. We are fortunate at Highland Ridge to have two unoccupied and easy to show model homes as well as virtual tours where you can view the home from any device. We welcome you to visit www.rocherealty.com or www.highlandridgenh.com for more information on these new homes being constructed in Tilton, NH. Prices start at \$299,900



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REAL ESTATE

GRANT

(continued from Page A1)

“We’re having quite a reward system this year,” Allyn said, “so we’re anticipating families coming by weekly to pick up books and prizes.”

The avatars, which normally move along a decorated wall in the Children’s Room to indicate reading progress, will be prominently displayed outside this

year.

“Kids will be able to wear the brag tags they earn, too,” Allyn said. “We’re all about showing the community that these children are amazing readers.”

Anyone interested in registering for the program can call the library at 859-2201 or email newdurhamlibrary@gmail.com.

VOLUNTEERS

(continued from Page A1)

etables in our Victory Garden, food rationing,” he said. “I also talk about how happy the family was the day my godfather, Captain S.E. Gergus, 9th Army, returned home from the service.”

Along with fellow volunteers, Nancy Mako and Cindy Cafasso, Messineo said he is also involved in the museum’s events committee, which formed “The Wright Bakers.”

“We create, design and prepare many of the sweet treats and desserts for members during special annual events,” he said.

Expressing “deep appreciation” for Messineo and the efforts of all volunteers, Culver said such involvement helps to underscore the importance and relevance of the Wright Museum mission.

“What happened during WWII directly informs who we are to-

day,” he said. “Many of the events that directly resulted from it reshaped the world economy, and the culture of today borrows many themes that had their origins during that seminal time period in our nation.”

Messineo agreed and cites the museum’s Home Front Gallery as perhaps its most notable contribution.

“It shows how America’s ‘Arsenal of Democracy’ played a vital role with its achievements,”

he said. “This period of American history, 1939 - 1945, must be told and retold because it is part of who we are today.”

The region’s leading resource for educators and learners of all ages on World War II, the Wright Museum will follow all CDC guidelines in determining when it will open for the 2020 season.

To learn more about the museum or Project25, visit wrightmuseum.org.

Area residents named to Dean’s List at University of New England

BIDDEFORD, Maine —The following students have been named to the Dean’s List for the 2020 spring semester at the University of New England. Dean’s List students have attained a grade point average of 3.3 or better out of a possible 4.0 at the end of the semester.

The University of New England is Maine’s largest private university, featuring two distinctive campuses in Maine, a vibrant campus in Tangier, Morocco, and an array of innovative offerings online. Our hands-on, experiential approach empowers students to join the next generation of leaders in their chosen fields. We are home to Maine’s only medical and dental colleges, a variety of other interprofessionally aligned

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University of New Hampshire announces May 2020 graduates

LRPC's TAC Committee to meet virtually

DURHAM — The following students graduated from the University of New Hampshire in Durham Saturday, May 16, 2020, during a virtual celebration. Students who received the honor of summa cum laude graduated with a GPA of 3.85-4.0; students who received the honor of magna cum laude graduated with a GPA of 3.65-3.84; and students who received the honor of cum laude graduated with a GPA of 3.50-3.64. Students are only graduated after the Registrar's Office has certified that all degree requirements have been successfully completed. A traditional, in-person commencement ceremony will be scheduled at a future date yet to be de-

termined.

Katherine Lesnyk of Center Barnstead graduated Summa Cum Laude with a BS degree in Health Management & Policy.

Patrick Kaplan of Center Barnstead graduated with a BS degree in Biology.

Alexis Gilbert of Center Barnstead graduated with a BS degree in Environ Conservation&Sustain.

Kayley Hoyt of Center Barnstead graduated High Honors with a AAS degree in Veterinary Technology.

Kelsey Hoyt of Center Barnstead graduated with a BS degree in HumanDevelopmnt&Family Studies.

Jacob Woodrow of Alton graduated with a BS degree in BusAdm:Ac-

counting.

Ronda Fernald of Alton graduated with a MED degree in Educational Studies.

Victoria Rice of Alton graduated Summa Cum Laude with a BS degree in BusAdm:Accounting.

Megan Cully of Alton graduated with a MED degree in Elementary Education.

Daniel Krivitsky of Alton graduated Magna Cum Laude with a BS degree in BusAdm:Accounting.

Angela Brophy of Alton Bay graduated Cum Laude with a BSMAED degree in Math Ed:Secondary.

Joshua Thibeault of Alton Bay graduated Magna Cum Laude with a BSCIVE degree in Civil Engineering.

Jacob Woodard of

New Durham graduated Magna Cum Laude with a BSCIVE degree in Civil Engineering.

Madeline Grandin of New Durham graduated with a MS degree in Nursing.

Molly Erickson of New Durham graduated Magna Cum Laude with a BS degree in Marine, Estuarine,&Frshwatr-Bio.

The University of New Hampshire, founded in 1866, is a world-class public research university with the feel of a New England liberal arts college. A land, sea, and space-grant university, UNH is the state's flagship public institution, enrolling 13,000 undergraduate and 2,500 graduate students.

REGION — The Lakes Region Planning Commission's Transportation Technical Advisory Committee (TAC) will meet Wednesday, June 3, from 2 to 4 p.m.

The TAC will discuss several transportation issues, including updating LRPC's Regional Transportation Plan, last published in 2015, as well as the process by which future highway improvement projects can be proposed for consideration in New Hampshire's Ten Year Transportation Plan for 2023- 2032.

As a result of the Coronavirus/COVID-19 public health crisis and pursuant to Emergency Order #12 issued by Gov. Sununu on March 23 regarding the state of emergency currently extended until June 4 pursuant to the Governor's Executive Order 2020-09, the Lakes Region Planning Commission has determined that this meeting of its Transportation Advisory Committee will not be held at a physical location, but will be conducted via Zoom webinar.

There are two ways for the public to access the meeting: Online at this link: <https://us02web.zoom.us/j/88173028582> or by telephone: Dial 1-929-205-6099 (New York) and enter webinar ID 881 7302 8582or use iPhone one tap +19292056099,88173028582#. These instructions are also provided on the LRPC website at www.lakesrpc.org.

Anyone who has trouble accessing the meeting can call 279-5334 or e-mail admin@lakesrpc.org for assistance.

The LRPC TAC encourages all members of the public who are interested in any aspect of transportation to provide input during the meeting. For additional information about this meeting, please contact the LRPC at 279-5337.



HIPAA Privacy Rules

BY ATTORNEY
EDWARD H. ADAMSKY

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

In the last seventeen years however, providers have become used to the system. No one has been punished for innocent infractions and no health workers have gone to jail. Some egregious and criminal violations have been sanctioned but the original fears of most providers did not come true.

Still, the standards are in place to protect everyone's privacy,

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

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

may need HIPAA releases for your college-age children too.

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

Protected Health Information means information about an individual's physical or mental health condition; the provision of health care to the individual; and, payment for that health care. "Covered Entities" include most health care providers, health insur-

ers, and affiliated organizations (Doctors, Hospitals and Labs).

Estate Planning and Elder Law attorneys have modified their planning documents

to include language designed to help families properly use and share protected information. Older documents may not have the right language, so you should

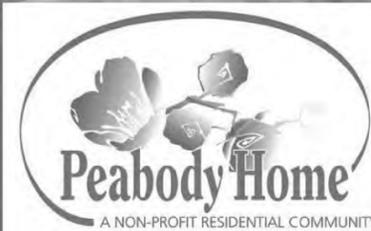
review your documents, and if necessary, see your attorney to have them updated.

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Kingswood Youth Center care packages continue

well supplied. During the 2019 holiday season, Dave & Friends supported positive Christmas/Holiday experiences for over 400 local children. More recently, the organization has supplied backpacks and plastic totes for those displaced by the Ossipee Manor Fire and new sneakers and socks for students at Crescent Lake School.

unteers have shared their time and resources in supporting KYC care packages and remote programs. Weekly science kits have become a favorite among KYC members. Bags equipped with instructions and supplies to conduct experiments such as 'egg crash test dummy car' and 'skittles rainbow filter' let students bring a bit of KYC fun and learning home! Homemade baked goods, fresh produce, meal kits, and treats are among the other items shared by KYC volunteers.

WOLFEBORO — As our local teens near the end of an out-of-the-ordinary school year, the Kingswood Youth Center has been working hard to support youth and their families. Through a weekly food distribution program, the KYC has provided local families with over 8,000 pounds of food through 150 'care packages,' since the onset of the COVID-19 Pandemic. Weekly care packages have included fresh produce, meat, fish, and poultry, frozen meals and veggies, restaurant-prepared meals, take-home activities, pantry items, toiletries, treats, and more.

Three local favorite restaurants have contributed quality prepared meals to the KYC's care packages. These contributions have included three traditional Italian pasta dishes and a homemade soup from the Wolfetrap Grill and Raw Bar, chicken fajitas and sides from El Centenario, and Shepherd's Pie from Burnt Timber Tavern. The time and resources contributed by these three businesses provided dozens of meals to local families and gave families something

KYC staff members and volunteers eagerly and patiently await the day when it will be safe to open the doors again. Until then, they're available, at a distance, to lend a hand. For more information about the KYC's services or to support the KYC, please contact info@thekyc.org.

KYC care packages have been made possible by an outpour of local generosity. Dave & Friends Local Area Toy Drive made a recent monetary donation that has gone a long way in keeping families

special to look forward to as they grappled with the realities of the pandemic. Many KYC vol-



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The Future of VNA in New Hampshire

Concord Regional VNA and Central New Hampshire VNA & Hospice will host a virtual listening session to provide the public an opportunity to learn about the organizations' proposed merger and ask questions.

Wednesday, June 3, 2020
4:30 to 6:00 p.m.

The online listening session will begin with a brief presentation followed by a question and answer period, and will conclude immediately following. Those interested in joining are encouraged to log-in promptly at 4:30 p.m.

For information and log-in details, please visit www.vnaforthefuturenh.com

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