

DUNBARTON NEWS

By Nora LeDuc



BRAVER TOGETHER TORCH RUN Members of the Dunbarton Police Department will participate in NH's Special Olympics "Virtual Braver Together Torch Run!" Officers will log-in how many miles they walk and/or run until December 31st while wearing their Braver Together swag. This event raises awareness for Special Olympics and is open to everyone. FMI: <https://www.sonh.org/events/braver-together-virtual-torch-run/?fbclid=IwAR1UnDR-G1gi4V1j09eEL>.

HOLIDAY CRAFT BAGS Holiday "Take and Make" Craft Bags at the library. Pick up a fun, easy-to-make, holiday-themed craft bag each week. You will find them in a bag next to the Curbside Pickups--you can grab and go! First come, first served because of limited supplies.

HOLIDAY HOURS Town Offices: Thursday, December 24 & 31 open from 8:00 AM to Noon. Closed Friday, December, 25. Closed Friday, January 1.

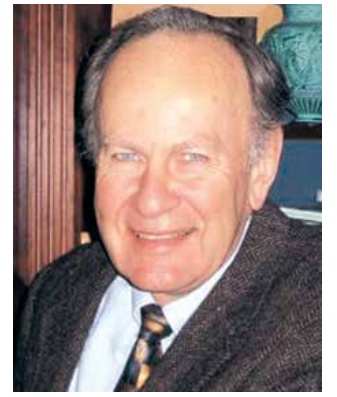
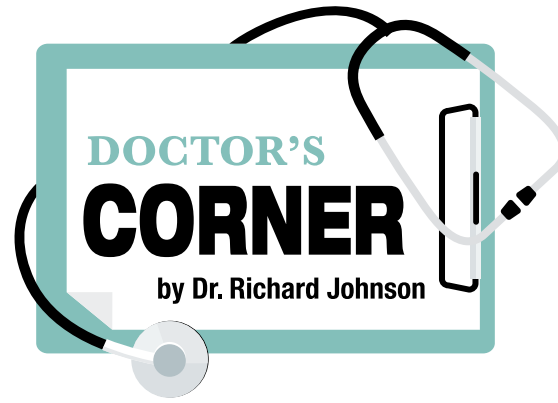
Transfer Station Hours: December open regular hours. Tuesdays 10:00 AM to 4:00 PM. Wednesdays 12:00 PM to 8:00 PM. Saturdays 8:00 AM to 4:00 PM.

CHRISTMAS EVE SERVICE December 24, Christmas Eve Service at the Congregational Church in the Dunbarton Center, 7:00 PM to 8:00 PM.

HOLIDAY SCHOOL CALENDAR Currently early Release Wednesday, December 23st. Holiday Vacation Thursday, December 24th through Friday, January 1st. Always check with the school to be sure there are no changes in this schedule due to Covid-19.

ANCESTRY LIBRARY EDITION Reminder-Ancestry Library Edition is still available to library patrons to use at home. To access, please log in to your library account with card number and password. Scroll down through the Electronic Resources listed to the ALE link. Need help? Please call the library.

ALLISON VALLIERS WATERCOLORS Still on display at the library, are *Special Places in Dunbarton Watercolors* by Alison R. Vallieres. View them at our website's virtual wall art: at wall <https://www.dunbartonlibrary.org/virtual-art-wall.html>



CHRISTMAS DISEASE

This Christmas will be one to remember! Many people have lost loved ones to COVID-19 or to other illnesses or injury. These personal tragedies can inflict a real sense of loss, depression and sadness that the 'holiday spirit' only seems to exaggerate. Last year at this time I discussed the fact that several aspects of different faiths are celebrated in the month of December. I wrote about the value of spirituality in health, and I ended that column with these words: "Our constitution guarantees people the right to their religious and spiritual beliefs. These beliefs enhance our own and our societal well-being. Let's not be ashamed or timid about celebrating our faith. Let's not belittle or prohibit anyone from exercising his or her faith. Spirituality and faith benefit not only the believer, but also our society as a whole." To all who have suffered loss and heartache this year my prayer is that in this season you would discover and celebrate some spiritual truth, which will give you comfort and hope.

Did you know that there is a disease called Christmas Disease? It is hemophilia type B, a genetic disorder caused by missing or defective factor IX (a blood clotting protein). About 2/3 of cases are genetic in origin having been passed through the X chromosome. 1/3 of cases have no family history but are the result of a random spontaneous genetic mutation. The symptoms are delayed blood clotting and persistent bleeding either spontaneously or after trauma. Treatment consists of administering factor IX after an injury has occurred, or in more severe cases it can be given prophylactically. You may ask: Why is it called Christmas Disease? The answer is that it was first described in 1952 in a 5-year-old boy named Stephen Christmas. Sadly, some of the factor IX rich plasma that was used to treat his disease throughout his life was contaminated with the HIV virus, and Stephen succumbed to AIDS at the age of 46. Sometimes Hemophilia B is called Royal Disease because it was transmitted in several European royal families. Those of you who are interested can Google this and be amazed at the convoluted genetic history of European royalty.

A common thread in these two paragraphs is the virus. Viruses live off of us. They are unseen, deadly and highly contagious. Please be a good citizen and protect one another, your friends, and yourself. Keep a distance, wash your hands and wear a mask. May God guide and help us in 2021.



HELPING CHILDREN
COPING WITH EMERGENCIES

2019-nCoV
OUTBREAK MANAGEMENT



BE SUPPORTIVE
AND GIVE MORE ATTENTION



ENCOURAGE
HEALTHY HABITS



KEEP A REGULAR ROUTINE
WHERE POSSIBLE



PROVIDE INFORMATION
IN A REASSURING WAY



TEACH COPING SKILLS
TO YOUR KIDS



KEEP THE FAMILY
CONNECTED

THOUGHT FOR THE DAY

"Well done is better than well said."

Benjamin Franklin