

## BOARD OF HEALTH

The following permits were issued through this Department.

### Septic Systems:

Residential	New Construction	11
	Replacement/Repair	15
Commercial	Replacement/Repair	1

### Building Permits

Residential	19
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### Occupancy

Residential	20
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### Other

Day Care Inspection	1
School Inspection	1

All permits were issued in compliance with Town and State requirements.

All concerns regarding potential health issues submitted to this office were addressed and the findings as well as the course of action were reported back to the Office of Selectmen.

The 2012 beach inspection season is now complete. Beach inspections will begin again after Memorial Day, 2013. The 2012 annual water testing of Country Pond was conducted and was found to be acceptable by state standards.

DES posts beach advisories when sample analyses result in bacteria levels above the state standard, indicating the possible presence of disease-causing organisms, or a toxic cyanobacteria scum. These advisories are recommendations to the public to avoid water contact activities at the beach until further analyses reveal safe conditions.

Residents should be aware of any *postings* at town access points. Should swimming be prohibited signs will be posted at the entrance to the town beach and public boat launching areas.

Residents are once again encouraged to have their domestic water tested annually by a state certified lab. Some well water in New Hampshire may contain contaminants such as radon, uranium, and arsenic, which occur naturally in our bedrock. The NH Department of Environmental Services would suggest homeowners with private wells have the quality of their water tested periodically for a comprehensive roster of contaminants.

You can learn more about this by visiting the N.H. Department of Environmental Services' web site at [www.des.state.nh.us/wseb](http://www.des.state.nh.us/wseb), You may obtain a sampling bottle with instructions through this office.

**New Hampshire Arbovirus Surveillance Results**

**Start Date: 10/7/2012 – End Date: 10/13/2012\***

**This was the last Arbovirus Surveillance Bulletin for the 2012 Season**

<b>HUMANS</b>		<b>Number Tested</b>	<b>WNV Positive</b>	<b>EEE Positive</b>	<b>Other Positive</b>
<b>Humans Tested</b>	Week	1	0	0	0
	YTD	37	1	0	0

<b>ANIMALS</b>		<b>Number Tested</b>	<b>WNV Positive</b>	<b>EEE Positive</b>
<b>Animals Tested</b>	Week	2	0	1
	YTD	11	0	4

<b>MOSQUITOES</b>		<b>Number Tested</b>	<b>WNV Positive</b>	<b>EEE Positive</b>
<b>Batches Tested</b>	Week	88	1	4
	YTD	4,716	41	9

\*Data provided are those for which final results are available.

**Comments:**

**MOSQUITOES:** Mosquito batches were submitted from Cheshire, Hillsborough, and Rockingham counties and Keene

**HUMANS:** One human case of WNV was identified in Manchester.

**ANIMALS:** Two EEE positive emus were identified in Fitzwilliam (2), two EEE positive horses were identified in Derry (1) and Durham (1).

**YTD:** Positive mosquito batches for **WNV** and **EEE** have been identified as follows:

<b>WNV</b>		<b>EEE</b>	
Manchester	31	Newton	3
Nashua	3	Danville	2
No. Hampton	2	Brentwood	1
Salem	1	Sandown	1
Seabrook	1	Newfield	1
Exeter	1	Manchester	1
Stratum	1		
Brentwood	1		

Use the following link to view the locations of positive test results and regional risk maps:  
<http://www.dhhs.nh.gov/dphs/cdcs/arboviral/results.htm>

For more information regarding these data contact Beth Daly, Chief, Infectious Disease Surveillance Section at 603-271-4927.

This department will continue to monitor State notification of positive test results and work closely with Town Officials and Dragon Mosquito to implement the best course of action to reduce the mosquito population.

***Please remember your first line of defense against WNV and EEE is Prevention***

Since State health officials continue to confirmed positive test results in various parts of the state for the WNV, EEE this past year, they strongly urge residents to eliminate mosquito-breeding opportunities around their homes this spring by taking the following steps:

- Remove all discarded tires. The used tire has become the most important domestic mosquito producer in the country.
- Dispose of tin cans, plastic containers, ceramic pots, or similar water holding containers.
- Drill holes in the bottom of recycling containers that are left out of doors.
- Make sure gutters drain properly.
- Clean and chlorinate swimming pools, outdoor saunas and hot tubs. If not in use keep empty and covered.
- Drain water from pool covers.
- Aerate ornamental pools or stock them with fish. Water gardens are fashionable but become major mosquito producers if they are allowed to stagnate.
- Turn over plastic wading pools when not in use.
- Turn over wheelbarrows and change water in birdbaths at least twice weekly.
- Eliminate any standing water that collects on your property. Use landscaping as needed.
  
- If outside during evening, nighttime, and dawn hours when mosquitoes are most active and likely to bite, children and adults should wear protective clothing such as long pants, long-sleeved shirts, and socks.
- Consider the use of an effective insect repellent, such as one containing DEET. A repellent containing 30% or less DEET (N,N-diethyl-methyl-meta-toluamide) for children and adults. Use DEET according to the manufacturer's directions. Children should not apply DEET to themselves. Repellents that contain Picaridin or oil of lemon eucalyptus have also been determined to be effective.
- Vitamin B, ultrasonic devices, incense, and bug zappers have not been shown to be effective in preventing mosquito bites.

Anyone wishing to learn more about West Nile Virus / EEE may call the Department of Health and Human Services, West Nile Virus Information Line at **(866) 273-6453** between 8:00 a.m. and 4:30 p.m. or login at [www.dhhs.state.nh.us](http://www.dhhs.state.nh.us) or for specific questions about WNV in horses, please call the Department of Agriculture at **(603) 271-2404**.

**Dragon Mosquito Control**

1-603-964-8400

## **DHHS Provides Recommendations on Food Safety During Power Outages**

Even if food doesn't smell bad, and looks safe, it may have been out of a safe temperature range long enough to be contaminated with dangerous bacteria. A good rule to follow in this situation, when in doubt, throw it out."

The US Department of Agriculture recommends taking the following steps during and after a weather emergency:

- Never taste food to determine its safety
- Keep the refrigerator and freezer doors closed as much as possible to maintain the cold temperature
- The refrigerator will keep food safely cold for about 4 hours if it is unopened. Full freezers will hold the temperature approximately 48 hours (24 hours if it's half full and the door remains closed)
- Food can be safely refrozen if it still contains ice crystals or is at 40 degrees F or below
- Get block ice or dry ice to keep your refrigerator and freezer as cold as possible if the power is going to be out for an extended period of time
- Discard refrigerated perishable food such as meat, poultry, fish, soft cheeses, milk, eggs, leftovers and deli items after 4 hours without power
- Retail establishments with questions about safe food handling during a power outage please visit the DHHS website at:  
<http://www.dhhs.state.nh.us/DHHS/FOODPROTECTION/default.htm>

## **Informational Web Sites**

**Town of Newton Official Website [www.newton-nh.gov](http://www.newton-nh.gov)**

**State of New Hampshire Official Website**  
**[www.nh.gov](http://www.nh.gov)**

**NH Department of Health and Human Services (DHHS)**  
**[www.dhhs.nh.gov](http://www.dhhs.nh.gov)**

**NH DHHS Directory for Programs and Services**  
**[www.dhhs.nh.gov/DHHS/Programs+Services/default.htm](http://www.dhhs.nh.gov/DHHS/Programs+Services/default.htm)**

**New Hampshire Department of Environmental Services (DES)**  
**<http://des.nh.gov/index.htm>**

**NH DES Directory to Programs and Services by Subject Telephone Number**  
**<http://des.nh.gov/sitemap/index.htm>**

**H1N1 Information**  
**[www.flu.gov](http://www.flu.gov)**  
**[www.cdc.gov](http://www.cdc.gov)**  
**[www.dhhs.state.nh.us](http://www.dhhs.state.nh.us)**

Should you have any question or concerns you may contact me at any time. You may reach me by calling 603-498-8028 or through the Selectmen's Office at 382-4405  
It has been my pleasure serving you as Health Officer for the past year and I will continue to enforce the Public Health Laws and rules in the future in order to safeguard the Public Health for the Town Of Newton.

Respectfully Submitted,  
Robert R. Leverone  
Health Officer

## **NEWTON WELFARE OFFICE AND FOOD PANTRY**

The Welfare Department is available to provide information, as a referral resource and to assist those in financial crisis, on an emergency basis. Please feel free to contact the Welfare Department at 382-0398 with any questions or concerns you may have.

The Newton Food Pantry is available for any resident who is in need. The Pantry continues to be well stocked with donated non-perishable food items. To access the Food Pantry please call the Welfare Department to arrange an appointment.

As always, all inquiries are kept confidential. Due to continuing economic difficulties, the need for assistance has been an issue that the Welfare Department and the Food Pantry has been busy trying to address. There have been many requests for financial assistance with housing, utility costs and heating needs and the Food Pantry continues to be used by those unable to make ends meet and put adequate food on their tables.

I am again in awe of the compassion of those in our community. As always, the very generous people of our Town continue to step forward and help those less fortunate than themselves. On behalf of those who utilize the Food Pantry, I offer my deepest gratitude to those individuals both known and anonymous, groups and businesses who continue to contribute items and monetary donations to keep the pantry well stocked. Among those who have helped are the patrons and staff and Friends of the Gale Library (Food for Fines and the Angel Tree) and Newton Post Office (the Giving Tree), Newton Memorial School (food and gifts cards for residents), Sanborn Regional Middle School (canned food drive), Sanborn Regional High School Key Club (a total of 31 Thanksgiving dinners, shared between the Newton, Kingston and Fremont Food Pantries), CBI (food drive), The Newton Learning Center (Christmas gifts), Newton Baseball Softball Association (food donations, Holiday dinners), the First Baptist Church of Newton (Holiday dinner), Boy Scouts and Girl Scouts (Holiday dinners from both), Merrimac Savings Bank (ongoing food drive), Planet Fitness of Plaistow (food drive) The Newton Historical Society (grocery gift cards) the Town employees and staff at Town Hall (Holiday dinners and support throughout the year) and many, many residents. This year the Welfare Department and Food Pantry was able to provide Thanksgiving dinners to 15 families, Christmas dinners to 17 families and some Christmas presents for 13 children in our Town. All those involved had such a wonderful Holiday season. Thank you all so much.

Respectfully Submitted,  
Tina O'Rourke  
Welfare Agent

## RECREATION COMMISSION

The Newton Recreation Commission is made up of volunteers who are appointed by the Board of Selectmen. The commission is made up of 5 members and includes one Selectmen Ex-Officio representative. Our meetings are held on the second and fourth Wednesday's of the month with the first meeting of the month being televised. Meetings begin at 7:00 P.M and are open to the public.

The Commission is responsible for providing Recreation programs for Newton as well as overseeing the management and maintenance of Greenie Park and the Town's public beach on beautiful Country Pond. Our town beach was managed by our Swim Director, Maia Drucker. Maia, a Red Cross certified/trained instructor, directed all activities, including our longstanding swim program, as well as managed the swim staff which include the lifeguards and swim aids. Water safety is one of the most important functions of Newton Recreation and we thank the entire beach staff for all their hard work.

We held Movie Night, Under the Stars at Greenie Park, which was a huge success. We also held the first annual pie baking contest, chili cook off and pie eating contest during the Memorial School PTO 5K road race and had a great turn out. Roller skating at Skateland was offered during the Christmas Holiday vacation as well as ice-skating at Exeter Rinks during February vacation. We also held a beach party at the town beach in August. Recreation would like to acknowledge and thank our beach staff for doing such a wonderful job during this event. They had games, jet-ski rides, a barbecue and many other activities. We are looking into many more fun activities for 2013 so watch for upcoming notices.

Scouting is an important part of our community and we would like to thank them for what they do for our town. The Boy Scouts, Troop 91, held their annual Halloween Party which is always a big success. This year, we will be working with the local Girl Scout troops to organize their annual Easter Egg Hunt. Recreation would also like to recognize and thank Newton Baseball and Softball Association for all they do in our town. They organized and held the annual "Greenie Park Clean-Up Day" and give our children the opportunity to play "America's favorite past-time"; they also help with watching over Greenie Park and bringing any issues to the commission.

It is with deep sorrow and much regret that we say goodbye to one of our valued members, Heather Bowory. Heather's commitment to our town and to the recreation commission produced many wonderful events and her ideas were always full of fun.

We are always looking for wonderful, innovative ideas for future events and welcome all residents to participate in planning and working with us. Anyone who is interested in helping their community is more than welcome to join our commission. We look forward to a wonderful and event-filled 2013.

Respectfully Submitted,  
Newton Recreation