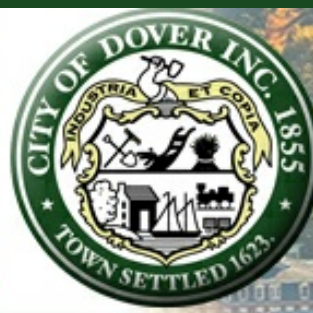


# DOVER

## DOWNLOAD



News from the City of Dover, New Hampshire



### In This Issue:

Planning Board adopts Culture and Recreation chapter of Master Plan

New Hampshire Food Bank offers drive-through food pantry

Tickborne illness is on the rise

Daytime bridge work on the Spaulding Turnpike in Dover

Community colors on display

State expands COVID-19 testing

Dover CARES

City Hall drop box

Exterior property inspections resume June 1

COAST to resume more fixed-route bus services

Washing your hands the right way

Main Street Relief Fund

Some recreation areas open with restrictions in

Friday, May 29, 2020



### 2020 CULTURE & RECREATION CHAPTER

PLANNING BOARD MEETING, MAY 26, 2020

## Planning Board adopts Culture and Recreation chapter of Master Plan

At its May 26 meeting, the Planning Board unanimously adopted the Culture and Recreation chapter of the City's Master Plan.

The updated Culture and Recreation Chapter of the Master Plan replaces the 2009 Recreation Chapter and adds culture to its title to address the arts in Dover. The chapter also includes more details about programming for culture and recreation in the community than in the previous chapter.

The updated chapter follows the work of a steering

place

Absentee ballots available to all

State and local officials continue to monitor coronavirus activity

COVID-19 hotline: 2-1-1

Public comment period open for Bellamy River recharge facility

Parking permits can now be printed at home

Check it Out! at the Dover Library

Library open for limited access to computers and copiers

Stay informed with City of Dover special announcements

City of Dover employment opportunities

Know what's "In the Bin"

Missed the meeting?

### **Meetings this week:**

#### **City Council, June 3, 6 p.m.**

The City Council will hold a workshop session on Wednesday, June 3, 2020, beginning at 6 p.m., in the Council Conference Room at City Hall. Please note: This meeting is open to the public, but participation is encouraged by television, live-streaming and on-demand viewing. Public comments are welcome by email, in writing or by phone at 516-MEET.

To view the workshop agenda, [click here](#).

committee; City staff; the Strafford Regional Planning Commission (SRPC), which served as the consultant; and significant public input.

During the fall of 2019, the City of Dover and SRPC attended four community events (two Art Walks, the Downtown Trick-or-Treat, and Apple Harvest Day), conducted surveys on art and recreation, and gathered information at different City locations such as outside the City Clerk's office in City Hall. This past winter, SRPC and staff met to review previous Master Plan recommendations to discuss what had been accomplished, what has not yet been accomplished, and how to overcome any obstacles as well as adding new recommendations. This spring, members of the steering committee, Recreation Advisory Board, and SRPC reviewed different recreation sites in person to fill out site assessments to see what was needed at each location.

"The Steering Committee, Arts Commission, staff, and our consultant, SRPC have taken the public input gathered from the fall from over 1,200 respondents and created up-to-date recreation and culture recommendations," said City Planner Donna Benton. "The combination of culture and recreation goes hand in hand to help continue making Dover a wonderful place to live, work, visit, and certainly play."

The draft chapter presented to the Planning Board for consideration [can be viewed here](#).

The Culture and Recreation Chapter presentation to the Planning Board on May 26 can be viewed here: <https://dovernh.viebit.com/player.php?hash=Jj8lAPdzNQq1#>.

## **New Hampshire Food Bank offers drive-through food pantry in Dover this Saturday**

The New Hampshire Food Bank, a program of Catholic Charities New Hampshire, will host a mobile food pantry in Dover this Saturday with a truckload of food available for distribution.



The food bank's culinary kitchen has been providing ready-to-eat meals at mobile food pantries throughout the state during the COVID-19 coronavirus pandemic.

The mobile food pantry in Dover will be held at Dover High School on Saturday, May 30, beginning at 10 a.m., and will continue while supplies last. The high school is located at 25 Alumni Drive.

To view televised meetings online, on demand, visit [www.dover.nh.gov/dntv](http://www.dover.nh.gov/dntv).

For a complete list of upcoming meetings visit the [meeting calendar page](#).




**CITY OF DOVER, NH**  
288 Central Avenue  
Dover, NH 03820  
603-516-6000

**City Hall hours:**  
Monday-Thursday  
8:30 a.m. to 5:30 p.m.  
Friday  
8:30 a.m. to 4 p.m.

(PLEASE NOTE: City Hall is closed to the public during the COVID-19 coronavirus pandemic. City staff remain accessible by phone and email. For more information, see the City's [online resource for available services here](#).)

**Recycling Center hours:**  
Tuesday, Thursday, Saturday  
8:30 a.m. to 3:30 p.m.

 Like us on Facebook

Follow us on [twitter](#)

 [Join our mailing list](#)

The mobile food pantry is a drive-through event. Food is distributed to people while in their vehicles.

Saturday's food pantry is sponsored by "caring neighbors," according to the New Hampshire Food Bank.

For more information or to donate, visit [nhfoodbank.org/covid-19](http://nhfoodbank.org/covid-19).

## Tickborne illness is on the rise

### May is Lyme Disease Awareness Month in New Hampshire

Earlier this month, Gov. Christopher T. Sununu proclaimed May as Lyme Disease Awareness Month in New Hampshire. Lyme disease is the most common tick-borne illness, as an estimated 300,000 new cases are diagnosed in the U.S. each year. The Governor's proclamation encouraged residents and visitors to practice Lyme disease prevention strategies.

According to a survey commissioned by Tick Free NH, 36 percent of NH adults do not think they have a high or moderate risk of becoming infected with Lyme disease, 3 percent of residents report having Lyme disease at the time of the survey, and 56 percent cited incorrect tick removal methods.

"We all know someone who has been affected by Lyme Disease," said Governor Chris Sununu. "As the weather warms and we spend more time outdoors, it is important we all take time to educate ourselves on Lyme Disease, and take simple steps to prevent tick bites."

Tickborne illnesses are on the rise in New Hampshire. There are five different tickborne illnesses in New Hampshire: Lyme disease, anaplasmosis, babesiosis, Powassan virus and Borrelia miyamotoi. All of these illnesses are transmitted by the blacklegged tick, formerly called the deer tick. The NH Bureau of Infectious Disease Control monitors cases of tickborne illness in the State and develops educational programs focusing on how to prevent the tickborne illnesses seen here.

"The risk of tick bites begins to increase as soon as the snow melts," said Dr. Benjamin Chan, State Epidemiologist. "It is important that people take steps now to prevent tick bites and tick-transmitted diseases by using an effective tick-repellant, wearing long sleeves and pants when outside, and checking their bodies and their pets for ticks every time they are outdoors, especially if going into the woods or areas where there is long grass and brush."

The continued increasing number of cases indicates the need

## Stay social with your City



Want the latest news and important information about your city? Check out the City of Dover's official [Facebook page](#) and [twitter feed](#) for the latest updates.

for greater awareness and prevention efforts across the State. Rodents and deer are important hosts for ticks to survive in our environment. As we finally enter spring, when tickborne illnesses start to increase, it is very important to consider ways to make your home and yard less attractive to these animals.

"When I talk with people in New Hampshire that have had Lyme disease or know people who have had it, they often speak about having to significantly slow down or miss work while sick," shares Frank Grossman, instigator behind the Tick Free NH initiative. "Tick Free NH is a public-private partnership with diverse stakeholders who are dedicated to raising awareness so that residents can protect themselves while enjoying our state."

Lyme disease is a serious illness that can affect people of any age. The best ways to protect yourself from a tick bite are:

- Wear light-colored protective clothing and tuck your shirt into your pants and your pants into your socks. Ticks only climb up when feeding and keeping them outside your clothes and choosing light colors allows you to notice and brush off ticks before they get to your skin.
- Treat your shoes and clothing with Permethrin - a chemical that repels and kills ticks, which is good for many washes.
- Apply tick repellent every time you go into a wooded, grassy, or brushy area - this includes gardening or playing in your lawn. Repellents with 20-30 percent DEET are effective, but there are other EPA repellants effective against ticks as well.
- Put your clothes in the dryer on high for 10 minutes (or one hour for damp clothes) to kill ticks.
- Shower after being outside to wash off any unattached ticks
- Conduct a daily tick check for yourself, child and pets.

To learn about Tick Free NH, donating, becoming a member or ordering materials, visit [TickFreeNH.org](http://TickFreeNH.org), or email [tickfreenh@jsi.com](mailto:tickfreenh@jsi.com).

---

## Daytime bridge work on the Spaulding Turnpike in Dover concludes today

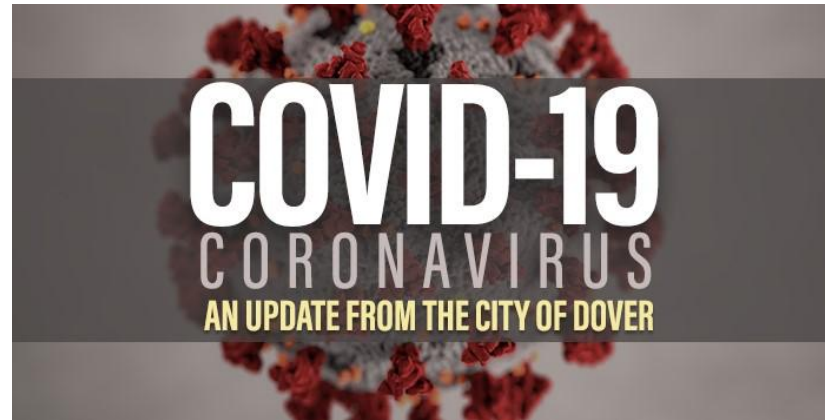
The New Hampshire Department of Transportation (NHDOT) maintenance crews are expected to wrap up required repairs to the Spaulding Turnpike Bridge over NH 108 in today, Friday, May 28, 2020.

The work today is expected to conclude at 5 p.m.

During the day the Spaulding Turnpike southbound will be

reduced to one lane at the Exit 7 interchange and the on ramp will be closed. NH 108 traffic seeking to enter the Spaulding Turnpike southbound ramp will be directed via signs and messages boards to use the Spaulding Turnpike northbound on ramp and reverse direction at Exit 8. Steel plates will be left in the travel way during off work hours.

Motorists are advised to reduce speeds and follow signs, message boards, and traffic cones through the work zone.



# CLASS OF 2020

We ♥ Our Seniors

## Green and White Day celebrates Dover High School's Class of 2020

Dover High School is reaching out to the community to help celebrate the Class of 2020 which has persevered through the COVID-19 pandemic with grace and strength. To help acknowledge this is a different graduation season, the school is asking the community to participate in a citywide Green and White Day on Friday, June 5.



During a two-hour window between 10 a.m. and 12 p.m., Dover High School seniors and their families are encouraged to drive through the community, particularly Central Avenue from Weeks Crossing to Durham Road, and then onto Alumni Drive. The high school is also asking local businesses to acknowledge the Class of 2020 on existing signs and deck the area out in front of their businesses in green and white.

The school is also encouraging community members to do the same outside their homes. Any green and white decorations will help seniors know how much they are supported by the community. Anyone who can be outside on Central Avenue and Durham Road in green and white and with a sign to salute our seniors would be greatly appreciated.

When students arrive on Alumni Drive, they will be greeted by the Dover Police and Fire departments as well as faculty and staff as they take a victory lap past the school. The campus will be decked out in green and white to celebrate the Class of 2020's graduation which will take place on Wednesday, June 10 at 7 p.m.

The community-wide Green and White Day is based on the model of Spirit Week held annually every fall and which culminates on a Friday with the most anticipated school day of the year, Green and White Day.

Dover High School thanks everyone for their participation and support for the Class of 2020.

"Green Wave Pride is Forever!"



Dover shows community color

Dover's "Green and White, Let's Unite!" campaign is a way for the entire community to show solidarity during the COVID-19 coronavirus pandemic. Displaying Dover's signature colors of green and white can help serve as a reminder we're all in this together.



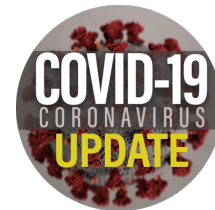
Mayor Robert Carrier has asked the the community to join him and those already participating by showing some green and white. He said it can be anything from a green and white ribbon wrapped around a tree or hanging from a window or door, a handmade poster, or green and white hearts in a storefront window.

Share your green and white creations on social media with a hashtag of #DoverStrong.



## State expands COVID-19 testing

The state this week expanded testing for the COVID-19 coronavirus to household members of vulnerable populations, staff at child care centers, and employees who cannot avoid prolonged close contact with peers or the general public.



The state already provides testing to anyone with a single symptom, health care workers, and people at higher risk of contracting the virus, even without symptoms. Those at higher risk include people over 60 or with underlying health conditions, including diabetes, heart disease, severe obesity, asthma and kidney or liver disease. For more information on those most at risk, visit

<https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/groups-at-higher-risk.html>.

The state's remote testing sites are located throughout the state, including test sites in Portsmouth and Rochester. To request a test, visit the state's online portal at <http://ow.ly/PDa650zRtq5> or call the state Health and Human Resources Department at 271-5980.

Property tax relief? Financial hardship?  
Food assistance? Business aid?  
Unemployment?

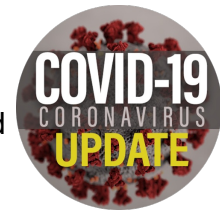
WE'RE HERE TO HELP

**DOVERCARES**

[www.dover.nh.gov/dovercares](http://www.dover.nh.gov/dovercares)



Dover CARES (Coronavirus Aid, Relief and Economic Support) provides updated information about relief measures available to Dover taxpayers, resident, businesses and nonprofits. Some of the relief measures available now include property tax relief, financial assistance, resources for housing and food, extended payment plans for water and sewer utilities, waived fees, and much more.



The information is conveniently available at the Dover CARES online resource at [www.dover.nh.gov/dovercares](http://www.dover.nh.gov/dovercares). The information at Dover CARES will be updated regularly as additional relief measures become available.

Additional resources about the City of Dover's COVID-19 coronavirus response, including how to access city services, can be found at [www.dover.nh.gov/services/covid19.html](http://www.dover.nh.gov/services/covid19.html).



## City Hall drop box offers easy option to pay bills

While City Hall remains closed temporarily to public access to slow the spread of the COVID-19 coronavirus, payment for a variety of bills and services can be made via a drop box at City Hall. The drop box is conveniently located inside the Locust Street Customer





Service Center entrance at City Hall and is accessible during regular business hours.

Payments for water and utility bills, property taxes and parking violations can be made via the drop box. The drop box can also be used for motor vehicle registrations.

The city is preparing to open City Hall with some restrictions in the coming weeks. In the meantime, the drop box is accessible to the public for bill payments, as well as other correspondence and important documents.

City Hall staff remain on site and are available to answer questions by phone or email.

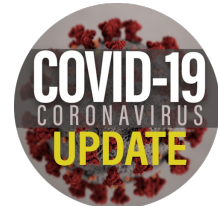
Inspection documents intended for the city's Inspection Services Division can be left at a separate drop box located in the lobby at the North End Fire Station, 262 Sixth St., during regular business hours.

For a complete guide on how to access city services while facilities are closed, visit the city's website here:  
<https://www.dover.nh.gov/services/covid19services.html>.

---

## Exterior property inspections resume June 1

The City Assessor's Office will resume exterior property inspections on Monday, June 1. Inspector will be wearing a city issued identification card, a face mask, and will maintain social distancing.



For more information, or to verify an inspector's identification, call the Assessor's Office at 516-6014.

Property inspections had been postponed during the state of emergency declared by the governor in March due to the COVID-19 coronavirus pandemic.

---

## COAST to resume more fixed-route bus services June 1

Effective Monday, June 1, COAST will resume service on Route 41cc, and transition Route 40 and 41 from the current Saturday schedule to a new reduced weekday schedule. COAST is committed to continuing to increase services as capacity allows but, based on factors beyond their control, may have to continue a reduced schedule until the planned launch of an all new system on June 29th.



According to COAST, the decision to resume more services on June 1 is consistent with the CDC's latest decision matrix for public transit operators when considering reopening mass transit during the COVID-19 pandemic.

COAST Executive Director, Rad Nichols, commented, "We are increasing services consistent with applicable state orders. Recommended health and safety actions, and ongoing monitoring, are in place to the extent possible." Nichols continued, "If necessary, due to changing conditions, we will continue to be as flexible as possible and make adjustments when and where needed. We are striving to do our very best to meet the essential transportation needs of our passengers, and the region, during very challenging times."

For additional updates on COAST operations resuming on June 1 visit [www.coastbus.org](http://www.coastbus.org). Please follow COAST on Facebook and Twitter (@COASTbus), and download the DoubleMap App, for periodic updates, information, and real-time bus locations.

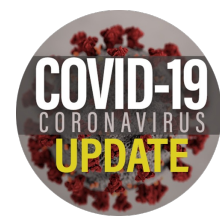
Face masks are strongly encouraged by COAST when riding public transit. Hand sanitizer is being made available for all passengers to use before moving back to their seat. COAST continues to sanitize all buses at a higher frequency and are beginning to regularly sterilize the insides of the buses with their new hydrogen peroxide foggers.

COAST asks that individuals do not ride if they have any symptoms that are associated with COVID-19, and limit trips, for now, to only those that are essential.



Washing your hands the right way is key to keeping COVID-19 at bay

Handwashing is one of the best ways to protect yourself and your family from getting sick. Learn when and how you should wash your hands to stay healthy.



### **How Germs Spread**

Washing hands can keep you healthy and prevent the spread of respiratory and diarrheal infections from one person to the next. Germs can spread from other people or surfaces when you:

- Touch your eyes, nose, and mouth with unwashed hands
- Prepare or eat food and drinks with unwashed hands
- Touch a contaminated surface or objects
- Blow your nose, cough, or sneeze into hands and then touch other people's hands or common objects

### **Key Times to Wash Hands**

You can help yourself and your loved ones stay healthy by washing your hands often, especially during these key times when you are likely to get and spread germs:

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone at home who is sick with vomiting or diarrhea
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage

**During the COVID-19 pandemic, you should also clean hands:**

- After you have been in a public place and touched an item or surface that may be frequently touched by other people, such as door handles, tables, gas pumps, shopping carts, or electronic cashier registers/screens, etc.
- Before touching your eyes, nose, or mouth because that's how germs enter our bodies.

### **Follow Five Steps to Wash Your Hands the Right Way**

Washing your hands is easy, and it's one of the most effective

ways to prevent the spread of germs. Clean hands can stop germs from spreading from one person to another and throughout an entire community—from your home and workplace to childcare facilities and hospitals.

Follow these five steps every time.

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. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
4. **Rinse** your hands well under clean, running water.
5. **Dry** your hands using a clean towel or air dry them.

### **Use Hand Sanitizer When You Can't Use Soap and Water**

Washing hands with soap and water is the best way to get rid of germs in most situations. If soap and water are not readily available, you can use an alcohol-based hand sanitizer that contains at least 60% alcohol. You can tell if the sanitizer contains at least 60% alcohol by looking at the product label.

**Sanitizers can quickly reduce the number of germs on hands in many situations. However,**

- Sanitizers do not get rid of all types of germs.
- Hand sanitizers may not be as effective when hands are visibly dirty or greasy.
- Hand sanitizers might not remove harmful chemicals from hands like pesticides and heavy metals.

### **How to use hand sanitizer**

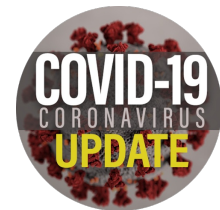
- Apply the gel product to the palm of one hand (read the label to learn the correct amount).
  - Rub your hands together.
  - Rub the gel over all the surfaces of your hands and fingers until your hands are dry. This should take around 20 seconds.
-

# MAIN STREET RELIEF FUND

**Prequalification application due May 29**

## Main Street Relief Fund prequalification deadline is today

The Governor has authorized the allocation and expenditure of an initial \$400 million in emergency funding from the CARES Act Coronavirus Relief Fund ("flex funds") to provide emergency financial relief to New Hampshire small for-profit businesses due to the economic disruption caused by COVID-19. However, in order to provide the most effective relief as quickly as possible, New Hampshire small businesses desiring to obtain relief will first be required to provide information concerning their possible COVID-19-related lost revenues and receipt of Paycheck Protection Program (PPP) loans or any other federal relief. This information will be used to determine appropriate relief criteria and amounts to meet the needs of eligible small businesses, including whether the initial \$400 million is appropriate or needs to be changed. In order to be eligible, a business must have its principal place of business in New Hampshire and must have generated less than \$20 million in revenue during the 2019 tax year. In addition, healthcare, childcare, and agriculture businesses will not be eligible for the program, as those businesses are or will be addressed through other programs.



The prequalifying request for information began on May 15 and ends tonight, Friday, May 29 at midnight. The short time period is intended will ensure relief is quickly provided to mitigate any further damage to New Hampshire small businesses, keeping doors open and preserving jobs. Every eligible New Hampshire small business desiring to obtain relief must submit the prequalification form with all required

information by May 29. This is a mandatory. If a business does not submit a completed prequalification form in a timely manner, it will not be eligible to receive relief under this program. The prequalification form must be submitted online through the website of the Governor's Office for Emergency Relief and Recovery (GOFERR). In the event that a business does not have access to a computer, with prior notice, they can utilize the public computer in the lobby of the New Hampshire Department of Revenue Administration ("DRA").

Final eligibility criteria will not be determined until all prequalifying information is received, after May 29.

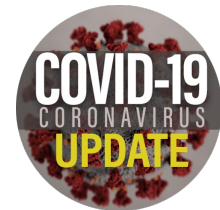
Following the mandatory prequalification period, GOFERR will review all information received and quickly determine relief criteria and amounts that effectively meet the needs of as many New Hampshire small businesses as possible. The specifics of this funding opportunity will be announced on June 1 and any eligible businesses will need to submit a formal application within one week, by June 8. The application must be submitted through an online portal administered by DRA. More information about filing the application will be made available at a later date. The DRA will begin processing relief payments shortly after the filing period closes.

For more information, visit <https://www.goferr.nh.gov/covid-expenditures/main-street-relief-fund>.

---

## When you can be around others after you had or likely had COVID-19

If you have or think you might have COVID-19, it is important to stay home and away from other people. Staying away from others helps stop the spread of COVID-19. If you have an emergency warning sign (including trouble breathing), get emergency medical care immediately.



### **I think or know I had COVID-19, and I had symptoms**

You can be with others after

- 3 days with no fever and
- Symptoms improved and
- 10 days since symptoms first appeared

Depending on your healthcare provider's advice and availability of testing, you might get tested to see if you still have COVID-19. If you will be tested, you can be around others when you have no fever, symptoms have improved, and you receive two negative test results in a row, at least 24 hours apart.

## **I tested positive for COVID-19 but had no symptoms**

If you continue to have no symptoms, you can be with others after:

- 10 days have passed since test

Depending on your healthcare provider's advice and availability of testing, you might get tested to see if you still have COVID-19. If you will be tested, you can be around others after you receive two negative test results in a row, at least 24 hours apart.

If you develop symptoms after testing positive, follow the guidance above for "I think or know I had COVID, and I had symptoms."

## **I have a weakened immune system (immunocompromised) due to a health condition or medication. When can I be around others?**

People with conditions that weaken their immune system might need to stay home longer than 10 days. Talk to your healthcare provider for more information. If testing is available in your community, it may be recommended by your healthcare provider. You can be with others after you receive two negative test results in a row, at least 24 hours apart.

## **For anyone who has been around a person with COVID-19**

It is important to remember that anyone who has close contact with someone with COVID-19 should stay home for 14 days after exposure based on the time it takes to develop illness.

Source: [CDC](#)

---



## CDC releases updated guidelines for essential errands

As we all take steps to continue slowing the spread of COVID-19 by limiting close contact, people are facing new challenges and questions about how to meet basic household needs, such as buying groceries and medicine, and completing banking activities. The following information provides advice about how to meet these household needs in a safe and healthy manner.



The Centers for Disease Control and Prevention this week updated guidelines for running essential errands. State and local health officials continue to urge everyone to follow these guidelines to help continue slowing the spread of the COVID-19 coronavirus.

### **Shopping for food and other household essentials**

#### **Stay home if sick**

- Avoid shopping if you are sick or have symptoms of COVID-19, which include a [fever, cough, or shortness of breath](#).

#### **Order online or use curbside pickup**

- Order food and other items online for home delivery or curbside pickup (if possible).
- Only visit the grocery store, or other stores selling household essentials, in person when you absolutely need to. This will limit your potential exposure to others and the virus that causes COVID-19.

#### **Protect yourself while shopping**

- Stay at least 6 feet away from others while shopping



- and in lines.
- Cover your mouth and nose with a [cloth face covering](#) when you have to go out in public.
- When you do have to visit in person, go during hours when fewer people will be there (for example, early morning or late night).
- If you are at [higher risk](#) for severe illness, find out if the store has special hours for people at higher risk. If they do, try to shop during those hours. People at higher risk for severe illness include adults 65 or older and people of any age who have serious underlying medical conditions.
- [Disinfect](#) the shopping cart, use disinfecting wipes if available.
- Do not touch your eyes, nose, or mouth.
- If possible, use touchless payment (pay without touching money, a card, or a keypad). If you must handle money, a card, or use a keypad, use hand sanitizer right after paying.

### **Use hand sanitizer**

- After leaving the store, use hand sanitizer. When you get home, wash your hands with soap and water for at least 20 seconds.

### **Wash hands at home**

- When you get home, wash your hands with soap and water for at least 20 seconds.
- At home, follow food safety guidelines: [clean, separate, cook, chill](#). There is no evidence that food or food packaging has been linked to getting sick from COVID-19.

### **Deliveries and Takeout Orders**

#### **Limit in-person contact if possible**

- Pay online or on the phone when you order (if possible).
- Accept deliveries without in-person contact whenever possible. Ask for deliveries to be left in a safe spot outside your house (such as your front porch or lobby), with no person-to-person interaction. Otherwise, stay at least 6 feet away from the delivery person.
- Some Dover restaurants have been approved for outdoor dining, as allowed in new state guidelines, and with the approval of local health and safety officials.

#### **Wash your hands or use hand sanitizer after accepting deliveries or collecting mail**

- After receiving your delivery or bringing home your takeout food, wash your hands with soap and water for 20 seconds. If soap and water are not available, use a hand sanitizer with at least 60% alcohol.
- After collecting mail from a post office or home mailbox, wash your hands with soap and water for at least 20 seconds or use a hand sanitizer with at least 60% alcohol.

## **Banking**

### **Bank online whenever possible**

- If you must visit the bank, use the drive-through ATM if one is available. Clean the ATM keyboard with a disinfecting wipe before you use it.
- When you are done, use a hand sanitizer with at least 60% alcohol. Wash your hands with soap and water for at least 20 seconds when you get home.

## **Getting Gasoline**

### **Use disinfecting wipes on handles or buttons before you touch them**

- Use disinfecting wipes on handles and buttons before you touch them (if available).
- After fueling, use a hand sanitizer with at least 60% alcohol. Wash your hands for at least 20 seconds when you get home or somewhere with soap and water.

## **Going to the doctor or getting medicine**

### **Talk to your doctor online, by phone, or e-mail**

- Use telemedicine, if available, or communicate with your doctor or nurse by phone or e-mail.
- Talk to your doctor about rescheduling procedures that are not urgently needed.
- Area hospitals and medical offices continue to phase in a number of in-person procedures and services under new infection prevention protocols. Contact your doctor for more information.

### **If you visit in person, protect yourself and others**

- If you think you have COVID-19, let the office know and follow [guidance](#).
- Cover your mouth and nose with a [cloth face covering](#) when you have to go out in public.
- Do not touch your eyes, nose, or mouth.
- Use disinfecting wipes on frequently touched surfaces

- such as handles, knobs, touchpads (if available).
- Stay at least 6 feet away from others while inside and in lines.
- When paying, use touchless payment methods if possible. If you cannot use touchless payment, sanitize your hands after paying with card, cash, or check. Wash your hands with soap and water for at least 20 seconds when you get home.

### **Limit in-person visits to the pharmacy**

- Plan to order and pick up all your prescriptions at the same time.
- If possible, call prescription orders in ahead of time. Use drive-thru windows, curbside services (wait in your car until the prescription is ready), mail-order, or other delivery services. Do the same for pet medicine.
- Check with your doctor and pharmacist to see if you can get a larger supply of your medicines so you do not have to visit the pharmacy as often.

If you or a member of your household has signs of COVID-19, call your doctor first, instead of going to the office or the emergency department.

Call 911 if you believe it is an emergency. See also: [What to do if you are sick](#).

Source: [CDC](#)

---

## **Recreation area restrictions**

Some recreation areas are open again to the public, including the Longhill Park Dog Park, pickleball and tennis courts, and the Bellamy Park Disc Golf Course.



Several restrictions will be posted and remain in place at these locations until further notice, in response to the ongoing COVID-19 coronavirus pandemic and in accordance with new state guidelines for reopening parks and recreation facilities.

Use of these locations will be prohibited to those who exhibit and symptoms of the coronavirus, have been in contact with someone with COVID-19 in the last 14 days, or are at risk due to known factors including underlying health conditions.

Before using these facilities, people are asked to wash their hands with soap and water or use hand sanitizer, clean and wipe down any equipment, bring a personal-use water bottle, consider wearing face coverings and gloves, not congregating in a parking lot, and to play with members of their own household or those considered low risk. People using these recreation facilities and amenities are also asked to limit their time on site and leave the area once finished.

People are also asked to wash their hands or use hand sanitizer after leaving the location.

Each location has additional, specific guidelines and restrictions in place, including:

### **PICKLEBALL AND TENNIS COURTS**

- Pickleball and tennis courts are available on a reservation-only basis. No recreation and drop-in play are allowed at this time. Recreation attendants will be on hand to monitor.
- Pickleball and tennis court sign-ups are available at <https://www.dover.nh.gov/government/city-operations/recreation/>.
- Consider playing singles only. Playing doubles is not conducive for six feet of social distancing and leads to incidental contact with playing partners
- If you do elect to play doubles, consider playing with only those who reside in your household
- Try to stay at least six feet apart from other players. Do not make physical contact, such as shaking hands, high fives, or end of game "paddle taps"
- Avoid touching your face after handling a ball, racquet or other equipment
- Use hand sanitizer between games
- Have each player use their own ball
- Use your paddle/racquet/foot to pick up balls and hit them to your opponent. Avoid using your hands to pick up the balls
- Avoid changing ends of the court. If you do, teams should switch via opposite sides of the net
- Maintain proper social distancing from other players between games and during time-outs

### **LONGHILL PARK DOG PARK**

- Limit of 10 people inside the fenced in area at any one time and maintain 6 feet of social distancing throughout your stay
- Use the Dog Park in concert with others and be aware of others who may be waiting to enter if there are 10 people inside
- Only in an emergency should dog owners be in close proximity to other people
- Do not touch any other's dogs or leashes

### **BELLAMY PARK DISC GOLF COURSE**

- Limit of 4 players per group and maintain six feet of social distancing throughout play

- Use the 10-foot circle rule: if your disc lands within 10 feet of the basket pick it up and count that as your final stroke to limit the number of discs in the basket and getting in close proximity to other players.
- Do not touch any other players discs or equipment

Use of all three facilities is at the user's risk.

Signs will be posted this week at all affected locations.

All other Recreation facilities, parks and trails remain closed at this time, except for walking, running and exercise, as permitted in Gov. Chris Sununu's Emergency Order #17. People should practice physical distancing when using the city's parks and trails for walking or running.

Residents and families are reminded to practice physical distancing with their children and follow guidelines from state and local health officials intended to curb community spread, including:

- Do not gather in groups of 10 or more.
- Maintain 6 feet of distance from other people at all times.
- Avoid touching surfaces including playground equipment, benches or other sports equipment that are handled by others.
- Do not participate in activities involving physical contact or the sharing of equipment such as team and contact sports.

Because parks and other recreation areas remain closed, park structures and other amenities, including picnic tables, swings, and playground equipment and structures, are not being disinfected.

For more information, contact Dover Recreation at 516-6401.

---

## Absentee ballots available to all for upcoming elections

Due to the COVID-19 coronavirus pandemic, new provisions intended to protect all voters are in effect for upcoming elections.

All voters can now request an absentee ballot if they do not want to travel in person to the polls. Any voter may request an absentee ballot for the September 2020 primary and November 2020 general election.



Absentee ballots [can be downloaded here](#) from the City of Dover's website.

In addition, voters can now change party affiliation through June 2. The party affiliation change form [can be downloaded here](#) at the City of Dover's website.

Absentee ballots and party affiliation change forms must be returned by mail to the City Clerk's Office at City of Dover, NH, City Clerk, 288 Central Avenue, Dover, NH 03820.

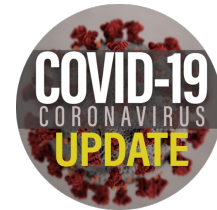
A memorandum from the Secretary of State and Attorney General that explains these new provisions [can be viewed here](#).

For more information, including questions about how to vote in upcoming elections, call the City Clerk's Office at 516-6018.

---

## City staff, services remain accessible remotely as officials continue to respond to COVID-19 pandemic

The City of Dover and its Emergency Operations Center is closely monitoring the COVID-19 coronavirus, and will continue to consult with state and federal health officials about guidelines intended to slow down the spread of the virus. As of today, Friday, April 4, 2020, New Hampshire Health and Human Services reports 479 confirmed cases of the COVID-19 coronavirus in the state.



The City of Dover's municipal facilities are closed to public access in accordance with state and federal guidelines intended to slow the spread of the virus. City staff have transitioned to a customer service model that utilizes remote access to many city services. City staff will continue to report to work and will be available to respond to the public by phone or email. A directory of city offices and staff can be found on the city's website at [www.dover.nh.gov/contact-us/](http://www.dover.nh.gov/contact-us/).

Residents are encouraged to use the city's online resources for access to many municipal services, including motor vehicle registration, dog licenses, parking ticket payments, live and on-demand public meetings, and more. A list of these services, along with direct links to each service, can be found at [www.dover.nh.gov/services/covid19services.html](http://www.dover.nh.gov/services/covid19services.html).

While city facilities remain closed, residents are also encouraged to pay bills by mail or by phone, wherever possible. To mail payments, residents should use the printed envelopes that accompany a bill or mail bills directly to City of Dover, 288 Central Ave., Dover, NH 03820.

A drop box, located in the lobby at the Locust Street entrance to City Hall, is also available for bill payments during regular

hours.

A list phone numbers for all city facilities and offices can be found on the city's website at [www.dover.nh.gov/contact-us/municipal-directory/index.html](http://www.dover.nh.gov/contact-us/municipal-directory/index.html).



## Public comment period open for Bellamy River recharge facility

The New Hampshire Department of Environmental Services announced that a public comment period for a proposed artificial recharge facility located in the Pudding Hill aquifer along the Bellamy River in Dover is now open.

The NHDES draft Water Quality Certification for the proposed facility is available for [public review and comment here](#).

The draft certification states that based on the facts, findings and conditions in the certification, NHDES has determined that there is reasonable assurance that the proposed activity will not violate state surface water quality standards.

The artificial recharge facility will withdraw water from the Bellamy River and discharge it to two infiltration basins. Groundwater recharge is needed to increase the sustainable yield of two of the City's water supply production wells (Ireland and DP #1) and to help manage groundwater quality within the Pudding Hill Aquifer.

Public comments will be accepted until 4 p.m. on June 15, 2020. Only written comments will be accepted. Comments may be sent by postal mail, or email (email is preferred due to COVID-19 restrictions). Please include the project name/certification number, your name, and organization; mailing address, email address and telephone number with your submittal.

If submitting by mail, address to:

401 Certification Program (Attention: Gregg Comstock)  
NHDES Watershed Management Bureau  
P.O. Box 95  
Concord, NH 03301-0095

If submitting by email, address to:

[gregg.comstock@des.nh.gov](mailto:gregg.comstock@des.nh.gov). (If possible, please use email due to COVID-19 restrictions)

For more information about the draft certification or if you have difficulties accessing a copy, please contact Gregg Comstock, Supervisor of the NHDES Water Quality Planning Section via email at [gregg.comstock@des.nh.gov](mailto:gregg.comstock@des.nh.gov).

The public notice issued by NHDES [can be viewed here](#).

---

## Parking permits can now be printed at home

The City of Dover now offers a print-at-home parking permit option.

The new program, an alternative to mailing in payment and waiting for a permit to be mailed out, uses the [City's parking violation payment system](#). Once payment is confirmed, a distinctive permit will be e-mailed to the user to print at home and begin using immediately.

The print-at-home program requires that permits are vehicle specific.

Drivers interested in using the print-at-home system should contact the Parking Bureau by phone at 603-516-6132 or e-mail at [parking@dover.nh.gov](mailto:parking@dover.nh.gov) for details.



The following events are recorded in "Notable Events in the History of Dover, New Hampshire: From the First Settlement in 1623 to 1865," by George Wadleigh, and several other historical sources.

For more on the history of Dover, settled in 1623 and the oldest permanent settlement in New Hampshire and seventh oldest in the country, visit the Dover Public Library, Locust Street; and the Woodman Museum, Central Avenue. The Public Library also maintains an online collection of historical information, [located here](#).



**June 4, 1706** - George Ricker and Maturin Ricker of Cochecho, were slain by the Indians. George was killed running up the lane near the garrison. Maturin was killed in his field, and his little son carried away.



**June 2, 1766** - The town voted to erect a dwelling house, stable, ferryways, etc. at Hilton's Point for the convenience of travellers and a committee was appointed to obtain



subscriptions to defray the expense.



**May 31, 1775** - Madbury set off from Dover, and incorporated as a town, Population 677.



**June 3, 1788** - Elisha Thomas was executed in Dover for the murder of Capt. Peter Drown at New Durham, in the preceding February. This being the first execution in the county of Strafford, a large concourse of people were present from Dover and all the neighboring towns to witness it. The scaffold was erected near the foot of the hill leading from Central street to the river, on ground now enclosed in the yard of the Cochecho Print Works.

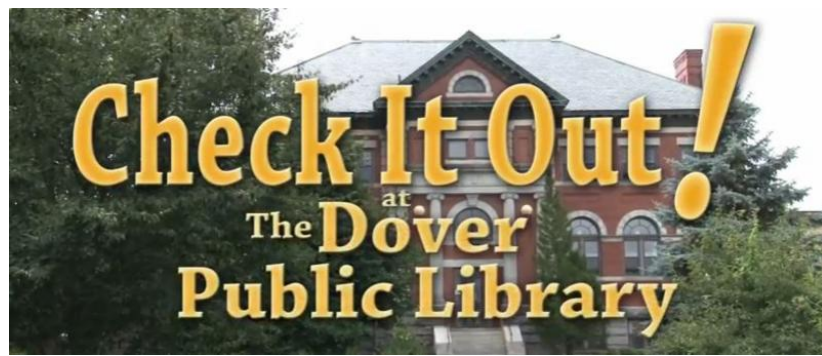
It is recorded of the execution that:

"The very peculiar circumstances of this unhappy man's fate induced a vast concourse of spectators to attend his execution. He appeared to be much affected with his situation, and employed the few moments then allotted to him, in exercises, but did not address the spectators. Indeed, the melancholy catastrophe, which his rash conduct had occasioned, operated so powerfully upon his senses, that it was with difficulty he supported himself to the fatal moment, which was to cut the thread of his existence, had arrived. The Sheriff treated the criminal with a degree of tenderness and humanity which did him honor; nor did he hurry him out of the world, but let him live till the last moment; which having arrived, after shaking hands with the sheriff, he was launched into eternity. (N.H. Gazette)

The murder for which Thomas was executed took place in the tavern of Mr. Randall in New Durham, where Thomas got into an altercation with another man, and Capt. Drown, in endeavoring to separate them, was stabbed with a knife by Thomas and died in a few hours. Thomas left at home a wife and six children. Some days after he was committed to jail his wife, taking her youngest child to one of the neighbors, set out for Dover to see her husband. In the night, the other five children being in bed, the house caught fire and was burnt, and four of the children were burnt with it, the oldest only escaping. While in jail, and a few days before his execution, Thomas attempted to escape, having removed his chains and penetrated the chimney almost sufficient to pass through, before he relinquished his design. During his imprisonment, he was allowed on Sundays the privilege of attending church, being guarded by the Sheriff and his posse to the meeting house which stood on the site of the present edifice at the corner." The jail at that time was on what was long known as "jail hill," the ground later occupied by the house of Daniel Niles.



**June 3, 1853** - Jonathan Littlefield, aged 22, was drowned while bathing in the Cochecho, near the railroad bridge.



## Library open for limited access to computers and copiers

The Library is open for limited computer and copier use only, Monday through Friday, 9 a.m. to 5 p.m. Ten library patrons at a time will be allowed into the building, with a one-hour use limit. Appointments can be made at <https://www.picktime.com/c6f24583-41a2-49aa-b2e9-c485a244dc0e>. Computers will also be available for walk-ins. Please enter through the front door of the Library and proceed to the adult circulation desk. Patrons are required to wear masks, which will be provided, if necessary. Strict social distancing rules will be in place.

The Library is still offering a Book Pick-up Service for those wishing to check out materials. The Book Pick-up Service is available on Mondays, Wednesdays, and Fridays from 10 a.m. to 12 p.m. and 4 p.m. to 6 p.m. Patrons who wish to pick up books on hold need to make a reservation via <https://forms.gle/jFUHojpeT8cuADS47>, through email at [libraryquestions@dover.nh.gov](mailto:libraryquestions@dover.nh.gov), or by calling 516-6050 (staff are answering phones Monday through Friday, 9 a.m. to 5 p.m.).

The deadline for picking up books is as follows:

- To pick up items on Monday, make your reservation by Friday at 10 a.m.
- To pick up items on Wednesday, make your reservation by Tuesday at 10 a.m.
- To pick up items on Friday, make your reservation by Thursday at 10 a.m.

There is a limit of 60 reservations per shift to avoid crowding. Please follow social distancing rules, and patiently wait behind the taped line if there is someone already at the table. We kindly ask that you wear a mask when picking up your books.

To pick up your books, go to the Children's Room entrance, where there are tables under the portico. Holds for each patron will be wrapped in paper with the first three letters of your last name, and first initial, written on the paper. They are

arranged alphabetically, and the items will already be checked out to you. Just grab and go.

Please be patient with us as we explore how to best support our patrons during turbulent times. The Library welcomes comments and suggestions at [libraryquestions@dover.nh.gov](mailto:libraryquestions@dover.nh.gov).

---

## This Week (Virtually) at the Library

### **Wednesday, June 3, All Day**

#### **Online Family Storytime on the Dover Public Library YouTube Channel**

Listen to Miss Tina read stories and sing songs. Watch all our recorded story times here:

<http://library.dover.nh.gov/kids/listen-to-a-story.html>

### **Wednesday, June 3, 7 to 8:30 p.m.**

#### **Virtual 17th Century Transcription Class**

Join us for a workshop on William Bradford's journal, "Of Plimoth Plantation." Bradford was a Mayflower passenger and the longest-serving governor of Plymouth Colony. He maintained a journal that documented events in the colony from 1608 to 1647. You'll hear the story of Plymouth Colony and the surprising story of the manuscript itself, and then receive a tutorial on how to read early 17th century handwriting. Please register for this program and you will receive an email 30 minutes prior to the event with the log-in information.

### **Thursday, June 4, 6 to 8 p.m.**

#### **VIRTUAL Morning Book Group**

Join the book group to discuss "The Five: the Unknown Stories of the Women Killed by Jack the Ripper" by Hallie Rubenhold. Please register for this program and you will receive an email 30 minutes prior to the event with the log-in information.



---

**CITY OF DOVER**  **SPECIAL ANNOUNCEMENTS**

Stay informed with City of Dover special announcements, project newsletters and updates

Want up-to-date information about road work, emergencies, special projects, and other important information? [Sign up now](#) to receive special announcements via email.

In addition to Dover Download, the City of Dover offers a variety of e-mail updates, including emergency and road closure information, development and construction project updates, news from the Public Library, waterfront development, and more.

To sign up for one or all of the City's updates, [click here](#). An e-mail address is required to access the special announcement mailing lists.

---

## City of Dover employment opportunities

Want to work for the City of Dover? The City's website offers an updated list of open positions, including job descriptions and a downloadable application for employment.

The City of Dover is now seeking applications the following positions:

- **Media Services Administrator**
- **Media Services Technician**
- **Truck driver, Utilities**
- **Seasonal maintenance worker**
- **Summer day camp counselor**

For more information about these positions or employment opportunities with the City of Dover, [click here](#).



**GUARDIANS OF THE GARRISON CITY**

**DOVER PD IS HIRING CERTIFIED OFFICERS**

The current salary range for certified police officers is \$47,632 - \$67,496 with an excellent benefits package including paid holidays, educational incentives and clothing allowance.

**603-742-4646**  
[m.travaglini@dover.nh.gov](mailto:m.travaglini@dover.nh.gov)

FIELD OPERATIONS

DOVER POLICE OFFICER

The advertisement features a photograph of three police officers in uniform standing outdoors. In the background, there is a tall, green, spiral staircase tower. The text is overlaid on a yellow and blue background.



## Know what's "In the Bin":

How to keep your recycling clear of contamination

The City of Dover would like to remind residents that only the items listed below should go in your household recycling bin:

- **Metal:** Food and beverage cans.
- **Glass:** Bottles and jars.
- **Plastic:** Bottles, jars, jugs and tubs.
- **Paper and Cardboard:** Mixed paper, newspaper, magazines and boxes.

When we recycle properly, materials can get to their next best use, which helps protect the environment by conserving natural resources, saving energy and reducing greenhouse gas emissions. Placing

items in recycling bins that are not recyclable such as Styrofoam, light bulbs, plastic flower pots and bags, contaminates the entire load and sends it to a landfill. It's important to know when an item is not recyclable and to place it in the trash. Follow these simple recycling guidelines:



1. Recycle all bottles, cans and paper.
2. Keep items clean and dry.
3. No plastic bags of any kind.

Not sure if an item is recyclable? When in doubt, visit <https://www.recyclesmartma.org/>. Enter the item name and

click search.

Knowing what's "In the Bin" can help avoid contaminated loads of recycling, which are being rejected at processing centers and disposed as trash. These contaminated loads of recycling result in additional charges to the city.

For more information, please contact the Recycling Center at 603-516-6450 or refer to the [Talking Trash brochure](#).

---

## Missed the meeting? Catch it again online

Don't forget: If you missed the live City Council, School Board or Planning Board on Channels 22 and 95, you can catch it again, online and on demand.

Simply visit [www.dovernh.viebit.com](http://www.dovernh.viebit.com) to begin watching meetings on demand. Online meetings are organized by agenda item for convenience.

---