



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

Board of Selectmen

- Timothy “Ted” Connors, Chair
- Kenneth Latchaw
- Michael Marconi

Upcoming Meetings:

9/3/2019	Police Commission	4pm	Police Station
9/3/2019	Board of Selectmen	6pm	Old Parsonage
9/4/2019	Board of Fire Engineers	6pm	Fire Station
9/5/2019	Planning Board	6pm	Town Hall
9/10/2019	Planning Board	6pm	Town Hall
9/12/2019	Conservation Commission	6:30pm	Town Hall
9/16/2019	Board of Selectmen	6pm	Town Hall
9/18/2019	Sewer Commission	9am	Waste Water Treatment Plant
9/18/2019	Historic District Commission	10am	Town Hall
9/23/2019	Planning Board	6pm	Town Hall
9/26/2019	Economic Development Committee	6pm	Town Hall

September Town Events!

Don't forget that September is packed with events for residents! See the schedule below:

September 7th..... Fox Point Sunset Road Race= 4:15pm Kids Fun Run, 5pm Road Race- Go to www.FoxPoint5miler.org to register.

September 14th.....Septemberfest-4:30pm, Fox Point- Climbing wall, pony rides, bouncy houses and The Tony Mack band for all!
Plus ...
Fireworks donated by the Savinelli family!
Please bring a side-dish.
Want to volunteer to help? Go to this Sign Up Genius link showing tasks for the upcoming Septemberfest.



<https://www.signupgenius.com/go/30E0E45ABAF28A7FA7-septemberfest>

September 21stTown Wide Yard Sale- 9-2pm (\$10.) We will put balloons on your mailbox and list your house on a map of yard sales in town so people know where to go. Sign up at Town Hall.

October 6thEvent preview- Historic Trolley Tour of Newington: 2pm Family ride- (kids included) 4:15pm adults only. \$5.00 per adult. Leaving from Old Town Hall- sign up at Town Hall. (30 people per tour)

Newington Veterans



One last chance to be recognized as a veteran in the front lobby of the town hall. The Town of Newington takes great pride in our country's veterans that have chosen to live in Newington. In the front lobby of the town hall there is a list of past and present residents that are veterans and we are in the process of bringing that list up to date. If you are a Veteran residing in Newington we would like to add your name to the list for public recognition. Over 25 veterans names will be added prior to Veteran's Day!

Federal privacy laws require that we have written permission to add your name and years of service to this recognition. Please contact Karen at kanderson@townofnewingtonnh.com to arrange a time to bring in your DD214 and fill out the appropriate form.

Thank you for your service and we look forward to adding you to our public recognition efforts.

The Spirit of Newington :KC-46 Pegasus



Colonel John W. Pogorek, Commander of the 157th Air Refueling Wing, USAF announced on August 8th upon the arrival to Pease Airforce Base of the KC-46 Pegasus – that it had been named:

“The Spirit of Newington”

The townspeople are truly honored by this recognition and, most importantly, to be associated with our outstanding military.

A picture of the Spirit of Newington on its inaugural flight will be displayed in a place of distinction at the Town Hall.

<https://www.af.mil/About-Us/Fact-Sheets/Display/Article/104537/kc-46a-pegasus/>

NH Legislature Actions

Want to learn more about which laws were passed by the NH State Legislature this last session? Click on this link to learn more:

<https://www.nhmunicipal.org/legislative-bulletin/final-bulletin-2019-session>

What is the town bird?



Town meeting of 1993 named the Upland Plover as the Newington Town bird!

Read more here: <http://www.nhptv.org/natureworks/uplandsandpiper.htm#2>

Langdon Library:

Congratulations to Claire Stone for reading 1,000 Books Before Kindergarten! Miss Amanda enjoyed presenting her certificate, book bag and book of her choice to put in the bag. If you are a Newington parent of a pre-schooler, please make sure you enroll your child and learn how to track their reading to participate.

Thank you to everyone who made our 2019 Summer Reading Program a success. This summer 16 adults participated, 2 teens and 39 kids. Our adult and teen participants read a total of 82 books, and the kids read a collective total of (approximately) 714 “days” this summer! We also included an Early Literacy program for infants, toddlers, and preschoolers with family literacy activities participants could do to earn more raffle tickets in addition to tracking the days they read. Donations such as the prizes we raffled this year are requested from local businesses in the spring, and distributed at the end of the program. A huge thank-you to the donors of this year’s prizes: Story Land, Water Country, Cinemagic, Canobie Lake Park, Lago's Ice Cream, Diversions Puzzles & Games, Cowabungas and Santa's Village. And congratulations to the raffle winners: Sadie L, Timmy M, Norah B, Wyatt S, Jaymin C, Kaleb S, Lia R, Eloise R, Austin B, Liv R, Maggie C, Nat J, James C, Emma W, Sallie L, Dave Turbide, Norah C, Cash M, Kaiden S, Sam L, Max P, Andy N, Clara C, Jamie N, Lowell Berry, Mike Mazeau, Emilia C, and Emily M. A few prizes have not been claimed. Contact the library if you are listed here and have not picked up a prize!

September Library Dates to Remember:

Wednesday, Sept. 4 Fall Family Storytime for preschoolers **at Mall at Fox Run** in the kids' play area with Miss Amanda **10:30 AM**

Thursday, Sept. 5 Langdon Library Board of Trustees Special Meeting, **1:30 PM**

Friday, Sept. 6 Friday Family Hour for preschoolers "National Waffle Week" theme. **10:30 AM**

Tuesday, Sept. 10 Alzheimer's Association "Know the 10 Signs: Early Detection Matters" MA/NH Chapter alz.org/10Signs **6:30 PM**

Wednesday, Sept. 11 Kids' Craft Night: Origami Animals, **5:30 PM**

Thursday, Sept. 12 Tech Talks with Randall Bush **3 to 5 PM**

Friday, Sept. 13 at 10:30 AM and Tuesday, Sept. 17 at 6:30 PM Book Group: Skeletons at the Feast by Chris Bohjalian

Wednesday, Sept. 25 Kids' Game Night **5:30 PM**

Thursday, Sept. 26 Caregiver's Café, **10:30 AM**

Thursday, Sept. 26 Langdon Library Board of Trustees monthly Meeting, **1:30 PM**

Monday, Sept. 30 "Life Downstairs: British Servant Culture in Fact, Fiction and Film" and afternoon tea with Dr. Ann McClellan, **2:30 PM**. Funded with a grant from NH Humanities to Go

See you at the library!

Lara Berry, Library Director

Eversource Upgrades

Seacoast Reliability Project

Nearly everywhere you look in town, you will see evidence of Eversource's Seacoast Reliability Project. Thank you to our residents for their patience during the traffic delays and associated noise/dust from this huge project. The town officials have been working very hard to make sure that Eversource follows all of the conditions that were put in place to protect our residents, while at the same time improve the reliability of the electric services to this area.

This major project involves the removal and replacement of poles, the addition of a large structure in Flynn Pit and the transfer of some of that infrastructure from above ground to underground. The schedule is aggressive and during the next month there will be a lot of activity. There are some temporary detours in place and some roads will be open for one lane only. Contractors have been instructed not to block any driveways. A construction trailer has been placed at Public Works and will remain there until the Newington portion of the project is completed.

The anticipated construction schedule is as follows:

Survey of power line corridor and environmental surveys continue throughout project.

Tree clearing of the access roads – September through October

Tree clearing on Little Bay Road, Nimble Hill Road, Fox Point Road and Spaulding Turnpike- September

Overhead line construction on Little Bay Road, Fox Point Road, Crossings at Fox Run, Woodbury Avenue and Gosling Road – September – November

Underground line construction on Gundalow Landing, Flynn Pit- September – October; Frink Farm, Hannah Lane – September – November.

At this time, a petition has been filed with the US Supreme Court to issue an emergency stop order due to concerns with the Little Bay underwater crossing. Eversource intends to proceed as scheduled unless the petition is granted. Eversource has assured the town that if the petition is granted, they will restore disturbed areas as much as possible for the period that work may be stopped.

Eversource has designated a community project contact for residents to communicate any concerns with. Lauren Cote can be reached at lauren.cote@eversource.com or by phone at (603) 634-2409. Additional information is available at <https://www.eversource.com/content/nh/about/projects-infrastructure/projects/new-hampshire-transmission-projects/seacoast-reliability-project> .

Eversource Discovers Historic Stone Walls in Newington:

Read this link to learn more about these newly discovered stone walls:

<https://www.newington.nh.us/home/news/eversource-discovers-historic-stone-walls-in-newington>

[Fire Department:](#)



The Silent Killer

Recently one of our residents experienced a life changing medical event. He came into the station after his event and shared his experience with us. We feel that his story is very important and want to take the time to share it with you.

When they were at the hospital, they discovered they had a **“Silent Heart Attack”**. They had never experienced any chest pain or pressure, never short of breath, or had any pain in their left arm. From the initial onset of the minimal symptoms that they had experienced, they waited 4 days before going to the hospital. At no point did they think that a major medical event was going on, they thought, as most of us would, “I’m fine, it will get better with time”. They were very lucky that the hospital was able to intervene and despite a long recovery they will be just fine, with no long-lasting effects.

A silent heart attack is defined by having a heart attack without any typical warning signs. No chest pain, no shortness of breath, no left arm pain or numbness, it can happen to anyone at any time. Some other medical conditions may make someone more likely to have an event than others. High cholesterol, high blood pressure and atrial fibrillation, are all minor health problems that, left untreated, can lead to major medical events. It is important to see your primary care physician regularly take care of the minor issues before they become major problems.

The biggest take away from this event is if something doesn’t feel right you need to get it checked out. The unusual weakness and fatigue were their warning signs. All too often people put off health concerns because they have too much to do, or they don’t have time to deal with it. If you ignore something it more than likely will only get worse.

We are always here to help and serve our residents. If you aren’t feeling just right give us a call and we would love to come over and give you a quick checkup. Just because you called us and we showed up with the ambulance that doesn’t mean that you have to go in the ambulance to the hospital. We have the ability to give you a checkup at your house and can give you sound medical advice based on what we find. If that then requires a trip to the hospital we would love to bring you there. As always, if you have any questions, please give us a call, (603) 436-9441.



The 7 Ways to Prepare for a Home Fire

- 1.** Install the right number of smoke alarms. Test them once a month and replace the batteries at least once a year.
- 2.** Teach children what smoke alarms sound like and what to do when they hear one.
- 3.** Ensure that all household members know two ways to escape from every room of your home and know the family meeting spot outside of your home.
- 4.** Establish a family emergency communications plan and ensure that all household members know who to contact if they cannot find one another.
- 5.** Practice escaping from your home at least twice a year. Press the smoke alarm test button or yell "Fire" to alert everyone that they must get out.
- 6.** Make sure everyone knows how to call 9-1-1.
- 7.** Teach household members to STOP, DROP and ROLL if their clothes should catch on fire.

If you have any questions or would like the Fire Department to come to your home to review your "Home Safety Plan" just give us a call, (603) 436-9441.

E.J. Hoyt, Acting Fire Chief



Use Caution Driving/Walking/Jogging On Sunny Days

Driving and walking on a beautiful sunny day can provide stunning scenery, but it can also *create a hazard to walkers and drivers alike* if the driver's view is compromised by a glaring sun.

Just after sunrise and before sunset the sun can shine directly into drivers' eyes, leaving many motorists driving with a glare. This glare can make it much harder to see the road ahead and potential hazards creating an added risk to walkers/runner and drivers. When sun glare is an issue slow down and use extra caution especially while driving through school zones.

So how can you protect yourself?

Walkers/ Runners-

- Wear fluorescent colors and stay off of the pavement whenever possible
- Walk/jog towards oncoming traffic so that you can observe oncoming vehicles

Drivers-

- Invest in polarized sunglasses – they can help reduce glare.
- Utilize your sun visor – it can help to block out the sun.
- Leave more following room – when the sun is in your eyes it can be hard to see what the car ahead is doing. This is one more time when it pays to leave more room between you and the next vehicle.
- Drive with your headlights on to increase your visibility to other drivers

Additional tips:

- Keep your windshield clean, inside and out
- Check your windshield for pitting and cracks
- Avoid storing papers or other items on the dashboard
- If having a difficult time seeing the road, use lane markings to help guide you.

Rarely will visibility be absolutely perfect while driving, but if motorists know this and make the proper adjustments, you can minimize any additional risks that come with less-than-optimal visual conditions.

Police Department:

School is open!! Make sure you pay extra attention with the kids being out and about, either walking or riding their bikes to school. Here are four more officers who are working for you in the community.



Officer Jessica Auger

My name is Jessica Auger and I'm a Police Officer in the town of Newington. I recently got married so you may recognize me as Officer Gregor. I've worked full time for the Newington Police Department for one year and before that I interned for several months assisting with accreditation and doing ride-alongs. Before police work, I was a security guard for two years at Portsmouth Hospital and I also worked at Market Basket in the bakery department for seven years. I graduated from Great Bay Community College in 2018 where I received my Associate's degree in Criminal Justice. When I'm not working, I enjoy going fishing, boating, and running. I also like to spend time with my family and friends.



Officer Jared Arsenault

I started Law Enforcement in 2012 working part time for the town of South Hampton, New Hampshire. I became a full time Officer in 2014 with the town of Brentwood, New Hampshire. I worked in Brentwood for 5 years before joining the Newington Police Department this past April. I am also a Taser and PBT instructor. Prior to Law Enforcement I attended the New Hampshire Fire Academy in 2007 and worked as a volunteer Fire Fighter for the town of Chester, New Hampshire.



Officer James Meyers

I am originally a New Jersey native and moved to New Hampshire about two years ago. Prior to starting my career in law enforcement, I attended Rowan University in Glassboro, NJ, and I graduated with a Bachelor's degree in Law and Justice Studies. While finishing my Bachelor's degree, I worked for the Sig Sauer Academy in Epping, NH in the Operations Department. I was hired by the Newington Police Department in October of 2018, and attended the 178th NH Police academy. I graduated from the academy in April of 2019 and finished my field training in early July



Officer Ethan Jones

I was hired by the Newington Police Department in April of 2019. I am a graduate of the 179th New Hampshire Police Standards and Training Council class. While attending the academy I received the Physical Fitness Award and the Arthur D. Kehas award given to the top recruit in the class. I graduated from Norwich University Corps of Cadets in May of 2018, with a degree in Criminal Justice and a minor in sociology. In 2012 I completed the Massachusetts Junior Trooper Program.

If you have any questions or concerns, please do not hesitate to contact me at 431-5461 or send me an email; mbilodeau@newingtonnhpd.com BE SAFE!!!

Michael Bilodeau, Police Chief

Roads Update:

Paving Projects: Swan Island Lane and the Fire Department Parking lot will be ground and paved from Tuesday, September 17th into the following week dependent on weather conditions. Repair of the pavement at the Nimble Hill Road and Little Bay intersection as well as the drainage and pavement at the end of Hannah Lane will take place at this time as well.

Drainage Projects on Fox Point Road by Clamshell pond, McIntyre Road and Little Bay Extension are out to bid.

Woodbury Avenue reconstruction and revitalization project is nearing completion. Traffic signals and controllers will be installed by the end of September.

Gosling Road: The City of Portsmouth has notified Newington that they will be paving Gosling Road in 2020. A joint effort on paving will be the most cost effective. Cost estimates are being developed.

Excerpt from NH Business Review- August 16, 2019 by Bob Sanders

Will New Hampshire continue to burn coal and oil to produce electricity? And for how long?



Newington Station, Newington, NH

Those are questions for Granite Shore Power — a joint venture of Castleton Commodities International, LLC and Atlas Holdings with 145 employees — which, in January 2018, bought five fossil fuel plants from Eversource for \$175 million.

The plants — Merrimack Station in Bow, Schiller Station in Portsmouth, Newington Station in Newington and two small jet fuel plants in the North Country — have a total generating capacity of slightly over 1,000 megawatts, and with the purchase, Granite Shore had the obligation to keep them running for a minimum of 18 months. That obligation ended last month — yet the plants are still running.

There are also economic and environmental questions for the rest of the state and the region, which are trying to get off fossil fuels, particularly coal, to avoid contributing to climate change.

In those 18 months, the plants — most of which produce power intermittently — emitted close to the same amount of greenhouse gases as all the cars in New Hampshire produce in a year.

How long will the plants’ operation continue? The company would only say it would “continue to participate ... in the power generation market providing a secure, cost-efficient source of power generation to New England on its most vulnerable days.”

But actions speak louder than words. Last February, Granite Shore bid into the forward capacity market. That means it told the ISO-New England, which operates the regional electricity grid — it intends to keep the plants open until May 2023.

And it said it would continue to participate in future auctions. In return, ISO-NE will pay them a lot.

Forward capacity

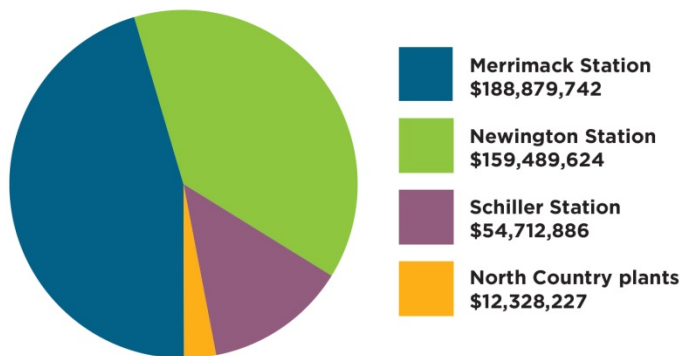
From January 2018 to May 2023, ISO-NE will shell out more than \$400 million just to make sure it can rely on the plants to produce power in periods of extreme peak demand and weak supply — the coldest days of the winter and the hottest days of the summer. And that’s on top of what it gets on the market for the electricity they actually produce.

Since New Hampshire ratepayers pay ISO-NE to run the grid, they all contribute to that cost.

Those costs have been shrinking and are expected to continue to do so, thanks to increasing energy efficiency, greater use of renewable energy and eventually grid modernization. ISO-NE predicts it won’t need as much peak power, so it is offering to pay less for it.

Since Eversource sold five thermal plants to Granite Shore Power in January 2018, ISO-NE, which runs the regional power grid, has been obligated to pay GSP \$415 million just so the energy will be available until at least May of 2023. The payments, which have been shrinking over time, are in addition to GSP’s electric sales. Merrimack Station in Bow, which was producing power less than 13 percent of the time in 2018, was eligible to receive the most money: \$188 million.

Obligated ISO-NE payments to Granite Shore Power from 2018 to 2023



Granite Shore was eligible to receive \$124 million over the last year, ending in May, but it will only get \$45 million for the year ending in May 2023. For Merrimack Station, the figure drops from \$50 million to about \$20 million.

Not all grids make forward capacity payments, noted Don Kreis, the Public Utilities Commissions' consumer advocate, who added that Texas operates without price caps, allowing the market to dictate how much utilities should pay in times of shortage.

New Hampshire, however, has a cap, so it pays power producers in advance to be on call.

Still, he argues, this leads generators to get “free money” while hardly producing anything.

ISO-NE, however, defends the practice, noting that slightly more than 10% of power was secured through the last forward capacity auction, and it reduced the contracts for very high-priced generators to zero. And it noted that many plants are retiring. About 5,000 megawatts of oil, coal and nuclear plants have retired from 2013 to 2022, and another 5,000 more megawatts are at risk (including GSP's major plants).

Carbon footprint

The continued existence of Merrimack Station has been particularly controversial.

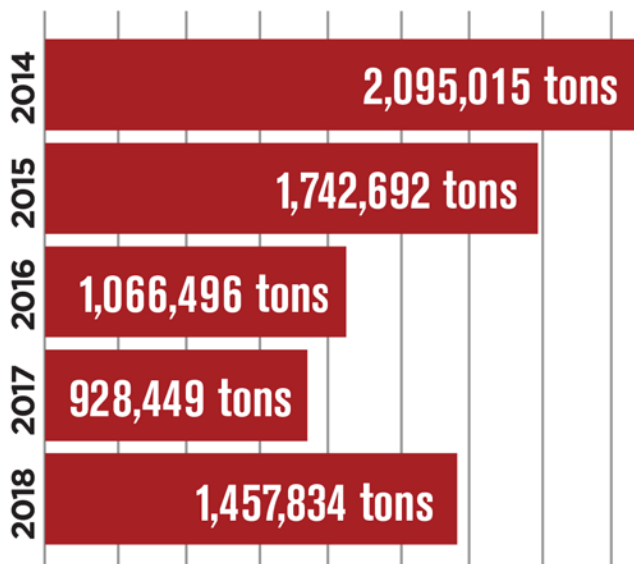
It is the largest coal-burning plant contributing to the New England power grid, save for the 485-megawatt Bridgeport Harbor station in Connecticut, which is due to be replaced by a gas facility next year. But the Bow plant doesn't run near a gas line, and its boiler can't easily be converted to burning wood, so it continues to burn coal, thanks to the forward capacity payments, yet it doesn't produce much power.

In 2018, for instance, it ran at less than 13% of capacity, according to Granite Shore. Yet it emitted 724,000 tons of carbon dioxide in 2018 and 950,000 tons in the 18 months since it has been sold, according to the state Department of Environmental Services.

Along with nitrous oxide, another greenhouse gas, the plant's carbon footprint was the same as 273,488 cars — nearly half the registered vehicles in the state in 2016.

As Lila Kohrman-Glaser put it, “Ever hour that plant operates puts out the same amount of carbon as the average person does in 26 years, and I'm 26. It's the same as my entire life.”

Total CO₂ emissions from all five plants from 2014 to 2018



Source: Calculated by NH Business Review based on ISO-NE auction data

The Dover resident is operations coordinator for 350 New Hampshire, inspired by but not affiliated with the national 350.org, both named because of their goal to reduce atmospheric carbon dioxide to 350 parts per million from the current level of 400 ppm.

“It will go offline eventually,” she said, “but every year it remains open, people will suffer from climate change. We are out of time. People are dying. July was the hottest month in the history of the world. If our elected officials won’t shut this down, then the people will.”

When asked about the plant’s contribution to climate change, Granite Shore said in a statement: “Merrimack Station has invested significant capital in emission control equipment to operate in an environmentally responsible manner.”

Schiller and Newington

Two 50-megawatt boilers at Schiller Station, located in Portsmouth on the Piscataqua River, also burn coal though they can also use fuel oil. They mainly provide peak power backup, though Granite Shore won’t say how often they are run. The last 55-megawatt boiler — which has been converted to burn wood chips — does run regularly. Some environmentalists see that conversion as an improvement, since the fuel is renewable, but it too produces carbon dioxide.

Whatever the source, Schiller emitted 864,000 tons of carbon in the 18 months since Granite Shore acquired it, only about 80,000 fewer than Merrimack Station. Indeed, in the first half of this year, it has emitted 255,000 tons — 23,000 tons more than Merrimack Station.

The 400-megawatt Newington Station, right next door to Schiller on the banks of the Piscataqua, burns both oil and natural gas, so it emitted far less — 127,000 tons of carbon dioxide in 18 months. Finally, there is the 18-megawatt Lost Nation plant in Northumberland and the 14-megawatt plant in Tamworth, both primarily “peaking units.” They have only emitted 1,000 tons of carbon dioxide.

That ability allowed Newington to participate in ISO-NE’s Winter Reliability Program, created to provide resiliency to the grid on cold winter days when natural gas pipeline capacity becomes constrained in New England. Payment to participate in that program is in addition to forward capacity payments, but ISO ended it after the winter of 2017-18.

This article excerpt was reprinted with the permission of NH Business Review from their August 16, 2019 publication.

[Basic Information of PFAS](#)

The town is actively involved with insuring that the public drinking water and the private wells in town are not being contaminated with PFAS and efforts are underway for a site study where residents that have been affected can sign up to participate. More information will be available on that in the future. Much of the local media has been focused on the firefighting foam used at the former Pease Air Base and the contamination that resulted from its use. There is evidence that exposure to PFAS can lead to adverse health outcomes in humans. The most-studied PFAS chemicals are PFOA and PFOS. Studies indicate that PFOA and PFOS can cause developmental, liver and kidney, and immunological effects in laboratory animals. Both chemicals have caused tumors in animals. The most consistent findings are increased cholesterol levels among exposed populations, with more limited findings related to low infant birth weights, effects on the immune system, cancer (for PFOA), and thyroid hormone disruption (for PFOS). This article will outline some of the ways that these chemicals can get into humans.

Per- and polyfluoroalkyl substances (PFAS) are a group of man-made chemicals that includes PFOA, PFOS, GenX, and many other chemicals. PFAS have been manufactured and used in a variety of industries around the globe, including in the United States since the 1940s, with the introduction of Teflon pans. These chemicals are very persistent in the environment and in the human body – meaning they don’t break down and they can accumulate over time. There is evidence that exposure to PFAS can lead to adverse human health effects.

Residents can be exposed to PFAS through:

- Food packaged in PFAS-containing materials, processed with equipment that used PFAS, or grown in PFAS-contaminated soil or water. Microwave popcorn bags, fast food wrappers and pizza boxes are some of the most common packaging materials with PFAS.

- Common household products, including stain- and water-repellent fabrics, nonstick products, polishes, waxes, paints, cleaning products, and sprays that were commonly available, such as Scotch Guard to waterproof furniture, carpeting and leather products such as boots.
- Drinking water that has been contaminated at some point. Currently the Portsmouth Water System analyzes for several various PFAS chemicals and the levels found are very minimal.
- Fish and animals that have been exposed to PFAS have been found to have some levels of contamination.

Certain PFAS chemicals are no longer manufactured in the United States although many products containing PFAS are still produced internationally and can be purchased in the US. Many people still have teflon pans/ griddles that have been used for years and may have scratches – it is extremely important to no longer use those items. The PFAS is the adhesive material that sealed the non-stick surface to the base and the scratches allow the exposure.

Hours of Operation: Town Offices - Mon - Fri 9 - 4:30pm
Town Clerk/Tax Collector Tues 2 - 6pm, Wed and Thurs 9 - 1pm,
Building Dept. - Mon - Thurs 8 - 4pm,
Planning Dept. - Mon - Fri 9 - 4:30pm (Planner by appointment)
Langdon Library - Tues 3 - 8pm, Wed 12 - 7pm, Thurs 10 - 5pm, Fri 10 - 5pm, Sat 10 - 4pm,
Transfer Station Wed 5 - 7pm, Sat 9 - 3pm
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Newington Town Hall 603-436-7640