

the ice actually is. More people fall through ice this time of year than in any other.

We wanted to offer some awareness, and a reminder of what to do should you find yourself or anyone else in this unfortunate situation, albeit, completely unavoidable.

First, remember to stay calm. Try not to let the shock of the freezing water take over, it'll take your breath away and is painful, which is frightening. At this time, you will have roughly ten minutes before you get too cold to pull yourself out. Experts say to leave your winter clothes on and let them act as a buoy. These clothes tend to hold onto warm air and can help you float.

Next, turn back toward the direction in which you came and use solid ice to try to pull yourself out. The ice is likely thicker where you were just standing, meaning chances are it is strong enough to hold you while you pull yourself out. If you find that your clothes have trapped too much water, lift yourself up part way and lean on your elbows while the water drains out. You then want to extend your arms flat on the ice and start to shimmy yourself back onto the surface. Remember the two words "kick and pull."

If you do find yourself in a situation where ice could be an issue, carry an ice pick. Avid fishermen have been known to carry screwdrivers or nails on them just in case, as they make for better claws than gloved or bare hands.

Remember to stay flat when you are back on the surface, and don't stand up too soon, as you may cause the ice to crack again. Begin to roll away from the spot where you fell through to keep your weight distributed across the ice.

Once you are in the clear, get into dry clothes and a warm place immediately. Hypothermia kicks in roughly after 30 minutes of being submerged in ice water. Seek medical attention as your body may go into shock as the cold blood from your extremities can reach your heart, causing a heart attack.

If you are with someone who falls through the ice, do not get too close as you may be the next one to fall through. Instead, call in

LETTERS

Dalton voters have an opportunity

working for the town if a relative is on the Select Board and in a position to influence the pay rate and hours of that employee. This, however, would not apply to elected positions and would be voted on after officials are voted on. Who will have access to your financial and personal information is on the line. The people who have proven themselves over the years want to retire. They are write-ins because of the only person who registered to be on the ballot for their jobs. There is a Select Board position open. There are multiple candidates and it is time for a change. The incumbent is now the acting town's Administrative Assistant to the Select Board. They have difficulty keeping someone in the position. This situation is putting a lot of influence and control in the hands of one person but she is stepping up to fill the vacancy. This Select Board member took the opportunity to involve herself deeper into running Dalton perhaps as a matter of necessity. The Administrative Assistant position is a well-paying part time job and is posted for people to apply. Should the incumbent win, she could then resign and the remaining Select Board members would appoint someone to replace her. This gives them control over who is in that position.

Dalton must have a diversity of people running the town or it will have the potential for corruption with a small number of people controlling finances and policy with no accountability to anyone but themselves. Currently there is no transparency offered by them. The opportunity to make Dalton the kind of town you want your kids to grow up in and for you yourselves to live comfortably into old age is now.

Don't miss this opportunity. Running as a write in is always an option.

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It's time to stand up for N.H. State Parks

This bill affects very little land statewide. It is not a significant limitation on property owners near parks or developers of landfills. Land adjacent to parks can be sold for any number of land uses — just not landfilling. Developers can seek countless properties throughout the state without damaging a park with an

To the Editor:

Dalton is the town of opportunity. With no zoning prior to July 2019, it offered the opportunity for a landfill company to determine it was an ideal town to locate a site in it. Dalton is seen as a poor town with no zoning, a town that could benefit from the millions of dollars and services they would bring it.

This presented the opportunity for predominant-Forest Lake residents, mostly transplants including full time and summer residents alike to organize an effort to block the landfill. They presented the town the opportunity to vote in Temporary Emergency Zoning, which the town did by 25 votes. This exposed a division within the town that is still going on (for and against zoning). This coming Town Meeting on June 8 (determined by the Select Board), Dalton residents have the opportunity to vote to continue the Emergency Temporary Zoning for one more year or to vote it down. Voting EZT in did not stop the land fill project nor will it.

The town will not be voting on any town drafted zoning this year. The Planning Board is still working on it.

The Town Clerk, Tax Collector and Treasurer positions are open this year. The current officials want to retire.

The only person who filed for the Town Clerk and Tax collector was the leader of the anti-landfill group, the person who has an online site that bullies, lies about and intimidates residents of Dalton and others he doesn't like. Think what fun he would have if he gets elected to these personal and sensitive information town positions. He could embed himself further in town. He is currently a Trustee of the Trust Funds, and his wife is on the Select Board.

The town will have another opportunity in June to vote in a town ordinance preventing a person from

To the Editor:

In early April, the New Hampshire House will take up legislation to ensure the natural preservation of our 68 state parks for residents and visitors to enjoy for generations.

State Parks were established for perpetuity by wise