

E. KINGSTON EDITION

*“If January is the month of change, February is the month of lasting change.
January is for dreamers... February is for doers.” - Marc Parent*



IN THIS ISSUE

DELIBERATIVE SESSIONS

IMPORTANT TOWN DATES AND CONTACT INFORMATION

SAU16 SOFTBALL

FRIENDS OF THE LIBRARY UPDATE

Deliberative Sessions in E.K.

by Zoe Sucu

The town and school deliberative sessions will both be held at the East Kingston Elementary School (5 Andrews Lane, East Kingston) on February 5th, 2022.

- The Town session will happen in person at **10am** in the multi-purpose room.
- The School session will happen in person at **1pm** in the multi-purpose room.

Masks will be required. Please contact the Town Offices for more information regarding the Deliberative Sessions.

Friends of the East Kingston Public Library

by the FoEKPL

2022 Membership Drive!

Thank you to everyone who participated in the 2022 Friends Membership drive! As we've mentioned before, this is our most important fundraising period. If you would still like to donate, it is not too late! Pledge forms can be found at the library, the Used Book Store, or please send us an email at friendsofekpl@gmail.com.

Charitable Gaming Dates

FoEKPL has two Charitable Games of Chance dates coming up! On Wednesday February 9th & Thursday February 10th the Friends will receive 35% of profits from Oceanfront Gaming Casino on Hampton Beach.

Quilt Raffle

The beautiful quilt, made by local Diane Sheckells, is currently on display in the library by the front door and comes with a matching accent pillow. Tickets are \$1 each or \$5 for 6 tickets. Please check it out!

If you have any questions or would like to be involved, please email the Friends at friendsofekpl@gmail.com.

As always, thank you for your support!

East Kingston Edition

Town of East Kingston
www.eknh.org

Town Clerk & Tax Collector

(603) 642-8794

Monday: 8am - 5pm

Tuesday, Thursday, Friday:

8am - 2:30pm

Wednesday: 6pm - 8pm

Town Administration

(603) 642-8406

Monday: 8am - 4pm

Tuesday, Thursday, Friday:

8am - 2:30pm

Wednesday: 10am - 2pm

East Kingston Police

Emergency: 911

Non-Emergency: (603) 642-5427

East Kingston Fire

ekfd.org

Emergency: 911

Non-Emergency: (603) 642-3141

East Kingston Public Library

eastkingstonlibrary.org

(603) 642-8333

ekpublib@comcast.net

Monday & Wednesday:

9am - 5pm

Tuesday & Thursday:

11am - 7pm

Friday & Saturday:

9am - 1pm

E. Kingston Elementary School

(603) 642-3511

EKES on the web: eks.sau16.org

SAU16 on the web: sau16.org

Newsletter Deadlines

Submissions for the following month must be submitted by the 17th of each month. Send submissions to newsletter@eastkingstonnh.gov

Please be aware that the pandemic may affect normal business hours. It may be best to call before attempting a visit.

SAU 16 Softball

by Bryan Wall,
EK Recreational
Department

SAU 16

Softball

Exeter, East Kingston, Stratham, Brentwood, Newfields, Kensington

A Division of Exeter Junior Softball

Registration is open to players 5-16 years of age in the SAU 16 area.

6U:	Birthdate in 2016/2015
8U:	Birthdate in 2014/2013
10U:	Birthdate in 2012/2011
12U:	Birthdate in 2010/2009
14U:	Birthdate in 2008/2007
16U:	Birthdate in 2006/2005

Register Online January 1, 2022, at www.sau16softball.com

Registration Checklist

- Register (online before 2/28/22)
- Submit Payment (Pay by CC online)

Fees (2022):

8U, 10U, 12U, 14U and 16U Softball	\$150 (ages 7-16)
6U Softball	\$100 (ages 5-6)

(Sibling discount: The first player pays a full fee, then \$10 off per child thereafter)

(NEW: Head coaches will receive \$25 off their child's registration)

Early Bird Discount:

Register between January 1st-February 4th and save \$25 per player!

IMPORTANT: ALL players (9-16) must attend placement evaluations.

EVALUATIONS: Location, date, and times are TBD. All evaluation information will be posted on the website, www.sau16softball.com by March 1st.

For more information please contact:

Chrissy Leonard (SAU16 Softball Registrar) @ 603-394-5828 or chrissyv1019@yahoo.com
EJBSL is a non-profit organization.

Protecting Our Soil Health

by East Kingston Conservation Commission

It's the middle of winter, and we all long for lush greenery of spring and summer, as cozy as we may be by our wood stoves and fireplaces. It's a good time during the dormant months to begin thinking about this year's gardens. We hope to encourage more families to use sustainable practices for a healthier environment.

A healthy ecosystem is built from the dirt up and goes all the way to the ozone layer. A good amount of research has been done recently to understand soil health. Some pesticides widely used in American agriculture pose a grave threat to organisms that are critical to healthy soil, biodiversity and soil carbon sequestration to fight climate change. The United States widely uses several chemicals that are banned or being phased out in the European Union, Brazil and China.

"We have a growing body of research that these pesticides, once thought safe to humans, are probably causing birth defects and other adverse developmental problems," said Dr. Lynn Goldman, a pediatrician and Dean of the Milken Institute School of Public Health at George Washington University.

Some of those chemicals include:

- Organophosphates, insecticides used as chemical weapons in World War II, that cause neurodevelopmental damage in children
- Neonicotinoids, insecticides linked to the collapse of pollinator populations and restricted or banned in the European Union and Canada
- Paraquat, an herbicide associated with increased risk of Parkinson's disease that is so dangerous even the EPA warns "one sip can kill"
- 2,4-D, in most "weed and feed" products, has been linked to many types of cancers, is an endocrine disruptor, and can affect brain development

The cycle of kill and feed is not only unsustainable, it's unhealthy for plants, our water supplies, humans, animals, insects and many other organisms. Soil that is highly disturbed via mechanical and chemical means presents numerous challenges:

- Is more susceptible to plant damage from heavy rains
- Dries more quickly
- Inhibits root growth in plants
- Lacks many nutrients necessary for healthy plants

There are many ways that pesticides can pose a problem that we don't really think about. The following diagram outlines this quite well.

A better practice, known as regenerative agriculture, exists, and you don't need to be a large-scale farmer to use it. No-till or low-till gardening helps to keep our ozone layer healthier by sequestering carbon in the soil.

In new case studies, co-released by NRCS and American Farmland Trust, farmers across a broad sampling of farming operations provide evidence that regenerative practices that improve soil health increase farmer profitability. Not only do updated safer practices make sense for our health and the health of the environment, but it's better for our wallets. The health of our community depends on all of us. It depends on oversight, research and data. In subsequent articles, we'll look at various regenerative techniques to consider.

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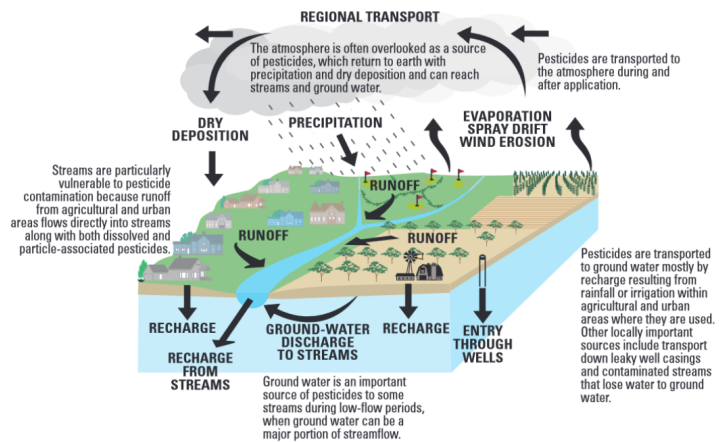


Figure 2-4. Pesticides are transported to streams and ground water primarily by runoff and recharge. Nonpoint sources of pesticides originating from areas where they were applied—rather than point sources such as wastewater discharges—are the most widespread causes of pesticide occurrence in streams and ground water. (Modified from Majewski and Capel, 1995.)

* Diagram from US Dept of Interior US Geological Survey

Important Dates

DELIBERATIVE SESSIONS

- **February 5th @ 10:00am - TOWN Deliberative Session**
 - In-Person. Meeting will be held at the East Kingston Elementary School.
- **February 5th @ 1:00pm - SCHOOL Deliberative Session**
 - In-Person. Meeting will be held at the East Kingston Elementary School.

REGULAR MONTHLY MEETINGS

- **February 7th @ 6:30pm - Selectmen's Meeting**
 - In-Person with Zoom Option. Meetings will be held at the Town offices. The agenda, Zoom link, and more can be found on eknh.org/selectmen.
- **February 14th @ 5:00pm - East Kingston Conservation Commission**
 - In-Person with Zoom Option. Meetings will be held at the Town Offices. More information can be found at www.eknh.org/conservation-commission.
- **February 17th @ 7:00pm - Planning Board**
 - In Person. Meetings are held at the Pound School. More information can be found at www.eknh.org/planning-board.
- **February 22nd @ 6:30pm - Selectmen's Meeting**
 - In-Person with Zoom Option. Meetings will be held at the Town offices. The agenda, Zoom link, and more can be found on eknh.org/selectmen.
- **February 28th @ 5pm - East Kingston Public Library Board of Trustees**
 - In Person with Zoom Option. Meetings will be held at the EK Public Library. The agenda, Zoom link, and more can be found at www.eastkingstonlibrary.org

