

## U.S. Senator Jeanne Shaheen



As your U.S. Senator, I work to ensure New Hampshire's interests and the issues that matter most to Granite Staters are always represented in Washington, DC. It's a top priority of mine to make sure that our communities—from Sunapee to Andover and across the state—have the resources necessary to best serve Granite State families. Through Congressionally Directed Spending, a bipartisan process that helps ensure local projects are not overlooked, our state can better receive its fair share of federal resources to address everything from housing affordability and energy efficiency to the substance use disorder crisis.

This year, I was proud to secure more than \$100 million for 101 New Hampshire projects, including \$18,711,000 in your community to expand health care services.

As I've traveled across the Granite State, I've heard from so many folks who are struggling with mental health, and I know there's more we can do to help Granite Staters access resources they need.

It's a priority of mine to bring back federal resources to our state for mental wellness—especially for local organizations and programs. By working with advocates and stakeholders, we secured \$17,419,000 in Congressionally Directed Spending that will support health care and education needs in the Granite State, including \$1 million for Dartmouth Health to implement a training program for licensed clinical social workers. This investment will help us build our mental health care workforce and better meet needs in communities across the state.

While we have come a long way in recognizing the importance of mental health and providing support through services, there is still so much more we can do to help those struggling—particularly our youth. I was glad to work with my colleagues to secure over \$74 million in additional funding for Mental Health Service Professional Demonstration grants and School-Based Mental Health Services grants in this year's government funding bills to help support young

people get the care and services they need.

I'll keep advocating for federal investments that help Granite Staters thrive.

### Biography

The first woman in U.S. history to be elected both a Governor and a United States Senator, New Hampshire's Jeanne Shaheen is a trailblazer with a reputation for working across the aisle to get things done. Shaheen has served in the Senate since 2009 and is the Chair of the U.S. Senate Committee on Small Business and Entrepreneurship and a senior member of the U.S. Senate Committees on Armed Services, Foreign Relations, Appropriations as well as the Select Committee on Ethics.

As inflation rose across the world, Shaheen was a key supporter of the Inflation Reduction Act, which lowered costs for middle class families and provided funds to bolster clean energy and climate investments in New Hampshire, bringing inflation down and saving money for working Granite Staters.

For decades, the United States has put off the investments needed to fix our crumbling infrastructure. Shaheen was a lead negotiator of the Bipartisan Infrastructure Law and supported several key provisions included in the final bill that bolstered roads and bridges, rail, transit, ports, airports, the electric grid, water systems and broadband infrastructure across New Hampshire and the country.

China and other competitors continue to pose new challenges to the United States. Shaheen helped pass the CHIPS and Science Act authoring several provisions included in the final package. The historic legislation develops U.S. policy to address strategic, economic and diplomatic tools for a global strategy that will allow the United States to confront the challenges that China and other global competitors pose to the United States.

Through her leadership on the U.S. Appropriations Committee, Senator Shaheen has delivered a seven-fold increase in resources to help Granite Staters suffering from

substance use disorders receive desperately needed treatment. Shaheen helped pass the Affordable Care Act, ensuring that tens of thousands of Granite Staters have access to good quality, affordable health care.

As the top-ranking woman on both the Armed Services and Foreign Relations Committees, Senator Shaheen is a global leader on important foreign policy issues and she advocates for legislation and actions that confront our enemies, strengthen key alliances and bolster New Hampshire's role in our national defense.

A champion for energy efficiency, Shaheen created programs while serving as Governor that saved New Hampshire families and businesses over \$1 billion. In the Senate, Shaheen has continued this work by helping pass bipartisan energy efficiency legislation, which was signed into law by President Obama.

Senator Shaheen served as Governor of New Hampshire for six years and also served in the state Senate, helping create nearly 67,000 new jobs while keeping New Hampshire's tax burden the lowest in the country. (Learn more about Jeanne Shaheen's three terms as Governor). With bipartisan support, she expanded public kindergarten to thousands of families and made higher education more affordable with a tax-free college savings program.

Between her time as Governor and election to the U.S. Senate, Shaheen served as the Director of Harvard University's Institute of Politics at the Kennedy School of Government. Shaheen was born in Saint Charles, Missouri. She and her husband, Bill, live in Madbury and have three daughters, Stefany, Stacey and Molly, and seven grandchildren.

## Anxiety in the age of constant information

The age of the Internet has made connection easier and information more readily available than ever before, but it comes with drawbacks.

Social media and the 24-hour news cycle have heightened anxiety and stress in a huge portion of the population. Paired with a seemingly unending stream of historical events in recent years – from the COVID-19 pandemic, to escalating and frequent climate disasters, and even the near-assassination of a major party's nominee for president on live television less than three weeks ago—have many feeling anxious who didn't before, and worsened the condition for those who already live with anxiety.

As part of her role as board chairman of the American Hospital Association, Dartmouth Health CEO and president Joanne M. Conroy, MD, hosts a monthly Leadership Dialogue video series with leaders across various sectors of healthcare. Conroy was recently joined by Robert E. Brady, PhD,

director of Dartmouth Health's Anxiety Disorders Service. Brady and Conroy discussed the increasingly prevalence of anxiety disorders, and why things within our control—as simple as turning off the TV or spending less time on social media—can make a positive difference.

“This discussion is especially important given our current environment, when events from national news to personal challenges can ratchet up our individual anxiety,” Conroy said. “Dr. Brady shares that more than 30% of Americans have diagnosed anxiety disorders, and almost all of us will suffer from anxiety at some point in our lives. That makes it critically important for our communities, patients, families and workforce to have tools they need to reduce stress and anxiety, to improve both their psychological and physical health.”

To watch Conroy and Brady's full conversation, visit <https://bit.ly/4fiPXRH>.

### LETTER TO THE EDITOR/OPINION

## N.H. Rep. Karen Ebel

(Continued from Page 7)

go into sludge, much of which is returned to landfills or incinerated, while other PFAS go into surface waters. No law requires pre-treatment. When asked recently when such rules would be proposed, an EPA representative responded: soon. Pre-treatment costs will be immense.

We know drinking water facilities work hard filtering PFAS from our public water supply. What about PFAS contamination in our private wells? In our leach fields? Who really knows? Risks continually emerge. Why should we bear the brunt of the damage to our health and environment? The answer all leads in one direction – stop the using PFAS.

Minnesota research indicates that over the next twenty years removing and destroying PFAS from the state's waste water and sludge will cost \$14 to \$28 billion. Researchers estimate that one pound of PFAS costing from \$15 to \$1,000 can cost from \$3-18 million to remediate. Work continues, but to date, no reasonable, effective way to destroy PFAS exists. It's time to turn off the PFAS spigot.

In 2020, New Hampshire led the country by banning PFAS use in firefighting foam. Thankfully, many states have followed NH. Many have also banned PFAs use in the same consumer products we are banning, plus additional products. Now we join these states ensuring reduction of PFAS use.

Granite Staters have the right to trust the products they buy. HB 1649's passage is a major, common-sense step to protect our health and our irreplaceable New Hampshire natural resources. The air we breathe, the water we drink, and the soil we walk on and we should be free of forever chemicals. We deserve nothing less.

*Karen Ebel represents the towns of New London and Newbury. She serves as the Democratic Leader Pro Tem and as the chair of NH's Solid Waste Working Group, a statewide stakeholder group focused on solid waste disposal and toxicity reduction. She is running for her 7th term representing Merrimack District #7.*

## Community Calendar (Continued from Page 10)

Night Kitchen, Will Hatch, Corridor Management Plan and more. Donations accepted. Info: 603-456-3745, [info@mainstreetwarnerinc.org](mailto:info@mainstreetwarnerinc.org), [www.mainstreetwarnerinc.org](http://www.mainstreetwarnerinc.org) or Facebook MainStreet Warner Stage.

**Saturday, September 7**  
**MAIN HOUSE FALL HOURS** – At The Fells, 456 Route 103A, Newbury, weekends and Monday holidays through Columbus Day, 10 a.m. to 4 p.m. Discover what life was like on an early 20th century New Hampshire summer estate. Info: [www.thefells.org](http://www.thefells.org) or 603-763-4789, ext. 3.

**Tuesday, September 10**  
**•COA BOOK DISCUSSION GROUP** – At the Tracy Memorial Library, Main Street, New London, 10 a.m. “A Tree Grows in Brooklyn” by Betty Smith. Call 603-526-6368

to register. Info: [www.coachapincenter.org](http://www.coachapincenter.org).

**•LET'S EXPLORE! DISCUSSION GROUP** – At the COA, 37 Pleasant St., New London, 2 p.m. Wrestle with timeless questions such as: Who are we? Why are we here? Do we really know how the world works? Bring your thoughts, questions, interest in learning and your desire to share with others. This is a walk-in program. Info: 603-526-6368. Info: [www.coachapincenter.org](http://www.coachapincenter.org).

**Tuesday, September 10**  
**BEFORE 'PEYTON PLACE' PRESENTATION** – At the Center Meeting House, Route 103, Newbury, 7 p.m. “In Search of the Real Grace Metalious.” Robert Perreault will focus on Metalious' most autobiographical and ethnically-oriented but little-known novel, “No Adam in Eden.” Hosted

by the Center Meeting House and New Hampshire Humanities. Info: [www.centermeetinghousenewbury.org](http://www.centermeetinghousenewbury.org).

### Methodist Church Fair seeks Vendors

The Church of the Good Shepherd, 9 Park Street in Newport, will host their Annual Craft & Vendor Fair & Flea Market on Newport's Town Common, Saturday, September 21, from 9 a.m. to 3 p.m. Cost of a 10x10 space is \$25. For more information and to reserve a space, please go to [newportnhmethodistcogs.org](http://newportnhmethodistcogs.org) or contact Barbara at 603-863-4590.

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