

Editorial Opinion

Could time be up for Daylight Savings Time?

We are all always happier when the sun shines longer during the day. Most of us. Floridians have recently voted to nix daylight savings and join the likes of Arizona, Australia and Hawaii, all of which have opted for several years now not to spring forward and fall back. Daylight Savings Time is used in roughly 70 countries across the globe. Here, we have compiled a list of pros and cons so you can determine your own thoughts in the (admittedly unlikely) event that the New Hampshire Legislature ever decides to bring this issue up for debate.

The idea of DST is to utilize activity during daylight hours. Some benefits include decreased electricity consumption, a decrease in the number of traffic accidents and crime. DST also increases recreational time hence boosting the economy.

According to studies, the changes cost \$60 billion. Interesting is the fact that the barbecue industry and small convenience stores increase sales by \$135 billion.

As for energy consumption, a study in 1997 revealed that no significant effects occurred when DST was observed all year. In all, energy demands were reduced by just 2.6 percent.

Another pro is the decrease in traffic accidents. When more people drive during daylight, the risk of accidents decreases due to the simple fact that driving in the dark is typically more dangerous.

Pedestrian accidents would also significantly drop.

A reduction in crime has also landed on the pro list. When folks finish work and run errands while it's still light out, their risk of exposure to crime becomes less, since more crimes take place at night.

The increase in recreational time is a no brainer. The longer it stays lighter out, the more time there is to have fun outdoors. As stated above this is also an economy booster. When more people are out and about they spend more money. The exposure to more vitamin D that the sun provides also proves as a health benefit.

On the flip side of the coin, the change may disrupt sleep schedules. The transition can be rough especially for those who don't get more than five hours per night as it is. However, after the initial adjustments no long term adverse affects on circadian rhythms were noted.

The longer the day, the more fuel consumption takes place in the atmosphere. The increase in evening traffic emits more pollution in the air.

It's clear the pros outweigh the cons. In our opinion, the natural cadence of the sun should not be altered. If we stick with longer days and leave it at that, we think a much more positive population would ensue.



TARA GILES

Loyal fans

Groveton fans gave the boys' basketball team a standing ovation after winning the first round in the playoff season against Moultonborough last week.

READERS' FORUM

Special thanks to Bob Congdon

To the Editor:

In 2004, Rebecca and I moved to Colebrook. I was employed by CASA of New Hampshire as the Program Manager for Coos County. My wife Rebecca was newly employed as the Pastor of the Monadnock Congregational Church. One of the first church members I met was Robert (Bob) Congdon of Colebrook. As many of you know, Bob is very friendly and always wants to help out. Bob asked about my work and when he found out that CASA advocates for abused and neglected children, he wanted to help.

For the past 10 years, Bob has driven his cart into the Colebrook CASA office on the second floor of the Citizens Bank. Bob got involved helping with

document filing and other office duties. With Bob's help, CASA's Colebrook office ran very smoothly. Recently, Bob retired from doing this work. I wanted to publically thank him for all that he did for the children of Coos County. I will miss see Bob's smiling face and ready laugh. It was a privilege working with Bob for the past 10 years. Rebecca and I really enjoyed our time in Colebrook, we met so many fantastic people. In our opinion Colebrook is a very special place filled with very special people.

Jerry Larson
CASA of NH Program Manager
Colebrook

THE SUMMIT BY MORRISON

Aging and Thriving: How to Live Your Best Life



BY CHAD DINGMAN
EXECUTIVE DIRECTOR

I grew-up in this area, and I'm happy to once again call it home, raising my family in a region with amazing advantages. The charm, different kinds of activities and breathtaking scenery make our region unique, but so do the challenges senior residents face.

New Hampshire has the third oldest population among the 50 states (American Community Survey 2016) and this hits close to home. About 20 percent of our residents are at least 65 years old; that number will grow nearly 40 percent by 2030 (The New Hampshire Center for Public Policy Studies).

I've seen this change

firsthand. I've worked in the senior living and health industry for many years, serving in leadership roles at Androscoggin Valley Hospital and St. Vincent de Paul Rehab & Nursing. I am now the Chief Executive Officer of the Morrison Assisted Living and Skilled Nursing facility and the new Summit by Morrison senior living community, both in Whitefield.

Through my work, I've seen the growing need for more resources to serve our senior population. As we have spoken to community members throughout the development of Summit by Morrison, we've heard similar questions and concerns from seniors:

Costly and timely home upkeep: many seniors love their independence but keeping a home can be costly and time consuming. While some may be looking to move to an apartment or community where they don't have to worry

about housework, others may be looking to downsize.

Unsafe winter conditions: while the snow is great for winter activities and important for tourism, it can also cause headaches and mishaps for seniors. On top of worrying about vehicles, driveways and slipping on ice, cold weather can have a negative impact on health.

Lack of transportation: it's sometimes difficult for seniors who don't drive to get around. Without public transportation, folks are forced to rely on private cars, friends, family and neighbors.

Access to healthy meals: lack of transportation can make getting to the grocery store tough, while aching joints and trouble walking or standing can make cooking difficult. Some seniors may lose interest in preparing meals altogether. Frozen dinners may seem like an easy fix, but most don't have the necessary

nutrition to keep seniors healthy.

Loneliness and isolation: if seniors live alone or don't have transportation, they can go days without speaking to another person. Loneliness can be almost as bad for seniors' health and well-being as serious medical conditions.

Many in our community recognize that these challenges require solutions. Hospitals are expanding affiliations with local physicians to improve the quality of care and organizations are expanding the range of services they offer to seniors in the area, to mention a few.

I'm hoping to help address and discuss these needs and concerns with this column. I'll share information, insights and advice to help seniors and their loved ones navigate the challenges of aging, so seniors can stay healthy and active, and continue to appreciate and enjoy life in the region.



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