

School Vacation from Remote Learning Starts on April 27

MACK LEATHURBY
NUTFIELD NEWS

◆

DERRY - Derry Cooperative School District families have been through a lot over the past month. Living in this pandemic environment has forced families to stay home. Students, under the current environment, are receiving their education via remote learning, with a plan that was rapidly put in place to keep people safe and provide students with the best educational support.

Even in these difficult days, there are splinters of light that can help students and their families see a path toward brighter days and give them a break to deal with the current challenges. For example, in a couple of weeks, students will get a pause from their computer classrooms or paperwork and from remote learning schedules.

Superintendent of Schools, Maryann Connors Krikorian has been updating the community consistently with news and information over this challenging time. She says, "It is important to know during this time of ongoing change and uncertainty that April vacation, scheduled for April 27 - May 1, will remain a week off for the Derry Cooperative School District. Thus, no remote learning will take place during that week. Students, staff, and families have all been working extremely hard, and maintaining the vacation will be a healthy break for all."

She also reported that second trimester report cards - that were to be distributed on March 25 - will be mailed home the week of April 20. Since grades were scheduled to close on March 18, there was enough data available for report cards to be completed for the second trimester. That mailing will also include student winter NWEA results.

Dr. Connors-Krikorian also noted, "Since we are presently in the third trimester, we do not believe our students should have the added stress associated with the

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Hampstead Operations Support Virtual Connections to Residents

MACK LEATHURBY
NUTFIELD NEWS

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HAMPSTEAD - At this time Hampstead has been cancelling most of its recent meetings and is currently in the process of setting up remote meeting access for the public as well as for board, commission or committee members to be able to connect virtually for upcoming meetings.

At the last "in person" Hampstead Selectman meeting on March 23, it was brought to their attention that Fire Department Chief Carrier has said that he is opening the Emergency Operations Center on a part time basis for a few hours a day until further notice. This is being done to provide a centralized hub for the town to support information exchange that comes from the State of NH; this is also being done so all Department Heads can be kept in the loop and up to date with appropriate information primarily around the pandemic situation.

The Towns Cable TV system is in the process of updated with new capital equipment to improve the local cable TV operations at a cost projected to be a bit less than \$12,000.

There was some question about putting this purchase out to bid or if the cable operations staff could work directly with a certain supplier, they have been working with for many years.

There was also a discussion about if that purchase or bid would be split into two parts. In the end the Selectmen decided to approve a purchase for the audio-visual TV equipment that would be limited to a purchase under \$12,000.

The April 6 Planning Board meeting was cancelled as well as the April

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PARADE OF TEACHERS Teachers and staff members at Derry Village Elementary School set off in a parade through the town on Monday afternoon. They decorated their cars and drove through their district encouraging their students who are still learning from home during the COVID-19 Pandemic. See more photos page 8.
Photo by Chris Paul

Chester Transfer Station Makes Drop-Off Changes

CHRIS PAUL
NUTFIELD NEWS

◆

CHESTER - Folks in Chester will have to be aware of some changes taking place at the town's Transfer Station. As of Friday, April 10, the facility will be opening on Fridays from 5 to 8 p.m. The station will also be open an extra hour each Saturday, the new time is now 7 a.m. to 3 p.m.

The town has indicated that these are temporary schedule changes - for the next few weeks only - and will allow workers to begin the first phase of the recycling process, addressing the backlog.

When residents arrive at the gate, they will be directed not to place their recyclables into the barn, but instead to unload them at ABI Waste Removal's

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Chester's Emergency Management Team Posts Resident Guidelines

MACK LEATHURBY
NUTFIELD NEWS

CHESTER - Chester's Emergency Management team has put together important guidelines. This is information for residents to know how to use or connect with various town departments and services, specifically during this time when the State of NH has declared an emergency for residents to stay home.

The Town of Chester is guiding residents to their town web site for updated information and to stay in touch with many different town departmental actions. The town's website address is www.chesternh.org.

The Assessor's office can be reached via email, voicemail or US mail. Please call 603 887-3636 ext. 5 for further contact. Applications for credits or

exemptions can be found on the town web site or residents can leave a voicemail with their name and address and applications will be mailed to them.

Intent to Cut Timber services can be reached via e-mail, US mail and appropriate documents can also be dropped in the town hall drop box. Residents should include their contact information on the form - including their phone number.

The Building Department continues to issue permits although site inspections will be conducted by appointment only. Please call or visit the Building Department's web page for more information or leave a voicemail at 603 887-3636 ext. 3.

The Town Clerk and Tax Collector's office is available for transactions. A temporary transaction

window has been installed at the Town Clerk's office that is reserved for extreme circumstances. In such circumstances an appointment must be made. Most DMV transactions can be handled by mail, online, or by dropping paperwork off in the secure, black mailbox outside the front doors of the Town Hall. Please check out the Town Clerks web page on the Town's website for additional information. The phone number is 603-887-3636 ext. 2.

As of Wednesday, April 8, the Transfer Station returned to its Wednesday night summer hours of 6 - 8 p.m. Please be advised that due to the COVID-19 pandemic and concerns about the safety of town staff, per order of the Selectmen, the Transfer Station is open for trash

disposal, brush, and used oil only for the near future.

The Recycling Center is temporarily closed to all recycling until further notice. The station will not be accepting white goods such as stoves, refrigerators, air conditioners, or electronics, and the Swap Shop and metals bin will also be closed.

Town officials and the Selectmen respectfully ask that residents bear with them through this difficult time, while they prepare a plan for the safest way to accept these materials in the near future. That town wishes to thank everyone for their patience and apologize for any inconvenience.

The Emergency Management Department is working with the Transfer Station staff on a plan to

return to recycling safely and efficiently. EMD's, Phil Gladu, is currently working to resolve this challenge with the Board of Selectmen.

Curbside check-out at the Chester Public Library is open. You can call the library at 887-3404 with your full name, phone number, title and author. If you do not have a library card, and are a Chester resident, call the library and they will sign you up. Your library card will also give you access to all the library's e-books, online resources, and databases. There is free Wi-Fi in the library parking lot and the password is Books2018.

If you are a senior or know of a senior or vulnerable resident who would benefit from a member of the Chester Fire Department calling in to check

from time to time, please call the Fire Department and provide your name and the name of someone you know that should be added to this list. The phone number for the Fire Department is: 603 887-3878.

The phone number for the Chester Police Department is 603 887-2080. For non-emergency assistance please call the Board of Selectmen's office and speak with Janis, who will direct you to the appropriate department and/or agency that may be of assistance. The number is 603 887-3636 extension 1.

All Town offices can be reached at 603 887-3636. The town's website address is www.chesternh.org.

Chester's town officials want everyone to stay safe and healthy.

Derry

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traditional numerical grading system typically associated with grades 3-8. Our current assessment and grading practices are being examined, and we will soon provide a plan that is best for students and their learning regarding the reporting system for trimester three and end-of-year report cards."

The Derry Cooperative School District is looking to do what is best for students and their learning and is also working hard to balance educational support efforts with the least amount stress that could impact students and families in our current environment.

The Superintendent says, "With the knowledge that remote learning is a different educational model, our assessment and

grading practices should reflect and account for this difference.

As we continue through this new experience of remote learning, we are evaluating the current schedule to clarify if it is meeting our students' learning needs, the different professional responsibilities encountered by staff, and the additional stress that has now been placed on you, our families."

The Superintendent and school officials want the school district community to know they want to achieve a balance that is responsive to the diverse demands that have been brought on by the COVID-19 issues.

The district sent out a brief survey on Friday, April 3, through each of the district schools, to gather feedback regarding the first two weeks of the Derry Cooperative School District's remote learning plan.

They really need and want your input to assist the District to reflect on the current practices that are in place so they might make appropriate modifications as the district

moves forward in with remote learning and virtual operations.

Families are asked to please contact their child's teacher, school administrator, or school counselor if your child needs updated support. Operations, and support actions will be adjusted based on a child's needs by the district to help ensure students across the community have success with their educational support.

Superintendent Connors-Krikorian says, "Each passing day brings new challenges, and, as always, we are here to assist you in working through concerns. I wish to acknowledge and thank our healthcare workers,

first responders, pharmacists, store employees, military and public service personnel, those who deliver supplies and support, and all who continue to serve in such selfless and amazing ways on national, regional, and local levels. You deserve our admiration, endless praise and deepest gratitude. Together as one, I encourage us to find the best in others and to help one another every day, even with the simplest words of thanks, a wave or a smile."

District families should stay in touch with the School Districts web site to gain insight about upcoming actions for the school year.

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Community Garden Ramping Up With Safety Awareness

MACK LEATHURBY
NUTFIELD NEWS

DERRY – There are still several open garden plots available at the Broadview Farm Community Garden. These plots are available for Derry residents who don't have an area to grow a garden where they live. Now it is time for everyone interested in growing food to start planning their vegetable garden at home or request a plot at Broadview. Given uncertain circumstances from the current challenges we face, this may be an important year to

put in a vegetable garden to stay safe and deal with food costs.

The Derry community garden area is located in East Derry at Broadview Farm and can be accessed from either Young or Cross Road. Plots in the community gardens are available to Derry residents and are 10'x20' with 4' to 7' walking paths.

Derry Conservation Commission member, Will Lowenthal, is the project leader for the town's community gardens. Lowenthal is a certified Master Gardener affiliated with the UNH Extension organ-

ization program. The Broadview Farm Community garden is an approved project by that organization and helps to keep track of the project as it moves forward. Those interested in Master Gardener Training should check out their web site: www.extension.unh.edu/blog/unh-extension-master-gardener-training

Lowenthal states, "As of April 1 we have started accepting plot requests for this year. Already we have over 50% of the plots reserved (18 out of 30). Typically, the garden opens for planting in late May, after we have the ground

tilled and we lay out the plots, so there's still plenty of time to get prepared."

"Last year was a success for many of the gardeners," says Lowenthal. "Some, however, apparently found the process to be too much effort, as plots looked abandoned and grew quite weedy. So this year I am requiring gardeners to commit to keeping their plots well-tended."

"We are limiting plot assignments to two (2) per individual/family. A number of people so far have stated they will grow as much as they can, for themselves and for donating to families in need.

These are unsure times, and the ability to grow your own vegetables is a comforting one. It is a great feeling to be able to provide the space for that."

Lowenthal points out, "We have two tall raised beds available for people with kneeling difficulties. Last year no one specifically requested them, so I assigned them to gardeners who were on our waiting list for regular plots. As always the garden is open to any Derry resident, and there is no charge for plots."

Regarding the Pandemic Lowenthal says, "We are of course aware of COVID-19's impact. Several universities have put out fact sheets on the virus and community gardens, here's a link to one: www.nccommunitygardens.ces.ncsu.edu/COVID-19-faq-for-community-gardens/. At this time, we aren't anticipating many changes based on recent events.

"Gardening is of course an outdoor activity, and it is unlikely that many people will congregate there at one time, but they still must be aware. It will be especially important to wear gloves when using the well pump. Also, last

year I held group orientation sessions for new gardeners; this year I'll have to limit that to only one individual at a time, keeping the proper distance."

There are three ways to request a plot:

- At www.derrynh.org navigate to the online form: Government->Conservation Commission->Town Owned Conservation Properties->Broadview Farm. The link to the request form is in the paragraph about the Community Garden. It has not been updated for 2020 but still works.

- Send an email to broadviewgardening@gmail.com.

- Call Will Lowenthal at 978-239-8025

There is a Facebook page that shows some pictures of the community gardens entitled "Broadview Farm Community Garden." "Like" the page and get updates and announcements.

The benefits of community gardening include: beautification of the area, fresh produce, healthy lifestyles, a cleaner environment and stronger community communications. Time to start planning your garden for this year.

OBITUARY

Cindy M. DiPippo



Cindy M. DiPippo, 62, of Sandown, NH died Saturday March 28, 2020 in the Parkland Medical Center, Derry. Cindy was born in Winchester, MA on May 15, 1957, the daughter of the late Thomas and Janice (Philbrick) Bailey. She resided in Sandown for more than 30 years, formerly living in Massachusetts and Maine. Cindy grew up in Massachusetts, graduating from Tewksbury High School and earning her Associates degree from Northern Essex Community College.

Cindy was first and foremost committed to her family and friends, before focusing on raising her family she ran a daycare for the neighborhood children. She enjoyed ice skating and gardening in her younger years, and later took up scrapbooking and photography. An avid listener of all music from the 1970s, she was Neil Diamond's biggest fan. She loved to be near the ocean and would often take her children on trips to the beach to jump in the waves, climb on rocks, and of course, eat pizza and fried dough.

Cindy wore both the mom and grandma titles proudly; encouraging and supporting her children and doting on her grandchildren. Whether it was academics, athletics, or the arts - mom was at her proudest cheering us on, and always there to pick us up when we were down.

She is survived by her three children, Scott DiPippo and his wife Christel of Holliston, MA, Laura DiPippo of Connecticut, and Adam DiPippo and his wife Victoria of Houston, TX; four grandchildren, Thomas, Nicholas, Isabella, and Emilia; her husband, Lorenzo DiPippo of Sandown; her two brothers, Kevin Bailey and his wife Christine, and Christopher Bailey and his wife Christine; and several nieces and nephews. She was preceded by her three brothers Timothy, Craig, and Thomas Bailey.

Private graveside services will be held in the Center Cemetery, Sandown. In lieu of flowers the family is asking for donations to be made to either St. Jude Children's Hospital or No Kid Hungry in Cindy's honor.

OBITUARY

Doris E. Littlewood



Doris E. Littlewood, 79, of Derry, NH, died Monday March 16, 2020 in her home. She was born in New Bedford, MA on Sept. 14, 1940, a daughter of the late Edward and Edith (Ward) Mele, and had been a resident of Derry for over 45 years. Doris had been employed as a waitress for many years at several restaurants and diners in the Derry area.

She is survived by her two sons, Larry Littlewood, and David Littlewood; her grandchildren, Morgan Rae, Justin Miles, Jacob Lee, Robert Parrish, Brittany Evelyn, Tyler James, and Courtney Lynn; four great grandchildren; her brother, Edward Mele, Jr.; two sisters, Anna Mae Pierson, and Deanna Jeanne Mele.

Following cremation, she will be buried in the Forest Hill Cemetery in E. Derry. The Peabody Funeral Homes and Crematorium, 15 Birch St., Derry is assisting the family with arrangements. To send a condolence or for more information, please visit, www.peabodyfuneralhome.com

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Editorial

Cabin Fever

"Stay home", is the theme these days, as we all try to do our best to limit the spread of the Covid-19 virus. Attitude is key now. It only takes a short time before cabin fever sets in. You start feeling isolated or disconnected.

Try to go outside if the weather permits and if everyone else has the same idea, be more careful about where you run, hike or walk. If you see lots of people on a trail, find a new one, or come back later.

Cabin fever is an emotion people experience when they're confined to their homes for extended periods of time. This may be due to a variety of circumstances, such as a natural disaster, lack of transportation, or even social distancing for pandemics like COVID-19. Symptoms of cabin fever go far beyond feeling bored or "stuck" at home. They're rooted in an intense feeling of isolation and may include: restlessness, decreased motivation, irritability, feelings of hopelessness, including sleepiness or sleeplessness, sadness or depression to name a few.

Your personality and your temperament will go a long way toward determining how cabin fever affects you.

Some people can weather the feelings better than others; they may take on projects, or get creative to pass the time and ward off the symptoms.

Others may face great difficulty with managing day-to-day life until these feelings pass.

Spend time outdoors it is good for your mental health, it may also help your mood, relive stresses, and make you feel connected. Try to Keep a sense of struc-

ture, create a daily routine; that consists of work, house projects, mealtimes, workout time, and even downtime. Maintain your emotional health and balance, by using your time in isolation to reconnect with inner creativity that you've had to put on hold because life got too busy.

Cabin fever is a fleeting feeling, you may feel irritable or frustrated for a few hours, but having a virtual chat with a friend or finding a task to distract your mind may help erase the frustrations. If your time indoors is prolonged by outside forces, like weather or extended shelter-in-place orders, feelings of anxiety and fear may grow stronger, and no coping mechanisms may be able to successfully help eliminate feelings of isolation, sadness, or depression. If you feel that your symptoms are getting worse, consider reaching out to a mental health professional who can help you understand what you're experiencing. Together, you can identify ways to overcome the feelings and anxiety.

Isolation isn't a natural state for people. We are, for the most part, social creatures. We enjoy each other's company. That's what makes staying at home for extended periods of time, challenging.

Sheltering at home and following the guidelines to help minimize the spread of this disease gives us a chance to reflect and enjoy a deeper connection with our families. We understand and appreciate our connections to our communities. We may all come out of this strange experience stronger and more compassionate toward one another.

Be strong, be united and have hope.

Letters

Dear Folsom's Sugar House Customers,

To the editor,

Here are the changes we've made on how our business has changed due to COVID-19:

- Only prepaid phone orders for pickup of products are being accepted so that we can meet the State and Federal Social Distancing best practices.

- Hours: For your convenience, pickup of orders can be done from 9am to 6pm Sun - Sat 7 days a week!

- New offering: We have set up an Online Store for shipments of our Half Gallon Jugs of syrup only. As things progress we hope to offer more of a selection online. Shipments of any other items can still be made by calling us directly at 603-887-3672 or 603-370-0908

Shop Online

If you're looking for more ways to protect yourself and your loved ones, check out the CDC website.

Thank you so much for sticking with us. We look forward to supporting each other during these challenging times.

Stay Safe and Be Well
Best Wishes,
Brian and Sue Folsom

Stay Safe

To the editor,

Protecting ourselves from exposure to the corona virus is at the top of everyone's mind. Whether it's working remotely at home, self-isolating or practicing social distancing for those who are working at essential jobs, we're all looking for ways to do our part to decrease the spread and flatten the curve of this disease.

While staying safe, having enough food, keeping a roof over our heads, and knowing where the next dollar is coming from are the highest priorities in this crisis, in an election year it's important to know that it will be safe to cast a ballot for the candidates you support.

I believe the safest way is to vote at home with an absentee ballot. No one has to stand in line and poll workers - many who are elderly - will not be exposed to voters who are unknowingly infected. It would also eliminate the concern that we might not have enough poll workers. Let's expand eligibility to vote by absentee to a no excuse process as outlined in HB 1672 which has passed the House and is now in the Senate. The

Governor vetoes a similar bill last year before the corona virus hit.

Times have changed we must allow voters to fill out and file their no-excuse absentee ballot application remotely just as we can do for voter registration. This will eliminate appearing before the Town Clerk or the Supervisors of the Checklist in person. The Town Clerk can then send a paper absentee ballot or a downloadable ballot just as we do for overseas voters. The latest "stimulus" package from Congress includes money to support voting by absentee/mail.

September seems like a long way away, but the legislature will finish up its session by July and all indications are that the corona virus will still be dominating the headlines then. Also, there is the possibility of a second wave happening in the fall which could impact the all-important Presidential Election. I say better safe than sorry. Let's have a backup plan for whatever we face this fall. Let's pass no-excuse absentee voting (HB 1672) as soon as possible.

Mary Till
Derry

Nutfield News

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Hampstead Holds Off on Its Land Use Meetings Until June 1

HAMPSTEAD – In a letter posted on the Hampstead town website, Paul Carideo, the Chairman of the Hampstead Planning Board, canceled this week's meeting. The announcement read:

The April 6, 2020 Planning Board meeting has been postponed until June 1, 2020. This decision has been made based on input from the majority of the Board of Selectmen, Town Counsel, and The Gover-

nor's Emergency Order #23 Pursuant to Executive Order 2020-04.

Based on discussion with Town Counsel it would be difficult at best to make decisions on plans remotely without public input and due to the quasi-judicial role of the Planning Board it is best to not hold any land-use meetings.

As of today, all current and future applications received in the Planning

Board office are scheduled to be discussed at the June 1, 2020 hearing, this date is subject to change based on the evolving nature of the COVID-19 situation.

This was not an easy decision to make but I hope you understand the seriousness surrounding the current state of affairs. If you have any questions or concerns please feel free to contact the Planning Board office via phone or email.

Coronavirus Cancels Selectman Meeting in Sandown

CHRIS PAUL
TRI-TOWN TIMES

SANDOWN – The town of Sandown has been keeping their residents aware of what's happening with town meetings and information on a 48 hour basis through post on the town's website.

The town is committed to provide updates at a

minimum of every 48 hours or sooner if necessary.

The April 6 post let people know that the Selectman meeting for April 6 was canceled.

In addition to that, all residents are encouraged to perform online transactions when needed such as motor vehicle renewals, dog licensing, etc.

Residents can go to

www.sandown.us to complete those transactions through the Town Clerks page at: www.sandown.us/town-clerk-tax-collector.

Other information also contained in the notice:

- All Town Buildings remain closed to the public
- All previously published modifications are

still in place

- All Town business should be conducted virtually. Town Hall has a locked drop box at the Town Clerk/Tax Collector's office entrance, which faces the Fire Station. Paperwork can be left in this box and will be checked often throughout the day.

- Residents are encouraged to contact

Town Hall at 887-3646 or townofsandown.us if they cannot, or are unsure how to conduct business online, and someone will assist them.

- The Sandown Transfer Station remains open at this time.

Residents are encouraged more now, then ever to maintain proper "Social Distancing" amongst themselves, their

children and neighbors. This is not an Opportunity to allow children to play outside or hang out with their Friends.

Always call 9-1-1 if involved in a life-threatening emergency

Residents are encouraged to obtain factual up-to-date information from official state and local suggested sources, not social media.

Town Council Considers Updates to Food Establishment Guidelines

MACK LEATHURBY
NUTFIELD NEWS

DERRY - At the March 24 Town Council meeting David Caron and Mike Fowler, from the Department of Public Works, overviewed for the Town Council the proposed changes about Food Service Establishments Guidelines for the town.

In 1982, the Town adopted Chapter 55 - Food Service Establishments, which was adapted in reference to the State of NH Chapter He-P 2300 Sanitary Production and Distribution of Food regulations. The last adoption of these Food Service Establishments Guidelines by Town Council occurred in June of 2014 and became effective in July, 2014.

Caron had previously

presented to the Council these amendments that outlined minor changes to Health Ordinance Chapter 55. The changes will provide a more user-friendly Food establishment classification schedule, increase certain license fees and add a Dog Friendly Dining Variance to the current guidelines. The March 24 council meeting was set as the public hearing to review these change recommendations for council adoption, although it is now more difficult for public participation with the current remote meeting situation.

Derry's Public Health Department proposes the following amendments to be added to Chapter 55 Food Service Establishments guidelines: Update the classification system to be more business, user-

friendly on current food service application; increase specified fees to be more in line with State of NH fees - as well as with other comparable, surrounding self-inspecting communities to generate revenue; add a Dog Friendly Outdoor Dining Variance to the Town.

This business-friendly initiative will help promote the Town of Derry, sending a message to residents and visitors alike that all are welcome and encouraged to visit and enjoy everything that the Town has to offer.

Within this change several sections of NH State Food codes - including Chapter He-P 2300 Sanitary Production and Distribution of Food that was repealed in June 2015, and then readopted and renumbered as "Poul-

try Producers and Rabbit Producers selling Poultry and Rabbits to Restaurants Licensed under RSA 143-A. will be correct where some of that older language is now obsolete.

With these changes, FY20-21 license fee renewals are anticipated to earn \$3,575.00 with the updates - with increases ranging from \$15 - \$35 for Type 3-5 licenses. The dog variance impact is expected to have minimal revenue.

The Health Department recommends reclassifying the food service application schedule to make it more user-friendly. Also, it was time to

evaluate the competitiveness of Derry's fees relative to the state fees and surrounding municipalities. Based on these comparisons, and time of inspections, the department recommends an increase to Type 3, Type 4 and Type 5 licenses only. All of Derry fees remain below the State, and at par or less than those nearby "self-inspecting" communities. The Dog Friendly dining variance should be considered as a business-friendly option to permit holders, and attract potential new businesses, as only two other communities in NH have this variance.

The Town Administrator had recommended the adoption of these amendments, but that recommendation was made before the Town Government had to make changes to its operations due the pandemic and as businesses in town have been hit hard.

The council discussed that since these changes included license fee increases that may present hardships for businesses in town at this abnormal time that it would be prudent to table these amendments. Therefore these amendments shall be on hold for further discussion at a later date.




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Chester Academy Updates Remote Learning, Cancels Vacation

MACK LEATHURBY
NUTFIELD NEWS

CHESTER – Chester Academy Superintendent Darell J. Lockwood Ed.D. says that the academy is continuing to review and adjust its Remote Learning process implementation and is now establishing certain routines and practices.

Over the past several weeks since remote learning was put in place, parents have been responding with input to the Academy's Remote Learning Survey that has helped support these changes.

Superintendent Lockwood says, "Your comments have assisted us in developing the adjustments we are announcing today to our approach. We are tweaking our expectations and our schedules to be certain that Remote Learning works for the instruc-

tional and emotional needs of our students, sets reasonable demands on our faculty and staff, and acknowledges the stress placed on parents and guardians."

Lockwood continued, "After much consideration we have decided to cancel the April Vacation. We will continue to work on Remote Learning through the last week in April. We believe and the Remote Learning survey results reinforce that to some extent we have reached our stride with Remote Learning. With the adjustments we are announcing to our schedules today that address what we learned in the survey, we believe that the decision to cancel is the right decision. Additionally, we think that you will agree that there are few if any opportunities to go anywhere on "vacation" anymore."

Lockwood does realize that some students and their parents will need a break though, so they are waiving any late assignment penalties for their students. So, if you and your family need a break from school, then he points out that it may be best to take one.

"When you come back "online" we will be here," says Lockwood. "And we will review the work your child submits without consequence. Our school district has moved toward being standards based, not seat time based. We will work with the NH Department of Education and submit our calendar changes. In a future letter, I will update you on the new anticipated last day of school for students."

Starting this week and for the duration of Remote Learning period, Chester Academy is designating every Wednesday as an Independent Learning Day. So according to the Super-

intendent, now on every Wednesday, students are asked to spend time working on assignments they have not yet completed, or to work on an Independent Learning Day Project.

Teachers and staff members will also be spending time on each Wednesday working on the essential behind-the-scenes aspects of Remote Learning. This means that they will be involved in developing lessons, creating online materials and receiving training. The exception to this will be that paraeducators, who will be working with some of the special needs students on each Wednesday.

The Superintendent reported, "By Monday, April 6th, each student's classroom (elementary) or advisory (middle) will have the following explanatory information posted in their Google Classroom: video directions; written directions; a list of project ideas; and the link to a log form -

where students will document their Wednesday independent learning day activities whether they be completion of previously assigned work or new independent learning. It is our hope that students will work with their families to choose projects and activities that are meaningful to them and that fit into each family's unique needs and circumstances during these unusual times."

The Academy anticipates conducting another Remote Learning survey in the next couple of weeks to check-in on these changes including this independent learning day along with the other adjustments. So input from families will again be important for us to hear.

The question of how to equitably "grade" student work during this Remote Learning period has been discussed at length within our district and throughout the state. Elementary level teachers and Integrated Arts teachers in Chester

will continue to assess the standards associated within the content areas and grade levels. If insufficient data is collected, a standard will be left blank when reported in PowerSchool.

Teachers in grades six through eight have been entering "Missing" when an assignment is not completed. Beginning Monday, April 6, "Missing" assignments will be entered as a zero. This will give students and parents a more accurate portrayal of where the child is at. As stated earlier in this correspondence, there is no penalty for students turning in late work. The final grade in grades six through eight grade core classes will be Pass or Fail dependent upon the final number grade.

However, if you have questions or concerns please send an email to Superintendent Lockwood via lockwoodd@chestera-cademy.org.



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Hampstead

continued from page 1

8, Recycling and Waste Disposal Committee Meeting. The Heritage Committee is in progress to reschedule either phone meetings or Zoom based meetings in the near future.

During the Covid-19 Pandemic situation, the Town of Hampstead will be using the call conferencing technology product, Zoom, for some of its

meetings. Each meeting set up will have a different access number to connect to the meeting, which will be posted on the calendar for that meeting and on the agenda.

The public can use a desktop computer, laptop, tablet or smart phone, or just call in and listen to the meeting on a regular phone line to hear the meeting discussion. In the notices for the meetings, there should be a contact listed to reach out to in case you

can't properly hear the meeting, and the town wants residents to please let them know if there is any issue.

The Emergency Management Director, the Department Heads and the Board of Selectmen, continue to support restricted access to Town Office Buildings, with the exception of the Library, which remains closed. Please note that currently trash pickup should be occurring as normal during this time.

However, Town officials are continuing to support town services for all the residents of Hampstead. The town is doing its best to operate as a virtual town hall as are many of the nearby towns like Derry, Chester and Londonderry.

In today's town work, most transactions for Hampstead residents can be done online or arranged via phone or email. Resident questions will be answered via phone or email and as a last resort resident may schedule an appointment with the appropriate department to complete their business or transaction. Town employees are working on-site and will continue to be at your service.

Any questions residents may have can be coordinated with appropriate town departments by calling (603) 329-4100.

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Keeping the COVID-19 Coronavirus Out of Your Home

MACK LEATHURBY
NUTFIELD NEWS

These days most people are getting deliveries or are coming in contact when they shop with public surfaces that could be contaminated with the COVID-19 virus. It is key that residents develop good habits to stop the virus from spreading. The CDC is saying if you need to go out in the public, wear some kind of face-mask protection.

Are you also routinely washing your hands and sanitizing every surface that has a potential to spread the virus? There are right and a wrong ways to stay safe.

Most people now know that hand washing is one of the most important ways to protect themselves from getting sick during this Pandemic. The Centers for Disease Control has issued a guideline outlining the best methods to keep sickening germs at bay.

Germs and viruses spread when you touch your eyes, nose, and

mouth with unwashed hands or when you prepare or eat food and drinks with unwashed hands and touch a contaminated surface or objects.

These microbes also spread when you blow your nose, cough, or sneeze, and then touch other people's hands or common objects. Follow these five steps every time you wash your hands - wet, lather, scrub, rinse, and dry.

1. Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.

2. Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.

3. Scrub your hands for at least 20 seconds.

4. Rinse your hands well under clean, running water.

5. Dry your hands using a clean towel or air-dry them.

No one is likely to get COVID-19 by staying home. There is no evidence that people can get

this virus at home where no one is contagious. However, all bets are off, if somebody who has been exposed to the virus comes into your home and coughs, sneezes or stays within proper social distancing to you for more than a few minutes.

The strongest risk to contract the disease at this time is to go out in public including shopping or places that are essential at this time like a gas station.

People should pay attention to food preparation surfaces and other high-touch surfaces, including your computer keyboard, and smart devices, light switches, faucets, remote controls, doorknobs, refrigerator door and microwave handles,

Consistent hygiene habits and cleaning throughout the day and

week is the way to go. Before disinfecting, remove any visible dirt and grime to help a disinfectant do its job. Experts recommend tried-and-true low cost but effective disinfectants such as bleach, hydrogen peroxide, grain alcohol, and rubbing-isopropyl alcohol. Be sure to check for expiration dates to ensure the cleaning solutions are still viable.

All over-the-counter products that say "disinfectant" on the label are required to meet government specifications, but to be sure a product has met all government requirements for effectiveness - look for an EPA number on the label.

For these disinfectants to work properly you must follow the product label instructions exactly for a specific disinfectant. People should look for any

product that has an alcohol content of 60 percent or higher to be on the safest side. When using any disinfectant, it is important to wait over 30 seconds - check the label for timing - for the product to effectively kill a germ or virus. No matter how you apply the disinfectant - typically by spraying or wiping - wait for the area to dry for the germs to be destroyed.

Bleach is one of the most cost-effective disinfecting agents ever. It's best to create a bleach/water solution per the label instructions or follow the Centers for Disease Control and Prevention's recommended mix for a 1/3 of a cup of bleach per gallon of water or 4 teaspoons of bleach per quart of water.

However - do not mix bleach and ammonia together, as doing that will release chlorine gas, which is potentially dangerous and even deadly. It is typically not a good idea to mix any cleaning products

together, because unknown dangerous chemical reactions might occur or one product might neutralize the other.

For hard, durable surfaces meant to be chemically resistant, such as metals, granite or tile, use any disinfectant available. For porous surfaces like marble, consult your manufacturers' recommended care for the best ways to clean them without damage. Do not use any acidic cleaners on a porous material as it will ruin the surface. When you bring in the mail or boxes from deliveries are taken into your house, washing your hands after handling is sufficient, but spray the outside of reusable shopping and grocery bags with a disinfectant, because these have been in a highly public places where the virus may be hiding.

Gloves might provide a false sense of security. Just wash your hands and do not touch your face.

OBITUARY

Morris L. Messina

Morris L. Messina, 54, of Derry, NH, died Wednesday April 1, 2020 in his home. He was born in Lawrence, MA on Nov. 3, 1965, a son of Michael Messina and the late Ruth Ann (Marion) Purcell. He had been a resident of Derry for many years, formerly living in Auburn, NH. He attended Auburn Village School in Auburn and Pinkerton Academy in Derry. He had been employed as a cook, most recently for Southside Diner in Derry, and previously at Red Robin in Nashua, NH.

He is survived by his stepfather, Richard J. Purcell of Derry; his brother, Michael Messina of Berlin, NH; his sister, Kimberly Dutton and her husband Joel of Hooksett, NH; two half brothers, Dwayne Dee of Londonderry, NH, and Wayne Dee of Fayetteville, NC; his step brother, Scott Purcell of Manchester, NH; and his step sister, Penny Pare of Boynton Beach, FL. He was predeceased by his sister, Stacy Messina.

Following cremation, a memorial service will be held at a later date. The Peabody Funeral Homes and Crematorium, 15 Birch St., Derry is assisting the family with arrangements.

OBITUARY

Michael D. Stone



Michael D. Stone, 55, of Chester, NH, died Saturday April 4, 2020 in the Pleasant Valley Nursing Center in Derry, NH. He was born in Newton, MA on March 10, 1965, and had been a resident of Chester for many years. Michael was a graduate of Pinkerton Academy in Derry, and Plymouth State College. He had been employed as a special education teacher in Manchester, NH.

He is survived by his father, Malcolm R. Stone of Chester and his wife Diane M. Lucas; two brothers, Daniel C. Stone, and Christophor R. Stone; and three sisters, Elizabeth C. O'Mara, Diane M. Stone, and Barbara Ann Stone. He was predeceased by his mother, Barbara (Simmons) Stone in 2010.

Following cremation, a private graveside service will be held at Forest Hill Cemetery in E. Derry. The Peabody Funeral Homes and Crematorium, 15 Birch St., Derry is assisting the family with arrangements.

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Derry Village Teachers Parade Through Town for Their Students



Dozens of Derry Village Elementary School teachers and staff members lined up outside of the school on Monday afternoon, and then set out on a parade through town to let their students know how much they missed them. Teachers are in their third week of remote teaching and students have had to stay at home while the COVID-19 State of Emergency is still in place.

Photos by Chris Paul



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DERRY SPORTS

Longtime Coach Rosinski Steps Down as Hoops Coach

MATT TRITTO
NUTFIELD NEWS

After nearly two decades as the Pinkerton Academy Boys' Basketball Head Coach, Peter Rosinski has decided to step away from the game and will not return next year to coach the Astros basketball squad next season. David Chase, the PA Junior Varsity Boys Basketball Head Coach will be taking over next season.

Coach Rosinski has been the Astros Boys' Basketball Head Coach for a total of 18-years, he also has been an assistant coach for various sports at PA for 17 years. Rosinski put together a lot of great squads over the past two decades, and has also had many years of challenges, but his love and determination for the game has never changed.

Rosinski leaves with one historic Division I state title under his belt as a head coach. That title was achieved back in 2010, when his Pinkerton squad beat Winnacunnet High School in a double overtime 61-59 victory. He is the only PA boys' basketball coach that was involved in a Division I championship and as a runner up, either as an assistant or a head coach.

Even though the coach didn't finish on a high note, with an unfortunate tough



Pinkerton Academy Boys' Basketball Head Coach, Peter Rosinski retired from coaching after 18 years with the PA boys team. Photo by Chris Paul

one-win regular season this past winter, he was extremely proud with how his squad played. "I've have a lot of great groups, so many teams that were great groups like this last group. It takes great character to be able to show up and try your best when you've only won two games the whole year. Those kids showed up every practice, every game gave me everything they could and sometimes the ball doesn't bounce your way, I was so proud of them," said Rosinski. There's a lot to this game that Coach will miss other than the game itself, and with making such a tough decision he took time to reflect on what he'll

miss the most. "I've enjoyed every second of it, so I'll miss seeing the officials. Found memories, but I'll miss getting on the bus going to different schools."

What he's going to miss the most, and what Rosinski has enjoyed the most about Pinkerton basketball is all the bonds he has created over his long career. "The relationships, always from the players to the officials to the coaches. All the people you're involved with on a daily basis or a game-to-game basis. I'll miss the people, and going to the gyms making the rounds going around the state. All the relationships with the coaches over the years, just

many found memories." Rosinski finished up by saying.

With one great coach leaving Pinkerton Basketball, another hopes to fill his shoes, David Chase, the school's JV Boys' Basketball Head Coach will now take the lead as the Varsity teams head coach.

Chase is a very experienced coach, since he has 34 years of head coaching to his name along with eight state titles across three sports. Before his arrival to Pinkerton Academy, he spent some time around the country coaching and started coaching basketball and baseball at Brancoft School, in Massachusetts from 1986 to 1990, and then coached baseball, basketball, and girls soccer in Richford,

Vermont from 1990 to 1994. After his time in Vermont, he traveled to Utah to coach girls' basketball and softball for two years. Chase made his way back to the east coast, and the Granite State, where he coached baseball, golf, and basketball at Hopkinton High School from 1996 to 2002 and 2016. He just recently finished his time at Concord High School coaching their boys' basketball team from 2016 to 2019.

Chase is very excited and ready to get started with his Astros players, since they sparked his love for high school basketball again. "The last four or five years I've coached basketball and I don't know if it was me or a change in culture but I kind of stopped

liking it. Then I came to Pinkerton and I coached the JV guys and had a blast everyday. The kids were so excited about learning how to play, it kind of rejuvenated me," said Chase. He loves the fact that he's a part of such a historic school like Pinkerton, and is very excited to be in the position to win for the school. "Just seems like everyone is on the same page there, I got tweets from the baseball coach, wrestling coach, women's track coach, girls basketball coach welcoming me. A lot of that stuff from the community was tremendous, when anyone welcomes you with open arms it makes you feel good. I think that's what excites me the most, that makes you feel pretty good."



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NHIAA Sets New Start Date For Spring Sports Season

MATT TRITTO
NUTFIELD NEWS

On March 31, the New Hampshire Interscholastic Athletic Association (NHIAA) announced that the first official day of the Spring Sports season's practices will be taking place on May 4. This decision was made due to the COVID-19 Coronavirus Pandemic and the safety measures the state of New Hampshire has taken. Along with that, the first day of official competi-

tive play is scheduled for May 13, which doesn't give coaches a lot of time to figure out their teams and prepare for the season. They did mention that if the pandemic causes the state to extend their online learning beyond the deadline of May 4, the NHIAA will modify the start date once again.

Some coaches are very relieved that there is an official start date once again, so that they can get on the field with their squads. Most coaches have never experi-

enced a situation like this, but they have been able to stay positive and hopeful especially with this new start date. Pinkerton Academy Baseball Head Coach Steve Campo spoke on the delay, "I have never dealt with anything like this before, and hopefully I never have to deal with anything like this again. As a coach, it has you organizing the season, reorganizing the season. Communication with the kids, were just trying to keep the spirits high

right now."

One significant challenge and change Campo will face is how fast he has to jump in with his team, and doesn't have his usual preparation time. "The other thing is that its a little nerve racking too because I've never had where I've jumped in as quick as we'll jump in. So a lot of my time has been spent talking with Coach Lynch and Coach Harrell about how are we going to do this when we only have a week of presea-

son and then were expecting kids to perform at a high level."

Something that hasn't changed is the confidence and excitement level of Coach Campo, and his will to get back on the field. He hasn't let this pandemic bring down his spirit, and he's proud of the player still staying active and positive. "They're still in good spirits and I think thats because were really hoping that were out on a field and were playing. They're working hard,

they're all doing individual home workouts, they're keeping in touch with each other we're trying to stay active on Twitter so we can see each other and talk to each other." Coach Campo continued to say. Coach has embraced the challenges with the pandemic, and is eager to get started. Campo finished by saying, "I'm somebody that if they tell me May 5, I'm excited for May 5. Until they tell me differently, I'm going to be excited for May 5."

Pinkerton's Jack Normand Will Play Baseball At Next Level

MATT TRITTO
NUTFIELD NEWS

Pinkerton Academy senior Jack Normand, a catcher for the Astros Varsity Baseball team, has announced his commitment to playing college baseball at

New England College, of Henniker, New Hampshire.

Normand is happy with his choice, saying it's not too far away from home, and he feels it's the right fit for him. "I liked the school because I go to a big high school and I wanted to go

somewhere that is smaller, and that is a smaller school in a good area which is also close to home," said Normand.

After four-years of high school baseball, graduating and making the jump to a different school in a new

area isn't always easy. With the outbreak of COVID-19, and the NHIAA putting a hold on the spring season until May 4, as of now, Jack is still hopeful to finish his career on the field with the people who he has made great connections with. "COVID-19 has obviously put a hold on my senior season, but I'm hoping that we go back to school as soon as possible so that we can start playing. I think the thing I will miss most about playing High school baseball is the bond I made with my teammates. They have become like brothers to me because I spend all of the spring with them along with the fall and winter.

Jack has been more than just a catcher on the baseball squad, and has played hockey as well since a very young age. He was the assistant captain and a defenseman for Pinkerton's Varsity Hockey team this past winter, and was an absolute force on the ice. "I have been playing hockey and

baseball from the age of four, I have loved both sports since I started playing them and I never really even thought of going to college for either one until my summer before junior years because that's when I started getting noticed by some schools and really started focusing on baseball," Jack said.

His mindset and passion has been strictly on baseball, but was also looked at for his talents on the ice. "My senior years hockey season I had a couple coaches talk to me for hockey, but I was already committed for baseball I still would've gone for baseball either way." He has always strived for greatness and believes that the mental aspect of sports is what really makes an athlete successful and has devoted himself to not lose sight of his goals. "I have always been motivated to become better, practicing all the time to improve on the skills and also setting goals. For example making

the high school team my freshman year then working to make varsity then to start to go to college the process starts over again. Not overthinking is also very important for me because I need to focus on the short term goal ahead of me not the goal that is four years from now," Normand added.

He is really looking forward to improving his game and growing as an athlete at the next level. Even though its nerve racking starting all over on a new team, Jack is excited to start something great with a brand new squad. "My thoughts on becoming a NCAA athlete are being excited to play another four years with the sport I love playing. The most I'm looking forward to for college baseball is becoming better and making new teammates who hopefully I can succeed with on and off the field. Really looking forward to the college experience and living there and having the responsibility for myself."

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Former Astro Ball Player Battles Adversity on College Diamond

MATT TRITTO
NUTFIELD NEWS

Former Pinkerton Academy Baseball standout John Polichetti has been a part of UMass Lowell's Baseball program for three years now. He started off as a two-way player for the River Hawks before becoming a pitcher only. His freshman year in 2017 John appeared in 44 games with 40 starts and had a total of 25 hits and 20 runs batted in. He touched home plate 12 times and only got caught stealing once that season as he was 4-5 on his attempts. One of his highlights was a walk-off two-run

double against Hartford, and John was also named back-to-back America East Rookie of the Week. In 2018 during his sophomore season John made his way to the bump and had a total of four starts on the mound. He struck out 9 batters and only walked two in 18.1 total innings pitched. He has enjoyed his time at UMass Lowell very much, and has already created so many memories. "My time so far at UMass Lowell has been awesome. I love going to school and playing baseball there. The team and coaching staff have been great. They've created a welcom-



John Polichetti

ing, but highly competitive culture that I am grateful to be a part of," said Polichetti.

The change from high school to college is very significant and can be tough on some players. For John, it

took him a little bit to finally settle in as a Division one player. "College ball is very different from high school. The biggest difference is the speed of the game. At the Division one level the entire lineup is filled with guys who were the best, or were one of the best players on their high school teams. It was a big change for me early on, especially being a two-way player. I had to make many adjustments to my game on both sides of the ball." Polichetti continued to say. The off-season, and constantly playing the game is key to making adjustments and improving talent level which is exactly what happened to John. He continued to play and work hard at his game and finally found his stride. "I found my groove during the summer after my sophomore year, where I was playing summer ball in the Perfect Game College Baseball League in upstate New York. I figured some things out that summer that really helped me settle in going into the college season."

Unfortunately, when John found his groove and was fully prepared for his junior season things took a turn for the worst. He tore his Ulnar Collateral Ligament (UCL) which is a common and tough injury on a pitcher. It's nearly impossible to pitch with an unhealthy arm so that injury took John out of his junior season and gave him even more difficulties. John went in for UCL reconstruction surgery during February of 2019, and then started his long rehab process. "I was extremely disappointed for many rea-

sons. I knew the work I had put in to prepare for what would have been my junior year. I felt I was gearing up for a breakout season after the progress I had made through summer ball, fall ball, and winter training. It was very frustrating getting sidelined before the season even started." Polichetti went on to say. Since his job on the mound was put on hold, his new task and responsibility was to get back onto the mound fully healthy and compete for his teammates. "The rehab process for Tommy John takes about 12-18 months to get back to full competition. It requires a lot of patience and determination, this process has allowed me to learn a lot about myself. It has made me better, both on and off the field. It has also made me hungrier than ever to get back on the field and compete."

John is currently a red-shirt junior because of the injury which now gives him more time to prove himself to the River Hawks of what he's capable of. Other than the injury John has taken full advantage of his time at school and is very pleased. "College baseball and the student-athlete lifestyle have been a blast so far. I am extremely grateful to get the opportunity to put on a uniform and represent UMass Lowell every day. Our coaches and academic advisors push us to be the best we can in the classroom and on the field, helping us find the right balance to manage our time efficiently." Being a part of UMass Lowell is more than just a team to them, John has created

bonds that are like no other. "I had 35 best friends the moment I stepped on campus. Being an older guy on the team I've really enjoyed helping the younger guys adjust through their transition, just like how the older guys did that for me when I came in. Through the process I've made lifelong friendships and memories with players, coaches, and staff members." John Polichetti finished up saying.

He successfully made it through the UCL rehab process and was able to get back on the mound during this past spring training. John pitched one inning against Delaware University and another inning against a tough LSU back in February and March. He has come a long way since since February 2019, and things have continued to get tough during his career. With the unfortunate outbreak of the Coronavirus and the NCAA canceling the entire spring season, John now lost his comeback year as well. "To only pitch two innings and then have the season cancelled is very frustrating." Now being home with his family, and all this down time John has plenty of time to full prepare himself again. "This down time will give me the opportunity to focus on getting better physically and mentally in preparation for the next time I'm able to step on the field." John Polichetti finished up saying. He's scheduled to play summer baseball in the Cape Cod Collegiate Baseball League this June for the Falmouth Commodores.

Boudreau Commits to Becker College

MATT TRITTO
NUTFIELD NEWS

Pinkerton Academy senior Jacob Boudreau who pitches for the varsity baseball team has found his new home. Jacob will attend and play for Becker College's Baseball program starting in the fall. The commitment was not planned at first, and the opportunity kind of fell into his lap. "Becker actually came out of nowhere. I posted a video on Twitter of me pitching that the Becker pitching coach, Coach Trotter really liked. So we've built our relationship to the point that I committed." Said Pinkerton senior Jacob Boudreau.

He has fulfilled his goal, and is proud that all of his hard work has paid off. "It's been a goal for me ever since I entered high school to play collegiately. So I've worked as hard as I could every single day." He has a slight disadvantage as being a shorter player, but he never let that bring him down and

used it as motivation. "I knew that I was a small guy so that kind of pushed me to try and work harder than everyone else. To me, not playing in college I would have felt like a failure because of everything that all of my coaches, teammates and family have done for me." Boudreau continued.

Becoming a collegiate athlete is just the first step for Jacob, and thinks that being a college player will help him get to where he wants to be. "I'm extremely excited that I'm going to be able to play the game I love every single day at a very high skill level against and with some great guys. One of my goals is to eventually be a coach and I feel like playing at the NCAA level gives me a foot in the door to do that." Jacob has received some help along the way and is grateful to have had Head Coach Steve Campo as his coach. Him along with Jacobs teammates played a big role in his success. "I've absolutely

loved playing for coach Campo. He's taught me a lot about mental toughness and how to attack the game. My teammates have been awesome. We're like family and that's something that has made playing for Pinkerton the best experience I could have had and something I'll never forget." Boudreau further said.

With the Coronavirus outbreak and schools being shutdown along with the spring season pushed back it hasn't stopped Jacob from working on his game. He's taken full advantage of his time to work on his game even more. "The virus has pushed back our season and has largely affected just life in general. It stinks not being able to see your teammates everyday and having to wait longer for something you've looked forward to for months. However, it hasn't stopped me from grinding I built my own dirt mound in my yard and have continued lifting every way possible." Jacob Boudreau finished up saying.



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Taking Care Of Those Most Vulnerable In Uncertain Times

MELLISA RUIZ
NUTFIELD NEWS

COVID-19 has been running rampant in the United States over the past couple of weeks. According to data available at the beginning of the week of April 5, 2020, there are currently over 330,000 recorded cases in the United States, and 715 individuals have tested positive in the state of New Hampshire.

While the majority of these cases seem to be presented in the older population, all demographics need to be careful and take precautions against catching COVID-19.

But there are is one group of the population that needs the rest to take extra care in not getting sick—the immuno-compromised.

April is National Primary Immunodeficiency Awareness Month, a time dedicated to spreading awareness of Primary Immunodeficiency diseases (PI). During the time of the

worldwide COVID-19 pandemic, it is more important now than ever to keep the immune-suppressed in mind.

According to the Immune Deficiency Foundation (IDF), PI “are a group of more than 400 rare, chronic disorders in which part of the body’s immune system is missing or functions improperly.”

These diseases are not contagious, says the IDF, and are often caused by hereditary or genetic defects.

Since the immune system protects against infection, people living with PI commonly have an increased risk of infection, and therefore live their lives enduring recurrent health problems, often developing serious and debilitating illnesses.

Many people with PI require frequent treatment from their physicians, including subcutaneous and intravenous infusions. However, due to the severity of COVID-19, many offices

are severely limiting their appointment books, going so far as to cancel or reschedule some routine visits.

Visiting a medical clinic can be a risk in general for those with PI, but during this pandemic, the undertaking can be especially threatening to the health of these individuals.

Because people with PI are so vulnerable and may now be subject to limitations in their healthcare, there are actions that healthy people should take to help protect these individuals, and that they themselves can take if they need to venture out of the safety of their homes.

The number one and most effective measure that will protect the immune-suppressed and healthy alike from the spread of COVID-19 is to stay at home, says the Centers for Disease Control (CDC). Even at home, individuals should also wash their hands often, for at least twenty seconds at a time, with hot water and plenty of soap.

Should it become absolutely necessary to leave the safety of the home, people should be diligent in keeping space between themselves and others, at least 6 feet or two arm lengths.

The CDC encourages the practice proper coughing and sneezing etiquette by doing so into a tissue and then immediately discarding it. If a tissue is unavailable, cough or sneeze into the upper sleeve, facing away from any bystanders.

Frequently touched surfaces should be cleaned and disinfected thoroughly and frequently, as the virus can also be spread through contact with contaminated surfaces. Should the need arise to go to the grocery store, try to remember to bring a hand sanitizing spray or pack of wipes to clean down frequently touched surfaces, such as grocery carts or basket handles.

Items brought into the home from the outside such as groceries should be wiped

down or cleaned as thoroughly as possible before being put away, and hands should be washed after handling items.

The CDC has recently recommended that anyone leaving the house should wear a cloth face-covering. These coverings should fit snugly but comfortably against the side of the face, be secured with ties or ear loops, include multiple layers of fabric, allow for breathing without restriction, and be able to be laundered and machine dried without damage or change to the shape. For more information on face coverings and how to make a CDC-approved mask from home, visit [cdc.org](https://www.cdc.gov) and search, “Face Covers.”

Avoid touching the face, especially if the need arises to leave the house. Try to relieve any itching of the face with a sleeve, and work to identify triggers that illicit a face-touch response such as stress or irritation and work to correct these behav-

iors. Be sure to wash or sanitize hands in between handling anything that may be contaminated to avoid the potential of spread should accidental hand-face contact be made.

Anyone exhibiting any symptoms of COVID-19, which include fever, cough, and shortness of breath, should avoid leaving their home at all costs to avoid spreading sickness to those at risk. Anyone experiencing symptoms should contact their physician, or call the NH COVID-19 concern hotline by dialing 2-1-1.

Many, if not all of the protective measures mentioned above may be common sense to most. But during these uncertain and turbulent times, it is more important now than ever to protect those who need it most.

For more information on PI and COVID-19, visit [primaryimmune.org/coronavirus](https://www.primaryimmune.org/coronavirus), or call the IDF at (800) 296-4433.

DMV Announces Options For Customers During Pandemic

Due to concern for the health and safety of its customers and staff during the COVID-19 pandemic, the New Hampshire Division of Motor Vehicles has transitioned to phone and online services and appointment only walk-in services consolidated to five locations: Concord, Dover, Manchester, Newport, and Twin Mountain. Please carefully review the available services

listed below: Driver Licenses:

- Non-CDL driving road tests as well as motorcycle testing will not be conducted for the duration of the Stay at Home Order.

- All CDL related transactions can be conducted by appointment only. Call 603-227-4000 to schedule an appointment

- Customers whose licenses have expired or are

set to expire between April 1, 2020 and May 31, 2020 may apply for a 6-month license extension. Call 603-227-4020 to apply for the 6-month license extension over the phone

- REAL ID compliance deadline has been extended until October, 2021. REAL ID transactions will not be conducted for the duration of the Stay at Home Order.

Vehicle Registrations

- Existing vehicle registrations are renewed by your city or town clerk’s office. Please visit your town website or call your local town clerk’s office for vehicle registration renewal options.

- NH DMV 20-day plates as well as NH authorized dealer 20-day plates,

issued on or after February 26, 2020 have been given an automatic extension through April 30, 2020.

Drop box services are available Monday through Friday from 8am until 4:15pm at the following locations: Concord, Dover, Manchester, Newport, and Twin Mountain.

For all other transactions, please call DMV customer service at 227-4000 to determine availability of services. Customers should take advantage of the DMV’s online services, including online driver license renewal, ID renewals, and online ticket pay at www.nh.gov/dmv.



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COMMUNITY EVENTS

This section is meant to be used to announce free events to the communities. If your group or non-profit is receiving money for what they are publicizing, there will be a charge of \$40.00/week per paper. All Around Town/Calendar Items will be held to 100 words maximum; anything over will incur a charge of \$40.00/week for up to another 50 words. All free announcements in the Around Town/Calendar section can run a maximum of 3 weeks. **Additionally:** We will run the full versions of any calendar items online free of charge at www.nutpub.net. Please send submissions to nutfieldnews@nutpub.net.

DERRY

Virtual Story Time

Virtual story hour by Taylor Library will happen again on, April 17, 24, and May 1 at 10 a.m. The Library has decided to make this a regular segment while the library is closed. Please tune in this Friday at 10 a.m. for the next one to Facebook.

Taylor Library Closed

Taylor Library Closed For the safety of all patrons the Taylor Library will be closed starting Sunday, planed to re-opening on Monday May 4. Any fines/late fees during this period will be waived. Please monitor the website for any updates during this time period. Thank You Linda Merrill Library Director

Touch A Truck!

Free family event offers hands-on opportunities for children to Explore, Climb, and Touch trucks, emergency response vehicles, heavy machinery, and other equipment. On June 6, from 10 a.m. - 2 p.m. at West Running

Brook Middle School 1 West Running Brook Lane, Derry. A kid's fire muster will be held on the rear field hosted by your very own Derry Fire Department Prepare to be Amazed by the BMX Stunt Show who will be promoting helmet safety and showing off their BMX skills. Don't forget to pick up your Free all-purpose helmet provided by the Derry Police Department and get sized by Derry PD Officers with assistance from Derry Cooperative School Staff Members! Jump in line early - helmet sizes and numbers are limited. BMX Stunt Shows will take place at 11 a.m. and 1 p.m. Horn/siren free hour is 10 - 11 a.m. (for sensitive ears). Overflow parking is located at the following locations: Derry SAU Office: 18 South Main St., and Derry Village School: 28 South Main St. A free shuttle will be provided to and from the event at each above location.

Derry Garden Club Annual Scholarship

The Derry Garden Club is pleased to offer a \$1,000 scholarship to a graduated or

soon to graduate New Hampshire student who plans to pursue a career in Environmental Studies. This could include Botany, Landscape Design, Forestry, Horticulture or a variety of other subjects. Application and Procedure information is available on the Derry Garden Club webpage www.derrygardenclub.org or in the scholarship information available to students at Pinkerton Academy and Londonderry High School. Materials are due by May 1, to Kathy Lane, 51 Drew Woods Drive, Derry, NH, 03038.

Annual Plant Sale

The Derry Garden Club's annual plant sale has a new location this year at the Robert Frost Farm, Route 28, in Derry on May 30 from 9 a.m. - 2 p.m. This event is our biggest fundraiser for the year and all proceeds go toward improving Conservation efforts in town and supporting our community projects. The plants come from our members' gardens as well as those donated by nurseries and our

supporters. Our plants are guaranteed to be "clean". We make every effort not to transmit diseases and abide by all good gardening practices. We have knowledgeable gardeners on site to answer any questions you may have. Please join us on May 30.

Derry Lions

The Derry Lions meet on the first and third Tuesday of each month at 6:30 p.m. at the Marion Gerrish Community Center at 39 West Broadway, Derry. The Derry Lions are part of one of the largest civic organizations in the world. We are looking for new members to enable us to continue our support of the community. For decades, we have provided eye exams and eye glasses for needy members of the community. For more information contact us at derrylionsclub@gmail.com or google Lions International. We look forward to seeing you at a future meeting.

CHESTER

Senior Banquet Canceled

The Chester Lions Club Senior Banquet scheduled for April 25, 2020 has been canceled.

HAMPSTEAD

Staying Closed

The Hampstead Library will remain closed to the public until at least May 4. Thus, April and early May meetings and events are cancelled. As for items checked-out, patrons should keep the materials for now because the book drop is closed. No late fees will be generated during this time. Librarians continue to reach out to the public in virtual ways, utilizing phone, email, and social media.

Storytime

Hampstead Library staff has been recording Storytime and releasing the video information on Facebook several times a week. In addition, links to the videos can also be found on the Ongoing Kids' Programs page (Kids Homepage) on www.HampsteadLibrary.org.

Children and parents who miss the classes at the Library can now see Miss Devin online!

EBooks

Hampstead Library cardholders can access hundreds of titles via NH Downloadable Books Consortium/Overdrive, and using computer, tablet, or smart phone. There are ebooks and audiobooks for children and adults. Now Overdrive's new Deliver Later feature helps manage reserves better. For example, if you're not ready for a book when it becomes available, choose the Deliver Later option. The title will go to the next waiting patron, but you won't lose your place in line. Hampstead Library patrons, who need help with downloading books or have questions, can email circulation@HampsteadLibrary.org.

Bonus Borrows

Hampstead Public Library cardholders can also access thousands of digital materials via hoopla. And now, hoopla Digital has curated the hoopla Bonus Borrows Collection. This list of more than 1,000 titles includes self-help, graphic novels, thrillers, and much more. When patrons borrow any of the titles included in the Bonus Collection, they will not be debited from their normal allotment of borrows allowed in a month! The Bonus Borrows are available through April 30, 2020. They can be downloaded to computer, tablet, or phone.

Virtual Peeps Contest

For the Second Annual Peeps Diorama Contest, the Hampstead Public Library is going virtual! Participants are invited to submit pictures of their creation via email to dvancuren@HampsteadLibrary.org. Details are available on www.HampsteadLibrary.org, as well as in a Facebook Event on the Library's page. If you wish to participate but don't have access to Peeps, we will accept a picture or drawing of a Peep in the diorama. Get creative Hampstead! Show us the

Peepy world you can make with the materials you have at home! A link to online voting will be released later in April, so that people can vote for their favorites.

Library Help

While the library is closed, the Hampstead Public Library staff members continue to help the public. They check and respond to Library emails (circulation@HampsteadLibrary.org) Facebook messages (on www.facebook.com/HampsteadNHLibrary) and phone messages (603-329-6411) on a regular basis. They can help with a variety of problems and questions including answering technical questions, and directing people to reliable information and educational resources.

Library Cards By Email

Hampstead Public Library staff can remotely set up new library cards for Hampstead residents in need. This can be particularly useful to students who now need to do more work from home. It is also good for Hampstead adults who have never had a card before, or who need to renew their card. All can email circulation@HampsteadLibrary.org to find out how to accomplish this. Cardholders get free access to many online services.

Online Media

Hampstead Public Library cardholders can access free entertaining and educational resources 24/7 via www.HampsteadLibrary.org. This includes links to free digital downloads of books (Libby and Hoopla,) magazines (Flipster and Libby,) newspapers including the Eagle Tribune and Union Leader (NewsBank,) art and craft videos (Creativebug,) educational classes (Transparent Language and Universal Class,) and more. If Library patrons have any questions or need assistance using these services, they are welcome to email staff at circulation@HampsteadLibrary.org.

Services Online in Time

In the interest of health

Transfer Station

continued from page 1

recycle truck. At this point, the company will be taking ONLY recyclables - tin and aluminum cans, plastic bottles, newspapers, magazines, cardboard, and mixed paper - all

recyclables with the exception of glass. This material will then be taken to a recycling center and not thrown into the trash.

Once recyclables have been deposited into ABI's truck, residents will then proceed to the trash compactor and deposit your trash.

After that, filks can then drive to the skid steer and place glass products into

the skid steer bucket. The town is asking that residents do not throw or dump glass into the bucket, but place items in order to avoid shattering the glass. The attendant will assist anyone needing assistance.

When the skid steer bucket becomes full it will be removed to empty its load into our glass roll-off. It will then return to its position. Labeled barrels will be placed at the skid steer location when it is not there, and people can place clean glass into those barrels.

This procedure will be followed for the succeeding Fridays and Saturdays until it determined that the back-

log of the recyclables have been eliminated.

The town added that because most Chester residents arrive at the facility on Saturday, and ABI's truck can only handle a five to six-ton load, it would behoove people to only bring in those recyclables, which they feel must be eliminated from their home. The remainder could be brought on the following Friday or Saturday, eliminating the possibility of having the excess thrown into the trash compactor.

The station will still be open every Wednesday from 5 p.m. to 8 p.m. for trash and the skid steer will still be available for clean glass.

Classified Advertising

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Calendar

continued from page 12
and limiting the spread of Coronavirus, St. Christopher's Episcopal Church in Hampstead is not holding regular church services at this time. However, we do want to let you know that we are offering services online in the meantime which you can access from the safety and comfort of your home. We offer Morning Prayer and a sermon electronically every Sunday and plan to offer services and prayers electronically every day of Holy

Week leading up to Easter on April 12. These will be available off of our Facebook page: www.facebook.com/stchristophersnh, linked on our website: stchristophersnh.org & with Bible studies and discussion groups available through using the Zoom application.

Hampstead Congregational Church

Is offering an on-line Sunday Services for more information call or view our Website: www.hampstead-ucc.org or FaceBook www.facebook.com/Hamps

teadCongregationalChurch/call for more details Phone: 603-329-6985.

SANDOWN

Drop-in Playgroup

Parents and those caring for children ages newborn to 5 are invited to take part in a drop-in playgroup on the first and third Wednesdays of the month from 9 - 11 a.m. at the Ed Garvey Recreation Facility located at 25 Pheasant Run Drive, Sandown. Meet up with other parents for some adult conversation; let the kids

play, do a simple craft and have space to move around. Bring a toy if you wish. Some toys provided. Lead by volunteer Amanda, it's a great way to spend some time with other adults and let your child socialize.

REGIONAL

Blood Drive

The Bishop John Neumann Knights of Columbus Council #6949 of Saint Jude Parish will be sponsoring an EMERGENCY American Red Cross Blood Drive on Friday,

April 3, from 1 - 6 p.m. in the Londonderry Lions Hall located at 256 Mammoth Rd., Londonderry. As you are aware from all of the news articles, there is a tremendous demand for blood products at this time, especially with all of the drives cancelled due to the Covid-19 crisis. If you are healthy and over 17 years old, you can donate "The Gift of Life". Why not come and give "The Gift of Life". Donors MUST make an appointment to donate as follows: Online at www.redcrossblood.org or by calling 1-800-RED-CROSSNO walk

ins will be allowed! For more information, please call Bill Schkenelberg at 603-275-0743 or email to 9999blvd@gmail.com

Free Meals

All meals are "To-Go": Special Easter Sunday Take Out on April 12 from St. Jude's Church, from 1:30 - 2:30 p.m., on April 18 from St. Luke's Church, from 5 - 6:30 p.m., from Sonshine Soup Kitchen Monday through Friday, pick up a To Go from 4:30 - 5 p.m. Stay tuned for more information.

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