

COURTESY

# Danbury Elementary students spread Messages of Kindness

SEE **MESSAGES**, PAGE A3

*Cardigan Lodge #38  
offers scholarship  
to Newfound and  
Plymouth seniors*

One scholarship with a value of \$2,000 will be awarded to a Newfound Regional High School senior and one to a Plymouth Regional High School senior. Deadline is

18 pages in 1 section  
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# COVID-19 outbreak forces PSU students to pack up

A young man with short brown hair, wearing a brown and white plaid shirt over a grey hoodie and black pants, stands next to a large white trash bin. The bin has the text "Residential Life 21" printed on it in green. He is in a parking lot with several cars and a truck in the background. There is some snow on the ground and trees with bare leaves.

## *A Note to Readers*

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.salmon-press.com](http://www.salmon-press.com).

# Calendar of events suspended

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.



# Comfort Keepers

## Dietary changes as we age

BY MARTHA SWATS  
Owner/Administrator  
Comfort Keepers

Dietary needs evolve as people age, and seniors need to know how to manage those changes to maintain physical health and wellness. Older adults need to take an active role in shaping their diet and nutrition habits to ensure more energy, better disease prevention and quality of life.

Seniors should consult their physician to discuss their individual needs. Healthcare professionals can also help seniors and their families create and implement healthy eating plans.

- These plans often include:**
- Increased protein and fiber intake. Protein and fiber are important nutrients for seniors. Foods high in fiber can help maintain healthy digestive systems as we age, and increasing protein intake can help seniors increase or maintain energy and strength.
  - Whole grains have

multiple benefits. Whole grains are also fiber-rich foods that not only aid the digestive process but promote healthy hearts for seniors. Cereal, rice and bread made with whole grains can easily be found at any grocery store and provide several serving choices to meet recommended daily requirements.

- Calcium is a key component in maintaining bone strength. Calcium can help prevent osteoporosis, especially when calcium intake is consistent. Preventing osteoporosis is critical for seniors – especially those that are at risk for falls.

- Hydration is critical at any age. Physical changes that occur with age make hydration even more important for older adults. For those that are less inclined to drink water, there are alternatives – milk, juice and broth are all hydrating liquids, and there are hydrating foods including watermelon, cucumbers and grapes.

If engaging in good eating habits is a struggle, there are steps seniors can take to ensure that they are getting proper nutrition. In addition to consulting a physician about diet or health concerns they might have, they can also try the following tactics to get back on the right track:

- Make meals a social occasion– Sharing a meal is one of the most enjoyable ways to ensure that someone is eating well. This can include making something healthy and delicious for others, or reaching out to people that love to cook healthy food and offering them some company at meal times.

- Make healthy eating fit your budget– Good food doesn't have to be expensive. A doctor or nutritionist can point patients to budget friendly, nutritious food options. And, maintaining a healthy lifestyle saves money on medical care in the future.

- Shop for healthy foods– Having a kitchen stocked with healthy snacks and meal options is one of the most important steps to maintaining a balanced diet.

- Encourage people to ask for help– If someone has concerns about their ability to plan healthy meals, shop for the groceries or if they just aren't

getting the nutrition they need, tell them to ask for help! In-home caregivers, delivery services, family, friends and medical professionals can all help older adults reach their nutrition goals.

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**Comfort Keepers® Can Help**  
If someone is struggling

to maintain healthy eating habits, consider getting support from the trusted care team at Comfort Keepers®. Our caregivers can help with grocery shopping, meal preparation, and can help support physician-prescribed exercise regimens and diets. Our goal is to see that clients have the means to find the joy and happiness in each day, regardless of age or acuity.

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

**About Comfort Keepers**  
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.

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# THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Bridgewater	1755 Mayhew Turnpike, Unit 9	Condominium	\$505,000	William and Christine W. Smaldone	Dana J. and Karen Ruzicka
Bristol	River Road	Residential Open Land	\$70,000	Joanne C. Ukraine	V.H. Colburn RET and Kevin P. Colburn
Campton	Pegwood Road	N/A	\$75,000	Pond Road RT and William P. Hubley	Merrimac Associates RT and Ralph Wilbur
Campton	Pinnacle Hill Road	N/A	\$280,533	Thomas W. and Tina J. Herrington	Susan J. Maloney Trust and Travis M. Johnson
Campton	N/A (Lot 2)	N/A	\$75,000	Pond Road RT and William P. Hubley	Merrimac Associates RT and Ralph Wilbur
Campton	N/A	N/A	\$270,000	Geoffrey and Phyllis Coman	Henry Szalajka
Holderness	US Route 3, Lot 57	N/A	\$60,000	Ryan M. and Katie L. Kunker	Andre and Tammy Turgeon
New Hampton	Route 132	N/A	\$53,000	Patricia Provencher	Edward F. Morse
Plymouth	Hunt Road	N/A	\$800,000	Phyllis E. Rockwell RET	Newfound Lake Farm LLC
Plymouth	22 Summit Rd.	Single-Family Residence	\$363,933	Regina M. Bosinger	Rodney J. Peckham and Michael J. Shepard
Thornton	N/A (Lot 10)	N/A	\$59,000	Adobe Builders of New England	Karen and Dennis Farrenkopf
Thornton	N/A	N/A	\$100,000	David L. Avery	Leigh E. Johnston
Waterville Valley	28 Packards Rd., Unit 406	Condominium	\$75,000	Edmund D. and Katherine M. Prout	Dermont P. and Lauryl B. McGowan
Wentworth	Atwell Hill Road	N/A	\$105,000	Arden Forest LLC	Michael A. Fahey

## 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](http://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



BY MARK PATTERSON

So far, we are a few weeks into a market correction that has swept across all asset classes including stocks, bonds, metals, real estate and really anything that is bought and sold. When fear hits the marketplace, most investors want to sell and move to cash, that is very understandable when you see things being sold that are relatively conservative investments. Those people who have a good amount of cash or liquidity typically will step in and buy

these assets at fire sale pricing. If the investor is fully invested and has no liquidity, there is really no room or cash to purchase these assets. When the selling pressure outweighs the buying, we get more downward action in whatever market we are trading. US equity markets are coming off a three-day rally that has alleviated some fear and created some computer-generated buy programs. My opinion is that we may retest the lows or somewhere near the lows that we had seen a couple weeks back. If we do test those lows and hold, that creates technical chart pattern that is very bullish. Nothing is guaranteed, whether it be a chart pattern or statistic when it comes

to the capital markets. However, there are certain patterns that markets typically follow in times of distress and elation, and all it really does is to really help us understand potential market behavior and direction based on past scenarios.

Unfortunately, as human beings we want to buy when the markets are high and sell when the markets are low based on human emotion. As an active portfolio manager there are situations, I can take advantage of and some I can't. For instance, stocks that trade in high-volume have options contracts attached to them where we can move our positions around hedge or regain some potential losses. The corporate bond market does not

have options attached or liquidity that allows me to move money around to try to repair positions where we are behind. If the client is locked into managed mutual funds with no additional liquidity it becomes very difficult to try to repair those positions and gain any ground. In other words, you must wait it out. That is why, as an active manager, I rarely if ever use managed mutual funds in a client's account.

In my opinion, we are going to continue with lot of volatility in our equity and debt markets as well as metals, real estate, oil and gas and anything bought and sold. If you are managing your own account, don't become paralyzed, stay active and don't com-

mit too much capital to any one area. Having enough cash is not a bad thing. Also, know that we have seen markets react like this in the past, as scary as it is, look at the positive aspects of the opportunity to improve your portfolio for the future.

If you want to explore doing business

with MHP Asset Management, we can video-conference, DocuSign and operate electronically during these difficult times.

*Mark Patterson is a portfolio manager at MHP Asset Management and can be reached at 447-1979 or [Mark@MHP-asset.com](mailto:Mark@MHP-asset.com).*

## Market behavior

# State Police activity log

On March 6, in Gorham, Joshua Guay, 19, of Berlin was arrested for credit card fraud.

On March 6, in Columbia, Adam Mazza, 51, of Rumford, Maine was arrested for DUI, yellow line violation and unregistered vehicle.

On March 6, in Plymouth, Rayanna Greenwood, 29, of Plymouth was arrested for driving after suspension and failure to use a turn signal.

On March 6, in Rumney, Alicia Bates, 31, of Rumney was arrested for aggravated DUI.

On March 8, in Bridgewater, Aaron Watson, 39, of Lempster was arrested on drug charges.

On March 9 in Rumney, Erica Nash, 37, of Plymouth was arrested for DUI.

On March 11, in Northumberland, Fe-

licia McKearney, 31 of Northumberland was arrested for simple assault and bench warrant.

On March 11, in Hebron, Christopher Nadeau, 36, of Alexandria was arrested for DUI, DUI second offense and DUI aggravated, attempt to elude police.

## PSU

FROM PAGE A1

campus learning and all other activities for the remainder of the academic year.

As cars, trucks and rental vans pulled in to town last week, students, parents and friends could be seen hauling their personal items from the dorms.

Freshman Caiden Skakalski of Lebanon was among them. As he loaded clothing, books and even a small refrigerator into a pickup truck, he said each of the on campus residents were asked to sign up for one hour blocks throughout the week when they could

return to campus for their belongings. The signup times were put in place to minimize close contact with others at a time when the country is being asked to maintain social distancing.

"It's a little inconvenient, but it's really better for everybody not to risk getting the Corona virus," he said. "This is a little different, but we'll all get through it."

Emily of Massachusetts was also pushing a large bin full of personal items from Geneva Smith Hall last week. She said this was not how she envisioned the end to her freshman year of

college, but she understood the necessity of it all. Back home since spring break began, she said the start of online classrooms has enabled her to keep up with her studies, but it wasn't necessarily ideal.

"It's a bit of a struggle," she confessed. "It's very different from being in the classroom and just not the same as seeing your professors in person every day."

Emily's mother made the trip up to New Hampshire to help her pack up her belongings and added that while she was bringing her daughter home two months ear-

lier than expected, she didn't mind.

"Seeing everything that's going on in other countries with this virus, I think closing the school down early like this was a good thing," she said.

## Messages

FROM PAGE A1

any cards and notes from students at Tapscott-Thompson Community Center then mailing them out to anyone they made them for,"

she said.

The Newfound Landing looks forward to publishing other photos and text from more of these "Messages of Kindness" from children in the coming weeks.

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## CADY Corner

### *Talking to children about COVID-19*

BY DEB NARO  
Contributor

Please know my thoughts are with you and your family as we all navigate through uncertain times and respond to this upheaval with compassion and commitment. We want to share some helpful strategies as concern over COVID-19 can make children and families anxious. While we don't know where and to what extent the disease may spread here in the United States, we do know that it is contagious, that the severity of illness can vary from individual to individual, and that there are steps we can take to prevent the spread of infection. Acknowledging some level of concern, without panicking, is appropriate and can result in taking actions that reduce the risk of illness. Helping children cope with anxiety requires providing accurate prevention information and facts without causing undue alarm.

It is very important to remember that children look to adults for guidance on how to react to stressful events. If parents seem overly worried, children's anxiety may rise. Parents should reassure children that health and school officials are working hard to ensure that people throughout the country stay healthy. However, children also need factual, age appropriate information about the potential seriousness of disease risk and concrete instruction about how to avoid infections and spread of disease. Teaching children positive preventive measures, talking with them about their fears, and giving them a sense of some control over their risk of infection can help reduce anxiety. Here are a few tips to communicate with your child:

Remain calm and reassuring. Children will react to and follow your verbal and non-verbal reactions. Make yourself available, children may need extra attention from you and may want to talk about their concerns, fears and questions.

Monitor television viewing and social media, limit television viewing and access to information on the Internet and through social media. Maintain a normal routine to the extent possible, keep a regular schedule, as this can be reassuring and promotes physical health. Be honest and accurate; in the absence of factual information, children often imagine situations far worse than reality.

Know the symptoms of COVID-19. The CDC believes these symptoms appear in a few days after being exposed to someone with the disease or as long as 14 days after the exposure. These symptoms include fever, cough and shortness of breath. For some people, the symptoms are like having a cold; for others they are quite severe or even life threatening. In either case, it is important to check with your healthcare provider and follow instructions about staying home or away from public spaces to prevent the spread of the virus.

You know your children best. Let their questions be your guide as to how much information to provide. However, don't avoid giving them the information that health experts identify as critical to ensuring your children's health. Be extra patient; children and youth do not always talk about their concerns readily. It is very typical for younger children to ask a few questions, return to playing, then come back to ask more questions. When sharing information, it is important to make sure to provide facts without promoting a high level of stress, remind children that adults are working to address this concern, and give children actions they can take to protect themselves.

Information is rapidly changing about this new virus—to have the most correct information stay informed by accessing <https://www.cdc.gov/coronavirus/2019-ncov/index.html>.



COURTESY

#### A police pick-up

Miguel and Lupita of Cielito Restaurant in Bristol presented a take-out meal to Bristol Police Sgt. Aaron Chappelle for him and his fellow second shift officers last week. Chappelle said his department is doing all they can to patronize local restaurants as much as possible to help to keep them up and running during the current health crisis. "We're trying to frequent all the local restaurants and support the businesses that have supported us over the years. In doing so, we also want to help remind people that they are still open for business and hope they'll support them, too," Chappelle said. Cielito's, a popular destination on S. Main Street in Bristol, is not only offering take-out food from their popular Mexican menu, but also has beer and Margarita mixes to-go to help people get through these trying times. Their take-out service is now open from 11 a.m. until 8:30 p.m. seven days a week.

## Sustainable Bristol

BY LAUREN THERRIault

Hello from Sustainable Bristol. Today, I am going to write about doing a trash inventory. What this entails is looking through your garbage and assessing what you are throwing away and deciding on changes you can make to be more eco friendly.

It may seem trite to deep dive into your waste at a time when so many are struggling to find and afford food and necessities, but if you're like me, you need something to do, and you can do this with a sense of gratitude for all

those things you have, and have in your garbage. The reality is, you probably have more time, and are practicing great hand washing nowadays, so getting a little messy won't be so bad.

Currently, in my garbage, I find an empty cream cheese container. I am not going to make my own cream cheese, but one suitable swap I could make is to buy a bigger container next time, if I know I will be able to use it all before it goes bad. I could also clean the container out and use it to store any number of things;

a small amount of Legos, beads, and collected seeds. The garbage also has a Styrofoam tray from beef we are making beef stew with tonight. When things go back to "normal," I can resume my practice of bringing glass containers to the deli to have meat and cheese put in. Until then, I could thoroughly wash the Styrofoam, cut shapes and use them as stamps with my kids, or use it as a palette for paint while doing a craft. It could also be crunched up and put in the bottom of a potted plant to keep it from being too

heavy and to keep the soil from falling out the hole.

Lastly, there is an empty gallon milk jug. With two kids home all day we've been going through milk a lot faster than usual. We save milk jugs to use to take water to our ducks and to collect sap to boil into syrup. You could also use a milk jug with the bottom cut off to protect tender plants in the garden from a frost, or to make a mini greenhouse for a plant or two. Filled with water a milk jug could also make a good weight if

SEE **SUSTAINABLE**, PAGE A5

## Letters to the Editor

### Our seniors need your support

To the Editor:

As President of the Grafton County Senior Citizens Council (GCSCC), I am seeking the aid of your readers to help us fulfill our core mission to protect and meet the needs of our elder population during the pandemic crisis. It is probably fair to say that our patterns of life have not been so disrupted since World War II. Mounting evidence establishes that our elder citizens, who are among those least able to fend for themselves and often survive on exceptionally limited incomes, are the most susceptible to critical illness and mortality if they contract the novel coronavirus.

GCSCC operates eight senior centers at locations throughout Grafton County (Bristol, Canaan, Lebanon, Lincoln, Littleton, North Haverhill, Orford and Plymouth). We are a 501 (c) (3) charitable non-profit and, while we receive support through federal and state programs, the county, and the communities that we serve, a critical 25 percent of our \$3.5 million budget is derived from client donations (9 percent) and contributions from private donors (16 percent). The COVID-19 situation has forced us to severely curtail our robust program of congregate noon meals, home-delivered meals for the frail and disabled, extensive bus transportation and a wide array of social activities and service supports. We have had to close our centers to the public, shutter most programs, and concentrate our efforts almost exclusively on providing home-delivered meals to a client base which is growing by leaps and bounds. In some areas, the rolls of our home-delivered meal recipients has doubled in the course of two weeks. We are striving to meet the broader needs of our clients with supplemental pantry bags, pet food and toilet paper (if and when we can find it).

We are tremendously proud of, and grateful for, our dedicated staff and volunteers who are working very long hours and constantly devising creative solutions to meet dramatically changed circumstances.

Throughout our 48-year history, in spite of adept financial management and frugality, we have operated on a razor-thin margin. We have, however, been blessed with tremendous community and individual support over the years, and little more than two weeks subsequent to the federal and state declarations of emergency, we are seeing long-time donors stretch to support us and new donors come on board. People are stepping up to the plate, and heartwarming stories of generosity abound.

Our financial needs are greater than ever. If there was ever a time to consider supporting GCSCC and the elder citizens in your community, it is now. You can donate online ([www.gcsc.org](http://www.gcsc.org)) or you can mail a check to Grafton County Senior Citizens Council, P.O. Box 433, Lebanon, NH 03766. The senior center in your area will be pleased to accept donations of shelf-stable and safe-dated canned goods, dry food, pet food, and toilet paper; or you can donate to the food pantry of your choice. If you have questions, please contact your local senior center or the Center for Elder Services in Lebanon at 448-4897. We may be putting out a call for volunteers as our needs dictate. Please also check on and stay in touch with your older neighbors and let them know that their community values them and is concerned for their well-being.

Together, we will make it through these trying times. Thank you for your support.

Larry Kelly  
West Lebanon



NORTH COUNTRY NOTEBOOK

By JOHN HARRIGAN

Of burls in the trunks of trees, and phantoms you just can't see

Right out a kitchen window, right from where I write, I can see a couple of spruce trees with big bulges in their trunks. Because they're softwood trees, I've never paid much attention. If they were hardwoods, I'd have taken notice.

The above is a classic case of species bias, to which I throw myself on the mercy of the woods and plead "Guilty!"

A burl is a defect in the trunk of a tree or big limb that produces a bulge, sometimes all around the tree, sometimes on the side. Burls are often quite valuable to shapers and finishers of wood, who prefer hardwoods because they stand up better to crafting, use, and abuse.

If a mature hardwood tree with a roundish growth or bulge is carefully cut down and cut up, a skilled woodworker

can turn the burl's curve and grain into all sorts of beautiful things.

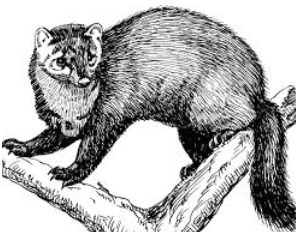
I enjoy dabbling in etymology, the study of the origins of words, although I'm the last to claim any great proficiency. The subject stems from a lifetime of widely varied reading that continues apace, a faucet I can't turn off. Then too, it's my great good fortune to have abundant French-Irish ancestry on our father's side, and to live in a strongly Francophone region along one of the friendliest borders in the world.

"Woods Words" is one of my favorite parts of my favorite magazine, Northern Woodlands. In it, Laurie Morrissey of Hopkinton recently had the fun she so obviously has when looking into words, and looked into "birling," or as it's most often been spelled around

(Right) A river hog using his pike-pole like a tight-rope walker, ca. 1930s. Loggers shepherded drives on the Connecticut, Androscoggin, Kennebec, Penobscot, and St. John rivers, using poles to push, pull, and cajole logs downstream.

here, "burling." And I'll admit that I've long puzzled over the connection between a growth on a tree and spinning a floating log with your feet.

Well, score another one for serious etymologists. Laurie, with the help of UNH's Don Quigley, traced it all the way back to mill ponds. The theory goes that because they're heavier, bulges would be on the underwater part of a floating log, and someone tending out on logs being floated to the mill would roll them with their feet so the sawyer could get a heads-up on deformities.



An old piece of line-art depicting a fisher, probably from around the turn of the last century.

Letters to the Editor

Now more than ever, we need to do more by doing good

To the Editor:

In almost 50 years of providing hospitality in New Hampshire, we've never found ourselves facing the times we are today.

The mandate for restaurants to close and move to take-out/delivery, paired with recommended social distancing due to the Coronavirus, has had a tremendous impact on our entire Common Man family – our restaurants, inns, Flying Monkey, The Barn on the Pemi, events, spa, store and all of our support teams.

The most painful for me has been the need to furlough 650 of our staff, who we call our STARS, as we consolidated our operations to seven of our 16 restaurants across New Hampshire. In these unprecedented times, we're making difficult decisions daily so that we can emerge intact when we are on the other side of

this global crisis.

With every challenge comes the opportunity to be innovative, and we're working every day to be creative while continuing to support our staff, our guests and our communities.

To support our staff members, we continue to offer family meals for all employees. Chefs at our open restaurants prepare a home-cooked, fresh meal daily, and our staff can call and order take-out for their household, at no charge. In the past week, we've provided more than 1,400 meals to our STARS.

The Common Man has also donated \$10,000 to our own Employee Emergency Assistance Fund, and we continue to donate all gratuities left on take-out orders to that fund. We extended health benefits and we're creating delivery positions to get take-out or-

ders to guests while securing hours for staff.

In partnership with the New Hampshire Lodging and Restaurant Association, and in support of fellow hospitality workers across the state, we've committed \$10,000 to the newly-created New Hampshire Hospitality Employee Relief Fund. This fund provides one-time grants to employees of the hospitality industry who have been impacted by COVID-19.

Our new Do Good initiative, Feed it Forward, gives our take-out guests the opportunity to make a donation that will be allocated to feeding those in need in our communities. For every \$10 we collect, we will prepare and deliver two home-cooked meals, in coordination with local agencies, to ensure the meals are brought to those who need them most.

We have no way of knowing how long this

pandemic will last, nor how long it will affect our communities, our staff and our overall business. We're taking things day by day, and trying the best we can to put measures in place now in order to preserve our future.

Please take care of each other, your families and your communities, and focus on being safe and healthy. For 49 years, we've done well by doing good. Let's keep that going together.

Alex Ray  
Owner  
The Common Man  
Family

+++++

Here is a lightly edited note I received this past

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: [Signature] Chairman of the Board  
Date: 3/24/2020

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.

Sustainable FROM PAGE A4

you're inclined to exercise while you're at home.

At a time when you cannot go to the store for all the things you deem necessary, look to your garbage and get creative. I have an ever growing list of things I will do when this is "over" and things go back to "normal," but the truth is I

don't think things will really return to normal, at least not the normal we are accustomed to. That doesn't mean we cannot think

of changes we want to make, or creative practices to reduce and reuse our garbage.

Lauren's Green Tip of the Week: Want to reuse a glass jar but it has sticky junk on it from the label? Mix baking soda and vegetable oil into a paste,

let it sit for 20 minutes and then scrub it off with an old toothbrush.

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**Edward Jones: Financial Focus**

**Time for Some Financial Spring Cleaning**

Spring is officially here – and for many of us, that means it's time for some spring cleaning around our homes and yards. But why stop there? This year, why not do some financial spring cleaning, too? You can apply some of the same principles of traditional spring cleaning to your financial environment. Here are a few suggestions:

- Clear your vision. Spring brings extra hours of sunshine – and to enjoy them, you'll want to clean your windows, inside and out. As an investor, you also need to take a clear-eyed view of your situation periodically. Are you on track toward achieving your goals? If not, what moves can you make to get back on the right path? You need to be honest with yourself to see if you're doing all you can to help make progress toward your objectives.
- "De-clutter" your portfolio. As you go about sprucing up your house, you may find that you have a lot of clutter. Do you really need three mops? And are you holding on to those old calendars for any good reason? You'll probably feel much better about your surroundings when you de-clutter them – and the same may be true of your investment portfolio. For example, do you own several investments that are virtually identical? If so, you might want to consider ways to help diversify your holdings. While diversification can't guarantee profits or protect against losses in a declining market, it might help reduce the impact of market volatility on your portfolio.
- Recharge your batteries. When you do your household spring cleaning, you may want to check the batteries on your smoke alarm, carbon monoxide detector and other devices. And as part of your financial spring cleaning, you might need to recharge your own investment "batteries," so to speak. In other words, increase the power you're providing to your portfolio. You can do this in a few different ways. First, you can increase your contributions to your 401(k) or similar retirement plan every time your salary goes up. You can also try to "max out" on your IRA contributions each year. (For 2020, you can put in up to \$6,000 in an IRA, or \$7,000 if you're age 50 or older). Another way to increase your investment voltage is to make sure you've got adequate growth potential in your portfolio based on your goals and risk tolerance.
- Put your house in order. As part of your spring cleanup, you may want to check for damage on your roof, windows, siding and so on. But you also need to put your financial house in order, especially as it regards to protection. Do you have adequate life insurance? If not, your family could suffer if something were to happen to you. And have you thought about how you could pay for long-term care if you needed it? The average annual cost for a private room in a nursing home is about \$100,000, according to the insurance company Genworth. To retain your financial independence – and also to help protect your grown children from possibly having to deal with these costs – you may want to explore some type of long-term care insurance.

By doing some spring cleaning around your home, you'll lighten up your living space. And doing some financial spring cleaning may help you brighten your future.

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

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.

**Member SIPC**

**Jacqueline Taylor**  
Financial Advisor  
3 Mill Street  
PO Box 176  
Meredith NH 03253  
603-279-3161  
Fax 866-632-8685  
jacqueline.taylor@edwardjones.com



Towns

Alexandria

Mary Ruggirello 744-5383  
sunshine\_eyes51@yahoo.com

Hello from my home to yours! Hope you are faring well during this stay at home time! I haven't gone any further than to the end of my road to pick up mail. It's a nice walk along the river, in the peace and quiet. Nice to hear the birds singing too.

Town

The Alexandria Firefighters Association Rabies Clinic scheduled for April 7, 2020 has been cancelled.

Alexandria UMC

Church services are being held via Zoom at 9 a.m. Sunday mornings. If you have any questions, please feel free to call or text Pastor Faith at 491-4028. You may also email her at faithgreene83@gmail.com. If you'd like to be added to our email list for Zoom, please contact Pastor Faith. You can also tune in services via your landline or cell-phone.

Looks like the drizzle has momentarily stopped, so I'm heading out to see what there is green poking up through the leaves. Hopefully it won't be long before the dandelions and fiddle-heads will be coming along soon! Then the milkweed and other "greens" much enjoyed by our forebears. I know some of you still enjoy a feed or two of Spring greens!

Have a great week ahead! Be sure to check on your elder neighbors, even if it's just a phone call! As always, stay calm, be safe in your travels to get the essentials, be kind in your words and deeds!

Bristol

Al Blakeley  
adblakeley0@gmail.com

I guess I knew this was coming. Please disregard all of the events I have posted for the coming weeks. The Historical Society has postponed its activities and meetings to future dates to be determined, as has the TTCC. I just hope those dates are sooner rather than later. I am determined to be the bearer of good news as soon as we are able to move forward to our 'nor-

mal' lives and after celebrations to that are over, we will move on. Having never been through anything like this in our lives, every day brings new knowledge as to what we are up against and how we all will deal with it in our everyday lives. Hopefully the panic mode is passed and that we are learning to look out for one another and move along like the good neighbors we all try to be. I follow Facebook and am amazed how people are coping and helping others by amusing, entertaining and educational posts that help the days go by better.

Due to the continued and increased severity of the COVID-19 pandemic, the Minot-Sleeper Library has adjusted its services to ensure the community members and staff are healthy and safe. The staff will not be in the library during normal hours. The MSL is no longer accepting returns and is no longer having staff go to the library to put free books outside. Please hold on to any library materials you have until the library reopens. This doesn't mean the service to the community has come to a standstill. In fact, just the opposite.

If you log on to the MSL Web site (minot-sleeperlibrary.org) you will see that new ways have been created to deliver informational, educational and cultural resources. The MSL will be offering much more of this type of service and diversifying it in the next couple of weeks. Even though staff will be at their own homes, they will continue to be available when you call the library at 744-3352 during normal hours: Monday, Wednesday and Friday 10am-6pm; Tuesday and Thursday 1-8pm; and Saturday 10 a.m.-2 p.m.

Staying in! I guess that's the best we can do and still maintain some sense of sanity. May you all stay healthy, responsible and neighborly. We're in this together. May we reach a point when we return to normalcy soon.

Hebron

Bob Brooks  
hebronnnews@live.com

Community Breakfast

Due to the Covid-19 Virus, the April Community Breakfast scheduled for April 4 has been cancelled.

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

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

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

A candidate may file by mail, email, fax, or in person from 3-5 p.m. on Friday, April 3.\*

Ways to return your signed Declaration of Candidacy form:

- By mail: Town Clerk, PO Box 55, Hebron, NH 03241. Please be sure to allow for adequate mailing time. The last day to receive a candidacy form in the mail is Friday, April 3. The envelope must be postmarked between March 25 and April 2 (file in person if on April 3).
- By email: clerk@hebronnh.org
- By fax: 744-5330
- In person on Friday, April 3 between 3-5 p.m.: please contact the Town Clerk by email (clerk@hebronnh.org) or by phone (744-7999) to schedule an appointment.

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

Town-Elected Positions Available

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

\*Per RSA 669:19, candidates who file on the last day of the filing period must do so in person. Please contact the Town Clerk with any questions (744-7999 or clerk@hebronnh.org).

Thank you,  
Tracey Steenbergen,  
Town Clerk Town of Hebron

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

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

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

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

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: ashland-communitychurch.com

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

Aug. 18 – September 15 Teaching Series: "I

Love My Church!"

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

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

New Women's Ministry: A women's group will be starting this fall the 1st and 3rd Thursday of each month beginning October 2019.

It is our desire to help you understand

God's incredible grace, mercy and love. We believe you will love Ashland Community Church. We are a friendly, welcoming, loving, and caring church.

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

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

We look forward to seeing you soon!

Hill Village Bible Church

Due to the COVID-19 virus, Hill Village Bible Church is not having services Wednesday or Sunday, but you can still hear the messages via our Web site, www.hillvillage-biblechurch.com.

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 though His Word. Use this time at home to read the Gospel of John and

Notebook

FROM PAGE A5

the property. "On March 17 at around 7:30 a.m., our Lab started to growl while looking out the slider. Out in the open field, approximately 120 yards away, was a mountain lion trotting across a shelf between two hills. My wife pulled out our binoculars to get a good view of this cat, which appeared to be the size of a good-sized coyote (maybe a bit lon-

ger).

"We watched as it covered 80 to 100 yards before it disappeared beyond another hill. The cat was uniformly tan in color; closely matching the old grass in the field.

"My wife confirmed that the cat did have a long tail. Immediately after it disappeared, she pulled up a picture of a mountain lion, an exact match for the animal we had just seen.

"I realize that without

a picture this is just another story to be added to your "reported mountain lion sighting" file. We had the good fortune to have a long, unobstructed look at this cat for close to one minute."

I replied that I really don't care whether "officialdom" ever acknowledges the possibility of a return by northern New England's original eastern cougar. Too many good, solid, reliable people have recounted good, solid, experiences, with nothing to gain in the telling.

+++++

A friend and cohort on the New Hampshire Wildlife Coalition, Meade Cadot, Ph.D., is worried about a mutual furry friend, the fisher. Where I live and in other rural areas, this mid-sized member of the weasel family is usually bestowed with an added name, "cat." Many of us know that this has everything to do with the vernacular and nothing to do with science, and that the proper name is just "fisher." It's in the same vein as using "partridge" for "ruffed

grouse"---a Colonial-era penchant handed down through generations.

Meade, a veteran Antioch University environmental professor and Harris Center naturalist, says both long- and short-term figures supplied by trappers themselves show that the fisher population has plummeted throughout the state. He can't understand why Fish and Game has not more severely curtailed the trapping of fishers, or suspended it.

Meade submitted his paper to Fish and Game as testimony for the Furbearer Hearings. It can be seen in its entirety at nhwildlifecoalition.org.

It is a sad commentary on the "management" of things that for one study Meade cited, the only source of unfettered data was south-central Maine--a region like much of New Hampshire. There, the researchers said, 80 percent of fisher deaths were from trapping.

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

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*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.*

**BRISTOL UNITED CHURCH OF CHRIST**  
15 Church Street • Bristol, New Hampshire

**Due to concerns with regard to the Corona virus, the Bristol United Church of Christ will not be hosting their April turkey dinner on April 4.**

**Please be on the watch for news regarding the pot roast on May 9.**



Churches

FROM PAGE A6

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 46:2-3: "Therefore will not we fear, though the earth be removed, and though the mountains be carried into the midst of the sea; though the waters thereof roar and be troubled, though the mountains shake with the swelling thereof. Selah"

Notice the first word of verse 2, "therefore." This takes us back to verse 1. "God is our refuge and strength, a very present help in trouble." Because God is a very present help in trouble, what have we to fear? Nothing. Even when our normal is shaken, when there is disturbanc-

es, destruction, and desolation all around us, there is nothing to fear when God is near. The Corona Virus has shaken our norm. Many will contract the virus, people we know will get it, many can't go to work, all the kids are doing school from home, we can't visit one another personally, our normal has been shaken. Not as severely as the psalm mentions, but none the less it is shaken. So what are we not to do? Fear. How irrational it is for the child of God to fear, when our Heavenly Father is present to help.

word, "Selah." What does this word mean? It means to pause or to meditate. In the midst of all that is going on, turn off the news, put down the tablet or phone, slow down, open your Bible, read Psalm 46, pause, and meditate on the fact that when God is near, there is nothing to fear.

Restoration Church, Plymouth (Assemblies of God)

Greetings from Restoration Church

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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 se-

ries 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.

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# 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 howev-

er, providers have become used to the system. No one has been punished for innocent infractions and no health workers have gone to jail. Some egregious and criminal violations have been sanctioned but the original fears of most providers did not come true. Still, the standards are in place to protect everyone’s privacy, and providers do follow them. You will not be able to get any “Protected Health Information” from a “Covered Entity” without a release by the individual patient. In most

cases if the patient is present, they can give verbal approval for a provider to speak to or in front of another person. But, without a written privacy release, the provider will not speak to a third-party about a patient. Hospitals are comfortable telling you if someone is there or not, but they won’t tell you the person’s condition. This means that if you want someone else to know about your situation, then you should sign a HIPAA Privacy Release so that third person can present that document to

any provider from whom they need information. I am now having all of my clients execute a Privacy Release along with their other Life & Estate Planning documents. You may need HIPAA releases for your college-age children too. One reason a third-party might need information is to pay a bill. If you have signed a Power of Attorney naming some trust- ed 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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*A simple wish to all our neighbors and customers that we hope you are all taking precautions and staying well*

**Chuck Barnett**  
Office: 603.293.4646 Cell: 603.340.0635  
[barnett@metrocast.net](mailto:barnett@metrocast.net)

*Please be safe and healthy so we can see you when this is all over !*

**Jonathan Barnett**  
Office: 781.585.3655 Cell: 781.706.9257  
[jbarnettbuilding@gmail.com](mailto:jbarnettbuilding@gmail.com)





# Mid-State Health Center Launches Remote Healthcare Visits

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

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

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

well as address immediate health concerns such as cold or flu, all over the phone or by video conference. Mid-State patients will now be able to access their healthcare team from the comfort of their own home. Patients are able to conveniently receive care from their medical and behavioral health providers using video conferencing or phone. Patients can schedule

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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 any-

thing 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](http://www.cdc.gov).

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# Who is at elevated risk for COVID-19?

COVID-19 continues to dominate headlines across the globe. This novel coronavirus first made headlines in late 2019 after an outbreak in Wuhan, the sprawling capital city in Chi-

na's Hubei province. The virus has since spread beyond China's borders, leading to school closures and changes in public life, such as the shutting down of professional sports leagues, that

many might never have thought they would see in their lifetimes.

Despite the relative infancy of COVID-19, doctors have learned much about it, including who might be most at risk. According to the Centers for Disease Control and Prevention, early information out of China revealed that some groups are at higher risk of getting very sick from COVID-19 than others. Older adults and people who have serious chronic medical conditions are at the greatest risk of getting very sick from COVID-19. Heart disease, diabetes and lung disease are the chronic medical conditions that appear to make people especially vulnerable to sickness from COVID-19.

## How people in at-risk groups can reduce their risk of getting sick

It's important that elderly people and people with chronic medical conditions take their risk for getting sick from COVID-19 seriously, as the virus had already contributed to thousands of deaths by early March 2020. The CDC notes that it is especially important that people at elevated risk take actions to reduce their risk of getting sick with the disease. The following strategies can be part of a proactive approach that may help at-risk people lower their risk of getting sick from COVID-19.


- Stock up on health

supplies. Contact your physician and arrange to obtain extra necessary medications so you do not have to leave your home should an outbreak occur in your area. If that's not plausible, the CDC recommends signing up for mail-order medications. Stock up on over-the-counter medications and medical supplies, including everyday items like tissues, so you don't have to leave the house if an outbreak occurs.

- Stock up on groceries. Make sure you have enough groceries on hand so you can stay at home if restrictions on leaving home are put in place during an outbreak.
- Embrace the basics. Basic strategies

like avoiding people who are sick; washing your hands with soap and water for at least 20 seconds, especially after blowing your nose, coughing, sneezing or spending time in public; avoiding touching your face, nose, eyes, etc.; and avoiding crowds can help to reduce your risk of getting sick from COVID-19.

Since the initial outbreak of COVID-19 in China in late-December 2019, doctors have learned that certain people are especially vulnerable to getting sick from the virus. Such people can take certain steps that may reduce their risk of getting sick. More information about COVID-19 is available at [www.cdc.gov](http://www.cdc.gov).



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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 re-

spiratory tracts of mammals. Coronaviruses are responsible for between 15 and 30 percent of common colds. They're also associated with pneumonia and severe 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 devel-

oping 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.



*Patty Stewart has been a broker in New Hampshire with 30 years of experience specializing in fulfilling the needs of the senior market in New Hampshire. She currently works with several of the nation's leading Medicare supplement providers.*

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From left to right Patti Thompson, Pam Baker and Patty Stewart  
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# 5 reasons why summer camp is a good choice for kids

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

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

- Although kids needn't be in camp all summer long, a week or two can benefit campers of all ages. The following are five reasons why summer camp might be the right fit this year.
- 1. Explore talents.** Summer camps help young people explore their unique interests and talents. Under an organized, yet often easygoing, camp schedule, kids can dabble in sports, arts and crafts, leadership, community support, and so many other activities that may not be fully available to them elsewhere.
  - 2. Physical activity:** Lots of camps build their itineraries around physical activities that takes place outdoors. Campers may spend their time swimming, running, hiking, playing sports, climbing, and so much more. This can be a welcome change for kids accustomed to living sedentary lifestyles. Regular physical activity has many health benefits and can set a foundation for healthy habits as an adult.
  - 3. Gain confidence.** Day and sleepaway camps offer campers the opportunity to get comfortable in their own skin. Camps can foster activities in self-esteem by removing the academic measures of success and fill in with noncompetitive opportunities to succeed. Campers learn independence, decision-making skills and the ability to thrive outside of the shadow of their parents, siblings or other students.
  - 4. Try new things.** Camp gives children the chance to try new things, whether that's learning to cook, exploring new environments or embracing a new sport or leisure activity. Opening oneself up to new opportunities can build character and prove enlightening for children.
  - 5. Make new friends.** Camp is a great place to meet new people and make lifelong friends. Campers flood in from areas near and far. This provides kids with a chance to expand their social circles beyond their immediate neighborhoods and schools. Camps benefit children in a variety of ways. Lessons learned in camp can strengthen values, build confidence, develop coping mechanisms when adversity strikes, and enable campers to make lifelong friends.

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# Factors to consider before choosing a summer camp

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

Choosing a summer camp is no small task, as the options at families' disposal range from overnight camps to weekday afternoon camps to camps that specialize in certain programs, such as music or dance. Cost also is likely to factor into families' decisions, as the American Camp Association notes that cost can vary greatly depending on which camp families choose. For example, the ACA notes that the average daily fee at a resident camp is \$85,

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

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

## Kids' interests

The ACA urges parents to consider the child's interests and personality before choosing a summer camp. Parents might want their children to attend the same summer camp they visited as youngsters, but

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

## Locale

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

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

## Session length

Camps may last as little as one week or up to a couple of months. Session length should be considered by families looking at both local day camps and overnight resident camps. Parents who want their children to enjoy a largely schedule-free summer might not want to commit their chil-

dren to lengthy camp sessions, even if those sessions are close to home. If parents think their children can benefit from the same structure they're accustomed to during the school year, then an overnight camp that stretches for sev-

eral weeks might be what they're looking for.

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

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## NHIAA officially crowns winter champions

BY JOSHUA SPAULDING  
Sports Editor

CONCORD — Less than two weeks after calling off the winter season, the NHIAA last Monday announced its plans for awarding championships to division that had not yet concluded their seasons.

“While most wish the tournaments could have been concluded in their normal fashions, this compromise solution takes into account the regular season and a team’s progress through the tournament prior to the suspension of play,” the NHIAA press release stated. “We hope that this solution will bring some closure to the

NHIAA winter season.”

The NHIAA Executive Council, by way of a unanimous vote, agreed to award co-championships to the highest seeded teams remaining on each side of the NHIAA tournament bracket while all other teams still alive would be named runners-up. The teams would receive the normal runner-up and/or championship medals and plaques.

The ice hockey tournaments were down to the finals, so both teams who were slated to play in the finals were named co-champions. For girls’ hockey, Concord and Berlin-Gorham were named co-champions,

for Division I boys, Concord and Bedford were named co-champions, for Division II boys, Keene and St. Thomas were named co-champions and for Division III boys, Kennett and Berlin-Gorham were named co-champions.

Division III boys’ basketball, Division II girls’ basketball and Division IV boys’ basketball tournaments were also down to the final two teams, so like in hockey, there were co-champions named for all three divisions. Gilford and Mascenic are the co-champions for the Division III hoop boys, Littleton and Newmarket were tabbed co-champions

for the Division IV boys and Spaulding and Lebanon share championship honors for Division II girls.

The remainder of the tournaments had multiple teams still remaining.

For Division I hoop boys, Exeter and Portsmouth were named co-champions while Nashua South, Salem, Keene, Alvirne, Nashua North and Merrimack were named runners-up.

For Division II hoop boys, ConVal and Bow shared co-championship honors while Oyster River, Hollis-Brookline, Hanover, Kennett, Pelham and Lebanon were named runners-up.

For Division I girls’ basketball, Bishop Guertin and Goffstown were named co-champions and Bedford and Londonderry were named runners-up.

Berlin and Exeter were named co-champions for unified basketball while Londonderry and Dover were named runners-up.

The NHIAA also determined winter spirit champions. The NHIAA Executive Council, again by a unanimous vote, approved the use of the scores earned in the preliminary round of the competition to declare a champion and runner-up for each division.

In Division I, Pinker-

ton is the champion and Dover is runner up.

For Division II, Pembroke is the champ and Pelham is runner-up.

Littleton was named champion for Division III and Mascenic was named runner-up.

The NHIAA made the decision on Friday, March 13, to suspend the winter season amidst the fear of the coronavirus.

A decision on the spring sports season was set to be announced after deadline earlier this week.

*Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or josh@salmonpress.news.*

## Olympics give way to Covid-19 Summer Games postponed until next year

BY JOSHUA SPAULDING  
Sports Editor

TOKYO, Japan — In an unprecedented move in the history of the Olympic Games, the International Olympic Committee and organizers of the Tokyo 2020 Summer Olympics, decided on Tuesday to officially postpone the Games, scheduled to kick off on July 24 in Tokyo, Japan.

The Olympics have only been cancelled three times, once during World War I and twice during World War II and have never been postponed.

IOC President Thomas Bach and Japan Prime Minister Abe Shinzo held a conference call to discuss the Covid-19 pandemic



COURTESY PHOTO

THE TOKYO OLYMPICS will now take place in 2021.

in regards to the Olympic Games. They were joined by Mori Yoshio, the President of the Tokyo 2020 Organizing Committee; the Olympic Minister, Hashimoto Seiko; the Governor of Tokyo, Koike Yuriko; the Chair of the IOC Coordination

Commission, John Coates; IOC Director General Christophe De Kepper; and the IOC Olympic Games Executive Director, Christophe Dubi.

In a very friendly and constructive meeting, the two leaders praised the work of

the Tokyo 2020 Organizing Committee and noted the great progress being made in Japan to fight against COVID-19.

“In the present circumstances and based on the information provided by the WHO (World Health Organization) today, the IOC President and the Prime Minister of Japan have concluded that the Games of the XXXII Olympiad in Tokyo must be rescheduled to a date beyond 2020 but not later than summer 2021, to safeguard the health of the athletes, everybody involved in the Olympic Games and the international community,” said a joint statement from the IOC and the Tokyo 2020 Organizing Committee.

For the past few weeks, Bach had been moving forward with the plan to have the Olympics as scheduled starting in July, but over the weekend of March 21 and 22, the pressure began to mount from National Olympic Committees (NOCs) to postpone the Games.

Canada was the first to announce that if the Games were held in July, there would be no Canadian athletes in

attendance. Australia followed suit not long after.

US Swimming and US Track and Field both submitted requests to the United States Olympic and Paralympic Committee (USOPC) requesting that the Games be postponed and after hearing from many athletes, the USOPC also made its recommendation to the IOC that the Games be postponed.

Part of the issue is the fact that there are a lot of qualifying events that need to happen to determine who represents each country in the Olympics and with the postponement of any sort of large gatherings during the Covid-19 outbreak, the scheduling of those events became more and more difficult and unlikely.

USOPC CEO Sarah Hirshland sent out a notice to US athletes after the decision was made on Tuesday morning.

“Despite the feeling of eventuality that so many of us have felt in the lead up to this moment - my heart breaks for you, your fellow athletes around the world, our friends at Tokyo 2020, the people of Japan, and all who are impacted by this global pandemic and the decision to postpone the Tokyo Games 2020,” the letter read. “We heard your concerns and we shared them. I thank you for being so forthcoming with your perspectives, and also for allowing us the time to hear from your teammates across all sports before making a recommendation to the IOC.

“This summer was supposed to be a culmination of your hard work and life’s dream, but taking a step back from competition to care for our communities and each other is the right thing to do. Your moment will wait until we can gather again safely,” the letter continued. “I wish I had answers to every question out there, but the reality is this decision is unprecedented, and therefore, presents an entirely new process – for you, for the organizers, for the NGBs (National Governing Board) and for the USOPC. Please know we are committed to working with you in the coming days, weeks, and months to address them together.

“The excellence within Team USA is our resilience and how we overcome adversity. I have no doubt we will get through this together as a team, and all be better because of it,” the letter said. “I sincerely look forward to working with you as we once again plan our path to Tokyo.”

The decision to postpone the Olympic Games now heads into the next stage, as the IOC and the Tokyo Organizing Committee has to figure out new schedules for events, housing for all the athletes, media and volunteers and much more.

“The leaders agreed that the Olympic Games in Tokyo could stand as a beacon of hope to the world during these troubled times and that the Olympic flame could become the light at the end of the tunnel in which the world finds

SEE OLYMPICS, PAGE A15

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# Locals named to New Hampshire Shrine Team

REGION — The 67th Shrine Maple Sugar Bowl Game will be held on Aug. 1, at Castleton University.

The 15th annual golf tournament will tee off at Crown Point Country Club located in Springfield Vt.

on July 27 at 8:30am, for anyone interested, please contact the Shrine Office. Media day will be

July 28 at Castleton University where the players and patients of the Shriner's Hospital for Children come to-

gether with the media. The N.H. VT All Star Band comes in on Thursday, July 30, preparing for a super half-time production under the direction of Robert Skrocki.

On Friday, July 31, the cheerleaders will be coming into Castleton to prepare for their support along the sidelines of the two teams. They will be under the direction of Jada Belt and Jennifer Ferland. At 6 p.m. Friday evening, the players and cheerleaders will be recognized at a banquet with Imperial Shrine dignitaries welcoming them and thanking them for

their dedication to the game. In the distance, you may hear the band finalizing its halftime production.

Saturday, Aug. 1, at 3 p.m. the Shrine Maple Sugar Bowl Gala parade will commence on Main Street in Castleton, Vt. as the band and cheerleaders will bring the players into Dave Wolk Stadium to prepare for the 5:30 p.m. kick-off.

Included on the New Hampshire roster are Kingswood's Matt Drew, Plymouth's Joe Thorne, Newfound's Rolando Sylvain and Kennett's Dom Jones and Justin Olson.

## Plymouth State adds men's swimming

PLYMOUTH — The Plymouth State University Athletic Department is adding men's swimming to its list of NCAA Division III sponsored programs, bringing the university's total number of sponsored sports to 25. The program will begin competition during the 2020-21 academic year.

The announcement was made by Director of Athletics Kim Bownes with the full support of PSU President Donald L. Birx, Ph.D. on Thursday.

men's swimming is both exciting for our department as well as beneficial to the growth of the sport at Plymouth State," said Bownes. "There has been a steady increase in the number of men's programs throughout New England and we look forward to offering an exceptional experience to a new group of student-athletes. We have had great success with the women's program over the past two years and believe this will raise the level of our athletics program across

the board." The Little East Conference (LEC) hosted its first men's invitational meet in February. The addition of Plymouth State brings the total number of men's programs in the conference to five, allowing the league to host a championship meet once the conference's athletic directors give their approval.

Anne Barbeau, who has led the women's program the last two years, will oversee both teams. She will add an addition-

al assistant coach to her staff.

Plymouth State now sponsors 25 varsity sports – 12 men's and 13 women's. Men's swimming becomes the first new sport added since the men's and women's track and field programs celebrated their inaugural seasons during the 2015-16 school year.

The men's and women's teams will compete in joint meets with home contests taking place at the PSU Natatorium.

# Fins and Feathers

## Red Hill Pond

BY RAYMOND KUCHARSKI  
Contributing Writer

Red Hill Pond is located in Sandwich. The Fish and Game Department information sheet list it as a 173-acre warm-water fishery with a 10-foot average depth and holds a population of Eastern Chain Pickerel and Brown Bull Head (hornpout). The map shows it is a remote pond with no boat access from Top of the World Road. Researching waters to fish for pickerel, I found Red Hill Pond.

So, one day my fishing companion drove up and down Top of the World Road looking for a way into the pond. We found a place where we could park off the road and bushwhack our float-tubes to the pond.

The pond had a lot of aquatic growth that looked promising for pickerel. Several islands providing a lot of shoreline to fish only added to the potential for some nice pickerel fishing. We tied on our flies with wire-leaders and kicked out toward the islands. Red Hill Pond kept its promise



COURTESY PHOTO

Red Hill Pond is located in Sandwich.

and we managed to catch many pickerel of various sizes (including a few trophy-sized fish) that day.

Whenever I needed my "catching some pickerel fix," I would return to Red Hill Pond. The freshwater barracuda are a vicious predator and deliver some spectacular hits. Often my fly would land with a splash and 30 feet away there would be a whirlpool like swirl and then a torpedo like wake running hot, straight and normal directly to the target. Followed by a second whirlpool like swirl over my fly. And if

the pickerel missed the bait, it would frequently return to finish off its prey. No other freshwater fish are that vicious.

Over the years, I fished Red Hill Pond several times. I would always catch pickerel with an occasional largemouth bass thrown in (largemouth bass and pickerel share the same type of water). On one of my trips I entered a shallow cove and cast my large yellow fly close to shore searching for a taker. My fly landed with a splat and a wide-bodied fish immediately rolled over the fly. I set the hook and the

fish took off along the shore. As I worked the fish into deeper water, the fish leaped into the air and I saw it was a small-mouth bass. It was the largest small-mouth bass I ever caught and it came out of a pond that wasn't supposed to contain small-mouth bass. It was a very unusual catch because small-mouth bass prefer cool, deep, clear water with a rocky bottom.

When you've been on the water long enough, you learn that exceptions can come anywhere or at anytime. Exceptions are what makes fishing so interesting.

# NHBCO seeking nominations for coaching Hall of Fame

REGION — Any New Hampshire varsity basketball coach who has coached a total of 20 years at the varsity level and has been retired for a period of two years is eligible for consideration into the New Hampshire Basketball Coaches Organization Hall of Fame. Anyone who would like to nominate a coach should send the coach's name, school, years coaching and varsity record along with the

answer to three questions and/or statements: What was this coach's impact on New Hampshire basketball? Describe his or her character. Accomplishments in coaching. The person doing the nominating should include their name, e-mail address and cell phone number and e-mail all information to NHBCO President David Chase at 4chaseteam@comcast.net. Nominations are due by April 15.

## Olympics

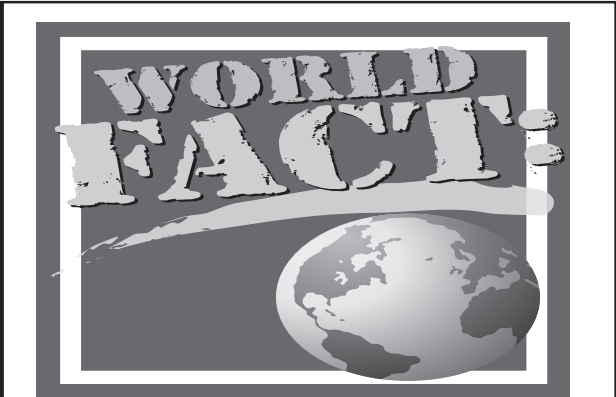
FROM PAGE A14

itself at present," said the joint IOC and TOC statement. "Therefore, it was agreed that the Olympic flame will stay in Japan. It was also agreed that the Games will keep the name Olympic and Paralympic Games Tokyo 2020."

The official dates

for the new Tokyo 2020 Games were announced early Monday morning, with the opening ceremony scheduled for July 23, almost exactly one year after the original starting date.

Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or josh@salmonpress.news.



HISTORIANS THINK THAT APRIL FOOL'S DAY MAY HAVE ORIGINATED IN THIS EUROPEAN COUNTRY.

ANSWER: FRANCE

## Joke Word Find

Find the hidden words in the puzzle.

APRIL FAMILY FOOL FRIEND					GIGGLE GOTCHA JOKE LAUGH					PRANK SILLY SMILE				
O	A	B	F	W	Z	M	H	L	F	O	M			
Q	F	O	A	U	O	S	I	G	L	C	G			
Y	O	D	M	R	F	R	I	R	U	G	M			
L	A	Z	I	S	P	R	L	L	J	A	L			
E	B	I	L	A	G	N	I	Y	L	U	L			
L	Y	L	Y	I	J	G	C	E	L	Y	J			
I	H	M	B	I	O	P	R	A	N	K	F			
M	K	Q	Z	T	O	V	F	X	Z	D	J			
S	E	Q	C	E	L	G	G	I	G	M	O			
Z	E	H	U	T	Z	Y	I	U	K	N	K			
H	A	B	F	J	J	L	O	G	D	Y	E			
T	O	R	G	N	N	I	A	J	W	W	T			

## Get Scrambled

Unscramble the words to determine the phrase.

P R L I A O L F S O Y D A

Answer: April Fool's Day

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# Coronavirus, the Summer Olympics and dealing with it all

Ugh. Plain and simple, that's how I feel about now. I am writing this on Thursday, March 26, in my apartment on the second day of "working from home." Our company closed our offices starting on Monday but because I didn't have internet at home, I was allowed to work in the office on Monday and Tuesday, which are my two biggest deadline days. My internet service got installed on Wednesday so here I sit on Thursday morning trying to keep things as normal as possible. I got up at the normal time, went to Wolfeboro and walked (as a replacement for the

SPORTING CHANCE



By JOSHUA SPAULDING

normal trip to the gym) and got breakfast. But I have to admit, I can get a bit distracted at home. I'm trying to not watch television, instead trying to listen to the radio shows and podcasts I usually listen to during the day in the office. Had the world remained in its normal state, I would be in Florida at this time, covering the Kennett baseball team's inaugural trip to Spring Training in Vero Beach. Of course,



JOSHUA SPAULDING

THE WINTER OLYMPICS have been a blast and I am looking ahead at a possible summer trip next year.

that trip was cancelled. So was the trip to New York City, which should have happened after this week's deadline on April 1. And a trip to Atlanta at the end of the month for another RHAP Survivor event was also cancelled,

leaving only one trip to look forward to this year. Of course, that all came crashing down on Monday when it was announced that the 2020 Summer Olympics in Tokyo would be postponed until next year. And thus, the lone thing that I was looking forward to this year went down the drain.

The International Olympic Committee had been delaying the decision to postpone the Olympics for a while, but it was something that anyone could see coming. With the coronavirus continuing to hamper the ability of athletes from around the world to both train and qualify for the Olympics, it became apparent that there was no way they were going to be able to pull off a safe Games starting in July.

Japan has started to come out of the other side of the pandemic (at least it seems that way) and that was something of a positive sign, but the fact that thousands of athletes, media members and volunteers from around the world were set to descend on Tokyo in a time where large group outings are discouraged probably wasn't a good thing.

I can't even imagine the logistics that have to go into rescheduling the Olympics. The

Olympic Village, where the athletes live during the Olympics, is all new construction, but it is also expected the units were to be sold after the Paralympic Games in September to citizens of Tokyo. So, would the Olympic Village still be available? And media members were booked in existing hotels, which means that these hotels would suddenly have tons of empty rooms for a month this summer. Would those rooms still be available next year? The venues may already have been booked next year. Not to mention previously-scheduled events for different sports scheduled for around the world. And what about the television broadcast schedule? There's a lot to work out.

The obvious thing to do would be to put the Olympics at essentially the same time next year, but there has been some talk in the world about possibly moving them earlier in the year. This would provide some relief from the blistering heat that envelopes Tokyo in mid-summer but would also pose some other issues with scheduling.

It's safe to say that with no high school sports, no college sports, no professional sports and now no Olympics, this pandemic has not been friendly to

the sports world. However, it's also clear that sports are way down on the list of things that are affected by the coronavirus.

On a personal note, I still have not made a decision about what I'm going to do about Tokyo. I purchased flight insurance on my flight to Japan, so I can get that money back and I imagine that if the Olympics are moved, we'd get back most of the deposit put on the accommodations if we choose not to attend. Because the Winter Olympics normally feature more athletes with local connections, the 2022 Games in Beijing have to be my priority (assuming I get credentials for those Games). Getting the money together in the four years between Sochi and PyeongChang wasn't too difficult but getting it all together in less than a year between Tokyo and Beijing may be a bit of a stretch.

Like the rest of the Olympic world, I'll wait and see what decision they make as to when the Games will take place and go from there.

Until then, I'll be hanging out on my couch making a permanent indentation on my cushions.

Finally, have a great day, Aaron Morrissey.

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



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# LOYAL TO LOCAL



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