

HUBBARD
BROOK



RESEARCH
FOUNDATION

HUBBARD BROOK RESEARCH FOUNDATION
LIKENS CONSERVATION CAMPUS
AT MIRROR LAKE & PLEASANT VIEW FARM DORM

RESIDENT INFORMATION

Dear Resident:

Welcome to the Likens Conservation Campus at Mirror Lake and Pleasant View Farm. We are pleased to host you at our facilities. We hope you have a comfortable and productive stay. We have provided you with this housing packet in order to foster good stewardship of the property and to better provide for your comfort, health, and safety. Please read this packet in its entirety before your arrival.

The packet will provide the following information:

- Planning Your Stay (Page 2)
- Arrival and Departure Procedures (Page 3)
- Living at Hubbard Brook During COVID-19 (Page 4-5)
- Community Standards (Page 6-7)
- Workplace Safety, Sensitivity, and Inclusion (Page 8-10)
- Emergency Procedures and Contact Information (Page 11)
- HBRF Staff Directory (Page 11)
- Parking Map (Page 12)
- Directions to Mirror Lake (Page 13)
- Emergency Contact Form (Page 14)

We ask residents who stay for 7 days or more to submit the Emergency Contact Form (page 15) to Dan Clark, HBRF Facilities Manager, at dclark@hubbardbrookfoundation.org prior to arrival.

Please don't hesitate to contact me if you need help with anything during your stay. Thank you in advance for your cooperation. Enjoy your stay!

Sincerely,

Dan Clark

Facilities Manager

Cell: 603-714-8405

Email: dclark@hubbardbrookfoundation.org

PLANNING YOUR STAY

All reservations for stays at Mirror Lake should be made in advance through the Hubbard Brook Research Foundation by your visiting institution or by you directly. All guests are subject to the same facility rules and procedures.

- **Room Assignment.** Communicate with your project coordinator or with Dan Clark in advance to receive your housing and room assignment. Once you have received your unit and room/bed assignment, do not move to another room (**even if there seems to be space to spread out**). Roommates are scheduled to come in and out over the course of the summer. Contact Dan Clark if you have a concern about your room assignment. Communicate with your roommate in advance to coordinate your needs.
- **Packing.** Pleasant View Farm is a large farmhouse that has been converted into a dormitory with multiple bedrooms and bathrooms. Housing units at Mirror Lake include 3 or 4 shared bedrooms, 2 bathrooms and one common kitchen per unit. They are furnished and stocked with basic kitchen and living accessories including major and small appliances (e.g., toasters, plates, pots and pans, cups, and cutlery). Please bring your own sheets, blankets, towels, and toiletries. Bring linens for a single bed. Please do not use linens that are in HBRF storage, unless you have the facility manager's permission. The Likens campus is located on Mirror Lake, so don't forget your bathing suit! There is a washer and dryer in each unit for your use. We encourage you to save energy by hanging towels and clothing to air dry. Please do not bring or use dish or clothes detergents containing phosphates.
- **Parking:** Parking is limited at Mirror Lake. Consider carpooling to save space and fuel.
- **Driving Directions.** Cell phone service is spotty in the White Mountains. We recommend printing directions in advance or saving the directions on your mobile device. Navigate to your unit #, Hamlet Drive, North Woodstock, NH 03262 or Pleasant View Farm at 25 Dobson Hill Road, Thornton, NH 03285. Basic driving directions are provided at the end of this document.
- **Internet.** Wi-Fi is available to residents, but speed fluctuates according to the volume of users.

WIRELESS LOGIN

Wi-Fi is available throughout the Mirror Lake campus.

Network: **ORBI57**

Password: **elatedcartoon958**

THERE IS NO LOGIN PASSWORD AT PLEASANT VIEW FARM.

MAILING ADDRESSES

Regular mail USPS:

Your name
Your unit # Hamlet Drive
North Woodstock, NH, 03262
-or-
Your Name
25 Dobson Hill Rd
Thornton, Nh 03285

Large packages, FedEx:

Your name
c/o Pleasant View Farm
25 Dobson Hill Road
Thornton, NH 03285

You will need to pick up your package at PVF

ARRIVAL AND DEPARTURE PROCEDURES

(PLEASE REFER TO PAGE 4 FOR HBRF COVID-19 POLICY BEFORE YOUR ARRIVAL)

All guests check themselves in and out independently. Please follow the instructions below to ensure a smooth and easy arrival and departure process. Contact Dan Clark, HBRF Facilities Manager, if you have any questions.

- **Arrival.** Your unit and room numbers will have been assigned in advance.
- **Door Lock Codes.** All units are locked and will require a keyless code for entry. You should receive your code prior to or upon your arrival. Contact Dan Clark if you do not know your code.
- **Parking.** Parking at Mirror Lake is limited. Park in the designated parking area according to your unit (refer to Parking Map on page 12). Please do not block other vehicles.
- **Personal Property.** Any items you bring to Hubbard Brook are your own responsibility. HBRF is in no way responsible for lost, missing, stolen, or damaged items.
- **Maintenance Access.** Maintenance staff is allowed access at all times to common areas for occasional and routine maintenance (e.g., kitchens, living rooms, porches). Tenants will be notified beforehand, by email, if access to their personal space (e.g., bedroom) is needed for repairs or maintenance.
- **Departure.** Before departing, please do the following:
 1. **Cleaning.** Please leave the space the way you found it. Individuals who do not clean before they leave will be charged a \$50 cleaning fee. Communal areas should be cleaned on a regular basis. Please make sure that communal areas are clean before you depart. Dishes should be washed and bathrooms should be clean. Outdoor areas should be kept tidy.
 2. **Truck-in, Truck-out.** Please do not leave anything behind in the units. This includes food and bathroom supplies.
 3. **Trash.** Trash and recycling should be brought to the dumpsters on Hamlet Drive and at Pleasant View Farm on a regular basis throughout your stay. The single stream recycling dumpster is for unbagged and unsoiled (no food waste) paper, cardboard, magazines, plastic bottles and containers, glass bottles and jars, and metal cans. All other (non-toxic) materials are to be deposited in the trash dumpsters. Please make sure to take all trash and recycling to the dumpsters before you leave.
 4. **Duration.** Confirm your departure date with your project/crew leader and Dan Clark, HBRF field and maintenance technician.
 5. **Lab and Storage.** Plans to use the lab or garage at Pleasant View Farm must be made with Geoff Wilson in advance. gwilson@hubbardbrookfoundation.org

Living at Mirror Lake and Pleasant View Farm During the COVID-19 Pandemic

In order to stay in HBRF Facilities:

- Plans must be consistent with the home institution's COVID-19 policy.
- PIs must update the [HB Cooperators Workplace Safety Contact List](#) including supervisor contact information and links to each home institution's policies on COVID-19 safety and workplace safety, inclusion, harassment and anti-racism.
- Each resident must attend a scheduled Zoom facilities orientation with Dan Clark and Dayna De La Cruz in advance. Check with Dan regarding scheduled training.
- PIs must submit to Dan Clark in advance written plans for maintaining crew safety in the event of illness or positive Covid-19 tests.
- Residents/visitors must follow the Governor's quarantine policy for out-of-state visitors.
<https://www.covidguidance.nh.gov/out-state-visitors>

Expectations for all residents and visitors

- Regularly self-check for symptoms, including fever (>100.4 °F), cough, and shortness of breath.
- Notify your crew leader and quarantine immediately if symptoms arise.
- Use your own facilities. Avoid going into other peoples living areas. Gathering outside is encouraged.
- Be respectful of other safety practices. Wearing of masks will be up to the individual, however, if you are asked to wear a mask, you are asked to be respectful of that.
- Be respectful of local businesses safety practices. There is no mandate in the state of New Hampshire. Some businesses ask that you comply with their own mask policies.
- Follow CDC recommended precautions if there is a sick person at your housing unit with COVID-19, or if you have other potential exposure to COVID-19.
- Comply with any health screenings recommended by the CDC or the state of New Hampshire.
- Identify where and how you and others might be exposed to COVID-19 at Hubbard Brook, and implement solutions to eliminate or avoid these risks
- Avoid close contact, staying at least six feet away from others both indoors and outdoors, and avoid working or recreating downwind of others when outdoors.
- Maintain your personal hygiene, including washing hands with soap and water, using hand sanitizer, covering coughs and sneezes, and avoiding touching eyes, nose, and mouth.
- Follow instructions on cleaning checklists, use the provided disinfectants.
- Wear face masks when you are around others or in spaces used by others.
- All residents are responsible for reading and following the recommendations of health agencies and officials (see below) and reminding their house mates to follow these recommendations,

- including the expectations listed above; and reporting any health concerns to your crew leader.
- Endangering the health or safety of others is a violation of the Hubbard Brook Research Foundation's Code of Conduct and may incur the sanctions described therein.
 - Residents are responsible for cleaning up after themselves after use of facilities. This includes cleaning all dishes and cooking equipment after every use and also cleaning the bathroom with every use. Disinfectant and cleaning supplies will be provided to you by HBRF. Contact Dan Clark if you need more supplies or have any health concerns about your living space.
 - Each individual is responsible for maintaining their own health and hygiene. Please keep updated and informed of any national or state recommendations regarding COVID-19 for the health and safety of the community.
 - Only residents and staff of Mirror Lake, Pleasant View Farm, and Pierce Lab are allowed on the property, all others must work from home.

Following the recommendations of health agencies and officials

- The Hubbard Brook Research Foundation's strategy for maintaining a healthy and safe working environment during the COVID-19 pandemic will follow the recommendations provided by the Centers for Disease Control and Prevention (CDC), Occupational Health and Safety Administration (OSHA), and the State of New Hampshire. For up-to-date information, see:
- the CDC's recommendations for [businesses and employers](#); [administrators](#) of parks and recreation facilities; cleaning and disinfecting [vehicles, facilities and equipment](#), including [after exposure or potential exposure to COVID-19](#); safety practices for [employees who may have had exposure](#) to COVID-19; [what to do if you are sick](#)
- OSHA's [standards](#) and recommendations for [preparing workplaces](#) for COVID-19
- The State of New Hampshire's [resources for Covid-19](#).

If you feel ill or suspect you may be experiencing symptoms of COVID-19, there are many sites throughout the area where testing is available. The sites are listed at this

website:

<https://www.dhhs.nh.gov/dphs/cdcs/covid19/documents/covid-testing-options.pdf>

COMMUNITY STANDARDS

Pleasant View Farm and the Mirror Lake campus are located within a small community of permanent residents, vacationers, second-homeowners, and day-use visitors. Please be respectful of your neighbors and visitors. We depend on you, your project coordinators, and your peers to hold one another accountable to Hubbard Brook's high community standards. Thank you in advance for your cooperation!

- **No Minors.** Minors are not allowed to stay overnight at HBRF properties without a parent or guardian.
- **No smoking in HBRF facilities.** Smoking is permitted outside, away from buildings. Be sure to safely dispose of all smoking materials.
- **No pets.** Residents may not keep pets of any kind during their stay.
- **Never leave food out.** In order to minimize rodents, insects, and other wild pests, no food or food waste should be left out for any period of time. No perishables should be left in the units when vacated. Refrigerators and freezers should be emptied and cleaned as needed. Recyclables should be rinsed, and deposited in recycling bins. Please do not place recycling in plastic bags; deposit recyclables directly into the recycling bin. Trash should be bagged and placed in the dumpster, also located on Hamlet Drive and at Pleasant View Farm.
- **Under-age drinking is strictly prohibited.** Consumption or possession of alcohol by anyone under the age of 21 is a criminal offense in New Hampshire, as is providing or purchasing alcohol for minors.
- **Swim at your own risk.** Swimming and non-motorized water sports are at your own risk. There are no lifeguards at the beach. It is advisable to never swim alone, especially at night. Life vests are required by New Hampshire law when boating. Parents should always accompany children by the water.
- **Do not tamper with alarm systems.** Fire, smoke, and carbon monoxide detectors have been installed in the units for your safety and must not be tampered with or deactivated. The field and maintenance technician, Dan Clark, should be notified immediately if there is an alarm malfunction.
- **No fires indoors.** Interior fireplaces are not to be used. Feel free to use the outdoor communal fire pit next to the lake.
- **Grilling.** Gas grills located on the properties are for communal use. Users must clean them and take care to turn the gas off after each use.
- **No guests.** Overnight guests without reservations cannot be accommodated.
- **Dispute arbitration.** Disagreements related to non-criminal behavior are to be resolved according to your project's chain of command (i.e., reported to crew leader then principal investigator, on up the chain). Acting as landlord, HBRF can adjust housing arrangements, including eviction for disruptive behavior. Criminal behavior should be reported to Dan Clark, your supervisor, and local authorities for immediate response (see Hubbard Brook's policy on workplace safety, sensitivity, and inclusion below).
- **Regular cleaning.** Housemates are expected to establish a schedule for thoroughly cleaning units at least once per week.
- **Quiet hours.** 9 p.m. – 8 a.m. Please respect the work schedules of other field crews by

observing quiet hours. Some field work requires regularly waking before dawn.

- **Damage.** Let Dan Clark know if anything is broken or damaged in the units, including dishes, so that they can be replaced and/or fixed. You or your institution are expected to pay for damages not due to regular wear and tear.
- **Please help to conserve energy.** Turn off unnecessary lights. Turn thermostats down or off when heat is not required. If you wash and dry clothing, sheets or towels, use cold water, and use dryers sparingly.

SHORELAND PROTECTION GUIDELINES FROM THE NH DEPARTMENT OF ENVIRONMENTAL SERVICES

Mirror Lake is protected under the Shoreland Water Quality Protection Act. Information provided below is intended to inform Mirror Lake residents and to ensure that activities comply with minimum standards, set forth by the State.

- Do not bathe, shampoo, or wash boats, pets, or other objects in the lake.
- Do not use fertilizer within 30 feet of the lake.
- Do not feed ducks or other aquatic organisms.
- The New Hampshire Pesticide Control Board rules prohibit the use of pesticides within 25 feet of any surface water or in any manner that would result in the presence of pesticides within 25 feet of the reference line in protected shorelands (Pes 1001.02). Pesticide and herbicide applications can be applied by a licensed applicator only.

For more information, visit: <http://des.nh.gov/organization/commissioner/pip/factsheets/sp/>

Thanks for keeping Mirror Lake healthy!

WORKPLACE SAFETY, SENSITIVITY, AND INCLUSION AT HUBBARD BROOK

Our Shared Commitment to Preventing, Detecting, and Addressing Harassment and Other Barriers to a Productive and Positive Environment for Working, Living, and Studying

Statement for personnel managers

Management and legal responsibilities related to workplace sensitivity training and interpersonal workplace conflicts, including harassment, are established on the basis of employment. Regardless of the work setting, it is the responsibility of the employer to ensure that staff/students are able to enjoy a safe, respectful, and inclusive workplace. It is the employer's responsibility to intervene in order to resolve ongoing interpersonal workplace conflicts involving staff/students. Additionally, the location of the incident or conflict (e.g., USFS HBEF, HBRF Mirror Lake hamlets, PVF dormitory) gives the owner/operator of the facility the authority to determine whether a disruptive site-user or renter should be asked to leave.

Criminal behavior requires immediate action.

Each organizational unit at Hubbard Brook (HBEF, HBRF, HBES Cooperators, HB LTER) is responsible for training personnel and ensuring that staff/students have read and understand the workplace sensitivity policies of their home institutions.

As a community at Hubbard Brook, we can contribute to coordinated, responsible supervision through shared training resources, a clear understanding of responsibility, and good communication.

Statement to the general Hubbard Brook community

Workplace Safety, Sensitivity, and Inclusion at the Hubbard Brook Ecosystem Study: Our Shared Commitment to Preventing, Detecting, and Addressing Harassment and Other Barriers to a Productive and Positive Environment for Working, Living, and Studying

Our goal at Hubbard Brook is to create a vibrant, inclusive work environment that is safe and free of harassment and other forms of discrimination. All staff/students are expected to conduct their work with sensitivity to others and in consideration of any barriers that might limit a colleague's ability to work across the full range of his or her tasks. Sensitivity and respect are the foundation of an inclusive work environment. Good communication with one another and with managers that raises awareness is essential to preventing many interpersonal conflicts that affect an employee's ability to thrive at work. We are all responsible for holding our community to standards of conduct. We ask all members of the Hubbard Brook community to support and adhere to our norms of respectful and professional conduct.

Expected Conduct

- Act ethically and with integrity
- Be fair and respectful to others
- Be welcoming and inclusive of all people
- Protect, preserve, and responsibly use Hubbard Brook resources and property
- Ethically conduct research, teaching, and community engagement
- Carefully manage public, private, and confidential information
- Promote physical and mental health and safety

Unacceptable behavior

- Sexual harassment, sexual assault, stalking, and relationship violence
- Discrimination
- Illegal or unauthorized possession, use, or sharing of weapons, drugs, or alcohol
- Unauthorized use, including misuse, of facilities, equipment, or services
- Theft, property damage, or vandalism
- Violation of Local, State, or Federal Laws

Anyone who feels that they have been harassed or experienced discrimination in any way or who has witnessed harassment or discrimination is encouraged to discuss the incident or behavior with a colleague, supervisor, or the home institution's Human Resource or Title IX office (see mandatory reporting policy below). In the event that an employee is being harassed by their supervisor, the employee is advised to report the issue to the supervisor's manager or a colleague. Facility owners/operators also have the authority to evict renters or site-users if their behavior is generally disruptive.

Sexual Harassment and Discrimination

Sexual harassment and discrimination have real and serious effects, including impacts on personal emotion and mental health; diminished group morale; loss of concentration, productivity and creativity; absenteeism; turnover; and legal expenses.

***** Not everyone is going to react in the same way you do*****

Perceptions and interpretations of words and conduct vary. Avoid the following:

Inappropriate/insensitive jokes, sexual references/innuendo, rating or referring to an individual's appearance, hugs/touching, unwelcome advances, inappropriate material.

At Hubbard Brook, students and employees from cooperating universities are also subject to the workplace sensitivity, discrimination, and harassment policies of their home institutions. The following file contains links to the harassment policies of Hubbard Brook cooperators. The file also includes up-to-date contact information for crew leaders, principal investigators, managers, and other Hubbard Brook cooperators from participating institutions. All supervisors at Hubbard Brook are considered mandatory reporters, required by law to actively address issues of harassment. The lines of reporting as well as institutional policies are listed in this Google sheet:

https://docs.google.com/spreadsheets/d/1V2ZaLhXULpSRsM_w4Vr8_Iu9wNr5eR7HS0orFzCUgE/edit?usp=sharing

You can access our [Institutional Resources Spreadsheet](#) for gender-based harassment, discrimination, and assault. This is currently being updated.

Concerns should be addressed to direct supervisors. For cases where the complaint involves the direct supervisor, concerns should be brought to the supervisor's manager and/or the home institution's Human Resource or Title IX office.

You may also share a concern, anonymously, by submitting a response to HBRF's Executive Director, Anthea Lavalley, via [this anonymous feedback form](#).

The definition of harassment according to the U.S. Equal Opportunity Employment Commission can be found here: <https://www.eeoc.gov/laws/types/harassment.cfm>

Mandatory Reporters

As a training institution and recipient of federal funding, Hubbard Brook is subject by federal law to mandatory reporting policies as set forth in Title IX. All “responsible employees” (i.e., personnel managers) are required to take action and to report incidents of harassment. The lines of reporting as well as institutional policies are listed in the Google Sheet:

https://docs.google.com/spreadsheets/d/1V2ZaLhXULpSRsM_w4Vr8_Iu9wNr5eR7HS0orFzCUgE/edit?usp=sharing

Awareness of Surroundings

Please remain aware of your surroundings at all times. This includes, but is not limited to, taking note of electronic devices that have been left in unusual places, especially ones where you maintain an expectation of privacy (i.e., bathrooms and bedrooms). If you are concerned about an unusually placed device, please unplug/remove the device and notify your direct supervisor immediately.

EMERGENCY PROCEDURES
IMPORTANT LOCAL TELEPHONE NUMBERS

PLEASE PRINT THIS PAGE FOR YOUR RECORDS.

(REFER TO PAGE 5 FOR COVID-19 TESTING SITES IN THE AREA)

EMERGENCY—Police/Fire/Ambulance	911 (See below)
Police Department	603-745-8700
Fire Department	603-745-3521
Medcheck Urgent Care (Plymouth, NH)	603-481-8787
Speare Memorial Hospital (Plymouth, NH)	603-536-1120
Dan Clark, HBRF Field and Maintenance Technician	603-714-8405 (Cell)
Geoff Wilson (PVF Lab Manager)	603-374-3481 (Cell)
USFS Building (Pierce Lab)	603-726-8902
Anthea Lavalley, HBRF Executive Director	802-291-2633 (Cell)
Dayna De La Cruz , HBRF Executive Director	802-291-2633 (Cell)

- ✓ **If you smell gas from a propane appliance**, open windows and doors and contact Dan Clark immediately, day or night. Never attempt to repair a malfunctioning propane appliance.
- ✓ **In a medical, fire, or personal safety emergency, call 911.** The address to give is your unit # at Hamlet Drive, Woodstock, NH 03262 (i.e., #30 Hamlet Drive, Woodstock, NH, 03262). In case of fire, completely evacuate your building immediately, and alert the occupants of all nearby units. Do not stop to remove any belongings.
- ✓ **Alarm system at Pleasant View Farm** There are two very important things to know about the alarm system:
 - *First*, the alarm system is monitored remotely and any time it goes off, the full fire departments from two towns are required to show up and go through the house. DON'T let this happen accidentally. When the alarm does go off you must clear the building and wait for the fire departments.
 - *Second*, when the house loses power, a much less disruptive alarm will go off alerting you to the fact that the system is on backup and is not monitored remotely. The sound is annoying, but can be turned off. The facility caretaker will demonstrate how to do this at an orientation meeting. Power outages are almost guaranteed to happen a few times in the winter and may happen during storms in the summer. Be prepared with flashlights or headlamps. The water systems will not work when we lose power.

PLEASANT VIEW FARM AND MIRROR LAKE CAMPUS CONTACT INFORMATION

For questions, suggestions, or concerns related to Mirror Lake housing policies, reservations, use, the condition of your unit, help with a lockout, repair request, forgotten entry lock combination, maintenance issues, instructions on the use of equipment or appliances, or overall management, please contact:

Dan Clark
dclark@hubbardbrookfoundation.org

PARKING MAP FOR MIRROR LAKE COTTAGES



Unit #30- Parking spaces 19-22
Unit #28A- Parking spaces 16-18
Unit #28B- Parking spaces 13-15
Unit #26- Parking spaces 10-12

Unit #22- Parking spaces 1-3
Unit #24- Parking spaces 4-5
Unit #20- Parking spaces 6-9
Unit #19- Parking spaces 23-25

DRIVING DIRECTIONS

HBRF CAMPUS ON MIRROR LAKE AND PLEASANT VIEW FARM DORMITORY Woodstock and Thornton, NH

From I-93

1. Take I-93 to exit 30.
2. At the bottom of the exit ramp turn right onto Route 3 South. Travel 1.1 miles (coming from the south) or 1.5 miles (coming from the north) to Mirror Lake Road on right.
3. Turn right onto Mirror Lake Road. There is a small sign for “Hubbard Brook Experimental Forest” here. Proceed along Mirror Lake Road for about $\frac{3}{4}$ mile passing Dobson Hill road on the right (which leads to HBRF’s Pleasant View Farm) and the public beach.
4. Take right onto Hamlet Road, which leads to HBRF’s Likens Conservation Campus on Mirror Lake.
5. For the Pleasant View Farm Dormitory, Take the first right on Mirror Lake rd. onto Dobson Hill rd, which will lead you to the dormitory.

From Airports

From Boston’s Logan Airport: Proceed out of airport following to I-93 North. Stay on I-93 north all the way to Exit 30 in New Hampshire. Follow directions above.

Travel time: About 2 hours and 20 minutes

From Manchester, NH Airport: Depart Airport Road. Keep right to stay on Airport Road. Keep Straight onto Rt-3A/Brown Ave. Take ramp right for I-293 South/Rte-101 East toward Concord/Portsmouth/Salem. Follow signs for I-93 North. Follow I-93 North all the way to Exit 30. Follow directions above.

Travel time: About 1 hour and 20 minutes

HBRF EMERGENCY CONTACT INFORMATION FORM
(REQUIRED FOR ANYONE STAYING ONE WEEK OR LONGER)

*PLEASE COMPLETE PRIOR TO ARRIVAL
AND MAIL OR EMAIL TO*

DAN CLARK

HBRF

25 DOBSON HILL ROAD, THORNTON, NH 03285

(dclark@hubbardbrookfoundation.org)

Required information:

Name _____ Date of Birth _____

Permanent Address _____

Cell Phone # _____ Email Address _____

Person(s) to Contact in an Emergency _____

Relationship _____

Daytime Phone # _____ Evening/Weekend Phone # _____

Cell Phone # _____ Other (please specify) _____

Optional information:

Please provide important information about your health or medical condition (e.g., allergies).

