November Newsletter

For Atkinson news directly to you.

Greetings!

Thank you for being a part of our community. We hope you find this and future newsletters both informative and enjoyable.

Angela Wesson,

Assistant Town Administrator



TOWN OFFICES CLOSED

Town offices will be closed on the following days:

Monday, November 11, 2022 in honor of Veterans Day.



Wednesday November 23, 2022 (starting at 12:00 PM-Noon) through Friday, November 25, 2022 in celebration of the Thanksgiving Holiday.

*Town Offices will reopen on Monday during normal hours.



Questions about political signs around Town? Check out the Town Political Signs Notice on the Town website.

If you have any questions, please contact our Code Enforcement Officer, Brian Boyle, at 603-234-0721.

TOWN REPORT COVER

We are looking for submissions for the cover of this year's Town Report. If anyone has photographs or paintings of known/recognizable locations in Atkinson and would like to submit if for consideration, please email it to **AsstTownAdmin@atkinson-nh.gov** and state that you are giving us permission to use the image.

TOWN WEBSITE

Do not miss important announcements!

The Town website is updated throughout each month with current news and events. To receive notifications, simply go to the Town website (www.town-atkinsonnh.com) and click on "Notify Me" in the upper right-hand corner of the screen, and then follow the instructions below.

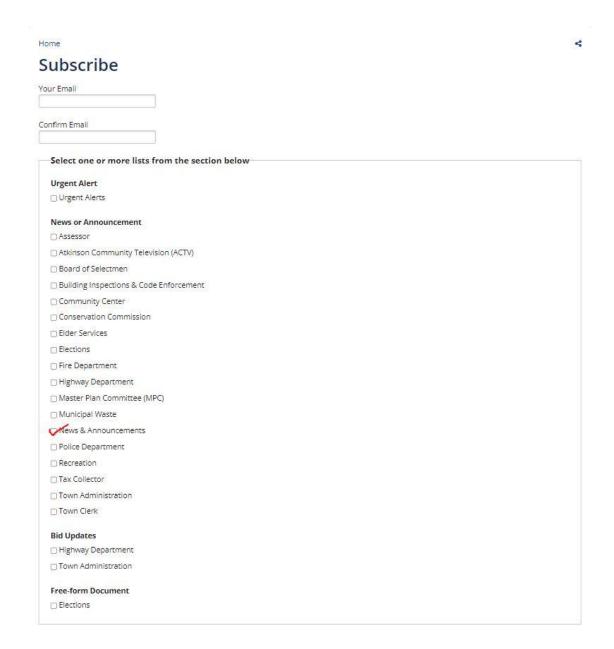


It will bring you to the screen below where you may select the News & Announcements of any Department, Board, or Committee that you would like to be notified about.

Simply enter your email address, check off as many topics as you would like, check "I am not a robot", and click "Subscribe Me".

Should you no longer want to receive emails about a particular Department, Board, or Committee, simply repeat the steps above, but instead of clicking "Subscribe Me", click "Unsubscribe Me".

NOTE: If you would like to receive notifications regarding holiday hours and other miscellaneous items typically listed under "General News" in this



Should you have any questions, please call 603-362-1060 or email AsstTownAdmin@atkinson-nh.gov.

TRASH & RECYCLING NEWS

TRASH & RECYCLING PICK-UP DELAY

For residents with a Thursday trash / recycling pick-up - due to the Thanksgiving Holiday, trash and recycling will not be picked up on Thursday, November 24th, but will be picked up instead on Friday, November 25th.

Reminder! Trash carts should be placed 3 to 5 feet off the edge of pavement and not placed on the shoulder or road due to interfering with snow operations. Please view the information listed in the Casella Brochure, which can be found on the <u>Town website</u>.



HIGHWAY DEPARTMENT NEWS

willer ranking dan and show Obstruction ordinances.

Parking: Per the Snow Removal Policy, the Town has enacted a winter parking ban, which prohibits parking in or on all public ways and town streets between the hours of 12:00 AM and 7:00 AM from November 1 through April 1. Further, it is unlawful at any time of day to park any vehicle on any street during snow removal operations in any way that hinders snow removal. Violators will be fined \$20.00 for each occurrence.

Snow Obstruction: During or after a snow storm, any person who shall put or place snow or ice upon the right of way of any town road... shall be subject to a fine of not less than \$50.00 as provided in RSA 236:20 and the Town Ordinance.

DRIVEWAY CULVERTS

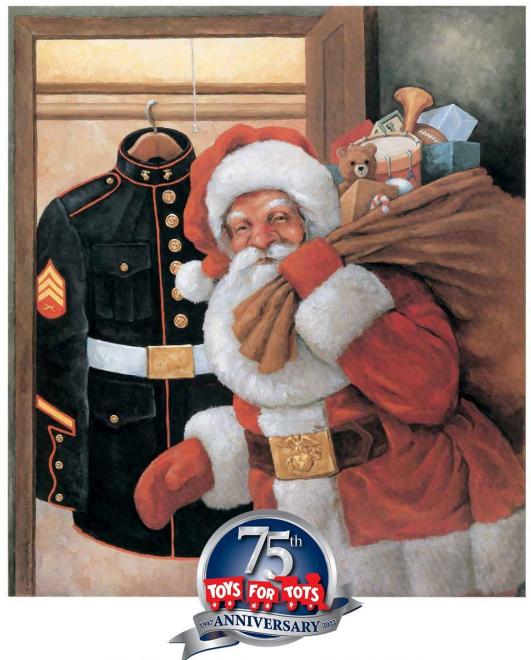
Under **RSA 236:13**, **VI**, Driveway Culverts are part of the homeowner's responsibility, and therefore, we'd like to make sure it's understood that before winter comes, these areas might call for some attention and upkeep to ensure they are functioning properly. Last winter, there were several areas around town where washouts and large masses of ice built up where Town roads and driveways meet. The source of the problem is usually the absence of, or failure of a driveway culvert. Driveway culverts and the headwalls on each end of the culvert are the complete responsibility of the property owner. If the culvert is clogged or not functioning properly, it is the responsibility of the property owner to clear the obstructions.

FIRE DEPARTMENT NEWS

TOYS FOR TOTS

The Atkinson Fire Department is accepting donations of new and unwrapped toys through December 12, 2022. Please bring your donations to the Fire Station (1 Academy Avenue) any day between the hours of 6:00 am and 6:00 pm. There will also be a drop-off at the Turkey raffle on November 12th at 7:00 pm.

OYS FOR TOTS



NE CORPS

For more information go to www.toysfortots.org



www.facebook.com/toysfortots

www.twitter.com/ToysForTots_USA



The State General Election will be taking place Tuesday, November 8, 2022, at the Atkinson Community Center, 4 Main Street, from 7AM-8PM.

VOTER REGISTRATION

Last day to register to vote was November 1, 2022, until election day. You can register at the polling place on November 8, 2022, and any day thereafter at the Clerk's Office.

- The Town Clerk's Office during hours of operation **UP UNTIL** 11/1/2022. (Black-Out period 11/2-11/7/2022).
- The Atkinson Community Center, 4 Main St., 7:00PM 7:30PM on Tuesday,
 November 1st, during the Supervisors of the Checklist meeting.
- The polling location Community Center on Election Day, November 8, 2022.
- Information on what documents are needed to register to vote can be found here: https://www.sos.nh.gov/elections/voters/register-vote/registering-vote-new-hampshire.

ABSENTEE BALLOTS

Absentee Ballots are available at the Town Clerk's Office now until Monday, November 7th, 5pm.

More Absentee Ballot Information:

- You may vote by using an absentee ballot if you meet the state's requirements and qualifications and are unable to vote in person because of disability, religious beliefs, military service, or because of temporary absence. COVID-19 is no longer a qualification.
- Absentee Ballot Request Form for November 8, 2022 State General Election can be found here: Absentee Ballot Request Application.
- Anyone can pick up or drop off an Absentee Ballot *Request* Application for someone other than themselves.
- The Application Request Application must be signed with a wet ink signature.
 Electronic signatures CANNOT accepted.
- Request forms (once signed manually) can be faxed, emailed, mailed, or dropped off by anyone.
- Absentee Ballots CANNOT be handed to anyone but the voter standing in front of us.

- **Atkinson DOES NOT have a Ward**. Please leave that blank on the Affidavit Envelope.
- Track your Absentee Ballot: https://www.sos.nh.gov/elections/voters/absentee-ballots/absentee-ballot-status.

For more information, please visit the Elections/Town Clerk website: https://www.town-atkinsonnh.com/elections or Contact the Town Clerk's Office at 603-362-4920 or TownClerkOffice@atkinson-nh.gov.

LIBRARY NEWS

KIMBALL LIBRARY SURVEY

The Kimball Library Survey is Happening Now & Ends November 15th!

It's our turn to listen! We would love to have input from all residents aged 13 and up as we envision the next few years at the Library. Please use the survey to let us know what you think of the Kimball Library today and what you would like it to become in the future. Be sure your voice is heard!

The easiest way to take the survey is online at https://kimballlibrary.com/. As a token of our appreciation, the Friends of the Library are giving out library tote bags. Just let us know you've taken the survey the next time you visit.

ADULT PROGRAMS/EVENTS

Top Gun: Maverick (MOVIE): Tuesday, 11/1/2022 @ 1:00 PM

(The 2022 American action-drama film directed by Joseph Kosinski and the sequel to the 1986 film)

New England Legends with Jeff Belanger: Thursday, 11/10/2022 @ 6:00 PM

For over 25 years, Jeff Belanger has been exploring the unexplained. He seeks out history, folklore, ghosts, monsters, and legends from all over the world and in your backyard. New England Legends offers a tour of haunts, monsters, aliens, and weird history from our region. Based on Jeff's popular weekly podcast and his Emmy-nominated television series on PBS and Amazon Prime, the program presents highlights from his own adventures and work. The bizarre is closer than you think! Since 1997, Jeff Belanger has interviewed thousands of eyewitnesses to paranormal occurrences. He is the author of over a dozen books on the unexplained (published in six languages). Jeff will have his book available

belanger/

The Power of the Dog (MOVIE): Tuesday, 11/15/2022 @ 1:00 PM

Based on Thomas Savage's 1967 novel of the same title, this is a 2021 western psychological drama directed by Academy Award winner, Jane Campion. For a listing of upcoming movies go to: https://kimballlibrary.assabetinteractive.com/calendar/fall-film-enthusiast-club-3/

<u>Create Holiday Greeting & Gift Cards with Cathie and Lois: Thursday,</u> <u>11/17/2022 @ 6:00 PM</u>

Join us to create some festive greeting and gift cards for the upcoming seasons using stamping and scrapbook techniques. Kimball Library's own gifted scrapbooker, Cathie Piccolo will be instructing the class along with Lois Powers. This Kimball Library team will provide pre-cut materials, embellishments and support so you can create a group of unique cards and gift card holders to give to friends and family. A non-refundable materials fee of \$20.00 must be paid at time of registration. **Register at the main circulation desk**.

Jerry & Marge Go Large (MOVIE): Tuesday, 11/29/2022 1:00 PM

Based on the true story about long-married couple Jerry and Marge Selbee, who win the lottery in Michigan, and then in Massachusetts.

<u>Learn to Play Mah Jongg</u> – The time is now to sign up to attend beginner classes.

In order to fully understand the game, we ask that you attend three Friday sessions in December. After completing the 3 sessions you can feel free to join the regularly scheduled time for Mahjong each Friday at 1:00 PM. Mah Jongg is a fun, rummy-like game played with tiles rather than cards. Instruction will focus on how to play American Mah Jonng and will be following the rules for American Mah Jongg. Registrants will be contacted by our talented teacher and club leader.

TWO ADULT BOOK CLUBS:

The clubs meet monthly to discuss a book they have chosen for an hour. Hear what others have to say and enjoy conversation with new friends.

Morning Book Club: Friday, 11/18/2022 @ 10:15 AM

The Pull of the Stars by Emma Donoghue. Register here to let us know you are

New! Evening Book Club: Tuesday, 11/15/2022 @ 6PM

The Churchill Sisters: The Extraordinary Lives of Winston and Clementine's Daughters by Rachel Trethewey. To join the discussion, register here:

https://kimballlibrary.assabetinteractive.com/calendar/evening-book-club-6/

YOUTH PROGRAMS/EVENTS

T/ween Book Club (Gr. 6-12): Wednesday, November 2 @ 6 PM

Join the most chill t/weens and chat about *Cemetery Boys* by Aiden Thomas! Copies are available at the Library. We serve candy and the coolest conversation. Register yourself and your bestie. https://kimballlibrary.assabetinteractive.com/calendar/t-ween-book-discussion-11/

Curious Creatures (Gr. K-5): Wednesday, November 9 @ 6 PM

Curious Creatures provides experienced and professional exhibitors who teach respect and appreciation for exotic and unusual animals. Their presentation is hands-on and interactive. They provide interesting facts and stories about the creatures in an educational and entertaining environment. Meet a baby alligator, snake, tortoise, rabbit, bearded dragon and chinchilla. The exhibitor always chooses 2 to 4 additional guest animals on the day of the event.

Registration is limited to 50 children in grades K-5. This exciting event is sponsored by the very generous **Atkinson Women's Civic Club**. Be sure to thank them when you see them! Register:

https://kimballlibrary.assabetinteractive.com/calendar/curious-creatures/

Write It Out! (Gr. 2-8): Wednesday, November 16 @ 6 PM

Kids in grades 2-6 are invited to join us to write it out! We'll start off with a prompt or two to read to the class and then free write. In our November class, we will discuss how to start a story and suggested ways to deal with writer's block.

<u>Ukrainian Toy Painting (Ages 6+): Wednesday, November 30 @ 5:30-7:30</u> <u>PM</u>

Join us for a night of traditional Ukrainian storytelling and painting techniques and decorate a toy to give for the holidays! The workshop is open to adults, teens and families with children 6 and up. A non-refundable materials fee of \$10 is due at the time of registration.

Register in person today!

finger plays, and songs modeled after the Mother Goose curriculum. Register: https://kimballlibrary.assabetinteractive.com/calendar/mother-goose-babies-to-age-3-56/

Kindergarten Club (Ages 5-6): Mondays @ 3:30 PM

Kindergarten Club is back on a new day! Kids ages 5-6 can join us for games, books, and maybe an experiment or 2!

Register: https://kimballlibrary.assabetinteractive.com/calendar/kindergarten-club-ages-5-6/

Bitty Books (Ages 3-6): Tuesdays @ 10:15 AM

Children ages 3-6 with their caregivers are invited to join us for itty bitty stories, rhymes, finger plays or songs and simple crafts.

Register: https://kimballlibrary.assabetinteractive.com/calendar/bitty-books-ages-3-to-6/

<u>Discovery Storytime (Ages 3-6): Wednesdays @ 1 PM</u>

PreK friends ages 3-6 (and their caregivers) are encouraged to join us for some tactile fun, stories, finger plays or actions songs, and crafts. Register:

https://kimballlibrary.assabetinteractive.com/calendar/discovery-storytime-ages-3-6-2/

Sensory Storytime (Ages 3-4): Thursdays @ 10:15 AM

Join us for one story, followed by an opportunity to play with sensory and art activities that reinforce what was heard in the story!

Register: https://kimballlibrary.assabetinteractive.com/calendar/sensory-storytime-ages-3-4/

<u>Homework Club (Gr. 1-5): Thursdays @ 3:15 PM</u>

Kids in grades 1-5 are invited to come to the Library to study with us. We will work on our homework until 3:45 and then open up the Craft Barn for some STEAM toy fun!

Register: https://kimballlibrary.assabetinteractive.com/calendar/homework-club/

RECREATION NEWS

SPECIAL PROGRAMS

Senior Harvest Luncheon: Wednesday, November 2nd (TENTATIVE DATE)

Join us for a turkey dinner, desserts, coffee / tea, and entertainment. For the accurate

Atkinson Recreation's press release. This program will be offered for Atkinson residents ONLY and must be at least 65 years old. It is free of charge, but pre-registrations are required for limited seats. Pick up will also be available for those who are unable or uncomfortable to gather indoors with large crowds due to underlying medical conditions. Please contact the Recreation Office at 603-362-1098 or commrec@atkinson-nh.gov with any questions.

Veterans Breakfast and Ceremony: Friday, November 11th @ 9:00 AM

Atkinson Recreation is hosting a Veterans Breakfast and Ceremony on Friday, November 11th at 9:00 a.m. at Atkinson Fire Station. Breakfast is served at 9 am for Atkinson Veterans, their family, and friends. The public is welcome to attend for the Veterans Day ceremony at 10 a.m. Please join us to remember and honor our Veterans. Atkinson Recreation, Atkinson Lions Club, and Atkinson Women's Civic Club cosponsor this event. Girl Scout, Brownies, Cub Scout, and Boy Scout are participating in the ceremony. Also, we are collecting old, damaged, and frayed American Flags, which will be burned by our Veterans respectfully. Please visit Atkinson Historical Society after the ceremony. Kimball House is open from 10:30 am to 1 pm. Please call Recreation Office at 362-1098 for any questions.

Tree Lighting: Sunday, November 27th @ 4:45 PM

Atkinson Recreation and the Atkinson Fire Fighter's Association are planning their annual Atkinson Tree Lighting on Sunday, November 27th at Dow Common. Santa is arriving around 5:00 pm and lights the Town Tree. Please join for caroling / sing along around 4:45 p.m. Followed by festivities; bring your camera / phone for *Take your own photos with Santa*, sweets give away by Atkinson Women's Civic Club, Holiday craft tables by Kimball Library, Hot / Cold Cider and Hot Cocoa by Lions Club. Don't forget to bring letters to Santa. Those letters will be read on Atkinson Cable TV. Atkinson Recreation is setting up a GIVING TREE for homebound seniors' wish lists. Lions Club is also collecting canned and non-perishable food to donate to local food pantries and winter coats, hats and mittens. Also, you have an opportunity to buy raffle tickets for some organizations' fundraiser; Atkinson Garden Club Greens Sale gift basket and Timberlane Regional High School – Mealey Meal Gift Baskets. Please call the Recreation Office at 362-1098 with any questions.

Wreaths Across America (WAA) project by the Atkinson NH Veterans Club

Wreath sponsorships are \$15 per wreath. Sponsor and make a wreath donation for the Atkinson Cemetery (NHACAN).

- 1. Online WAA web site https://www.wreathsacrossamerica.org/NH0022P.
- 2. By Check in Person: Bring your check to the Kimball Library or the Atkinson Community Center. Make checks payable to Wreaths Across America. In the Memo line write (NHACAN/NH0022P).
- 3. By Mail: Mail your check to: Atkinson Veteran's Club/Wreaths Across America, P.O. Box 302, Atkinson, NH. 03811.

Southern New Hampshire - Tour of Lights

The southern New Hampshire Tour of Lights is a returning to a town near you this holiday season and Atkinson Recreation is one of 13 communities participating this year. Residents are encouraged to decorate the exterior of their homes with festive lights this upcoming holiday season and then register your address with Atkinson Recreation Department no later than Monday, December 5th. This will guarantee your home is included in the official list of home of the Southern New Hampshire Tour of Lights. This list will be published on December 9th.

Registration stars on November 3rd. If you wish to register, please contact the Atkinson Recreation Office at 693-362-1098 or register online at https://atkinson.recdesk.com/Community/Home.

WEEKLY WELLNESS PROGRAMS

Please contact Atkinson's Recreation office at 603-362-1098 or commrec@atkinson-nh.gov for any questions, additional information, or if you wish to register for any of the available programs. Online registrations are also available at https://atkinson.recdesk.com/Community/Home.

<u>Jacki's Aerobic Dance (Fall Session): September 14th - December 7th on</u> <u>Mondays and Wednesdays from 6:00 p.m. - 7:00 p.m. (No November 11th or 23rd Classes)</u>

Jacki's Aerobic Dance is back for in-person classes at the Atkinson Community Center. All the routines are choreographed by Jacki Sorensen through VERTIFIRM (Weight Training for all muscle groups), core work, cardio dance, and stretch. Complete fitness in one hour. 25 classes \$175 (\$10 per class). Contact Arline Descheneau at 603-401-1514 or Arline.Descheneau@comcast.net to register.

Yoga: Thursday Mornings

It is \$10 per class. Contact Mary Krikorian at 978-837-1738 for more information.

-8:45 p.m. on first Tuesdays)

Contact Vanessa Underwood at 603-382-7460 or at <u>fitnessa@aol.com</u> for more information.

Temple Exercise (Tai Chi): Mondays from 9:00 a.m. - 9:30 a.m.

Donation \$1.00 for local food pantries / class. This class is led by the volunteer leaders and participant are taking turns to lead ten (10) routines of Temple Exercise.

*Tai Chi (Fall 10-week Session): Tuesdays from 11:00 a.m. to 12:00 p.m. beginning September 20th and ending on November 29th (No class on November 8th).

Atkinson residents must pay \$70 for a full session or \$9 per class. Non-residents must pay \$90 for a full session or \$12 per class. Full session payment is due upon registration. No refunds are available except for in the case of medical emergency. Register online at https://atkinson.recdesk.com/Community/Program

<u>Line Dancing: Mondays from 9:45 a.m. - 11:15 a.m.</u>

It is \$5.00 per class. The instructor is Jason McCollin.

Please contact Atkinson's Recreation office at 603-362-1098 or commrec@atkinson-nh.gov for any questions, additional information, or if you wish to register for any of the available programs. Online registrations are also available at https://atkinson.recdesk.com/Community/Home

MONTHLY/BI-MONTHLY WELLNESS PROGRAMS

Bereavement Support Group for parents: 1st Tuesday of each month (November 1st & December 6th)

To be hosted by Beth Hendershot (603) 887-4302.

<u>Bingo: Mondays 9:45 a.m. - 11:30 a.m. (small fee) on November 21st</u> A minimum of 8 people.

Foot Clinic: 3rd Wednesday each month (November 16th & December 21st)

Clinic is staffed by a Registered nurse. By appointment only, for more information or to schedule an appointment, call (603) 580-6668. There is a cost of \$25.00 per visit.

ELDER SERVICES NEWS

SUMMARY OF PROGRAMS

- Senior Transportation Service
- Medical Assistive Equipment
- Library Homebound Program
- Referral to Veteran Administration Services
- Referral to Community Resources
- Work Collaboratively with Atkinson Recreation Department

Are you a resident that utilizes Elder Services Transportation? If yes, please consider providing your emergency contact information to us. We have a form for that. Call the office, 603-362-9582, or the <u>Elder Services Department page</u> on the Town website.

HIRING!



The Elder Services Department is seeking reliable individuals for part time positions as **ES Drivers** and a **Schedule Coordinator**. Applications and job descriptions are available online at https://www.town-atkinsonnh.com/.

Please return applications, clearly labeled "Elder Services", to:

Town of Atkinson
Attention - Elder Services
19 Academy Avenue

For additional information, please contact Ted Houlihan, Assistant Director, at 603-362-9582 or email elderservices@atkinson-nh.gov.

COMMUNITY CENTER NEWS

DONATION BINS

There are three donation bins at the Community Center parking area. Accepted donations include clothing and shoes ONLY. Do not leave any other items outside of the bins or it will be hauled away as trash. If the bins are full, please come back another time because your donations will help the Atkinson Women's Civic Club's charitable funding and keep our environment cleaner.

RENTAL INFORMATION

Residents can rent out our Banquet room for their special gathering at a reasonable price. Please check out our rental application for policy and guidelines https://www.town-atkinsonnh.com/sites/g/files/vyhlif8101/f/uploads/community_center_rental_application.pdf

ATKINSON HISTORICAL SOCIETY NEWS

HISTORICAL HAPPENINGS

The Atkinson Historical had a very busy October and are so pleased to report that our Scarecrow fundraiser was a success and thank you to everyone that purchased this year and in the past and got their creations up! It makes the Town look so festive and so we have heard helps with speeding! (Dorothy on Main St.) The Cemetery History Hunt was another fun event that many in the Town and beyond took a part in. Thanks to all the volunteers including the TRHS National Honor Society.

Looking to the future will be having a NH Humanities lecture on Thursday December 8th at 6:00 PM at the Kimball Library. You can register on the library website www.kimballlibrary.com. Here is a little bit about the lecture.

12,000 Years Ago in the Granite State Presenter: Robert Goodby

edge of a small river in what would become Keene, New Hampshire. In 2009, an archaeological survey for the new Keene Middle School discovered the remains of their stay and brought to light one of the oldest Native American sites in New England. The remarkable intact site produced evidence of four separate dwellings containing over 200 stone tools and fragments of burned animal bone. Learn more about this remarkable find and life in early Northeast North America.

The Presenter, Robert Goodby, is a professor of Anthropology at Franklin Pierce University in Rindge.

In Honor of Veteran's Day the Atkinson Historical Society will be open to share our Military History room. We will open after the ceremony at the Firehouse until about 2:00.

Throughout the month of November the 250th display of the Congregational Church of Atkinson will be on display.

The Kimball House is open to the public:

- Saturday, November 5th from 10 AM 12 PM (Noon)
- Friday, November 11th from 11 AM 2 PM (Veteran's Day)
- Every Wednesday from 2 PM 4 PM (closed November 23rd due to Thanksgiving)

HISTORY IN A HURRY

The Kimball House home to the Atkinson Historical society is part of the Kimball Trust. Early in the 20th century when Reverend Kimball donated the Peabody House and the surrounding land to the Town of Atkinson he said it must be used for a Museum, Library or Cemetery. Since that time it has, at one time the Kimball Library was in the Kimball House, the mural from the children's room still adorns the wall in the meeting room.

SCARECROWS

Just in case you missed them, here are some of the scarecrows from 2022.









MASTER PLAN COMMITTEE NEWS

The Master Plan committee met on October 20th at Town Hall. Some time was spent discussing the committee workshop meeting of October 11th, where options for community outreach and Master Plan publicity were discussed. A hot topic was when and how to get the people of Atkinson more involved. The consultants from Resilience Planning then heard from the committee about Community Facilities and Transportation. A lot was learned about Kimball Library as library director Karen Brown was present. You would think that without public transportation or stoplights and only 600 feet of sidewalks there

To keep up to date with the progress of the Master Plan go to Town-Atkinson.com, Boards and Committees, Master Plan Committee. https://www.town-atkinsonnh.com/planning-board/master-plan-committee

The next meeting will be Thursday, November 17th at 4:30 PM. The items to be discussed will include Natural Resources and Natural Hazards. An interesting discussion is expected.

CONSERVATION COMMISSION NEWS



The long-awaited Land Conservation Plan of 2022 is now final and can be viewed here: <u>Final Plan Files</u>. This plan contains an analysis (in map form) of the "conservation attributes" available in Atkinson and presents a study of which parts of town are of most value to future conservation projects. Plus, there are some great photos throughout the plan – have a look!

By the time you read this, our mowing contractor and Atkinson resident Jim Lavoie will have mown our fields in the Caroline Orr and Sawyer Town Forests. We do this each year to maintain them as fields, which are valuable wildlife habitat for birds and small mammals.

harvests in the Stickney and Marshall Town Forests, including the newly acquired Beckhorn parcel on Boulder Cove Road. We are closer than we have ever been to starting, and are awaiting the availability of our logging contractor, Fred LeClair and Sons from Fremont. These forests will be accessed from Waters Edge and Boulder Cove Road, respectively, and we ask residents to use care in driving these roads while logging operations are in progress, and to avoid using the trails. Please see the Conservation Commission page on the Town web site for a fact sheet about this work.

WATER RESOURCE COMMITTEE NEWS

Atkinson H2O Resources Committee...what's up?

Submitted by Hannah L Rizzo, committee member

The Atkinson Water Resources Committee has published a mission statement. One goal is the provision and support of educational opportunities. The committee plans on providing information on various topics in this paper. If there is a topic that you would like to see addressed, we would welcome hearing from you. See Town webpage for contact information.

<u>Let's begin to unwrap the issues of PFAS – A Very Short Overview</u>

What are PFAS?

PFAS (Per- and poly-fluoroalkyl substances) are a group of man-made chemicals that were developed in the 1940's to repel water, or to make a surface slippery. These chemicals have been used, in many forms, in everyday products. They have also contaminated our drinking water, soil and air.

Where are PFAS found?

Contained drinking water finds its way into the fish we eat. They are found in food packaging such as microwave popcorn, paper products that we use for food wrap, especially fast-food containers and supermarket wrap for meats, deli and take away foods, among others.

These PFAS can be transported by the wind, deposited into the soil, rivers and streams. An outdoor air-conditioned near an industrial area may be circulating PFAS's PFAS make their way into the soil due to industry deposits.

PFSA are used in some grease resistant products and stains: clothing, carpet, furniture,

Can PFAS have an effect on the body?

Yes, by interfering with hormones, ability to fight infections, growth development in children. People exposed to high levels of PFAS are at higher risk of high cholesterol, thyroid disease, and some types of cancer.

PFAS reach in drinking water.es people in NH via industry, environment, waste management, consumer, and everyday products.

On June 15, 2022, the EPA published tightening of two PFAS that are global widespread contaminants in drinking water. They recommend:

- Testing public and private water supply
- Treatment systems where required
- Visit PFSA Central for a list of PFAS-Free products
- Avoid eating foods packaged in PFAS wrappings
- Avoid stain resistant coatings on carpets and furniture

For further information EMAIL: <u>PFAS.questions@darmouth.edu</u>. And <u>https://www.pfas.des.nh.gov</u>

Information for this article was take from National Institute of Environmental Health Sciences publication fact sheet 5/21





Our mailing address is: 19 Academy Avenue Atkinson, NH 03811

Want to change how you receive these emails? You can <u>update your preferences</u> or <u>unsubscribe from this list</u>.