

Construction Begins on the New Sanbornton Town Offices

After nearly 20 years in the making, Sanbornton residents, town officials and project team members gathered this past October to celebrate the groundbreaking for the new town office building located at Meeting House Hill in Sanbornton, NH.

Organized in 1770, Sanbornton is a quintessential New England town rich in historic values. Once a small population of settlers, it has followed the same trajectory of many New Hampshire towns with significant population growth over the years. In 1970, the population was recorded at 1,022 residents. This has nearly tripled with 3,026 residents recorded in 2021. With this growth came challenges and concerns for the small town, with safety and space limitations of the outgrown public buildings topping the list. The current town office building was constructed in 1964. In 1986, the public safety building was built nearby. It houses both the fire department and police department under one roof.

Recognizing the need for a larger town hall, and independent police and fire departments, the town's building construction team rolled up their sleeves and began developing a plan that would satisfy the needs of the growing community now and for years to come.

The H.L Turner Group was selected to provide the evaluation and assessment study of the current town hall and



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public safety building. These studies helped determine whether the existing structures were sound for expansion and reconstruction, or if it made more sense to repurpose the existing buildings and construct a completely new structure for the town offices.

Bonnette, Page & Stone was selected as the Construction Manager. The construction team met more than 60 times before devising a plan that would be both functional and economical. Plans changed many times during the planning and design process—from a costly addition and renovation project to the current plan, which was submitted at the town meeting last May and approved with an overwhelming 86% "yes" bond vote from the community.

The approved two-phase plan has many moving parts. Phase 1, currently

in progress, calls for the ground-up construction of a new single level 3,000-square-foot establishment. Town offices will move to the new building and completion is anticipated for late Summer 2022. Upon conclusion of Phase 1, work will begin on Phase 2, which will include converting the existing town office building into a fully functional police facility. Anticipated completion date for Phase 2 is Spring 2023.

Bonnette, Page & Stone and the design team at the H.L. Turner Group respect the town's passion for its rich history. Appreciating where the current buildings are and how important the historic aesthetic is to the community, Lead Architect Doug Proctor created a design for the new building that will deliver a well-blended addition to the current structural landscape of the surrounding area.

Thank you Sanbornton! We are excited to be welcomed to your community again and to be a part of this great project that will serve your community for many years to come.





Aim For The Right Target

Your organization won't grow unless you and your team are working toward goals. Setting the right goals, though—goals that will inspire and motivate—is crucial. Aim for goals that are:

- **Quantifiable.** You should be able to measure success in objective terms so everyone can see the value of your efforts.
- **Challenging.** If it's too easy, chances are your objective won't have significant impact on your organization.
- **Business focused.** Set a goal that supports your organization's agenda, not one that just makes you or your department look good.
- **Realistic.** Although challenge is important, pursuing an impossible dream will result only in a morale-crushing letdown.
- **Flexible.** Don't back yourself into a corner. Although you don't want to adjust your goal to suit your results, be willing to modify your ambitions if circumstances yank your original objective out of reach.

Still A Champion

Charlie Boswell was an all-American athlete who was offered professional contracts in both football and baseball. But when WWII erupted, Charlie enlisted in the military and was assigned to a tank division.

During a battle in Europe, a shell hit Charlie's tank. As the tank burned, he made sure everyone else got out safely, but then a second shell hit, throwing him 50 feet, breaking his bones and burning his body.

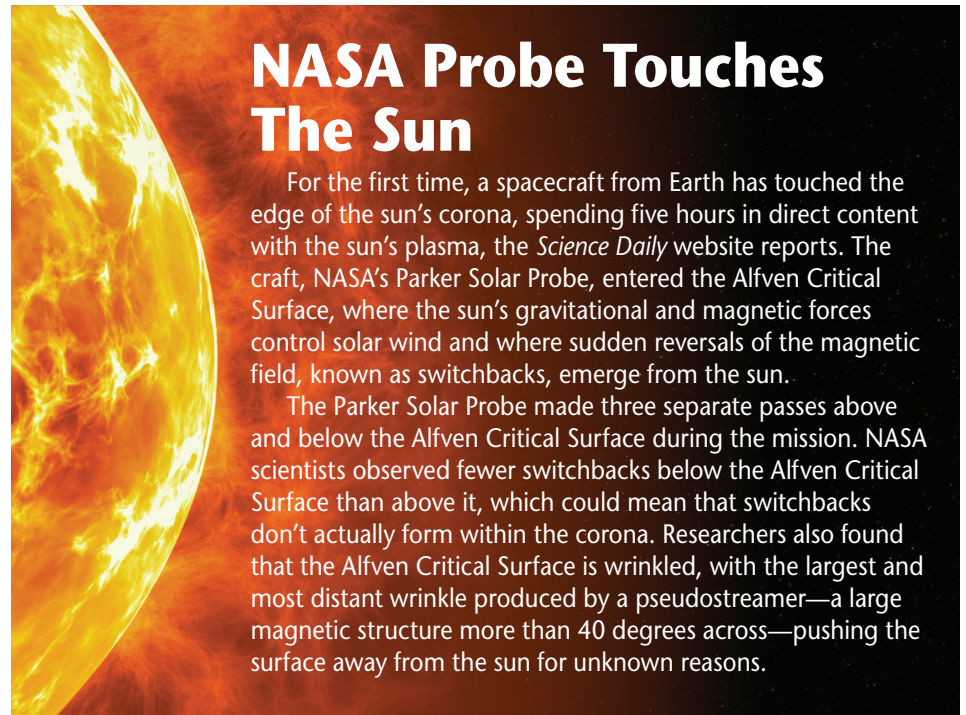
After a week-long coma, Charlie woke up in a hospital and learned that he'd be blind for the rest of his life. Refusing to be discouraged, he worked hard at his rehabilitation, learning to live in a world of darkness.

One day a friend came to visit him. "Would you like to play some golf?" he asked. "How in the world can I hit a golf ball when I can't even see it?" Charlie asked, but the friend was persistent. He took Charlie to a golf course, showed him how to hold and swing a club, and let him hit the ball.

Charlie's first drive traveled 200 yards straight down the fairway.

Charlie began training, and slowly his abilities improved. Ultimately Charlie won a world championship, shooting a 38 on nine holes.

The moral is: There is always an alternate route if you just have the will to find it.



NASA Probe Touches The Sun

For the first time, a spacecraft from Earth has touched the edge of the sun's corona, spending five hours in direct contact with the sun's plasma, the *Science Daily* website reports. The craft, NASA's Parker Solar Probe, entered the Alfvén Critical Surface, where the sun's gravitational and magnetic forces control solar wind and where sudden reversals of the magnetic field, known as switchbacks, emerge from the sun.

The Parker Solar Probe made three separate passes above and below the Alfvén Critical Surface during the mission. NASA scientists observed fewer switchbacks below the Alfvén Critical Surface than above it, which could mean that switchbacks don't actually form within the corona. Researchers also found that the Alfvén Critical Surface is wrinkled, with the largest and most distant wrinkle produced by a pseudostreamer—a large magnetic structure more than 40 degrees across—pushing the surface away from the sun for unknown reasons.

SPEED BUMP

Dave Coverly



More People Sought Mental Health Care During The Pandemic

The COVID-19 pandemic took a toll on people's mental health. That's no surprise, but the good news is it suggests that more Americans may be open to seeking mental health care.

The number of psychologists who reported receiving more referrals in 2021 nearly doubled from 2020 (from 37% to 62%). Almost 7 in 10 psychologists (68%) with a waitlist reported that it had grown longer since the start of the pandemic.

The National Health Interview Survey (NHIS) found that the percentage of adults who had received mental health treatment in the past 12 months rose from 19.2% in 2019 to 20.3% in 2020—almost one in five people. Of those seeking mental health assistance, 16.5% received prescriptions for medication, and 10.1% got counseling or therapy. The survey found that older people tended to get medications, while younger were more likely to seek counseling. Women were more likely than men to seek out mental health care.

Make The Ripples Stop

A troubled monk went to his Abbott for guidance. After listening intently to his problems, the Abbott asked the monk to join him on a walk.

They arrived at a pond near the back of the monastery. The Abbott asked the monk to pick up a stone and toss it into the center of the pond. The monk complied.

"Now," said the Abbott, "as the ripples come closer to the shore, stick your finger in the water to try to stop them."

The monk tried, but as he stuck his finger in the water, he just created more ripples. Confused, he looked at his mentor. "Abbott, I can't. My actions just cause more ripples."

The Abbott smiled. "So, you cannot stop the ripples?"

"Correct," said the monk.

"But could you have stopped yourself from tossing the stone into the pond in the first place?"

Often we spend a lot of time trying to get rid of a problem instead of fixing what's causing it. Trying to treat the symptom is like trying to stop the ripples. However, if you eliminate the actual cause of the problem, the ripples go away altogether.

"The difference between ordinary and extraordinary is that little extra."

—Jimmy Johnson

Protect Your Security When You Travel Near Or Far

Business and personal travel are coming back after the pandemic. If you haven't gone out of town in a while, you may need a refresher course on staying safe and secure on the road. Here's some guidance from the *Travel Daily News* website:

- **Choose the right room location.** Request a room between the third and sixth floor. It's high enough that burglars can't easily climb up onto a balcony and get inside, and low enough for firefighters to reach you in an emergency.
- **Bring a "go bag."** Pack a small bag with essentials—important documents, some cash, water, some nonperishable snacks—that you can grab if you have to leave your hotel quickly because of an evacuation for fire, an earthquake, or some other disaster.
- **Pay attention to your surroundings.** Identify exits immediately whenever you walk into a new environment. When you check in to your hotel, take a look around the lobby for anyone watching you suspiciously. In the hall outside your hotel room, take note of what direction the nearest stairwell is, and how far down the hall you'll have to go to get to it. It's a good idea to count the number of doors between your room and the exit. In the event of a fire or other emergency, you may not have good lighting and may need to crawl to the nearest exit counting doors as you go.
- **Pack a doorstop.** This can be the most important item you can bring to protect your safety. Don't depend on the hotel's own locks to keep your door secure. A simple doorstop wedged under your door can stop or slow a would-be intruder, giving you time to call the front desk or the police. You can even buy them with a built-in alarm.
- **Only use password-protected Wi-Fi networks.**

This tip is important, especially if you're traveling abroad. Other countries may not have the same regulations on public Wi-Fi as the U.S. does, so choosing a password-protected network, like the ones offered at most major hotels, is likely your safest bet if you need to access the Internet while traveling.



Test Your Knowledge

1. How old was King Tut when he died?
 - a. 6
 - b. 12
 - c. 19
 - d. 28
2. Where was gunpowder invented?
 - a. Morocco
 - b. China
 - c. Germany
 - d. Sri Lanka
3. King Henry VIII had a collection of more than 6,000 what?
 - a. rings
 - b. handguns
 - c. paintings
 - d. wigs
4. Which ocean is surrounded by the "ring of fire"?
 - a. Arctic
 - b. Atlantic
 - c. Indian
 - d. Pacific
5. Which country has, on average, the tallest men?
 - a. The United States
 - b. The Netherlands
 - c. Japan
 - d. Brazil

ANSWERS: 1. c; 2. b; 3. b; 4. d; 5. b

—How Stuff Works

Something's "Brewin" in Portland, Maine...

Aroma Joe's, a New England based coffee company founded in 2000, has hired Bonnette, Page & Stone to be the Construction Manager for their new headquarters office building which will be located in the Portland Technology Park in Portland, Maine.

The Project Team includes: Aroma Joe's team members: Loren Goodridge, Owner & CEO; Mike Sillon, Co-Owner and Original Founder, Dave Tucci, Director of Franchise Development and Operations, Jackolyn Haydon, Store Planner along with Bonnette, Page & Stone as CM, and Design Team SMRT Architects.

The new 15,000-square-foot building will deliver a layout designed to encourage more collaboration and cross-departmental

relationships by bringing three separate office condos and two floors into one unified structure. This will be a sustainable project with a focus on the wellness of the occupant.

The project is currently in the design development phase. Shovels are anticipated to break ground in September 2022 with an anticipated completion 12 months thereafter.

Aroma Joe's was founded on "positivity and passion" and are focused on the customer experience and the communities they serve. We are proud to partner with this positively passionate team Aroma Joe's has assembled.

We look forward to sharing updates with you during this process and "espressin" our gratitude to Aroma Joe's.



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Have You Ever Wondered?...

Have you ever wondered why there are trees and/or flags placed on top of buildings at construction sites? One may take notice of an evergreen or pine tree on top of a building under construction and assume it is the builder's way of spreading holiday cheer. This is partly true during the holiday season, however the tree is actually a symbol of a long-time construction tradition referred to as "Topping-Out."

The practice is believed to have originated in 700 A.D. in Scandinavia as a way to placate displaced spirits residing in the trees at the construction site. In

modern times, the purpose is to send a message to onlookers that the building has reached its final height.

Sometimes, a flag may also accompany the tree. Topping-Out is a major milestone in the evolution of a building project. It celebrates the safe construction site and offers a wish for continued safety and good fortune for the rest of the project as well as for the future of the building and its occupants. It is widely observed in the United States and throughout Northern Europe.

So now you know the real purpose of the trees and their rooftop placements!



Bonnette, Page & Stone team members position a tree on top of the steel structure at 51 Elm Street, Owner Paugus Properties' future mixed-use building located in Lakeport, NH.