



ALEXANDRIA TODAY AUGUST 2020 EDITION

47 Washburn Road, Alexandria, NH 03222 www.alexandrianh.com alexandrianh@metrocast.net 603-744-3220

Alexandria Police Department

After 12 years as the Chief of Police of Alexandria, and over 20 years in Law Enforcement, I am announcing my retirement effective July 31. Thank you to the people of Alexandria for accepting me into your community. I hope that I have made a positive contribution to this great town. I cannot express how much I've enjoyed working with the citizens, various Selectboards and all of the town employees throughout the years.

I am proud to announce that the Selectmen have chosen to appoint Sgt. Suckling as the new Chief of Police upon my departure. Dave has worked for Alexandria for six years and as I said in my letter to the Selectmen, the only thing that overshadows his knowledge and ability to do the job is his dedication.

I have developed a deep love for this community and can not think of a better person trust to protect the Town.

Thank you again for everyone's support throughout the years.

Chief Donald E. Sullivan

Town Clerk/Tax Collector's Office



NH STATE PRIMARY VOTING

Tuesday, September 8, 2020

The New Hampshire State Primary will be held at Alexandria Town Hall, 45 Washburn Road, Alexandria, NH. The polls will be open from 8:00 am to 7:00 pm.

The Town Clerk/Tax Collector's office will be closed on Tuesday, September 8, 2020 for the State Primary Elections and will only be open from 3 pm to 5 pm on Monday, September 7, 2020 (Labor Day) for absentee ballot requests.

Absentee Ballot request is available on the town's website at <http://alexandrianh.com/departments/town-clerk-tax-collector/>, in the Town Clerk's office, or by calling the Town Clerk's office at 603-744-3288.



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2020 Wellington State Park Beach Passes

Passes will be available after June 1st in the Town Clerk's office and are available only to Alexandria residents and taxpayers.

- Adults ages 12+: \$6.00
- Children ages 6 to 11: Passes are required for each child but at no charge
- Children ages 0 to 5: Free, no passes needed
- NH Residents over 65: Free with a NH driver's license – no pass required

To purchase by mail, please send a self-addressed, stamped envelope with a list of names and ages with a check for the correct amount made payable to Town of Alexandria.



WELLINGTON STATE PARK PASSES: Wellington State Park beach passes are available to be purchased through the Town Clerk/Tax Collector's Office. Wellington State Park is run by the State of New Hampshire. The State of NH has special procedures put into place for visitors to many state parks as a response to COVID-19. More information on the response and current policies can be found at nhstateparks.org/covid-19.

At this time, you must get advanced day use reservations for Wellington State Park through the state. These day use passes are available through a reservation link at <https://www.nhstateparks.org/visit/state-parks/wellington-state-park>. Visitors with season passes from the Town of Alexandria are encouraged to make an online reservation. When making the reservation, you will need to indicate that you are a season pass holder and you will not be charged the day use/parking fee. However, you will be charged \$1 transaction fee for using the state's online reservation system. This is a state park and not run by the Town of Alexandria; the Town of Alexandria is unable to make day use reservations or waive the \$1 transaction fee that the state charges.

These restrictions may change and we encourage you to check the state's website for Wellington State Park for updates on park use.



Alexandria Waste Management Committee 08/20



Recycling is contagious; You set the example, and others will follow

Trivia Quiz Question for the Month: Greenhouse gases are thought to be the cause for global warming. What are the two predominate types of gas that contribute to "greenhouse gases"?

(see bottom of newsletter article for correct answer)

Money in our Pockets

We continue to save money by recycling. In June we had revenue of \$135 from aluminum cans and \$250 from tin and light metals. That bring our year-to-date savings to \$2,418. We are still behind last year at this time but can still net a year end savings of over \$5,000 if we all continue our recycling efforts. There is still no sign of sustained improvement in the marketplace, but there are indications that the market for baled corrugated cardboard is beginning to open slightly. Remember that in addition to saving us money, your efforts to recycle have a positive impact on our environment and preserve our natural resources.

Meeting minutes, newsletters, alerts and other helpful information is updated on the Town's website on a regular basis.

Visit us at www.alexandrianh.com or find us on Facebook: <http://www.facebook.com/alexandrianh>



What's New at the Transfer Station



As of 10 July, Alexandria officially owns the 17-acre parcel of property located on the southeast corner of Case Mill Rd. and route 104. The Siting Committee held its initial meeting on 23 June; the draft copy of the minutes may be viewed on the town's website under the Commission/Committee topic heading [all minutes are subject to approval by committee members at the next scheduled TSSC meeting and are subject to change until that time]. This section of the newsletter is not intended to replace the minutes, but rather to give residents a status overview as we move forward.

The initial meeting was primarily an 'organizational' meeting and we appointed a Chairman, George Tuthill, a Vice Chairman, Steve Whitman, and a Secretary, Jennifer Dostie. Ken Hall and Keith Burning have already begun visiting other facilities to gather information, we are in the process of identifying agencies and organizations that can help us as we move forward, and we are researching grant opportunities that may be available to us. Our initial objective is to develop both immediate and long-term objectives to help us prioritize our efforts. Let me emphasize; your input is critical, and you may be asked to participate in questionnaires or surveys soliciting your opinion – please take the time to complete these; all suggestions will be considered.



A couple of reminders: corrugated cardboard should be thrown in the container with the construction demo material. All other paper goes into the compactor along with other household waste. The reason that paper is now included with the household waste is because without a cover on the construction demo bin, loose paper can easily blow out of the container creating additional work for the crew. The same holds true for Styrofoam. Many of us use empty boxes to store our paper waste before taking it to the transfer station, and have simply been throwing everything into the construction demo bins – this is no longer acceptable, **ALL** paper with the exception of corrugated cardboard now goes in the compactor. Thank you for your cooperation.

The transfer station facilities are for the use of Alexandria residents and renters of properties within Alexandria only. Residents need to display a sticker and renters should have a statement from the landlord indicating the address of the property they are renting. Recently there has been a noticeable increase in the number of vehicles using the transfer station facilities without displaying a sticker. The staff is on the lookout for non-residents using the facility and vehicles without stickers may be turned away. Stickers should be displayed on the left-hand side of the windshield where they are clearly visible. This is not intended to harass out residents, but rather to control use by non-residents. Unauthorized use is expensive for the town. Each time a roll-off bin is hauled there is a hauling charge of about \$225 plus a "tipping fee" based on weight which averages about \$50/ton, depending on content. If we allow non-residents to use our facilities, the bins fill faster and has a direct impact our expenses. Help us out; get a sticker if you don't already have one and support our staff as they do their jobs. Thanks. If you need stickers for additional vehicles, all you need is the additional vehicle registration – **there is no charge for stickers**. New stickers now being issued are good through 2021.

We continue to do our best to keep the recycling process as simple as possible for our residents, but things change, and we have no alternative but to go along with the changes. Please understand that the staff at the transfer station are not trying to give you a hard time when they stop you from putting something that doesn't belong in a recycling bin or question you about not displaying a sticker, it's their job and they are merely trying to save the town money.



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Every Individual Can Contribute

I think recycling household items is an awesome and creative way to reuse the resources we already own. It's been awhile since I've suggested ways to reuse things you have just lying around the house gathering dust and taking up space, and I happened across these ideas the other day and thought I'd share them with you. Recycling unused items around the house is productive and a fun way for family members spend time together and to get creative.

Bird feeder are fun year-round and can be easily made from a wide variety of old item that have outlived their intended use. How 'bout those recipes you come across in a magazine? Old pant or skirt hangers can hold them open and off the counter where you're working. Get creative with old stemware and make interesting aquatic plant holders. That old square cheese grader can be transformed into a unique earring holder.



Image Source: <https://sassytownhouseliving.com/16-creative-ideas-recycling-common-household-items/>

These are just a few ideas, I' sure you can think of many other ways to keep no longer needed items out of our landfills. It really does make a difference.



Creative ideas for recycling, reusing items, and interesting articles or websites offering recycling ideas are always welcome as are comments and suggestions about the newsletter articles. Please submitted your comments to: steve.whitman@hotmail.com; be sure to state "recycling comments" in the subject. In some cases, with the author's permission, comments may be printed in subsequent issues. You can visit the transfer station webpage on the town website [<http://alexandrianh.com/departments/transfer-station/>] for more information about the transfer station as well as links to recycling information sites. Thank you all for your continued support; thanks to you our program is working.

Ans. to trivia quiz: Fossil fuel combustion emissions account for about 75% of greenhouse gas, methane for about 10%, nitrous oxide about 6%, and the remaining 9% by a combination of various gases. Because landfills are so densely packed, much of the degradation that occurs is anaerobically [without air]. Anaerobic degradation creates a tremendous amount of methane gas and are considered a major contributor to global warming. The more we keep out of our landfills by recycling, the less methane gases we generate.

,Source: <https://www.eia.gov/energyexplained/energy-and-the-environment/where-greenhouse-gases-come-from.php>

Alexandria Conservation Commission

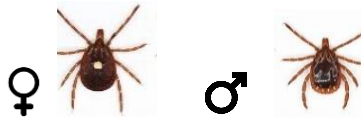


Alexandria Conservation Commission

We are all aware of Lyme disease caused by the bite of the deer tick, and now there is a new tick finding its way into New England; the lone star tick. Adult lone star ticks are reddish-brown in color, with a rounded body. Females have a single white splotch at the center of their backs, the distinctive "star". Males have white markings around the edge of their bodies, sometimes in the shape of a horseshoe, but these are often not as noticeable. It is found along the Eastern Seaboard and as is happening with many species of tick in the U.S., the lone star tick has been steadily moving north and west, gradually expanding its range – it is now reported throughout New England with the exception of Vermont.

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Studies have indicated that a bite from the lone star tick can cause an individual to develop an allergy to red meats that can cause hives, rash, nausea, stomach pain that can become severe, difficulty breathing, dizziness and swelling of the lips, mouth or throat. In rare cases, a severe and potentially fatal allergic reaction known as anaphylaxis is possible. Not everyone who gets bitten by the lone star tick will go on to develop a meat allergy, and the syndrome is so new that the interval between the tick bite and the onset of a meat allergy remains unclear. However, data suggests it can range from two weeks to several months. If you are bitten, you can get a definitive answer regarding your status by having a simple blood test. There is evidence that, barring subsequent lone star tick bites, which would reactivate the immune system, the meat allergy can fade over time.

To protect yourself against the lone star tick, or any tick for that matter, follow the recommended practices:

- Be vigilant. Ticks are busiest in warmer months in grassy/wooded areas, in low hanging trees, under leaves, plants, ground covering, around walls, woodpiles, water areas, and on your outdoor pets. Remember, ticks use a local anesthetic, so their bites can easily go undetected.
- Use 20% to 30% DEET insect repellent on clothing and exposed skin, paying particular attention to feet, legs, and ankles.
- Wear protective clothing, long-sleeve shirts, long pants and closed toed shoes with socks. Tucking your pant legs into your socks enhances the level of protection.
- Once returning indoors, conduct a full-body check, including hard-to-see places such as the scalp, armpits, in and around the hair, behind the ears, knees and groin.
- Bathe or shower within 2 hours of coming indoors — it's easier to find ticks and get them off.

If a tick is left on the body for an extended period of time, it will eventually embed itself into the skin and begin feeding. Embedded ticks should be removed promptly and carefully to avoid squeezing them. Squeezing can expel the contents of the tick into the wound, which greatly increases the chances of contracting a tick-borne disease. If you do find a tick attached to your skin, don't panic. The key is to remove it carefully as soon as possible. Here is what to do:

- Use a plain set of fine-tipped tweezers [disinfect with alcohol before using].
- Grasp the tick as close to your skin's surface as possible and pull outward with steady, even pressure.
- Don't twist or jerk the tick, as it can cause the mouthparts to break off and remain in your skin.
- After removal, clean bite area and your hands with rubbing alcohol or soap and water.
- Never crush the tick with your fingers
- Avoid folklore remedies, such as painting the tick with nail polish or petroleum.

It's wonderful to go out and enjoy the great outdoors. Just be tick aware!

Source: The Connecticut Granger, Vol. 60, No. 10, July 2020

<https://www.goerie.com/entertainmentlife/20200711/lone-star-tick-bite-can-cause-red-meat-allergy-ask-doctors>

https://www.pressofatlanticcity.com/news/best-ways-to-protect-yourself-from-ticks-dr-nina-radcliff/article_8b962f89-0760-58b2-a7fa-a21de8613c6c.html



Other Local News & Information

Land Conservation is a Community-Wide Endeavor

In 2009 NLRA partnered with the Society for the Protection of New Hampshire Forests and the Lakes Region Conservation Trust to create the Newfound Land Conservation Partnership. In 2017 the partnership welcomed a fourth member, The Nature Conservancy. Together these organizations work with the Newfound community to balance development with the conservation of open spaces across the watershed. The Newfound Land Conservation Partnership is considered one of the most successful land conservation partnerships in the state, with a number of accomplishments in their eleven years of collaboration:

- Increased the amount of conserved land in the Newfound watershed from 13% to 25%.
- Worked with watershed town residents to denote and conserve high priority areas around the watershed to protecting water quality, conserve key wildlife habitat, and provide recreational access.
- Educated numerous land owners about the benefits of land conservation.

If you are interested in conserving your land or learning more about the work of NLCP contact: NLRA Executive Director, Rebecca Hanson, at 603-744-8689 or by email at rebecca@newfoundlake.org

So, what other benefits do conserved lands give us? Here are just a few:

An economic boost - Open space, like the pristine surroundings of Newfound, attracts visitors and business investment that fuels our local economy.

Lower taxes for your town - Compared to residential development, open spaces, including working farms and forests, decrease the tax burden of towns.

Natural goods and services - Every \$1 invested in conserved land returns \$11 of economic value in things like air pollution removal and carbon sequestration.

Forests are a natural filter - they keep the water we use to swim, play, and drink clean.

Scenic beauty - what do you want to see when you look out your window?

Rural character - our traditions of logging, farming, and the "small town feel" we cherish are preserved when we conserve our land.

For more information, visit <https://newfoundlake.org/landconservation/>

Other Local Events/Organizations

DAY AWAY PROGRAM

Social Program for Adults with Alzheimer's Disease or related Dementias

Now in existence for five years, the Day Away program is a social program for adults with early stages of Alzheimer's and related dementias. This program provides their caregivers a much-needed respite and relief from constant care and responsibility. Day Away provides a safe and comfortable atmosphere. We encourage socialization and help participants to maintain their independence, be mentally stimulated and remain active. Trained volunteers and a Registered Nurse, who is the Director of Program, provide one on one supervision for every participant.

Day Away is a non-profit program held on Thursdays from 9:00am to 3:00pm in Simard Hall at Our Lady of Grace Chapel in Bristol. Day Away is nondenominational and open to all families and caregivers in surrounding towns. As each participant advances in their journey, and he or she is no longer eligible for this program, we know through conversations with their caregivers, we have made a positive difference in each of their lives and in the lives of their caregivers.

If you know of any person/family who can benefit from our program or if you would like to volunteer, please contact: Sandra Coleman RN, BSN, Director of the Day Away Program. Email – sjrnett@roadrunner.com



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Stand Up Newfound



Are you impacted by the struggles facing our community with substance misuse? Stand Up Newfound is a small group of individuals trying to bring light onto a difficult subject, encourage prevention and education, and support those impacted by this difficult disease. Please join us the first Tuesday of each month, Minot Sleeper Library, 6:30 p.m.

Please contact us with any questions and check out our website for links to specific help sites:

www.standupnewfound.org
www.facebook.com/standupnewfound
standupnewfound@gmail.com

CADY

Communities for Alcohol-
and Drug-Free Youth

PARENT ADVISORY COUNCIL (PAC)?

The Parent Advisory Council (PAC) represents the voice of central NH families who are dedicated to building healthy environments and promising futures for our children and youth.

The ultimate goal of these efforts is to create an engaging, positive environment that encourages healthy behaviors that lead to significantly higher numbers of drug-free young people. This will not only help our children succeed in school and life, but will also contribute towards an improvement in the overall quality of life in our community.

The PAC will provide a regular forum for the exchange of ideas and information among our community.

For more information, to get involved or for meeting times, please contact Liz Brochu at 603-536-9793, ebrochu@cadyinc.org, or visit cadyinc.org.

2020 Census Information



The 2020 Census is easy. The questions are simple. The Census asks questions that provide a snapshot of the nation. Census results affect your voice in government, how much funding your community receives, and how your community plans for the future.

When you fill out the census you help:

- Determine how many seats your state gets in Congress
- Guide how more than \$675 billion in federal funding is distributed to states and communities each year
- Create jobs, provide housing, prepare for emergencies, and build schools, roads and hospitals

Visit 2020census.gov for more information.



BLOOD DRIVES

Tuesday, August 4, 2020 from 12:00 pm to 5:00 pm

Marian Center, 17 West Shore Road, Bristol, NH



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Office Hours

Selectmen's Office – 744-3220

Monday: 8 am to 4 pm
Tuesday: 8 am to 5 pm
Wednesday: 8 am to 4 pm
Thursday: 8 am to 4 pm
Friday: CLOSED

Town Clerk/ Tax Collector – 744-3288

Monday: 9 am to 4 pm
Tuesday: 9 am to 7 pm
Wednesday: 9 am to 4 pm
Thursday: 9 am to 4 pm
Friday: CLOSED

Transfer Station

Monday: 8 am to 4 pm
Wednesday: 10:00 am to 6:00 pm
Saturday: 8 am to 4 pm
Must arrive 15 minutes prior to posted closing time

Police Department 744-6650

Chief Donald Sullivan
When dispatcher picks up, give dispatcher your message. They will page an officer on the radio. Cell phones are not reliable locally.

Highway Department – 744-6516

Jeff Cantara, Road Agent

Planning Board – 744-8986

*Deliberative Meetings: 3rd Wednesday of each month at 6:00 pm
Open 1 hour prior to meeting.
Items to be included on the agenda must be received 21 days prior to the meeting.*

Conservation Commission

To contact the Conservation Commission:
e-mail: alexandrianh@metrocast.net
Phone: 603-744-3220
Mail: 47 Washburn Road
Alexandria, NH 03222

BURN PERMITS

Burn permits can now be obtained online -
<http://www.nhfirepermit.com/>

All categories of burn permits are also available in the Selectmen's Office during normal business hours.

Before burning, please check the daily predicted fire danger.

Visit www.nhdfi.org/Community/Daily-Fire-Danger

The daily fire danger rating may also be obtained by calling the Division of Forests and Lands wildfire information line (toll free): 1-866-NH-FIRES (866-643-4737)

ALEXANDRIA FIRE DEPARTMENT

158 Washburn Road, Alexandria, NH
PHONE: (603) 530-2229
FAX: (603) 744-3165
Emergency: 911
fire@alexandrianh.com

UPCOMING MEETINGS:

Please check website for up-to-date meeting schedule – These meeting dates and time may change due to the ongoing concerns with COVID-19. Meetings will always be available to the public and we will be making efforts to have the meetings live streamed. Please also email alexandrianh@metrocast.net with any questions or concerns you would like included in the public meeting.

Tuesday, August 4, 2020:	Selectmen's meeting at 6:00 pm
Tuesday, August 4, 2020:	Transfer Station Siting Committee following the Selectmen's Meeting at 6pm
Monday, August 17, 2020:	Budget Committee Meeting at 6:00 pm
Tuesday, August 18, 2020:	Selectmen's meeting at 6:00 pm
Tuesday, August 18, 2020:	Transfer Station Siting Committee following the Selectmen's Meeting at 6pm
Wednesday, August 19, 2020:	Planning Board Meeting at 6:00 pm
Wednesday, August 26, 2020:	Conservation Commission Meeting at 6:30 pm

All meetings are held in the Conference Room at the Municipal Building (47 Washburn Road) and open to the public unless otherwise noted. Selectmen: All appointments and agenda items for Selectmen's meetings must be submitted to the Selectmen's Office by 4:00 pm the Thursday before the meeting. The Selectmen hold work sessions as needed at 5:00 pm prior to the meetings.

Planning Board: Items to be included on the agenda must be received 21 days prior to the meeting.

Meeting minutes, newsletters, alerts and other helpful information is updated on the Town's website on a regular basis.

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