

Community sounds off in support of Bristol Community Services

BY DONNA RHODES
dhrhodes@salmonpress.news

BRISTOL – Pleasant Street in Bristol sounded like a metropolitan rush hour traffic jam last Saturday morning, as numerous motorists showed their love for Bristol and the surrounding towns when they spotted Diane Payne of Bristol Community Services on the sidewalk with a sign that read “Honk If You (love) Newfound Area.”

The response spoke volumes. Payne was at BCS that morning to take donations for the community food pantry. She said that since March 16, the thrift shop has been closed. She and director Susan Colby have remained available, though, to provide both food and financial assistance for residents and gather donations to keep their supplies at par with the growing needs.

While working that day, Payne thought she might lift some spirits by making her sign to see how much love and support she could promote in the community.

“I thought this would be something fun to do on my break. It’s been great to see so many people honking their horns and waving,” she said.

With each acknowledgement, Payne would wave back and dance on the sidewalk with her sign, excited to see so much enthusiasm and love for the Newfound Region in these stressful times.

While the thrift shop remains closed, there were a few tables, all spaced at safe distances, set out in front of the building that day that were covered with free jigsaw puzzles, toys, and even a few Easter items for children to take home and enjoy.

SEE SUPPORT PAGE A15

Miles for Smiles 5K canceled due to COVID-19

PLYMOUTH — For the first time in 10 years, Lakes Region Community Services has canceled their Miles for Smiles 5K Run/Walk, scheduled this year for May 30, due to COVID-19 concerns. Since 2011, this community-centered event has raised much-needed funds to provide access to dental care for adults with disabilities.

LRCS would like to thank the many volunteers and sponsors that have dedicated their time and resources to support this event.

“We are lucky to have strong community involvement for this race,” said Race Director Emily Ferrer. “From the local school running clubs to the dedicated race volunteers who have been involved with this event since 2011 – we are so grateful.”

Miles for Smiles usually draws several hundred participants for its annual late-spring event, and relies on the generous sponsorship of dental and medical professionals and other local businesses to support the cause.

“We would like to thank our presenting sponsor, Dr. R. Thomas Finn Jr. & Dr. Kiirsten H. Finn of Finn & Finn Beautiful Smiles, as well as the many others that made early sponsorship commitments,

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Diane Payne of Bristol Community Services rallied some community spirit last weekend with her sign that she hoped would cheer residents and show love and support for the Newfound Region.

Danbury mark “foggy” path through remote learning

BY DONNA RHODES
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DANBURY – As many people may already be aware, a cairn is a pile of rocks or a heap of stones, put in place by human hands. Often, cairns serve as markers along hiking trails to keep pathways visible during dense fog or serve as markers for memorable sites.

Danbury Elementary School recently decided that the legacy of rock cairns was appropriate for their community, too, and have begun promoting the creation of cairns as a representation of the new pathway to remote learning that students are experiencing during this “foggy time.”

DES Principal Alison Roberts and school nurse Stacy MacLean agreed upon the project and are now asking families to consider building a cairn somewhere in their yard where others can see them from the road.

“Cairns throughout our community may serve as

SEE LEARNING, PAGE A15



Students from Danbury have begun building rock cairns to draw recognition to the “foggy path” of online education they and their teachers are experiencing. Those joining in on the project thus far are elementary school students Billy and Sydnee, Matthew and Victoria, and middle school students Dayvonne, Hayden and Finn.

PSU student honored as Newman Civic Fellow



Plymouth State University junior Tam “Tallie” Phan, pictured above trimming invasive plants in Mississippi as part of PSU’s Social Action Trips in spring 2018, has been named a 2020-2021 Newman Civic Fellow by Campus Compact. The Fellowship is a year-long program that recognizes students who are leaders on their campuses and demonstrate a commitment to finding solutions for challenges facing communities locally, nationally and internationally. PC: Drew Shonka, Community Collaborations International.

PLYMOUTH — Plymouth State University junior Tam “Tallie” Phan has been named a 2020-2021 Newman Civic Fellow by Campus Compact, a national non-profit coalition of more than 1,000 colleges and universities working to advance the public purposes of higher education. The Newman Civic Fellowship is a year-long program that recognizes students who are leaders on their campuses and demonstrate a commitment to finding solutions for challenges facing communities locally, nationally and internationally.

Phan has been named a 2020-2021 Newman Civic Fellow by Campus Compact, a national non-profit coalition of more than 1,000 colleges and universities working to advance the public purposes of higher education. The Newman Civic Fellowship is a year-long program that recognizes students who are leaders on their campuses and demonstrate a commitment to finding solutions for challenges facing communities locally, nationally and internationally. Campus Compact named 290 students to this year’s Fellowship, which is the largest cohort to date. “Tallie embodies our motto, Ut Prosim, as she is continuously inspiring her peers to look at the root causes of social issues and to widen their perspectives of the world,” said Donald L. Birx, Ph.D., President, Plymouth State University. “She works hard to ensure her peers have intentionally designed and highly ethical service experiences, amplifying her impact on the local and global communities.”

SEE PHAN, PAGE A15

A Note to Readers

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

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

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

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

PSU moves Accepted Students Days online

PLYMOUTH — Like its higher education counterparts nationwide, Plymouth State University (PSU) has swiftly adopted new ways of doing things

that continue its mission while protecting the health and wellbeing of students, faculty and staff in response to the coronavirus pandemic. In addition to respond-

ing, however, PSU is also looking to the future. This spring, PSU will host its annual Accepted Students Days programs and activities online, offering students and

families the opportunity to learn about and experience PSU without stepping foot on campus. So far, 225 families have registered to attend the first Accepted Students Day on Saturday, April 4.

“High school juniors and seniors are even more stressed and anxious now as they try to navigate the challenges of abruptly shifting to online and alternative learning methods, deal with the disappointment of postponed or cancelled spring school activities and events, such as prom and graduation, and of course, try to figure-out what’s next,” said Matthew Wallace, Director of Admissions, Plymouth State University. “While the COVID-19 pandemic will prevent them from visiting campus in person this spring, our team is working hard to engage students and parents in the full Panther experience online so they can gain a meaningful understanding of our unique campus community.”

PSU’s 2020 Accepted Students Days will be held on the following days:

Monday, April 20, at 1 p.m.

Friday, April 25, at 10 a.m.

Monday, April 27, at 1 p.m.

Students and families who previously registered for an in-person Accepted Students Day must re-register for one of the virtual events at plymouth.edu/visit.

In addition to virtual Accepted Students Days, PSU is rolling-out other ways for prospective students to learn more and experience what it’s like to be a Panther. Several academic programs are developing virtual information sessions, including PSU’s meteorology program, which is offering students

the opportunity to visit interactive classroom space, PSU’s weather center, its innovative electronic map wall, and the TV studio where students practice delivering weather reports on camera. Students interested in the nursing program can participate in live, virtual information sessions on Monday, April 6, at 1 p.m. and Monday, April 13, at 1 p.m. Additional program-specific offerings will be posted as they are available.

PSU has also developed a program to enable prospective students to interact with current students and to learn more about what it’s like to be a PSU student. Students can simply text questions to 769-8540, and a current PSU student will respond. The PSU Admissions Team is developing a series of videos to assist high school juniors and seniors with the admissions process and will also host interactive question and answer sessions online.

“I am extremely proud of our team and everyone who has helped develop this robust programming in just a few short weeks, while also responding to other campus needs,” said Wallace. “We are excited to welcome prospective Panthers to campus virtually, and look forward to welcoming them in-person this fall.”

PSU has extended its application deadline to May 15 and its deposit deadline to June 1 to

ensure all students who want to enroll for the fall semester can do so.

To learn more about PSU’s current offerings for accepted students and to register for a virtual Accepted Students Day, visit www.plymouth.edu/visit. For more information about Plymouth State University, visit www.plymouth.edu.

About Plymouth State University

Established in 1871, Plymouth State University serves the state of New Hampshire and the world beyond by transforming our students through advanced practices where engaged learning produces well-educated undergraduates, and by providing graduate education that deepens and advances knowledge and enhances professional development. The Plymouth State Learning Model is organized around seven dynamic, theme-based hubs called “Integrated Clusters,” which emphasize open, integrative and project-based experiences. With distinction, we connect with community and business partners for economic development, technological advances, healthier living and cultural enrichment with a special commitment of service to the North Country and Lakes Region of New Hampshire. To learn more about Plymouth State University, visit www.plymouth.edu.

Bridge House Ladders & Flip'n Furniture thank all our faithful customers! Because of your patronage the Shelter has helped folks overcome homelessness while providing jobs not only for Bridge House residents but especially for Veterans. We're all in this together—the safety of everyone is our sole concern. Follow both shops on Facebook for ongoing developments. We'll reopen just as soon as the CDC gives us the green light!

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Salmon Press Easter Egg Hunt

With the Stay at Home order, many events including upcoming Easter Egg Hunts have been cancelled.

Local businesses have placed an ad with an egg hiding within the pictures or text of the ad.

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Faith Bible Church
Floorworks
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Hunkler, Bacon Insurance

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Little Village Toy & Book Store
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SAW 55 Lisbon
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SBS Seamless Gutters
Stockley Trucking
Tardiff Realty
The Rusty Bucket
The Summertime Marching Band
Loon Mountain

Let's see how many eggs you can find.
Good Luck!

Happy Easter!

From everyone at Salmon Press

Calendar of events suspended

With many local groups and organizations wisely canceling planned events due to the ongoing coronavirus outbreak, we have temporarily suspended publication of our weekly calendar of events. Once the current situation settles down, we will return to being your go-to source for the area's most comprehensive listing of local events and activities.

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Community volunteers muster to go shopping



BY THOMAS P. CALDWELL
Contributing Writer

REGION —Cathy Bannan Redman, whose late father, Michael Bannan, had served for several years as a Bristol selectman, thought she might have something to offer the town when concerns over the coronavirus began restricting social contact.

Richard Gowen, owner of Gowen Realty in Plymouth, was having similar thoughts. He wanted to find a way to get groceries into the hands of Plymouth’s senior citizens, and offered to coordinate a group of volunteers to see that they got the assistance.

Senior citizens, who

are especially at risk if they contract COVID-19, are being urged to avoid travel as much as possible, and although most Hannaford stores and other grocery chains are offering early-morning hours for elders only, many elders have health conditions that prevent them from leaving home, or they lack transportation to get to the grocery store during those hours.

Redman, a recent retiree from a 37-year career in the insurance field, contacted Bristol Town Administrator Nik Coates to say she would be happy to help the community in any way she could. Coates told her he had already been looking for a way to bring local

groups together to help residents in need. He put Redman in contact with another Bristol resident, Steve Hanser.

Hanser is the one who suggested doing grocery shopping so local elders could remain safely in their homes. Redman, with experience in organizing projects, offered to organize, coordinate, and manage the shopping service for residents of Alexandria, Bridgewater, Bristol, Danbury, Hebron, Hill, and New Hampton.

“Prior to the pandemic, each agency in the town was working in our own silos,” Coates reflected. “Not saying that’s a bad thing, just it’s a given that everyone is busy with their own areas of expertise. If there’s a silver lining to this pandemic, and there are a few, it’s that it has given us the opportunity to work more closely and in a more coordinated approach toward serving the needs of residents who need it most.

“We are very lucky to have Cathy, Steve, and the many volunteers that have been marshaled to the cause of supporting our community.”

Redman said she was able to recruit some 50 volunteers, mostly through Facebook.

Local agencies such as Bristol Community Services and the Tapply-Thompson Community Center are putting Redman in touch with senior citizens who need help with grocery shopping. She contacts the

seniors to confirm that they’re willing to share their phone number with an assigned volunteer, and determines which of the volunteers is able to help that person. The volunteer then calls the elder for a grocery list and to discuss that person’s needs going forward. The senior pays for each grocery order, but the shopping and delivery are free. The volunteer and the senior will remain together as long as the service is needed.

The Bristol Police Department originally offered to make the deliveries, working with Hannaford of Bristol to have volunteers pick up and package the groceries, with assistance from store associates.

Store Manager Chris O’Leary said that, when Bristol Police Chief Jim McIntire approached him about the service, it was a natural fit for the store, and corporate headquarters said it would support whatever the local store wants to do for the community.

Coates said that, about three weeks ago, “when things started to become apparent that New Hampshire was going to be hit just like the rest of the country, the town’s department heads got together and developed an 11-point plan for handling the challenge. Two of the points were on supporting local business needs and on supporting the needs of social service agencies and clients. I had asked the

police chief to find ways that the police department could get involved in those two efforts. It wasn’t much of a sell, because Jim is already locked in to the important role the department plays in supporting the community. It was a natural fit.”

However, the department found it difficult to carve out the time while handling its regular duties, so the deliveries are now done by volunteers who have completed background checks.

The volunteers shop and deliver groceries two days a week.

“Since this is new to all of us, over the past two weeks, we have tweaked the process to make it better,” Redman said on March 31. “We are continually looking for ways to streamline the process for everyone involved. My goal is to organize the deliveries by neighborhood, if possible. We’re not there yet, but hope to be soon.”

Those needing the service are asked to call the Tapply-Thompson Community Center at 603-744-2713.

“We ask that the seniors be flexible in their grocery order, as the grocery stores are doing their best to keep their shelves stocked,” Redman noted, adding, “Our tagline is ‘Bristol-Newfound Strong-it takes a community!’”

Richard Gowen approached the Plymouth Hannaford and the Plymouth Police Department to set up a program to provide groceries to Plymouth’s elderly residents. Open to those 65 years old and up, as well as those with medical conditions that prevent them from shopping, the service utilizes a group of local volunteers. While Gowen Realty is coordinating the volunteers, orders are placed through the Plymouth Police Department.

said, “We don’t want the community to think they’re going to be scammed, so we wanted to be involved, but Gowen Realty is really the one driving this.”

To place a grocery order, people must contact Vicki Moore at 536-1804, ext. 106, or email vmoore@plymouthpd-nh.org; or Eden Lefebvre, 536-1804, ext. 107, elefebvre@plymouthpd-nh.org. If emailing an order, they must provide an address and phone number to confirm.

Volunteers will then take the orders to Plymouth Hannaford, purchasing the items that are in stock. A cashier will print a receipt with the amount owed, and the volunteers will take it to the client, collecting the payment by check or credit card. The volunteer then returns to the store to pay for and pick up the order, bringing it back to the senior.

The preferred delivery times are Tuesdays and Thursdays between 8 a.m. and noon, but they allow exceptions.

Beyond the Newfound and Plymouth areas, there is a Shopping for Seniors program serving the greater Laconia and greater Concord areas through a partnership between the Community Action Program of Belknap-Merrimack Counties Inc. and the Friends Programs Inc. Under the program, elders place shopping lists, along with cash or store gift cards, in envelopes with their names on them with CAP’s Rural Transportation Service bus drivers who deliver them to volunteers at the chosen stores. The volunteers do the shopping, placing the gift cards or any change back in the envelopes, and bring them back to the waiting bus. The drivers then deliver the goods.

Fire breaks out at Glove Hollow Farm

BY DONNA RHODES
dhrhodes@salmonpress.news

PLYMOUTH – Crews from Plymouth Fire-Rescue were toned out to 395 Daniel Webster Highway (Route 3) at approximately 3:30 p.m. on Tuesday for the report of an outside fire at Glove Hollow Christmas Tree Farm. They were joined by additional crews from the Ashland Fire Department for the initial dispatch from Lakes Region Mutual Fire Aide.

Upon their arrival, Plymouth Fire Chief Tom Morrison said the first crews on the scene found approximately one-acre of land burning in a lower field. As winds shifted, flames advanced toward the nearby railroad tracks however and a second alarm was requested to bring in additional companies to halt the fire’s progress.

Responding to that second alarm call were crews and equipment from Holderness, Rumney and New Hampton, as well as Waterville Valley and

Meredith EMS, which provided coverage for the Plymouth station. Also assisting in the call were officers from Plymouth Police Department and Forest Ranger Tom Trask of the New Hampshire Division of Forest and Lands.

Morrison said crews were on scene at the tree farm for an estimated two hours as they worked to fully extinguish the blaze that in total burnt 2.1 acres of land. Fortunately, only one of the several thousand Christmas trees on the property was burnt during the incident.

Morrison said the fire was believed to have been accidentally started by a mowing operation on the farm.


With the arrival of drier weather and warmer temperatures, leaf litter and debris accumulated over the fall and winter months make conditions ripe for brush and forest fires. Officials remind everyone to use caution when operating off-road combustible engines and

to be especially mindful for which permits are now required.



COURTESY
Firefighters from several towns lined work roads within Glove Hollow Christmas Tree Farm on Tuesday for a fire that burned approximately two acres of the property off Route 3 in Plymouth.

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



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From the Editor's Desk

Finding a silver lining

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

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

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

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

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

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

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

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

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



DONNA RHODES

Blossoming beauty

Pretty crocuses blossoming in New Hampton are a reminder that while circumstances will be much different this year, it's still time to celebrate both Easter and the arrival of Spring in whatever way we safely can.

CADY Corner

In a time of disruption, protect your child from the risks of substance use

BY DEB NARO
Contributor

One of the most pressing concerns for many of us is managing daily life with our families under these unusual and trying circumstances around COVID-19. For those of us with preteens, teens or young adults in the home, our best-laid plans for supporting their healthy development can be thrown off course or strengthened during this time. What can parents and other caregivers do to reduce the potential that children – who are understandably feeling frustrated, anxious, bored, depressed or isolated – might engage in substance use as a distraction or to self-medicate?

Recognize that physical distancing is difficult for them, too. Socializing is critical to their health and well-being. Students who get meaning and fulfillment from their usual school and

extracurricular activities no longer have those outlets. Young people's natural need to separate from parents is thwarted and, for many students, their academic and career aspirations are on hold and clouded with uncertainty.

Your child is justified in their feelings of loss and worry. These difficult circumstances are an opportunity to develop new coping skills and learning to adapt to stressful situations.

Parents and other caregivers are feeling pressure to satisfy work obligations while supervising and caring for children at home. If you're continuing to work outside the home, you have the added burden of worrying about what your kids may be up to if they're unsupervised.

Be kind to yourself. Give yourself a break. While effective parenting should not be put on hold, neither does it

need to be put into overdrive. We do not need to feel obliged to create the perfect homeschooling environment for our children, schedule their every waking moment and make the most of their wide-open time. Creating space for some calm within the home outweighs the need to check the box on every item on our to-do list.

It's more important now than ever to simply be involved and engaged with your child. Have ongoing age-appropriate conversations and be clear about your expectations related to substance misuse. Be aware of their activities and personal relationships, even if those activities are inside the home and the relationships are virtual. Model healthy behaviors to help your child learn how to handle stress without turning to substances and stay aware of the types of substances your child may encounter. Some

kids are still seeing their friends outside the home, going outdoors for exercise or getting packages in the mail. Finally, be sure to secure substances like alcohol, medications, medical marijuana, etc., within your home.

If you suspect or know your child may be using substances, please reach out for help. Partnership for Drug-Free Kids offers a free and confidential helpline by calling 1-855-378-4373 or texting 55733 to ensure you have the information and support you need.

For more information about protective factors, please visit our website at cadyinc.org. If you or someone you know struggles with substance misuse or addiction, please call 2-1-1 or the Doorway at LRGHealthcare (934-8905) for help.

SUSTAINABLE BRISTOL

BY LAUREN THERRIault

Hello again from Sustainable Bristol on week three of social distancing. I had given some ideas on sustainable things to stay busy a few weeks ago. Upon more reflection, I am becoming more and more aware that many of the things people are doing now, during social distancing, are very similar to the activities people did to keep their home running many years ago. Today, they can be used to keep your home running and also to keep

you busy. Here are some more ideas:

Bake something. A loaf of bread, cookies or a pan of brownies. Nothing smells better than a house that has a fresh loaf of bread cooling on the counter.

Dry your clothes on the line. You've got nothing but time, right? If you don't have a clothesline, you could make one fairly easily, there are lots of tutorials online and the hardware store is taking online orders if you need supplies. Second only to the smell of fresh baked bread is the

smell of sheets and towels dried in the spring air, in my humble opinion that is.

Eat dinner by candlelight. Since you can't go out for romantic dates you could have one at home. Bonus points if you use a cloth napkin.

Write a letter or send a card. You could easily call or video chat a loved one and talk to them, but if you're like me you already spend too many hours working at the computer now, so writing a letter is a welcome reprieve. The recipient will surely be happy to

get something fun in the mail.

My hope is not to add more to your plate, that's not sustainable after all, but to give you some ideas of things to do to fill the time that are Eco-friendly and help you feel connected to those you are close to.

Lauren's Green Tip of the Week: Call the phone number on the back of unwanted catalogs and request your name get taken off the mailing list.

Letters to the Editor

Let's get back to 'normal' together

To the Editor:
With the daily changes being made to our lives regarding the Covid-19 situation, I would like to provide some information to help keep the residents of Bristol better informed.

Right from the start of the State and Federal actions in late March,

the town administrator and department heads have been acting on the orders and mandates set forth by our Governor and President. They also have been thinking ahead and being proactive on circumstances that may arise. Their work has helped the Select board to put in place

the many necessary temporary policies to protect the town's residents and employees.

We all have worked to ensure safety while continuing town functions and services. All town departments and operations are continuing. Many precautions are in place to protect from the

spread of the virus so that it will not severely disable any department. For most of the departments, you will not see much change other than the general precautions that have been implemented. The biggest change you will see is the virtual town office where business is now

being done by electronic means and over the phone.

The best source of the latest information is the Town Web page. Resources there fall into several categories: Resources for Individuals, Resources for Businesses, Health information, Local closures, Remote

Services and Public Service Announcements. There are also informational videos. The information is updated frequently so check back often.

Also, there are four banners posted around town to help inform people with limited or

SEE LETTER PAGE A5

NORTH COUNTRY NOTEBOOK

By JOHN HARRIGAN

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

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

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

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

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

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

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



COURTESY

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

+++++

A bear's nose is incredibly sensitive, and up at camp, ten air-miles from my house but two hours by truck and trail, bears are ever on our minds. A scrap of food in a crack in the counter could draw a bear in from miles away. Their noses are incredible, and they never forget.

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

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

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

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

just that, a great big omnivorous pig.

+++++

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

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

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

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

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

ined, from zip-lining to surviving in the wild.

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

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

+++++

One thing we most definitely did not have when I was coming along was a turkey season. Now, in one of the beat-known wildlife restoration success stories in the nation's history, we not only have a general fall turkey hunting season, but also a season in the spring for toms.

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

Back then I went out for an afternoon in the field with Fish and Game's budding turkey biologist, Ted Walski, who was so focused on

peering through his binoculars and recording data that he forgot about the steering wheel, and got us thoroughly stuck on the edge of a cornfield in West Swanzy. We were ingloriously rescued by a truckful of hunters.



coyotes, tripping over a porcupine, facing a fisher (cat), being stalked by a catamount, and now, stepping in the abundant evidence of turkeys. There are no records on how far north our original wild turkeys ranged, but as wild things are trying to teach us all the time, history knows no bounds or boundaries.

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

Oh, the hazards of the trail: Being shadowed by



Newfound Lake Inn is now offering Easter Dinner to bring home.

Order now, for pick up Sunday April 12th from 2:00 to 7:00 pm.

Honey Baked Ham Dinner- \$18 per person, or 4 for \$65

Oven Roasted Turkey Dinner - \$19 per person, or 4 for \$70

Dinners will include entree, mashed potatoes, butternut squash, corn, sauce or gravy, and dinner rolls.

Fully cooked dinner, just reheat and serve.



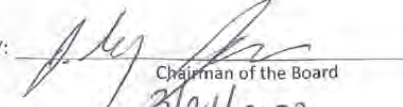
Newfound Lake Inn
1030 Mayhew Tpke.
Bridgewater, NH 03222
(603) 744-9111
www.newfoundlake.com

Town Of Danbury

Public Notice re RSA:7:19-a,II(d)

Pursuant to the requirements of RSA 7:19-a, 7:19-a, II(d), notice is hereby given that a pecuniary benefit transaction or transactions which exceed \$5,000 has occurred between the Danbury Workshop INC and Lorraine Wason (Board Member) in the total amount of \$6,132 the nature of said transaction or transactions being more particularly described as follows working as Office Assistant at the Danbury Workshop.

ATTEST: Danbury Workshop Inc
15 High Street
Danbury NH 03230

BY: 
Chairman of the Board
Date: 3/24/2020

Letter

FROM PAGE A4
no electronic access. Check for these at: the Town Office, Millstream Park, Transfer Station and TTCC. Info is posted on windows and cork boards at those locations. Lastly, people can always call the town office number. It will be forwarded to the employees working from home or leave a message and someone will return your call.

In looking ahead, the departments are being cautious of the impacts to the economy and its effects to town revenues. They are closely following their budgets and waiting on projects

and expenses that can be done later in the year. Direct expenses from the crisis are also being tracked to submit for State and Federal aid that may become available. Finally, the Town's unreserved fund is in good shape and available to the Selectboard to help mitigate lost revenues when setting the tax rate later this year.

I encourage everyone to please have patience and understanding during this time. Many of the orders being issued are done quickly, and there are many details that need to be clarified afterward. Towns must sometimes act to the letter of the order while they are trying to

get guidance from the State for your specific situation. It's very frustrating for everyone.

Finally, I ask everyone to follow the guidelines that are being set. The better they are followed, the quicker we can get

past this without more intrusions. By working together, we can get back to normal as quickly as we can.

Stay well.
DON MILBRAND
BRISTOL

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KINDERGARTEN REGISTRATION FOR 2020-2021 SCHOOL YEAR

The Newfound Area School District will hold its annual Kindergarten Connection for all children who will be entering kindergarten in September 2020 as follows:

- Monday, May 11 for children residing in **Bristol & Alexandria* (744-2761)**
- Tuesday, May 12 for children residing in **Bridgewater/Groton/Hebron (744-6969)**
- Thursday, May 14 for children residing in **Danbury (768-3434)**
- Friday, May 15 for children residing in **New Hampton (744-3221)**

If you have a child who will be five years old on or before September 30, 2020 please call your assigned school as soon as possible for registration information.

**Children who reside in Alexandria will attend either the Bristol Elementary School or the Bridgewater-Hebron Village School. Determination is made according to physical address. You may contact either school for more information.*

Thayer Fremont-Smith, MA, 88

MELROSE, Mass. — The Honorable Thayer Fremont-Smith, Associate Justice of the Superior Court of Massachusetts (Retired), died peacefully on March 31 at his home in Melrose, Massachusetts surrounded by family. He was 88.

Mr. Fremont-Smith was born in Boston, Mass. on June 17, 1931. The child of Dr. Maurice Fremont-Smith of Boston and Mary Dixon Thayer Fremont-Smith of Philadelphia, Thayer attended Milton Academy ('49), Harvard College ('53) and Harvard Law School ('60). From 1954 to 1956, he served in the United States Army as an enlisted infantry medic. After law school he joined the firm Goodnow, Arwe and Ayer in Keene, NH, where he was also elected City Solicitor ('60-'63). Upon his return to Boston he joined the firm of Choate, Hall & Stewart, where he practiced as a partner for over 30 years. He was appointed to the bench in 1993, and served as Associate Justice of the Superior



Thayer Fremont-Smith

Court of Massachusetts for 10 years.

From a love of the law he was active in the legal community of Boston, a frequent lecturer in anti-trust law (Harvard Law/ALI/ABA), a member of the Steering Committee on Civil Rights of the Boston Bar Association, the Catholic Lawyers Guild of the Archdiocese of Boston, the Pro Life Legal Defense Fund, and a past president of the Boston Inns of Court. He was also active in his home town of Melrose, Massachusetts, serving as a Chairman of the Melrose Planning Board, Director of the Melrose YMCA, as well as a Eucharistic Minister at the Incarnation

Parish.

He was beloved for his gentle humility and personal warmth, his sense of humor, a habit of seeing the best in everyone, and an unwavering commitment to Harvard football. He was a devoted husband, father and grandfather. All who knew him will fondly recall many hours spent singing around his piano. He passed his love of music along to his entire family. He also had a deep love of the outdoors, and spent his free time hiking, sailing, or skiing at his home in Alexandria.

Justice Fremont-Smith is survived by his wife of 59 years, Anne Fremont-Smith of Melrose, Mass.; his son, Mathew Fremont-Smith of New York City; James Fremont-Smith of Newburyport, Mass.; Thomas Fremont-Smith of Newburyport, Mass.; Phillip Fremont-Smith of Belmont, Mass.; nine grandchildren; and many nieces and nephews.

Respecting current restrictions the burial will be private. A memorial mass and celebration of his life will be announced at a later date. The family ask that remembrances be directed to his favorite natural conservation charity, The Newfound Lake Region Association (Bristol).

Towns

Bristol

Al Blakeley
adblakeley0@gmail.com

I never cease to be amazed at the speed information (and misinformation) is spread to all corners of our society. It is such a shame that the good information is not heeded by too large of a percentage of our population! I cannot believe the dangerous and callous actions of some of our citizens that endanger the rest due to ignorance and carelessness! I hope an awakening takes place soon to rid our planet of this virus and that more lives are saved and not 'lost.'

The Minot-Sleeper Library will hold online programs through ZOOM.

The Nonfiction Book Group will have a conversation about the book "Under the Banner of Heaven" by Jon Krakauer on Thursday, April 9 at 3 p.m. Join on a computer or laptop by going to: <https://soom.us/j/984429627>. Join by smartphone or tablet: Download ZOOM app Join a Meeting using Meeting ID: 984 429 627. Join by telephone: call 1-646-558-8656 and Meeting ID: 984 429 627.

The Town of Bristol in partnership with the MSL invites Bristol residents to a series of virtual Town Hall Forums. The forums, held throughout the month of April will enable our community members to gather in an online space and speak directly to town officials about their concerns and ask questions regarding town operations and services available.

It is hoped that you will join town officials, including Town Administrator Nik Coates, Select Board member and TTCC Executive Director Les Dion, MSL Library Director Brittany Overton and others for the first in this series of forums on Thursday, April 9 at 6:30 p.m.

Join ZOOM Meeting on a computer or laptop: <https://soom.us/j/588574495>

Join by smartphone or tablet: using ZOOM app - Join a Meeting using Meeting ID: 588 574 495. You can also join by using a telephone: Dial 1 646 558 8656 using Meeting ID: 588 574 495.

Two other Virtual Town Hall Forums will be offered on April 14 at 2pm and on April 23 at 2pm.

Information on con-

necting with these forums can be obtained by going to the town and library websites. Questions about this series should be addressed to: librarian@townofbristolnh.org.

A Library Trustees Meeting will be held on Friday, April 10 at 7 p.m. This is a rescheduled meeting. You can join this meeting from your computer, tablet or smartphone using: <https://glokbal.gotomeeting.com/join/146540493>. Poetry Night, Knot Only Knitters and Coffee and Conversation groups are also meeting weekly online. Call 744-3352 for details.

The deadline for those wishing to have events included in the Newfound Lake Region Events Brochure for Summer of 2020 has been extended until April 24. Contact TTCC for information.

The TTCC Web site is now up to date. Plans for any type of baseball/softball and t-ball season will be made in the next few weeks. If you are hopeful that your child will play but have not signed up yet, please contact TTCC to get them registered. Payment isn't needed at this time, but they would like to get an idea of how many players to expect if the season is a go. A full summer camp is planned and there are still openings in the many Projects. They are filling up quickly, so it is suggested that you contact the TTCC by phone or online ASAP.

It is my hope you all enjoy good health and safe surroundings and that we get things back to our normal day-to-day real soon.

Groton

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

TOWN OF GROTON OFFICES CLOSED TO THE PUBLIC

Due to the "Stay at Home" order issued by the Governor; the Town Offices are closed to the Public through May 4. You can call us, email us or go online www.grotonnh.org. We will do our best to serve you in these ways.

Town Clerk/Tax Collector: 744-8849
townclerk@grotonnh.org

Select Board Office: 744-9190
selectmen@grotonnh.org

Police Department: 744-3703
mbagan@grotonnh.org

Thank you for your patience during this time. Stay safe and healthy!

More information is available on the Town of Groton webpages: www.grotonnh.org Emergency Information.

INVITATION TO BID-TWO ROAD PROJECTS

The Town of Groton is soliciting bids for the following road projects:

- 2020 FEMA Sculptured Rocks Road Reconstruction and Paving project. A site visit will be conducted on Monday, April 27 at 9 a.m., meeting first at the Town

House for anyone interested in bidding on the project.

- 2020 North Groton Road Reconstruction and Paving project. A site visit will be conducted on Monday, April 27 at 10 a.m., meeting first at the Town House for anyone interested in bidding on the project.

Links are available on the Town's Web page: www.grotonnh.org

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 – Tuesday, April 21, 5 p.m. at the Town House

Select Board Meeting – Tuesday, April 21, 7 p.m. at the Town House – limit 10 people.

Planning Board Meeting – Wednesday, April 27 has been cancelled.

Select Board Office will be closed, April 27-30


Hebron

Bob Brooks 744-3597
hebronnhnews@live.com

Union Congregational Church News

As we comply with the Governor's "stay-at home" order due to the

Do one thing at a time, do it slowly and deliberately,
do it completely, do it less
Develop rituals, designate time for certain things
Think about what is necessary
Smile and serve others
Live simply.

 FOCUS ON PREVENTION
www.cadyinc.org

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.*

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Edward Jones: Financial Focus				
Avoid Touching Retirement Savings Early				
<p>You contribute to an IRA and 401(k) to help build the financial resources you'll need to enjoy a comfortable retirement. But despite these funds being set aside for retirement, many investors use them before they retire. More than half of Americans tap into their retirement savings early, according to a survey from Magnify Money, a website focusing on financial topics. How can you avoid this problem?</p> <p>It's obviously important to leave your retirement savings untouched, as much as possible, until retirement. You could spend two or three decades as a retiree, so you'll need a lot of financial resources. Of course, it's understandable why some people touch their retirement accounts early: According to the Magnify Money survey, about 23% did so to pay off debts, 17% to make down payments on</p>				
<p>a home, 11% to pay for college, and the rest for other reasons.</p> <p>While you also might consider these needs for taking an early withdrawal or loan from your retirement account, you've got good reasons for not touching your IRA or 401(k) before you retire. First, you may face tax penalties if you withdraw money from your IRA and 401(k) before 59 ½, though there are exceptions. Also, if your withdrawals from your retirement accounts are large enough, they could push you into a higher tax bracket. Plus, the longer you leave your money intact, the more you'll probably have when you need it in retirement.</p> <p>Let's use the survey results to look at some additional points you might evaluate before using funds from your retirement accounts for other purposes:</p>				
<ul style="list-style-type: none">• Paying off debts – You could consider using a 401(k) loan to pay down some high-interest rate debt, but this move assumes two things – one, you don't plan on taking on additional high interest rate debt, and two, you plan on repaying the loan from your 401(k) within five years. If you don't, you could face penalties.• Making a down payment on a home – The IRS allows first-time home buyers to make a penalty-free withdrawal of \$10,000 from an IRA to make a down payment on a home; however, taxes could still be owed. You might be better off by delaying the purchase of a home, giving you time to build up additional savings, held outside your retirement accounts, that could be used for the down payment.• Paying for college – If you haven't saved enough for a child approaching college,				
<p>you might consider withdrawing from your retirement accounts to do so. If the funds are used for qualified education expenses, you may be able to withdraw from your IRA without paying a penalty, but again, taxes could be owed on the withdrawn funds. Alternatively, if you have more time, you could consider opening tax-advantaged 529 accounts for younger children to help pay for their education.</p> <p>As the name suggests, a retirement account is designed for retirement, so do whatever you can to protect it. You may want to consult with a financial professional for guidance on meeting the other needs people cite in tapping into their retirement accounts early. The more you know, the better prepared you'll be to make the best decisions you can for your situation.</p>				
<p>Devon Sullivan Financial Advisor 164 NH RTE 25 Suite 1A Meredith NH 03253 603-279-3284 Fax 603-644-4469 devon.sullivan@edwardjones.com</p> 	<p>This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. For more information or to sign up for their monthly newsletter, contact your local Financial Advisor.</p> <p>Member SIPC</p>		<p>Jacqueline Taylor Financial Advisor 3 Mill Street PO Box 176 Meredith NH 03253 603-279-3161 Fax 866-532-8685 jacqueline.taylor@edwardjones.com</p>	

Churches

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

Towns FROM PAGE A6

COVID-19 pandemic, the Union Congregational Church in Hebron is closed and there are no services. However, a small group of parishioners are getting together every week with Rev. Mary Jane Barber and recording a church service for each Sunday. The services are available on our website for anyone to enjoy. To view the services please use these instructions:

Go to this internet site: <https://sites.google.com/view/hebron-churchnh>
Union Congregational Church - Google Sites
Welcome to the Union Congregational Church's website. We are located on the common in Hebron, NH at the northern end of Newfound Lake. For a brief history of the church, please select the About Us link.
sites.google.com

At the top of the page, click on Church Services. To the right of the picture of the sanctuary, click on Church Services. That should bring you to the Vimeo page. Then click on Hebron Church Service of your choice (listed by date).
On Easter Sunday at 10 a.m., which is

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!

Hebron Union Congregational Church

As we comply with the Governor's "stay-at home" order due to the COVID-19 pandemic, our church is closed and there are no services. However, a small group of parishioners are getting together every week with Rev. Mary Jane Barber and recording a

the time we would usually have our service, we will be ringing our church bell. Parishioners and anyone who wishes to may ring a bell from outside of their home at 10 a.m. too!

2020 Dog Licenses are available

Per NH law, any dog over 4 months old is required to be licensed annually by April 30.

Dog License Fees:
Unaltered Males or Females: \$9
Neutered Males or Spayed Females: \$6.50
Puppies (4-7 months

church service for each Sunday. The services are available on our Web site for anyone to enjoy. To view the services please use these instructions:

<https://sites.google.com/view/hebron-churchnh>

At the top of the page, click on Church Services. To the right of the picture of the sanctuary, click on Church Services. That should bring you to the Vimeo page. Then click on Hebron Church Service of your choice (listed by date).

On Easter Sunday at 10 a.m., which is the time we would usually have our service, we will be ringing the church bell. Parishioners and anyone who wishes to may ring a bell from outside of their home 10 a.m. too!

Our church is located in the center of historic Hebron village at the intersections of North Shore Road and West Shore Road. Our administrative assistant's office hours are Tuesdays from 9:30-11:30 a.m. and Thursday afternoons from 1-3 p.m. and our phone number is 744-5883. Our address is 16 Church Lane, PO Box 67, Hebron, NH 03241. The secretary's email address is staff@hebronchurchnh.org. To find out more about our church, please visit the church Web site at www.hebronchurchnh.org.

Hill Village Bible Church

Due to the COVID-19 virus, Hill Village Bible Church is not having services Wednesday or Sunday, but you can access the messages via our website: www.hillvillage-

old): \$6.50

If the owner is 65 years old or older, the cost to license the first dog is \$2.00; standard fees apply for additional dogs.

At this time it is requested that you license your dog by mail. Please send a current rabies certificate and the appropriate fee along with a self-addressed stamped envelope to the Town Clerk at PO Box 55, Hebron, NH 03241.

If you have any questions please call Tracey at 744-7999

biblechurch.com. They are available as audio or video.

Pastors Dan Boyce and Andrew Hemingway are still working to bring timely messages and lessons to those who listen. During this unsettled time in US history, people can still rely upon the Great God to speak through His Word. Use this time at home to read the Gospel of John and Romans to hear what God is saying. His love for you and message of salvation from sin is relevant and important. Please read on for an encouraging Bible devotion from Pastor Dan.

Psalm 46:10: "Be still, and know that I am God: I will be exalted among the heathen, I will be exalted in the earth."

We now begin the concluding remarks of this beloved Psalm. We are told to do two things based on what we have read. To be still, and to know. First, be still. With the invitation to come down from the safety of our refuge and see the Lord's works in verse 8 & 9, or how He makes wars to cease. Based on this we are now told to be still. There is no need to fear, to fret, to be impatient, to be restless, there is no tumult, just peace and quiet. When one is nervous and fearful they are often restless and agitated. There is no peace of mind or body. But we are told to be still. Stop, look around, meditate upon what you see that the Lord has done. Too often we miss the Lord's work when we are fearful because we are anything but still. Then when we are still, we can then know that He is God. This is more than just a head knowledge, but we can know by experience. If we are still we can know that He has calmed our storm and protected and delivered us. This causes us to exalt His name. There is an ultimate fulfillment of this verse at the end of days when the Lord Jesus comes as King of kings, and Lord of lords; but I want to focus on the hear and now. Is the current situation we find ourselves in causing you to fear? Is there no rest in your soul because of this fear? Are you anxious and impatient?

The Lord's advice is "be still, and know that I am God." My dear friends, find some time today to be still, look around at how God is providing and protecting you, as only He can, then praise and exalt His name.

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!
SEE CHURCHES PAGE A9




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Churches

FROM PAGE A7

Holy Week Schedule
Maundy Thursday
Communion Service
-April 9 at 7 p.m.

Good Friday Tenebrae Service- April 10 at 7 p.m.

Easter Sunday - April 12 at 9:30 a.m.

All of these services will be live-streamed on our Facebook Page.

Special Offerings

During this Easter season we join with many Christian churches in receiving the "One Great Hour of Sharing" offering. In a world of disaster, hunger, and oppression, millions of people lack access to sustainable food sources, clean water, sanitation, education, and opportunity. As this offering seeks to meet those needs, it is also aimed at responding to our current coronavirus pandemic. Additionally, we are encouraging gifts to our Hope Fund which seeks to address needs right here in our own community. Contributions to "One Great Hour of Sharing" and/or the HOPE Fund can be sent to PCUCC at P.O. Box 86, Plymouth, NH 03264.

Our Faith Formation Program, which includes our Sunday School and Confirmation Class, continue meeting during this time of "social distancing" for lessons, music, and activities via Zoom. For more information about our Sunday School, please email: faithformation@uccplymouth.org.

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.

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.

Starr King Unitarian Universalist Fellowship

Starr King Unitarian Universalist Fellowship, 101 Fairground Rd., Plymouth, is a multigenerational, welcoming congregation where different beliefs come together in common covenant. We work together in our fellowship, our community, and our world to nurture justice, respect, and love.

This week at Starr King:

SUNDAY SERVICE
LIVE STREAM via ZOOM

<https://zoom.us/j/567620881>

April 12
A Moveable Feast
Rev. Dr. Linda Barnes, Worship Leader

Sarah Dan Jones, Music Director

Easter is a moveable feast, it is a day determined by the lunar calendar. And so, its date is subject to change from one year to the next. The story of Easter connects us to our Jewish and Christian history. On this Sunday, we'll touch on Passover, Holy Week, and Easter as invitations to engage in the transformative human experience of journey, loss, and forgiveness. In doing so, we might remember our part in the on-going, ever changing story, of our own remarkable lives.

For more details, visit our Web site www.starrkingfellowship.org
536-8908

BY DONNA RHODES
dirhodes@salmonpress.news

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

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

Webster was one of the key people involved in the Webster-Ashburn Treaty of 1842. The treaty resolved border issues between the United States and the British North American Colonies, which was later named Canada. Through that treaty an agreement between the two governing bodies determined where the Maine and New Brunswick border was officially located. It also included decisions on the border of the Indian Stream Republic, now known as Pittsburg. Ad-

Journey through the past, one marker at a time



DONNA RHODES

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

ditional information on that matter is chronicled on historic marker #0001 in Pittsburg.

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

I want to say a special hello to all the fourth graders at Franklin Middle School and all other schools where New Hampshire history is part of their curriculum. I hope they are all doing well with their at-home studies and can use this information to learn more about the great State of New Hampshire!

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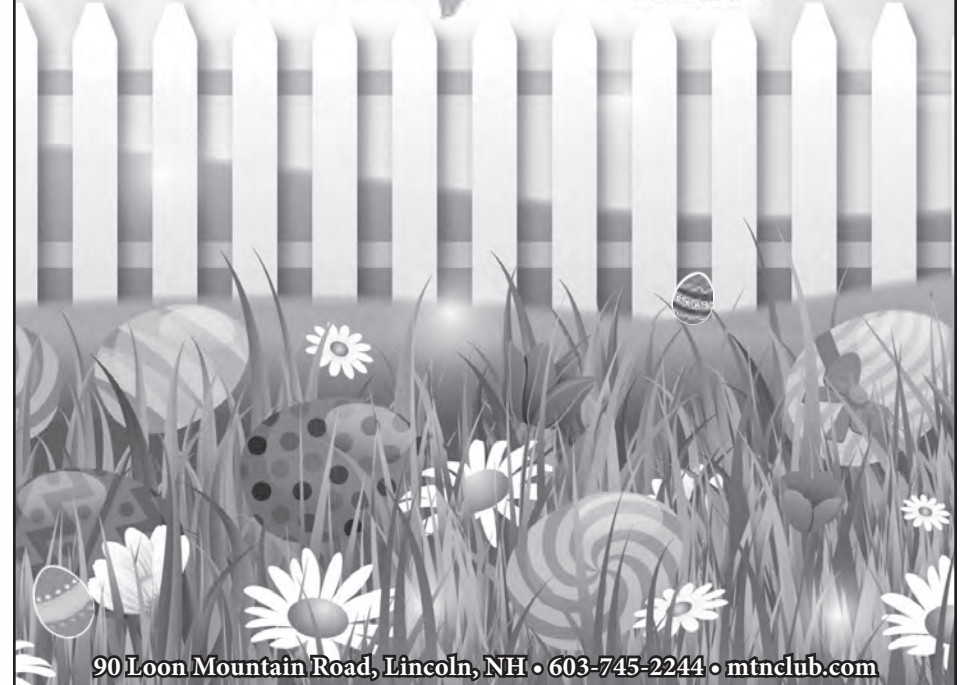
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Support

FROM PAGE A1

“We won’t see the kids and families before Easter this year but wanted to make a few things available to them,” said Payne.

The Bristol Community Services’ food pantry and financial assistance program continues to be available from 10 a.m. until 1:30 p.m. on Mondays, Wednesdays and Fridays, and open from 9 a.m. until noon on Saturdays to take in food donations.

Smiles

FROM PAGE A1

including Speare Memorial Hospital, Lakes Region Dental Implant & Oral Surgery Center, Northeast Delta Dental, Winnisquam Dental, Well Sense Health Plan, Mondovi Dental, DeTolla Dental, and Circle Dental. The generosity of these local businesses to our community and the individuals served by LRCS is something that we do not take for granted; we are deeply appreciative,” said VP of Development Jim Hamel.

“While we obviously very much regret having to cancel this year’s fundraiser event, we remain committed to doing all we can to meet the needs of the individuals and families we serve,” added Hamel. “Right now, our core attention is on continuing to serve those we care for, and protecting the safety and health of them and our staff.”

Individuals or organizations that still wish to support LRCS’s Dental Fund, or who can donate to support our responsiveness to the current crisis, are invited to donate online at www.lrcs.org.

Learning

FROM PAGE A1

the pathway of student learning in our town, a visual representation of togetherness for all that pass by, a representation of care for others throughout our commu-

Phan

FROM PAGE A1

Phan, an international student majoring in graphic design, has made her presence known on campus. As a Student Impact Ambassador with the Office of Community Impact, she recruits and organizes student volunteers and designs the office’s marketing materials. Phan is currently serving as President of the PSU Volunteer Club, a student-run organization on campus. In this role, she coordinates volunteer activities both on and off campus, including helping with blood drives and raising funds for the United Way of Greater Nashua, an organization to which she was introduced by a

nity, state, nation and our world,” they said.

The school community hopes that families will consider helping their children safely construct such a “heap of stones” outside their home for others to recog-

friend.

“The person I am today is shaped by my involvement in the community and by helping others when they’re in need,” said Phan. “I am thousands of miles away from my family, and volunteering and connecting with others helps me make the campus and Plymouth community feel like home. I’m committed to making a positive impact, no matter where life takes me.”

Although students are completing spring semester coursework remotely due to the corona-virus pandemic, Phan is still working with PSU’s Office of Community Impact remotely. She is communicating with her peers about ways they can help in their

nize and enjoy.

“We also ask that, if your family chooses to participate, that you take a picture of your cairn and email it to Ms. Roberts at aroberts@sau4.org, or myself at smaclean@sau4.org,”

MacLean said. “We will create an online space where all of the images can be shared with our community!”

Families should feel free to include their children and other family members in their pho-

tos, too.

“As we all know, DES ROCKS! and DES cares! The cairns can be called ‘Carin’ Cairns.’ Thank you for considering this request,” MacLean said.

own communities. Phan is also researching ways that students and community members can donate blood if they are able, to help alleviate the nationwide shortage of blood.

“I’m continuing to volunteer through this difficult time to generate positivity in the community and to maintain connections with my fellow students, especially those in need,” said Phan.

Through the Newman Civic Fellowship, Campus Compact provides students with a variety of learning and networking opportunities that emphasize personal, professional and civic growth. Each year, Fellows are invited to a national, in-person

conference of Newman Civic Fellows and participate in numerous virtual training and networking opportunities. The fellowship also provides Fellows with pathways to apply for exclusive scholarship and post-graduate opportunities.

“We are proud to recognize each of these extraordinary student leaders and thrilled to have the opportunity to engage with them,” said Campus Compact President Andrew Seligsohn. “The stories of this year’s Newman Civic Fellows make clear that they are committed to finding solutions to pressing problems in their communities and beyond. That is what Campus Compact is

about, and it’s what our country and our world desperately need.”

The Fellowship is named for the late Frank Newman, one of Campus Compact’s founders, who was a tireless advocate for civic engagement in higher education. In the spirit of Dr. Newman’s leadership, Campus Compact member presidents and chancellors may nominate one student from their institution for the fellowship.

For more information about Plymouth State University, visit www.plymouth.edu; for more information about the Newman Civic Fellowship, visit compact.org/newman-civic-fellowship.

Comfort Keepers COVID 19: Help for seniors

BY MARTHA SWATS

Owner/Administrator

Comfort Keepers

exposure to COVID-19.

•Seniors are safest at home, away from the risk of infection. Comfort Keepers focuses on care and supportive services centered around serving seniors in their home, where they are best protected.

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

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

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

•Comfort Keepers is all about Elevating the Human Spirit for clients, caregivers and families. That has never been more important than now. During this time of social distancing, seniors may be socially isolated, in addition to being physically isolated. Comfort Keepers works to help seniors fight depression and loneliness, especially while remaining at home. We help keep them active, optimistic and socially engaged during this period. A daily dose of joy is sorely needed.

•Supporting families is essential. When

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

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



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

Contact your local office for a free consulta-

tion. Let us be a resource during these difficult times. Learn more at ComfortKeepers.com.

About Comfort Keepers

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



Thank You

The Boards of Directors of Mid-State Health Center and Speare Memorial Hospital would like to jointly recognize and thank our staffs for their incredible work to address the threat of COVID-19 in the communities we serve. You are brave, caring, and compassionate. Thank you for keeping your neighbors safe. We are behind you 100%!

To our patients and community members, please know that our medical teams are following all current prevention and treatment guidelines to keep you and our employees safe. Both organizations are willing to serve you at our respective Boulder Point primary care offices, our MedCheck urgent care clinic, and our hospital.

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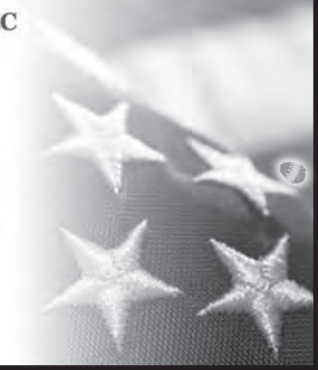
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THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Ashland	S. Main Street	N/A	\$502,800	Barbara L. Marion RET and Vernon L. Marion	Return 2 Love LLC
Bristol	119 Lakeside Rd., Unit 119	Condominium	\$155,000	Robert L. and Helen L. Batiste	Taylor M. and Matthew P. McCoy
Bristol	4373 River Rd.	Single-Family Residence	\$362,000	Joanne C. Ukraine	Alping Hu and Robert H. Edwards
Dorchester	N/A (Lot 1)	N/A	\$30,000	Florian and Suzanne Lambert	Nancy Jolicoeur
New Hampton	Gordon Hill Road	N/A	\$70,000	Andrew S. and Susannah H. Moore	Meredith C. Brown and Thomas D. Beaulieu
New Hampton	326 Old Bristol Rd.	Single-Family Residence	\$190,000	Mark Biladeau and Michelle J. Tait	Gerard R. and Terry L. Delafontaine
Plymouth	36 Bell Rd.	Residential Developed Land	\$360,000	Hope K. Disbrow	Jennifer Burns and Allison Turner
Plymouth	74 New Hebron Rd.	Single-Family Residence	\$178,000	Margot A. Shea	Joseph J. Anderson
Plymouth	38 Pleasant St.	Single-Family Residence	\$154,000	Douglas J. Dichard	Bonnie L. Bechard and Thomas M. Fitzpatrick
Rumney	97 Mountain View Dr.	Single-Family Residence	\$245,000	Deborah A. Kennedy	Travis and Lauren Sherburne
Rumney	Rumney Route 25	Residential Open Land	\$225,000	Morris N. and Allan L. Patterson	Whitecher Holdings LLC
Thornton	6 Bear Chase Rd., Unit 5	Condominium	\$158,000	Elizabeth Galli	Matthew D. MacDonald
Thornton	20 Morton Dr.	Single-Family Residence	\$186,000	Shaunessy NT and Robert T. Shaunessy	Mark C. and Kristin M. Nataros
Thornton	1149 NH Route 49	Single-Family Residence	\$199,000	Kevin C. West and Richard W. Ronayne	
Waterville Valley	23 Black Bear Rd., Unit 1325a	Condominium	\$85,000	Best RT and Beth A. Schaff	Dean E. Kent and August Armstrong
Wentworth	123 Turner Rd.	Mobile Home	\$32,000	Robert Carpenter Estate and Beau Carpenter	Jason and Jessica Farina

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 MARKETS

Uncharted waters



BY MARK PATTERSON

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

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

walking down the road for fresh air and exercise.

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

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

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

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

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

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

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

Grieving cut short

Helpful ways to cope with loss during this pandemic

BY GUY TILLSON, MDIV, MA
Hospice Chaplain & Bereavement Counselor
Pemi-Baker Community Health

As we are enduring this COVID-19 pandemic, a memory from my youth appeared in my mind a few days ago. In 1964, I got my first real job- one that I actually got a paycheck for. I was a sophomore in high school. Minimum wage was \$1 an hour at that time! I was hired as the "library page" for our village library. Every weekday, after school, I worked for an hour, putting the returned books back on the shelves and relocating the ones that browsers (not yet a computer term) had misplaced. One of the titles that piqued my interest was "Rats, Lice and History: A Chronicle of Disease, Plagues and Pestilence" by Hans Zinsser. It was first published in 1935, so it was probably already thought of as "an old title" by 1964. It was written intelligently and with scientific detail, but its author purposely wrote in a style that could easily be understood by the general public. The book was the eighth best-selling title in non-fiction noted by the New York Times for 1935. A Wikipedia

search will also inform you that several medical professionals credited the work to inspiring them to enter upon their chosen profession. The book focuses on the history of the disease of typhus and its deadly effects. It has been regarded as a biography of an illness. Besides Dr. Zinsser's work, I was also reminded on Edgar Allen Poe's "The Masque of the Red Death" and Thomas Mann's "Death in Venice," fictional works that deal with similar phenomena.

We are already feeling the loss our normal routine and activity due to the precautions necessitated by the appearance of this virus. Staying at home is quite the discipline. In my current profession as Hospice Chaplain and Bereavement Counselor, I cannot help but be moved deeply, even to the point of tears, as I watch the nightly news. A nurse in an urban hospital companions a man who is dying and becomes the messenger to his family, assuring them that he died peacefully. They were unable to be with him because of preventative precautions. A prohibition on close-

ness when closeness is most needed. Bodies are transferred to refrigerated trucks, and I wonder how long it will be before their families can claim them- if that is even a possibility. And other persons continue to die of other things in this time, but this virus impacts on everyone. Two Sundays ago, the 49-year-old middle son of acquaintances of mine died of a cardiac aneurysm. Speaking with his mother, I learned they were permitted only a brief prayer service at an outside shrine on the grounds of their church. Only his parents, his spouse and children, and his two siblings with their spouses and children were present. This very popular, well-loved, and gregarious family are bereft of the very social supports that could help to assuage their sudden and shocking loss. We are all touched by this experience and may very well carry the heaviness of it within ourselves for a long while.

In times when we are deprived of the comfort of social interaction in the face of loss and grief, small things become important. If you have

lost someone during this time (whether or not from COVID-19), perhaps these suggestions might help. Create a small sacred space in your home to honor your loved one. If it helps to place a photo of your loved one there, do that. If there are other mementos, use those as well. Use candles safely. Hannaford is still selling flowers- and we can still access food markets. If you have a spiritual practice or a religious tradition, make use of its words and rituals. If your loved one enjoyed music, listen to it. If they delighted in favorite foods, cook a meal to honor their memory. See if you can stream a movie they enjoyed. If you are staying at home with family members, cherish the intimacy this time can offer you. Reach out to others who knew your loved one- email, texting, phone calls, or FaceTime. If you need comfort and help, ask for it. Make use of what can be available to you now, even in these extraordinary circumstances. Above all, allow yourself your feelings and your expression of them. Tears and groans are perfectly acceptable. I highly recommend (what I call) «therapeutic

screams»- inside the car is the best place. Hopefully, we will find a time in our future when what we have not been able to do now will be able to be done later. So many people are assuring us that we will come through this- and we will! By the way, Dr. Zinsser's book is still available!

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Ray Newton

Ray Newton earns NH Associate Broker license

HOLDERNESS — Ray Newton, an experienced Real Estate Sales Associate in Central New Hampshire, has advanced his knowledgebase and is now a licensed Associate Broker.

Newton has worked in real estate for over a decade, and actively lists and sells property on Squam Lake and in the Central New Hampshire area with Peabody & Smith Realty. Before his career in real estate, Newton was in media sales where he met a plethora of business owners and assisted them in achieving their marketing goals. Now Ray helps sellers and buyers achieve their goals through his finely honed skills in negotiation, marketing and more.

“Ray has a wealth of experience that covers residential, land and lake front rentals and overall strong customer service,” said Andy Smith, Broker/Owner of Peabody & Smith Realty. “Having a New Hampshire Associate Broker license, Ray can even better serve our clients and customers on Squam Lake and beyond.”

Newton works out of Peabody & Smith’s Holderness office, which sees real estate clients and customers from New Hampshire and all around the world. The added qualification means he’ll be able to more deftly assist with real estate transactions.

“To better serve my clients and customers, I saw a Broker’s license as the next step in my professional development,” Newton said. “To that end, the process allowed for an opportunity to gain additional insights into real estate practices and principles that I can put to use to assist buyers and sellers of real estate.”

Peabody & Smith Realty are proud members of Leading Real Estate Companies of the World & Luxury Portfolio International. With a global membership that spans six continents, Leading Real Estate Companies of the World includes more than 550 firms and 130,000 sales associates. As a member of Leading Real Estate Companies of the World, Peabody & Smith Realty provides a quality real estate experience for clients and customers, global marketing reach and access to top real estate professionals in virtually any market worldwide. Peabody & Smith Realty has over 30 full time real estate agents. They have offices in Holderness, Plymouth, Franconia, Littleton & Bretton Woods. To learn more about the real estate market in your area, you can visit them online at www.peabodysmith.com.

Peppercorn Natural Foods offers good news for local food supporters

PLYMOUTH — Hal Covert of Peaked Moon of Piermont announced today that Peaked Moon has purchased Peppercorn Natural Foods and will take over its operations as of Friday, April 3.

In one to two months, Peppercorn as we know it will move to the former space of True Colors (above Grotto Restaurant) and change their name to Peppercorn Farm Market and Café, combining efforts with Just Bake Bakery in to one fabulous new Market and Café for the Plymouth Area Community.

Local Foods Plymouth plans to work alongside Hal Covert in helping to re-invigorate the Local Foods Movement and collaborate on the Farmers’ Market as their new location is just uphill from the Farmers Market at the Senior Center. Also, Hal hopes to post bread products on LFP on-line market soon.

We urge LFP shoppers to welcome the new owners of Peppercorn by stopping by the newly owned Peppercorn.



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Coronavirus sparks worldwide concern

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

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

What is a coronavirus?

Medical News Today reports that coronaviruses typically affect the respiratory tracts of mammals. Coronaviruses are responsible for between 15 and 30 percent of common colds. They're also associated with pneumonia and se-

vere acute respiratory syndrome, or SARS. Coronaviruses were given their name based on the crown-like projections on their surfaces (in Latin, "corona" means "halo" or "crown"). Coronavirus antibodies do not last or work for very long, so a person who becomes ill can catch the same virus again a few months later. Also, antibodies for one strain of coronavirus may not be effective against other strains.

What is COVID-19?

In 2019, a new type of coronavirus not previously identified was discovered in China. Like other coronaviruses, this virus, COVID-19, can be spread easily from person to person, particularly through respiratory droplets acquired when someone with the virus coughs or sneezes. Most often people need to be within six feet of the infected person for contraction. The CDC says that COVID-19 also is believed to be spread from animals to people. It's currently unclear if a person can get COVID-19 by touching a surface or object

that has the virus on it and then touching his or her own mouth, nose or eyes.

Those confirmed as having the virus reported illnesses ranging from mild symptoms like fever, cough and shortness of breath to more severe illness. Reactions to COVID-19 can differ from individual to individual. It's believed that symptoms of COVID-19 can appear in as few as two days or as long as 14 after exposure. Those who have been in China or around others who have visited from China and are experiencing cold or flu symptoms are advised call their physicians.

Prevention and Treatment

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

Doctors advise that frequent handwashing, and in the absence of warm, soapy water, alcohol-based sanitizers that are at least 60 percent alcohol can be effective in



preventing transmission of COVID-19. Also avoid touching your eyes, nose and mouth with unwashed hands.

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

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

Concerned individuals should speak with

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

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Mid-State Health Center Launches Remote Healthcare Visits

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

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

Telehealth, or the use

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

cerns such as cold or flu, all over the phone or by video conference.

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

video conferencing or phone.

Patients can schedule a remote healthcare visit with their provider for many of their regular visits as well as things like flu-like symptoms, rash and hives, and behavioral health support. Call today to see if a remote visit if the right

option for you (603) 536-4000.

About Mid-State Health Center:

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

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

HIPAA Privacy Rules

BY EDWARD H. ADAMSKY

The Health Insurance Portability and Accountability Act of 1996 ("HIPAA") required new privacy standards to protect health care consumers. It took until 2003 to have those standards finalized and implemented. At first the rules caused confusion

and fear as the law had severe penalties (fines and jail) for violations of patients' privacy. Providers changed their systems and became very rigid in what information they would release.

In the last sixteen years however, providers have become used to the system.

No one has been punished for innocent infractions and no health workers have gone to jail. Some egregious and criminal violations have been sanctioned but the original fears of most providers did not come true.

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

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

One reason a third-par-

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

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

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

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

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How COVID-19 is transmitted

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

Understanding COVID-19, including the threat it poses and how it’s transmitted, is of the utmost importance. According to the Centers for Disease Control and Prevention, there is still much to learn about COVID-19, including

how it spreads. However, the CDC notes the following are some ways that researchers, as of March 2020, feel that the virus is transmitted.

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

The CDC notes that the virus is contagious, and that people might be most contagious when they are at their sickest. Symptoms of COVID-19

include difficulty breathing or shortness of breath, persistent pain or pressure in the chest, new confusion or inability to arouse, and bluish lips or face. Additional symptoms may be associated with COVID-19 as researchers learn more about the virus, and people who experience anything unusual should discuss their condition with a physician immediately.

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

Contact with surfaces
The CDC notes that

researchers do not suspect that contact with contaminated surfaces or objects is the main way the COVID-19 virus is spreading. However, the CDC also notes that it may be possible for people to get the virus by touching surfaces of objects that have the virus on them and then touching their own mouths,

noses or possibly their eyes. The relative infancy of COVID-19 means researchers have yet to fully understand how the virus is transmitted. Understanding COVID-19 also involves staying up-to-date on local announcements about the virus and adhering to any restrictions government officials put

in place. People living in or near areas where others have been diagnosed should follow all protocols put in place by the government to reduce their own and their neighbors’ risk of exposure to the virus. More information about COVID-19 is available at www.cdc.gov.

Healthy eating options for seniors

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

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

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

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

consumed at least twice per week.

- **Fruits and vegetables:** Fresh, canned or frozen produce tend to be high in micronutrients, including a variety of important vitamins that are essential for all components of health. The Academy of Nutrition and Dietetics advises eating dark green vegetables, such as leafy greens or broccoli, and orange vegetables, such as carrots and sweet potatoes.
- **Energy-boosters:** Choose whole grains that can provide sustained energy by way of healthy carbohydrates over processed grains.
- **Bone-friendly foods:** Calcium-rich foods, such as milk, yogurt and cheese, can prevent calcium from being leached from the bones, which contributes to conditions like osteoporosis.
- **Digestive system-friendly foods:** The digestive system slows down as the body ages, as the walls of the gastrointestinal tract thicken and digestive contractions that push waste along may slow down and become fewer. Foods rich in fiber can promote proper digestion by moving food through the digestive tract more easily. High-fiber foods also may help naturally reduce blood cholesterol levels.
- **High-iron foods:** Without enough iron in the body, a person may feel tired and lethargic from a reduced production of hemoglobin, which carries oxygen in the blood from the lungs to the rest of the body. A lack of oxygen in body tissues from anemia can be serious, says the National Council for Aging Care. Tofu, spinach, lentils, pumpkin seeds, and fortified breads and cereals are high in iron.

Smart food choices can help seniors live long and healthy lives.

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

Seniors have played very important roles in area communities, and we want to give back to them during the next couple months of uncertainty. This is one way we can help keep the seniors safe at home and still keep them informed.



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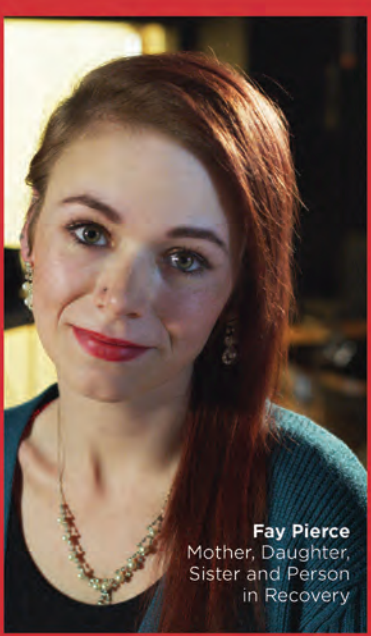


Happy Easter
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Feeding it forward

Foster's Boiler Room General Manager Steve Southworth made a special delivery to Connor Spenn of The Friendly Kitchen in Concord, donating 100 meals as part of The Common Man's "Feed it Forward" program. The hospitality family is preparing and delivering two homemade meals for every \$10 donated at its restaurants that are currently open for take-out. Supporters have also donated by mailing checks to The Common Man's main office in Ashland.



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