



The Town of Newington E-Newsletter includes information about Town-sponsored events, projects and special announcements. Visit [www.newington.nh.us](http://www.newington.nh.us) to join the distribution list, or to be removed.

Board of Selectmen

Timothy “Ted” Connors, Chair  
 Michael Marconi  
 Bob Blonigen

The Town Hall is closed on Monday, January 17<sup>th</sup> in celebration of Martin Luther King Civil Rights Day.

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**Upcoming Meetings:**

1/3/2022	Zoning Board of Adjustment	6:30pm	Town Hall
1/4/2022	Police Commission	4:00pm	Police Station
1/4/2022	Recreation Committee	5:00pm	Langdon Library
1/5/2022	Board of Fire Engineers	5:00pm	Fire Station
1/5/2022	Budget Committee	6:30pm	VIA ZOOM
1/10/2022	Planning Board	6:00pm	Town Hall
1/12/2022	Budget Committee	6:00pm	VIA ZOOM
1/13/2022	Conservation Commission	6:30pm	Town Hall

1/17/2022	Board of Selectmen	5:00pm	Town Hall
1/19/2022	Sewer Commission	9:00am	WWTF
1/19/2022	Budget Committee	6:30pm	VIA ZOOM
1/27/2022	Economic Development Comm.	6:00pm	Town Hall

## *Newington Fire & Rescue*

Happy New Year to everyone. I hope you all had a great, but uneventful, Holiday and New Year's. As 2022 is now upon us I would just like to say great job and thank you to everyone that has been practicing safe social interactions and to please continue doing so. I understand that things have been difficult and frustrating at times, but please stay the course.

The annual Santa Parade was a hit as usual. It was great to see all the folks at the bonfire. Even though we did not pick up any food during the parade, the amount of food donations received from the residents was incredible again. Big shout out to Hauch Storage for their very generous donation. All food and monetary donations went to the Portsmouth chapter of the End 68 Hours of Hunger campaign.

Fire & Rescue members volunteered their time at the annual toy drive at Wal-Mart over the course of several weekend days. Between there, several other donation boxes, and donations from residence, we brought in several hundred toys. The toys that were not needed both in Town and around the Seacoast, were donated to the Pittsburg NH Fire Department for disbursement in the North Country area.

As always, we are here and available if you have any needs or questions. Stay safe.

EJ Hoyt  
 Fire Chief  
 436-9441 x6  
[ehoyt@newingtonfire.org](mailto:ehoyt@newingtonfire.org)



## Heart Attack Snow

Heavy, wet snow is often called “heart attack snow,” because the great effort required to move it can increase your risk of having a heart attack. Repeatedly lifting a shovel full of heavy snow can be more strenuous than running on a treadmill.

Unlike conventional exercise, shoveling is usually done without a warm-up and can cause sudden increase in blood pressure and heart rate. Additionally, cold air may cause constriction of blood vessels, including coronary arteries, and decrease oxygen supply to the heart. Together, these factors can increase the heart’s workload and cause a heart attack.



Here are 6 tips to protect yourself and still get the snow shoveled:

### 6 Ways to Prevent a Heart Attack While Shoveling Snow

1. Don't shovel first thing in the morning. Most heart attacks occur first thing in the morning, when your blood is most likely to clot. Give yourself time to get up and moving before going out and grabbing the shovel. You'll also give the sun a chance to warm up things a bit.
2. Warm up before shoveling. Shoveling snow is exercise. It's hard work. Take a few minutes before to stretch, move about and get the 'blood flowing' before undertaking any strenuous activity, including shoveling snow.
3. Use a smaller shovel. A shovel full of wet snow is especially heavy when the shovel is big. It may take a little longer, but many small loads will be better than fewer heavy ones.
4. Dress appropriately. Cover your hands, head and mouth. Covering your mouth with a scarf will help you inhale warmer air and can help avoid respiratory problems.
5. Shovel in shifts. If you need a rest, take a rest. Taking 15-minute breaks can help lessen the load on your heart.
6. Watch for warning signs. Tightness in the chest, lightheadedness and dizziness are all signs of a heart attack. If you suspect you're having a heart attack, call 911.

**FACE MASK**



**REQUIRED**

**IN TOWN BUILDINGS**

**TOWN BUILDINGS MASK REQUIREMENT REINSTATED**

Due to the surge in Covid 19 variant Omicron cases, and the overloading of seacoast hospitals; the Board of Selectmen have reinstated the mask requirement within Town Buildings.

Visitors will be required to wear a mask while in town buildings.

Masks will be provided if the visitor does not bring one.

If the department the visitor wants to visit is already at capacity, that person will be asked to wait in a physical-distancing queue 6 feet apart.

**WALK-IN VACCINATION & BOOSTER OPTIONS** at hospitals, local pharmacies and same-day sites, click here: <https://www.cityofportsmouth.com/health/walk-vaccination-sites>

**NEXT STATEWIDE BOOSTER BLITZ SAT JAN 8** -- Registration for this new event opens Mon Jan 3. Click on this link for more details: <https://www.wmur.com/article/new-hampshire-2nd-booster-blitz-january-2022/38542045#>

## POLICE DEPARTMENT



We hope everyone had a safe and healthy Christmas and Holidays!!

Our first official snowstorm and low temperatures caused significant travel hazards on December 26<sup>th</sup>. Your officers along with Newington Fire and State police responded to numerous motor vehicle accidents on Route 16 between exits 1 and 3, which resulted in the closure of the section of Route 16, for a couple of hours. There were no injuries reported, by the grace of who we pray for (me being politically correct as not to offend) but the accidents could have been worse. I am a half full cup person and do not leave personal safety of myself or others up to chance.

During the winter months there are a couple of measures we can make to ensure we get to our destinations without injuring ourselves or others while traveling the roadways.



A little science. Fresh water freezes at 32 degrees Fahrenheit. When the roadways are wet and the temperatures are 32 degrees or lower, this causes black ice conditions. I know some of you are saying, we know this, so why are you wasting my reading time. Because some need to hear it again and you can pass it along. Some people, not saying who, believe if they put their vehicles in 4-wheel drive, have all wheel drive, studded snow tires, or chains, they can go as fast at the posted speed limit in inclement weather. NO!! Take your time and slow down.

If you find yourself driving over black ice, stay calm, keep steering straight and do not overreact or overcompensate for the vehicle sliding. Do not hit the brakes, just let the vehicle pass over the ice. Always leave plenty of distance between you and the vehicle in front of you.

“Jessica’s Law.” Do you know what and why the law is in place?

New Hampshire law requires motorists to remove snow and ice from their vehicles. RSA 265:79-b: Negligent Driving. ‘Whoever upon any way drives a vehicle negligently or causes a vehicle to be

driven negligently, or in a manner that endangers or is likely to endanger any person or property... shall be fined not less than \$250 nor more than \$500 for the first offense'.

"Jessica's Law was passed by the New Hampshire legislature in 2001 (and later amended in 2005) in response to the death of Jessica Smith, a 20-year-old woman who was killed when ice flew off the top of a truck and hit a second truck, resulting in a head-on collision with Jessica's car."



Ticket



No Ticket

Due to the fast spread of the Omicron Virus, the Board of Selectmen have reinstated wearing masks in all town buildings and social distancing, 6' apart inside the buildings. For more information on Covid 19 and variants, visit the Center for Disease Control and Prevention (CDC) at [www.CDC.gov](http://www.CDC.gov) or New Hampshire Health and Human Services (NHDHHS) at [www.DHHS.nh.gov](http://www.DHHS.nh.gov)

Statistics as of December 28, 2021.

Motor vehicle stops	209	Summons/warnings issued
Accidents	10	Reports taken
Incidents/calls for service	35	Reports taken
Arrests	10	Felony/Misdemeanor offences
Field Interviews	0	Suspicious person(s)
Warrants	2	Felony/Misdemeanors

If you have any questions or concerns, please do not hesitate to give me a call 431-5461 or send me an email; [mbilodeau@newingtonhpd.com](mailto:mbilodeau@newingtonhpd.com)

Be safe and healthy!!  
 Chief Michael Bilodeau

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**BUDGET COMMITTEE TO ZOOM MEETINGS**

The Budget Committee will be meeting this winter via the Zoom platform on line which can be accessed by clicking this link: <https://us02web.zoom.us/j/6226991191>.

The Meeting ID is: 622 699 1191 or dial in at: 929 205 6099.

## Langdon Library News



### Kids' Imagination Bags

January Imagination Bags are all about all things cozy! Inside, you'll find a special treat, a coloring page, and supplies to make a paper mittens craft. Bags are available until the end of January or until supplies last. We handed out 18 bags in December! We love to see your finished products, like Clara C.'s water bottle snowman above. Send a pic of the craft and, if you want, its creator, to [programs@langdonlibrary.org](mailto:programs@langdonlibrary.org) so we can share it!

### Adult Book Group

The library's Morning and Evening Book Group meets twice mid-month, on Tuesday evenings and Friday mornings. New and occasional participants are always welcome. January's meetings are Tues, Jan 11 at 6:30 PM and Fri, Jan 14 at 10:30 AM.

January's Book Group title is Children of Blood and Bone by Tomi Adeyemi. Books (including an audiobook) are available for pickup at the library. There are audiobook and ebook copies available on New Hampshire Downloadables and an audiobook copy can be found on Hoopla.

**Have you read a great book you recommend we read together in 2022? Email Lara at [director@langdonlibrary.org](mailto:director@langdonlibrary.org)**

### Teen Advisory Group

Teen Advisory Group (TAG) is an opportunity for Newington teens and their friends to plan and help host events, for all ages including their own, and other initiatives to benefit the Newington community. Let us know what YOU want to see at the library! We meet Monday evenings at 6:30 PM for planning and/or programs. All teens aged 13-19 are welcome.

Join us for TAG's latest project: a pirates and mermaids Escape Room for Newington kids! The escape room is scheduled to take place on Saturday, February 12 and we need creative minds for writing, organizing, and designing the scenery and props for our event. E-mail Amanda at [programs@langdonlibrary.org](mailto:programs@langdonlibrary.org) with any questions.

## Online winter booklists

Amanda has curated some kids' and teens' booklists in our online library catalog for ideas of books to check out, get cozy, and read during these cold months. Visit our catalog on our website [www.langdonlibrary.org](http://www.langdonlibrary.org) under "What to Check Out" and the "Lists" tab on the catalog page to view recommendations for picture books, middle grade fiction, and young adult fiction titles.

## See you at the library! Happy New Year!

Lara, Theresa, Amanda and Deb

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## Winter Activities Right Here in Newington

As we get cabin fever in these cold winter months it is great to know that the Town of Newington has much to offer in the way of activities without leaving our bounds. Take advantage of these great resources:

### 1. Fox Point Hiking Trails-

You can hike from South Field to Middle Field and North Field along the inlet to the docks and then up through the field behind the white house to the trail through the woods that takes you the actual Point. Sit on one of the granite benches and enjoy the view! From there you can follow the trail back to the town beach.

### 2. Great Bay Wildlife Refuge- With over 1000 acres to offer us, we have a great wildlife habitat right in our back yards. See the following link for more details:

[https://www.fws.gov/refuge/Great\\_Bay/visit/plan\\_your\\_visit.html](https://www.fws.gov/refuge/Great_Bay/visit/plan_your_visit.html)

### 3. Want to stretch your wings and explore other hiking trails in the Seacoast? Check out this blog on other nearby places to visit: <http://blogs.seacoastonline.com/lists/2015/07/15/5-best-walking-trails-on-the-seacoast/>



## Winter 2021 Planning Newsletter

When the Planning Board closed-out 2020, we were happy that the difficult year had finally come to a close and we were excitedly optimistic about getting back to business as usual, pre-pandemic. Unfortunately, the Board, as we all did, continued to deal with the reality of COVID-19. Meetings have continued to be held in the Kent Auditorium, which has challenges related to acoustics, but we tried our best to maintain safe meetings for the Board and the public alike. The pace of doing business slowed down considerably, as engineering and survey firms struggled to keep pace with the high demand for new projects; and, the Board's workload only increased over 2020.

### **Commercial Development:**

Over the course of the year, the Board reviewed and approved a major expansion of SubCom, LLC which will provide much needed industrial space and allow SubCom to maintain its competitive edge in the under-water fiber-optic market. The Board also reviewed and approved a large vent stack for GP Gypsum which will increase their efficiency in the manufacture of sheetrock, and they are in the initial planning process for a major expansion of their manufacturing facility which the Board will work diligently to review and approve. Finally, Stoneface Brewing has been working with the Board to relocate their brewery and eatery to a new location on Shattuck Way which will provide much needed parking, larger, more efficient brewing capabilities and a significantly larger dining area and function space. Stoneface is a great asset to the Town of Newington, and the Board is committed to work with them to ensure a successful project.



Adjacent to the proposed location of the new Stoneface Brewery is the newly constructed Newington Falls Medical Center on Shattuck Way, which is a great addition to our diverse commercial tax base.

### **Residential Development:**

The Board approved a 4-Lot subdivision of the Akerley family property on Fox Point Road which will allow the family to remain on the property for many years to come. While the family had the option to rebuild an existing home on the property, they opted to plan and design a small subdivision that met their needs. The Board is also nearing approval of a 15-Lot subdivision of the land to the West of Trickys Cove with access on both Nimble Hill Road and Coleman Drive, known as Shackford

Point. This subdivision will be one of the largest approved in Newington in quite a few years, and is expected to be constructed in the Spring of 2022.

**Planning:**

The Board began work on the Capital Improvements Program, but the project has been delayed by the Board’s increased level of development review and preparation of time-sensitive Zoning Amendments. Progress will continue in February, 2022.

The Board will be holding Public Hearings on several proposed Zoning Amendments in January 2022, all of which will be posted on the Town’s Website for the residents to review. Each proposed amendment has been carefully considered by the Board and we look forward to public input.

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**Video Recordings of Public Meetings:** The Town is recording public meetings and uploading them to YouTube. Check out our link to YouTube on the Town website home page:

<https://www.youtube.com/channel/UCMG06KVwbssN0bODtaB8ybA>



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**RSA 72:80-83 Commercial and Industrial New Construction Exemption**

SAVE THIS DATE! **Tuesday, January 11, 2022 at 6:00 pm at the Town Hall** for a forum sponsored by the Board of Selectmen concerning the possible adoption of this exemption. Several local business property owners have approached the Selectmen about the Town possibly adopting the Commercial and Industrial Construction Property Tax Exemption described by state law under RSA 72:81. The Board is considering the request with input from the Economic Development Committee (EDC). To assist the Board in deciding on whether or not to include the exemption on the 2022 Town Warrant, and if so, in what form, a public forum is being held to inform the public about this option and to provide the opportunity for public input on the matter. Please make an effort to attend to learn more about this option.

For more details in advance of the forum, please see the December 2021 Newsletter at:

<https://www.newington.nh.us/home/news/december-e-newsletter>.

Filing Period for Town & School District Offices

The Filing Period to become a candidate for Town & School District Offices begins January 19, 2022 and ends on Friday, January 28, 2022.

Filing must take place at the Town Clerk's Office during regular business hours:

Tuesday - Thursday 9:00 AM to 2:00 PM

The Town Clerk will also be available on:

FRI., JAN.28<sup>TH</sup> from 3:00 PM to 5:00 PM.

Positions Available for Candidates

<u>Selectmen -</u>	1 for 3 yrs.	<u>Planning Board-</u>	2 for 3 yrs.
<u>Police Commission-</u>	1 for 3 yrs.	<u>Fire Engineers -</u>	1 for 3 yrs.
<u>Sewer Commission-</u>	1 for 3 yrs.	<u>Budget Committee-</u>	3 for 3 yrs.
<u>Library Trustee -</u>	2 for 3 yrs.	<u>Trustee/Trust Funds</u>	1 for 3 yrs.
<u>Cemetery Trustee-</u>	1 for 3 yrs.	<u>School Board</u>	1 for 3 yrs.
<u>Treasurer</u>	1 for 3 yrs.	<u>School Board</u>	1 for 1 yr.
<u>Supervisor of the Checklist</u>	1 for 6 yrs.	<u>Moderator</u>	1 for 2 yrs.

## Economic Development Update:

### Welcoming New Businesses to Newington

We are fortunate that Newington continues to be a community sought by new businesses to grow their companies. Two such companies are **Pink Hippo Café** and **Crumb1 Cookies**, both of which recently opened their doors and were featured in articles in the Portsmouth Herald and WOKQ 97.5 website respectively:

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**'Going to be good': Pink Hippo Café to serve Congdon's Doughnuts, more at Mall at Fox Run**

**Ian Lenahan**, Portsmouth Herald

<https://www.seacoastonline.com/story/news/local/2021/11/03/pink-hippo-cafe-finds-new-life-changing-mall-fox-run-congdons-doughnuts/6235701001/>

### When and where:

The Pink Hippo Café will be open from 10 a.m. until 7 p.m. from Monday through Saturday and noon to 6 p.m. on Sundays. 50 Fox Run Road, Newington, NH

## Crumbl Cookies

<https://wokq.com/cult-classic-cookies-now-available-in-newington-new-hampshire/>

### When and where:

The new Crumbl Cookie Store is open Monday- Thursday: 8AM- 10PM,  
Friday- Saturday 8AM- 12 AM, 45 Gosling Rd. Suite 5 c, Newington, NH (between Chipotle & Regal Theater)



Hours of Operation: Town Offices - Mon - Fri. 9 - 4:30pm  
Town Clerk/Tax Collector: Tuesday through Thursday 9am-2:00pm  
Building Dept. - Monday - Friday 7:30am- 3:30pm  
Planning Dept. - Monday & Thursday 9 - 4:30pm (Planner by appointment)  
Langdon Library - Mon & Tues 12-8pm, Wed. 9-7pm, Thurs. & Fri. 9-5pm, Sat. 10-2pm  
Transfer Station - Wed. 5 - 7pm, Sat 9 - 3pm  
Subscribe or **Unsubscribe** at this link: <http://www.newington.nh.us/subscribe>  
Newington Town Hall 603-436-7640