

Help Prevent An Epidemic In Andover

By Charlie Darling
Beacon staff

Even if a pandemic rages in the world around us, there's no law that says you and your family have to get sick. If you and enough of your neighbors take the necessary precautions when the flu arrives, Andover could be spared many of the dire consequences that experts are predicting.

The secret to staying healthy when flu is everywhere starts with "thinking like a germ." You can't get the flu if flu germs can't get inside you. If you stop them while they're still outside, you won't get sick.

And flu germs don't get inside you by magic. They are spread from sick people to well people by simple, everyday actions and behaviors, many of which we don't even think about.

When flu is around, it's time to think carefully about these everyday things, because you can change almost all of them and drastically reduce the chance of getting the flu.

Stay Healthy

To keep from getting the flu...
...keep your hands away from your face as much as possible. The easiest way to get the flu is by getting flu germs on your hands and then giving them a free ride to your mouth, nose, or eyes.

...wash your hands often. If the flu is around, your hands will be picking up flu germs constantly. Stop those germs before they get any further!

...avoid places where the germs are. Don't go to public places and public events any more than you have to. And as soon as you get home, wash your face and hands.

...keep your immune system strong. Dress warmly, particularly your head and neck, so your body doesn't have to divert energy from your immune system to keep itself warm. Take a good multi-vitamin every day. Consider immune-system-enhancing herbs like echinacea.

...stop, drop, and roll into bed at the first sign of a problem. If you feel the

slightest hint of "something coming on," put your normal routine on hold for a few hours or a day. Get some extra rest and drink lots of hot liquids – give your immune system some help in fighting off the germs. Half a day off now might save you, your friends, and your family each a week or two of misery.

Keep It To Yourself

If you do wind up sick, do everything you can to "keep it to yourself." Epidemics aren't caused by sick people – they're caused by sick people spreading their sickness. To protect your friends and family...

...get into bed and stay there. It's what's best for you, and it's definitely best for your friends and family not to have you around and about, spreading germs.

...don't cough or sneeze into the air or into your hands – that's a sure-fire way to spread flu germs. Cover your mouth and nose with a large handkerchief or the crook of your elbow instead. Use disinfect hand-wipes on your hands and face after each cough or sneeze.

...if things get bad enough that the state issues quarantine orders, cooperate! If things are that serious, then lives are at stake – quite possibly yours or your family's – and obeying a quarantine order may be the best way to save your own life or the lives of others.

Traffic Advisory
From the Beacon Traffic 'Copter

In early December, New Hampshire DOT welded reinforcing steel plates to six of the nine beams that support the bridge over Hame Shop Brook on Bradley Lake Road. After an inspection, DOT informally advised the Selectmen that the bridge can handle legal loads again. Upon receipt of a formal notice from DOT the Selectmen plan to remove the posting.

Planning continues for rebuilding the bridge in the spring.

Balance from page 4

we collect at the Transfer Station and sell? Nobody can be exactly sure.

• The Selectmen and/or Town Meeting can take money from the previous years' surplus account, if there is any money there to take. The Selectmen often take enough from the previous years' surplus account so that the rest of the revenue we need (which at this point can only come from the town portion of the property tax) works out to a certain amount.

• Finally, whatever we haven't raised in these other ways has to be raised through the town portion of the property tax. The remaining amount we need is divided by the total assessment of all the taxable land and buildings in town to come up with the town portion of the property tax rate, and that's what appears on your tax bill.

Estimated Vs. Actual

So we spend money all year, and we raise money from five different sources to cover that spending. And because there are a lot of unknowns in setting the budget and estimating revenues (to say nothing of unexpected equipment breakdowns or unusual spring and fall floods), things never work out exactly as planned.

If we come up a little short, the Selectmen have to take the difference out of the previous years' surplus account. If we come out a little ahead, the difference goes into the previous years' surplus account to help out in future budget years.

Then it's time to start work on the next year's budget, and the cycle starts all over again.



School Board and SAU 46 officials: Front (l-r): Andover School Board members Robin Boynton, Vicky Mishcon, Doug Boisvert, David Hewitt, and Renee Goodwin. Back: Dr. Michael Martin, SAU 46 Superintendent of Schools; Jane Slayton, AE/MS Principal; Kathleen Boucher, SAU 46 Human Resources Manager; Christine Barry, SAU 46 Assistant Superintendent; Kristin Flaherty, AE/MS Assistant Principal; Robin Heins, SAU 46 Business Administrator.

Photo: Charlie Darling

AE/MS Facility Study To Be Unveiled In Public Meeting

By Vicky Mishcon
Andover School Board

The Andover Elementary / Middle School Facility Study is complete. It will be presented to the public on Tuesday, January 10 at 7:30 PM in the AE/MS gym.

This is a very important public meeting, as the results of the Facility Study will help the Andover community decide whether or not to expand or update our school building, our school grounds, and our educational programs. These decisions could impact the school budgets for the next several years, as there could be capital costs and operational costs to implement any changes.

The Facility Study is a direct response to one of the five goals in the AE/MS Long Range Plan. Dr. Mark Joyce and Mr. Dennis Pope of the New Hampshire School Administrators As-

sociation conducted the independent study for the Andover School Board, soliciting input from the public, the AE/MS staff, and the School Board.

Please join the Andover School Board at 7:30 PM on Tuesday, January 10 in the school gym for this very important public meeting.

**AE/MS
FACILITY STUDY**

**PUBLIC
PRESENTATION**

AE/MS Facility Study

January 10 at 7:30 PM
AE/MS Gym

Please plan to attend to hear the consultants' recommendations for expansion and/or update of the AE/MS building and grounds

For more info, call 735-5494



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