SPECIAL MEETING
BOARD OF MAYOR AND ALDERMEN
(PUBLIC HEARING)

September 22, 1999 **6:30 PM**

Mayor Wieczorek called the meeting to order.

Mayor Wieczorek called for the Pledge of Allegiance, this function being led by Alderman Pinard.

A moment of silent prayer was observed.

The Clerk called the roll.

Present: Aldermen Wihby, Sysyn, Clancy, Pinard, O'Neil, Shea, Rivard, Pariseau, Cashin, Thibault, and Hirschmann

Absent: Aldermen Klock, Reiniger, and Girard

Mayor Wieczorek addressed Item 4 of the agenda:

> Communication from the City Clerk advising that he has received written application of 10% of the voters in Manchester to place the question:
> "Shall permission be granted to introduce fluorides into the public water system?"
> and pursuant to RSA 44:16 shall be placing such question on the November 2, 1999 ballot.

Mayor Wieczorek advises that pursuant to RSA 485:14 the purpose of the special meeting is to conduct a public hearing on the question of introducing fluorides into the public water system; that anyone wishing to speak must first step to the nearest microphone when recognized and recite his/her name and address in a clear loud voice for the record; requests comments be limited to three minutes to allow all participants the opportunity to speak; that each person will be give only one opportunity to speak; and any questions must be directed to the Chair.

Mayor Wieczorek requested that Fred Rusczek, Health Officer, make a presentation.

Mr. Rusczek stated thank you, your Honor, and honorable members of the Board. For the record, my name is Fred Rusczek and I am the City of Manchester Health Officer and I am a resident of Manchester. I reside at 385 Lucas Road. Recently, more than 10% of Manchester's registered voters signed a petition to send the question, "Shall permission be granted to introduce fluorides in the public water system?" to public referendum on November's election ballot. Tonight's public hearing regarding the possible introduction of fluoride is required by State law as a result of this petition. Should the majority of voters approve this question in November, Manchester's public water system will be fluoridated. The reason for fluoridating water is for the public health. Dental decay and health problems associated with dental decay continue to be a significant preventable health condition which afflicts the majority of Manchester residents. Fluoridation of public water supplies is considered the single most effective public health measure to prevent tooth decay and to improve oral health over a lifetime. For this reason, public health agencies across the country support efforts to fluoridate

community water supplies. Fluoridated water provides us with an essential nutrient for building strong, decay resistant teeth. In some ways, fluoride is to teeth what calcium is to bone. To receive the optimum dental benefit of fluoride, both the topical application, for example, from fluoridated toothpaste and the systemic introduction of fluoride, for example from fluoridated water, are necessary. Introduction of fluoride into water can reduce decay in children by as much as 40%. For adults, fluoridation helps prevent decay in roots, as well as in teeth. This is particularly beneficial to prevent decay associated with receding gums that becomes fairly common as one ages. Fluoridation of a public water system is not a new concept. Some places, like Colorado Springs, Colorado, have had high naturally occurring fluoride for well over 100 years and it was the studies that were first done on the safety and efficacy of the naturally occurring fluoride in Colorado that caused other communities about 50 years ago to begin to introduce fluoride into their water systems. As a result of this long experience, there is a large body of knowledge about the health benefit and safety of fluoridated water. I read somewhere that over 3,700 studies have confirmed the safety and efficacy of fluoride in water. Today, 10,000 communities in the country fluoridate their water. Collectively, this water is supplied to 150 million people. Worldwide, water serving 360 million people in 60 countries is fluoridated. In New Hampshire, there are 10 communities, which currently fluoridate their water. These include Concord, Portsmouth, Hanover, Dover, Rochester, Laconia, Durham, Lebanon and Lancaster. Other nearby cities include Portland, Maine and the city of Boston. The topic of fluoridation of community water supplies often invokes fears regarding the introduction of a substance into drinking water, yet there are many examples of adding essential nutrients to our foods. For example, we add Vitamin D to milk, Iodine to salt, and Niacin to enrich flour. Recently, folic acid was added to enrich wheat flour as a means to reduce the incidence borne with spina bifida. As a population, we now get the folic acid that we need from bread to prevent children from being born with spina bifida. These nutrients are added to food for public health reasons just as many communities fluoridate their water. As Paraselsus said and Paraselsus is considered the father of toxicology and he said this in the early 1500's, all substances are poisonous. There is none that is not a poison. The right dose differentiates a poison from a remedy. This remains true today. Substances such as Vitamin D, Niacin, fluoride and other trace nutrients are beneficial to health at optimum levels even though at very high levels they can be toxic. This is important to understand when one is told stories about the hazards and risks of fluorides. Our lives are replete with conflicting health advice. When contemplating health information, one should consider the source and nature of the study. Studies done for the purpose of examining exposures to high levels of fluoride in industry or hazardous waste sites are of no use in examining the risks and benefits of fluoridated water. We advise that when unsure about health information, individuals should ask their medical doctor or dentist as a health professional they can trust to help them form an opinion. The safety of fluoridated water has been upheld by countless studies. In 1991, the United States Public Health Services completed a comprehensive review and evaluation of fluoride benefits and risks. This report recommends the continued use of fluoride to prevent dental decay and the continued support for the optimal fluoridation of drinking water. Based on the safety record and the health benefit associated with fluoridated water, many organizations are on record in support of fluoridated water. These include the American Medical Association, the American Dental Association, the

American Dietetic Association, the American Cancer Society, the American Water Works Association, the American Academy of Pediatrics, the United States Public Health Service, and the U.S. Center for Disease Control and Prevention. As a matter of fact, the U.S. Center for Disease Control and Prevention has identified water fluoridation as one of the top 10 public health achievements of the century. Other achievements on this top 10 list include milk pasteurization, food safety, immunizations and vehicle safety. In closing, I wish to indicate that the Manchester Board of Health and I support community water fluoridation. Nationally, water fluoridation costs about $.50 per capita. In addition to improved oral health, every dollar invested in water fluoridation could return as much as $80 in saved treatment costs for dental decay in children. Based on the experience of thousands of other communities across this country, as well as those in our State, we can expect that to be the case in Manchester as well if our community water is fluoridated. As the City's Public Health Director, I believe that fluoridation of Manchester's water supply is in the best interest of the public health of Manchester residents and I thank you for giving me an opportunity to speak tonight.

Alderman Hirschmann stated every time you speak you say the word fluorides. I imagine there are a lot of different types of fluorides. Is there a specific one you are going to introduce to the water?

Mr. Rusczek replied the element is fluorine. Fluorine doesn't exist naturally so there are many different types of fluorides. The one most commonly used like in toothpaste would be sodium fluoride.

Alderman Hirschmann asked is that what you are going to introduce into the water.

Mr. Rusczek answered that would be determined through the Water Works Department. There are other options. My guess is that it would be sodium fluoride.

Alderman Thibault asked how do you answer the critics that say that fluoride is, in fact, going to hurt some people such as Cancer, genetic damage and all of the other things that are brought up here. Have these people that you say have looked into this looked into these problems and are they satisfied that this is not a problem?

Mr. Rusczek answered, Alderman, it is one of the goals in this country and it is one of our Healthy People 2000 goals, to increase the number of communities that fluoridate their water. These are goals that are set by health agencies. They look at every particular aspect of a concern or an issue such as this. The safety of fluoridation has been proven over and over again. Many of the things that get pointed out by critics regarding fluoride relate to very high levels of fluoride from super fund hazardous waste sites or from high fluoride exposure in industry. Again, when people are forming an opinion and sometimes folks may not wish to accept the word of the United States Public Health Center or the Center for Disease Control, we really encourage them to speak with their doctor or dentist and form an opinion that way.

Alderman Thibault asked is there a percentage of a certain type of fluoride that you will be putting into the water supply or whoever puts this in. Is there a percentage and of what kind of fluoride are we talking about so that the people can be better informed as to exactly what is being put into their water. I think maybe this would ease a lot of the tensions that are out there.

Mr. Rusczek answered that is certainly a good question. The level that water is fluoridated at is typically around one part per million. It is very low trace levels because the reason for fluoridating water is so that we can get a continuous low introduction of fluoride into our system. We still need, again, the topical fluoride from toothpaste. Toothpaste contains about 1,500 parts per million of fluoride and fluoridated mouthwashes are probably in that range as well. They tend to range…there might be 1,500 parts per million in some toothpaste and some may be 800 or a little higher.

Alderman Shea stated, Fred, we had discussed earlier the amount of content, but my point is there have been studies done. Has any study been done about the long-term affect and what is that period?

Mr. Rusczek replied again there is research going back over the 100 years that we have had naturally occurring fluoride in places in Colorado. Because other communities have now had fluoridated water for 50 years, there is research that goes back over that period as well. Fluoride is considered an essential nutrient.

Alderman Shea asked what has that research indicated. What are the conclusions generally speaking? Are they negative, positive, no result, no change or what?

Mr. Rusczek answered again, the research shows that from community water fluoridation, dental decay in children can be reduced as much as 40%. Dental decay in adults somewhere around 20% and there have been no safety issues associated with that. Again, when you see a group like the United States Center for Disease Control include water fluoridation up with many of the other important public health achievements, they are not going to promote fluoride if, in turn, it presents another health problem that the country needs to worry about.

Mayor Wieczorek called for those wishing to speak.

Lloyd Basinow, 503 Amherst Street, Manchester, NH stated:
Honorable Board of Mayor and Aldermen, I am here representing Citizens Against Fluoride Exposure. I would like to correct one false statement that was made by the Health Officer that if the question passes it is automatically going to go into the water. This is a non-binding question. The Water Department does not make the final decision. They must apply to the State EPA and the State EPA determines the amount and type of fluoride that would go into water if they approve it so this is a false statement that it is going to be automatic. I would point to a pamphlet, brochure that was put out by the Manchester Water Works. It contains a list of the 16 most dangerous toxic chemicals according to the Manchester Water Works and Environmental

Protection Agency, that is the Federal Environmental Protection Agency, with a quote from the EPA that due to its adverse affects should be kept out of drinking water supplies. It is right here in a boxed in area on the Water Works publication, distribution. In alphabetical order, both the EPA and the Manchester Water Works says that the most dangerous chemicals are arsenic, cyanide and fluoride. A statement was made that the AMA and the American Dental Association are behind this and sure, they would be. They pay thousands of dollars each year in order to get the ADA's endorsement and here is their seal of approval onto toothpaste and what does the warning label on that toothpaste say? It says very simply keep out of the reach of children and if swallowed contact a Poison Control Center immediately. Go home and look at your toothpaste. It is on every tube. That happens to be Crest. Here is an unopened Pepsident. When you go through a market, you will find out that 99% of the toothpaste on the shelves of any market in this City have the same warning. Now what do the real experts say about fluoride. Well, this is a statement from experts and they give their warning. 1,500 scientists and professionals at the headquarters from the Environmental Protection Agency unanimously voted to oppose fluoridation on the basis of many years of careful study saying and this is their members speaking "our members reviewed the body of evidence over the last 11 years including animal and human epementhology studies indicate a casual that is direct cause between fluoride, fluoridation and Cancer, genetic damage, neurological impairment and bone pathology. Of particular concern are recent epementhology studies linking fluoride exposure to lower IQ in children. We rest our case. We don't need this poison in our drinking water supply. Thank you.

Jay Seavey, 729 Chestnut Street, Manchester, NH stated:
I am here on my own behalf tonight not representing any organizations. At the polls yesterday I got into a heated discussion with a dentist over the issue of fluoridation. At some point he asked me to name my references and to name the cities and towns where studies have been done. Well first, since it is the dentists among others who are proposing to introduce fluoridation, I think that the burden of proof is on them, not us. So I ask them, you show us your references and your proofs that fluoridation is both safe and effective. I don't care to hear that there is 3,700 of them. I want to see them. I have been studying the subject almost exclusively for over three months and if they exist, I haven't found them. I would, however, like to thank Dr. Broderick for asking me for the names of cities and towns where studies have been done. In fact, I have done some studies of my own and I want to share with you the experiences of a dozen other cities and towns which were fluoridated. Atlanta, Georgia, scene of the recent day trader shootings, 13 dead; Fort Worth, Texas, scene of last weeks church shooting, 7 dead; Moses Lake Washington, these are school shootings now, 3 dead; Bethel, Alaska, 2 dead; Pearl, Mississippi, 2 dead; West Paduka, Kentucky, 3 dead; Jonesboro, Arkansas, 5 dead; Edenboro, Pennsylvania, 1 dead; Fayetteville, Tennessee, 1 dead; Littleton, Colorado, 15 dead; Tabor, Alberta, Canada, 1 dead. The total in these places, 53 dead and over 50 wounded. Just yesterday, police arrested three juveniles at a school in Port Huron, Michigan for plotting a massacre that would exceed the magnitude of the one in Littleton. Port Huron is fluoridated. So that is the experience of 12 other fluoridated cities and towns. Of all the shootings I looked at, only one occurred in a non-fluoridated town. This was Springfield, Oregon. In this case, however, the shooter lived outside

of town connected to a well and had been on Prozac until a few months before the shooting. Prozac is a trifluoride based compound. One of the shooters in Littleton was on Luvox which is another trifluoride based compound. In this total sample of 13 cities and towns we would have expected about 50-60% of them to be fluoridated based on the distribution of fluoride nation-wide. That it shows up in 92% of them in the water and perhaps in 100% of them if we look at the medications also should give us reason to pause. I don't think that fluoridation is a social experiment in which Manchester should take part. Thank you very much.

Maria Seavey, 729 Chestnut Street, Manchester, NH stated:
I am speaking as a concerned citizen and as a mother. I have always been proud of the fact that Manchester does not have fluoridated water. Over 30 years ago I had read an article by Adele Davis, a bio-chemist who was focused on the importance of good nutrition and vitamins for healthy bodies. In her article, she claimed that in areas where the water was fluoridated, there occurred a greater incidence of heart disease. I accepted that at face value and never gave my children fluoride drops or tablets. This spring, when I became aware that some so-called health officials were attempting to make another push to get this into our drinking water, I decided to take a closer look. Proverb 1-5 tells us that a wise man will hear and will increase learning. It goes on to say that fools despise wisdom and instruction. Willful ignorance is not an excuse. Anyone with a computer can log onto the Internet and type in the word fluoride. There are over 20,000 entries giving facts about this poison. You can read of its history and how aluminum back in the 20's and 30's needed a solution to the problem of getting rid of this toxic waste and how later in the 40's the government joined the cover-up bandwagon as this material had been used to separate uranium isotopes in making the atomic bomb and the Manhatten Project. You will learn that fluoride is a toxin which accumulates indiscriminately in any part of the body from any source made available and that it has no known nutritional value. You will learn that pregnant women should not consume fluoride and that there is a higher incidence of Down Syndrome in fluoridated communities. You will learn that Attention Deficit and Hyper Activity Disorders had not been heard of prior to the addition of fluoride in the drinking water. You will learn of accidents and spills where levels of 50 to 92 parts per million were discharged into the public drinking water resulting in poisoning, deaths and lawsuits. I ask you, who will be liable if an accident occurs in Manchester? Is it the dentist, the water commissioners, you the Board of Mayor and Aldermen, or perhaps the Healthy Manchester Coordinating Council would be held accountable. The tobacco companies only made the cigarettes. The silicon implant companies only made breast implants. Neither forced their product on the people. You are forcing your product on me if you fluoridate my drinking water and you will be held accountable. Thank you.

Kathy Lawson-Scully, 1530 Union Street, Manchester, NH stated:
While I am a member of the Healthy Manchester Coordinating Committee I am here tonight as a concerned citizen and as a parent. I have raised two children in this community. I feel fortunate to have been able to afford regular dental care for them. They were given fluoride in their vitamins when they were babies and have been taking fluoride tablets throughout their childhood. I was shocked when I first moved to Manchester 17 years ago to find out that there

wasn't fluoride in the water. I grew up in a fluoridated community and I feel fortunate to have done that. I just wanted to register my support for fluoridated water in Manchester.

Chris Brown, 161 Ray Street, Manchester, NH stated:
I am an engineer. I am concerned that the focus of this whole debate is just narrowly centered on the purported benefits of fluoride in reducing dental cavities. I would like to see dental cavities reduced as much as anybody else, but I am a lot more concerned about arthritis and Cancer and heart disease and many other diseases that have apparent links to fluoride. I feel that we are being rushed into this whole thing. I think that we owe it to the people of Manchester to give them a lot more time to think this over, especially since as I understand it if this is approved, it can't be rejected for three years. Also, I object in principle to adding anything to the water that is going to benefit one small group or one sub-group of the population while poisoning everybody else. Now we might not have unanimous agreement on what level of poisoning is actual poisoning but suppose all of the barbers in Manchester got together and decided that adding lead to the water would cure baldness or maybe other people wanted to add arsenic to the water to help them lose weight. Well, I don't think it is fair to the rest of the people to do this sort of thing and I haven't heard any good reason why people who want fluoride in their water can't add it on their own. Thank you.

Rich DiPentima, stated:
I am Chairman of the Healthy Manchester Coordinating Council. I do not live in Manchester, but I work in Manchester for the Health Department. If it pleases the Board I would like to read a letter that I received today that I think would be helpful in your consideration. It is a letter to me as Chairman of the Healthy Manchester Coordinating Council. It says:

> Dear Mr. DiPentima:
>
> I am pleased to learn of the recent efforts to bring the benefits of community water fluoridation to the residents of Manchester, NH. The United States Public Health Service has always been a strong supporter of community water fluoridation as the cornerstone of community oral disease prevention programs. For more than 50 years, in thousands of communities in the United States where naturally occurring fluoride levels are deficient, small amounts of fluoride have been added to drinking water supplies with dramatic results. Scientific studies and practical experiences consistently have indicated that water fluoridation is the most cost-effective, practical and safe means for reducing the occurrence of tooth decay in a community. One great advantage of community water fluoridation is that all persons rich and poor, children at school or at play, a busy adult or retired person enjoy benefits simply by drinking fluoridated water or beverages prepared with fluoridated water. The lifetime cost of fluoridation per person is generally less than the cost of one dental filling. Experience has shown that during fluoridation campaigns many false allegations are raised about water fluoridation. The preponderance of scientific evidence, however, has shown water fluoridation to be safe and effective. Several recent comprehensive scientific views of the benefits and potential health risks of fluoride have been concluded that the practice of fluoridating community water supplies at optimum levels reduced dental cavities with no adverse health effects. While the Public Health Service continues to recommend community water fluoridation, it also continues to investigate the most effective ways to improve the oral health and reduce health risks to the American public. I wish you success in your campaign to bring the benefits of water fluoridation to your community in Manchester.
>
> Sincerely,

William H. R. Moss, DDS, MPH
Assistant Surgeon General, Chief Dental Officer for the U.S. Public Health Service

I would like to follow Dr. Moss's comments with a very brief statement of my own. As Chairman of the Healthy Manchester Coordinating Council, I offer my strong support for water fluoridation. I have been a public health professional for 25 years, working at the national, state and local levels. I have devoted my life's work to the protection and preservation of the public's health. The residents of Manchester have a rare opportunity to take the single most important step they can as a community to improve the health of so many at such little cost. Speaking for myself and for the Healthy Manchester Coordinating Council, I encourage Manchester residents to take advantage of this opportunity and support water fluoridation. Thank you.

Robert Clohosey, 396 Woodcrest Court, Manchester, NH stated:
I too would like to introduce a brief letter into the record. This letter is addressed to the residents of Manchester.

> I strongly endorse community water fluoridation as a significant public benefit. I espoused this cause all during my term as Surgeon General for eight years and have done what I could since to push the same effort. The evidence for fluoridation in the prevention of dental cavities is overwhelming and the scientific evidence is extraordinarily credible with no unpleasant side effects that are dangerous to the public.
>
> Sincerely yours,
>
> C. Everett Koop, M.D., Doctor of Science, Surgeon General 1981-1989

I would also like to follow with my own brief statement. I would like to speak to endorsing fluoridation from three separate points of view. First, as an individual I am in support of the professional research and opinions of our professional health department staff which promotes fluoridation as the single most effective method of helping to improve the overall dental health of our community. Secondly, as an administrator of an adolescent single parent program providing services to over 200 single parent and pregnant teen families here in Manchester, we have seen first hand the struggle of these young families to provide for themselves and their youngsters. Their dental health is usually the least of their priorities, but eventually often affects their overall physical, social and emotional well being the most. Fluoridation will help and maybe provide one less obstacle as they strive for self-sufficiency. Thirdly and finally, as chairman of a group of some 80 human service agencies in Manchester known as GMASA, I can report that the tragic state of poor dental health among the many recipients of services from these member agencies has been a topic of concern for this group for more than the past 10 years. The expressions of some of those concerns has led to the development of, for example, the Poissant Dental Clinic here in Manchester. In the past year, GMASA has had at least two major meetings attended by about 40 agencies at each meeting where the topic of fluoridation was discussed. The group was willing to do any activity that could help the residents, especially those most in need. There has never been any vocal opposition to fluoridation expressed by any of those member agencies. Thank you.

Nancy Martin, 25 School Street, Warner, NH stated:
I am not a Manchester resident but I am the Administrator of the Bureau of Oral Health and am here representing the Department of Health & Human Services for the State of NH. While I can't compete with C. Everett Koop, the past Surgeon General or Dr. Moss, the Assistant Surgeon General, I would like to read into the record for your approval, the NH Department of Health & Human Services policy on fluoridation of community water supplies. I don't know if I need to go into it in great detail because it pretty much states what you have already heard, but I will give you a quick overview of the State's fluoridation policy. Fluoride is nature's cavity fighter. Fluoride is abundant in the earth's surface and is found in minerals that are in rocks and soil everywhere. Small amounts of fluoride occur naturally in all water sources and varying amounts of fluoride is found in all food and beverages. Fluoride reduces tooth decay in many ways. It is incorporated into the enamel of developing teeth making them more resistant to decay. After teeth develop, fluoride strengthens the tooth structure to further prevent decay by reversing the early stages of tooth decay by remineralizing the enamel surface. Decay that forms along the gum line usually seen in older patients is markedly reduced by fluoride. For optimal protection against decay, children and adults need both systemic and topical fluoride sources. Systemic fluoride is obtained by drinking fluoridated water or by the use of fluoride supplements such as drops or tablets for children. Before supplemental fluoride tablets or drops are prescribed for children, especially in New Hampshire where fluoride occurs naturally in many bed rock wells, private well water should always be tested first for the natural fluoride content. Topical fluoride is applied to the surfaces of teeth in toothpaste, mouth rinses and gels. Drinking fluoridated water also provides topical benefits to the teeth. Fluoridation of community water supplies is the single most effective public health measure to prevent tooth decay and improve oral health for a lifetime. It benefits individuals of all ages and socio-economic groups, especially those without access to regular dental care. Studies over the last 50 years have repeatedly confirmed the safety of water fluoridation at optimal levels and its effectiveness in preventing decay. Over 144,000,000 residents in more than 10,000 communities nationwide are now served by fluoridated water supplies adjusted to the optimal levels. A national health objective for the Year 2000 is to increase to at least 75% the proportion of people served by community water fluoridation systems. In New Hampshire, 10 communities currently add fluoride to their water supplies and that is only 15% of our population. So there are only two or three more points on the State's fluoridation policy but you can see that the State of New Hampshire and the Department of Health and Human Services does support community water fluoridation.

Dr. Thomas Quinn, 78 Oakmont Drive, Concord, NH stated:
I am a dentist and serve as a consultant for the State's Department of Health & Human Services, Bureau of Oral Health. I speak tonight both as a public health dentist and as a general practitioner with a unique perspective to share. If you recall, Concord had passed its own fluoridation referendum in 1975. I opened my clinical practice in Concord in 1976. I was able to see the benefits of fluoridation evolve over time. This evening, I would like to share with you a few simple observations with some of the positives that Concord has learned to associate with

fluoridated water. Let me assure you that community water fluoridation works. It is very, very effective in reducing dental decay. During the years that I have practiced in Concord, it would not be an exaggeration to say that fluoridating community water had a profound effect upon the decay patterns of the citizens of Concord. When I first started my practice, it was not uncommon for children, adolescents, adult and the elderly to be plagued by what I would term mild to moderate decay rates. Over time, this trend reversed to the point that those who sought care were much more likely to receive good check-ups than not. This level of effectiveness and decay reduction crossed all age barriers. It was as helpful to the mom's and dad's as to their children. It was as effective to the uninsured as to the insured. It is truly an equal opportunity public health measure. As a dental practitioner, I was able to see other positives directly derived from water fluoridation. Over the years, the first visits of the two, three and four year old children turned from dealing with decay and toothaches to more positive first encounters. Everyone, especially children at those ages, enjoyed the positive reinforcement of a good dental check-up. It is a far cry from Dr. Afra sees on a daily basis at the clinic at CMC. Here the children do not long so much for a good check-up, just relief from the terrible pain associated with badly decayed and infected teeth. In Concord, as in Manchester, those children exposed to difficult first visits grow up to be teens and adults who remember the trauma. Some become phobic patients who wait until the pain is unbearable to see a dentist. With fluoridation, the cycle of fearful children to fearful adults ends. Today in Concord, the association with the dentist normally begins on a much healthier and happier note. Additionally, with fluoridation, the frequency of extractions declines for all ages. It follows that the incidences of people referred for full dentures drops markedly. More and more Concord adults are keeping more and more of their natural teeth as they age. I have a few comments on the safety of fluoridation. 144,000,000 Americans benefit from community water fluoridation, yet the factor of fluoride safety repeatedly comes up. There has never been an element or additive to water that has been studied with more scrutiny by the scientific community. There has never been a single problem associated with fluoride when it is used in the proper fashion or consumed in the recommended doses. The most recognized and prestigious scientific societies in the world have endorsed its safety. The only disease that fluoride has any link with is dental decay. It doesn't cause it, it only prevents it. In conclusion, Concord with community fluoridated water still has some individuals that suffer from decay and some with rampant decay, but as a community it can be said without hesitation that fluoride has gone a long way toward improving the oral health of a vast majority of the citizens. Concord is 15 miles north of Manchester. Dentally, it might as well be 15,000 miles away or in a different dental galaxy. The citizens of Concord neither brush better nor floss more regularly than the residents of Manchester but they have far better oral health due to one factor, fluoridated community water. My only wish for Manchester is for its residents to look at the scientifically based facts and then let common sense prevail in November. Thank you.

Katherine Bantis, 73 Mirror Street, Manchester, NH stated:
Good evening Mayor Wieczorek and Board of Aldermen. I would like to talk about freedom of choice this evening. The efforts by Smiles for the Future to fluoridate Manchester's drinking water raises a freedom of choice issue. The only one's smiling are the manufacturers such as the

aluminum and fertilizer companies which produce fluoride as a toxic waste product. Their disposal fee is $1.40 per gallon as hazardous waste or they can sell it for $.35 per gallon to the unsuspecting public. It is purely economics. $1.75 profit to market a gallon of their poison. Let's not let their profit motive override our freedom of choice in the very personal area of what we may or may not want to consume. I chose not to be medicated with a poison more toxic than lead in my drinking water. Public drinking water was never intended to be used as a vehicle for delivering poisonous substances to the citizens of any community. If 10% of our residents have backaches or other ailments, should we drug our citizens through their drinking water with medications which address those ailments? Fluoridating water supplies violates our freedom of choice. For those who chose fluoride, they can visit their dentist, get a prescription or to go the Roach and Rodent shelf of their hardware store. Another point that I would like to make is that 99% of European nations will not allow fluoride in their drinking water. Their health ministers protect the overall health of their people and not just their teeth. Thank you.

Andrew Cole, 452 Coolidge Avenue, Manchester, NH stated:

Mr. Chairman, Aldermen and fellow citizens of Manchester, I think the fact that we are all here tonight should communicate something to every person in Manchester. The fact that we are all here tonight lends credibility to the fact that there is a legitimate argument to be made against fluoride in water. I don't think, for example, the last lady that stood up here, I don't think any of her arguments can be disproven and I think that the people of Manchester should seriously contemplate the other side of the argument. Now you have heard a trend tonight, subtly. People may not have noticed it but many of the public officials you notice are endorsing fluoride or a consultant thereof and I have nothing but respect for the dentist over here but it seems very odd to me why we haven't heard any individuals who are for fluoride treatment. We could all be watching movies and eating Cracker Jacks at home, but I just want everyone to reflect on that because people wouldn't just show up at a meeting when they can be with their family if they don't believe, in their heart, that they haven't done serious study of their own. The next point I want to make is that I want to reiterate that fluoride in drinking water is detrimental. I have studied this. I am a former legislative aide from Virginia. I just moved in the area. I have a child on the way. I have a serious concern to be an informed citizen. We hear about public health, but what about individual health. This is an individual choice and I second most of what the lady said before me. We are individuals and as a republic and an informed citizenry, we should be thinking about our own individual health. This is not just a public issue that a government bureaucracy or Surgeon General sitting in his chair who isn't here tonight by the way...it is not their decision. This rests on the people and that is why it is going to a referendum vote and I would hope that all of the people of Manchester think seriously about this vote because this has far more long reaching consequences than people realize and because the whole United States has done it doesn't mean that people in Manchester have to do it. It doesn't mean that it is a legitimate argument. Just because whole masses of people are doing something, it doesn't mean anything to me and it shouldn't mean anything to the people in New Hampshire because New Hampshire has always been number one on a lot of conservative issues for example. People in Manchester are solid on their thoughts about what they are doing in the political arena or we wouldn't be the first primary state so you understand my point. Lastly, if it

were to pass, God forbid, then I want to know who I am going to have to sue if my wife or my baby ends up with Cancer or some detrimental disease. Thank you.

Theresa Parkey, 452 Sagamore Street, Manchester, NH stated:
In about 1972 we lived in Missouri and fluoride had come up as an issue in St. Charles and at the time we fought it and the reason I was interested in it was because we got the NH paper and William Loeb had an article in it and it was titled "Man's Inhumanity to Man" and I have been studying it since then and I have loads of information that is just too much to bring up but I agree with everything that fluoride would be an injustice to people in Manchester. Unaccustomed as I am to public speaking I will just stop there. If anybody wants information, I have loads of it. Thank you.

Chris Case, 71 Stacey Circle, Windham, NH stated:
I have friends and I do a little business in Manchester so this is an issue to me. Andrew asked a good question. He asked who he was going to sue and in Pennsylvania, a court case lasted 20 days and it was proven that fluoridation was harmful and the presiding judge said that there was compelling evidence that fluoridation has harmful effects and there was another one in Illinois where the court case lasted 40 days and the judge ruled that fluoridation created a risk of serious health hazards. I am worried for the City of Manchester of what the consequences of adding fluoride to the water will be. Will there be lawsuits because of fluoride? There are reports out that fluoride does do damage. Some of the symptoms can be Down Syndrome, heart and kidney Cancer, and bone and liver problems. The U.S. hip fracture rate is now at the world's highest and the Journal of the American Medical Association on August 12, 1992 blamed water fluoridation. It is in the United States Pharmaceutical List some of the side effects from drinking one to two pints daily of municipally fluoridated water. The list includes nausea, bloody vomit, fainting, stomach cramps, tremors, constipation, aching bones, stiffness, skin rash, weight loss and brown or black discoloration of teeth and the 1991 Physician's Desk Reference lists some of the same side effects from the administrated does of fluoride. Early on, they mentioned Colorado where they had naturally occurring fluoride. That is calcium fluoride. It is different from what they normally put in municipal water supplies. It is sodium fluoride which is a toxic waste from making aluminum and fertilizers. I have to ask you guys to not fluoridate the water of Manchester. It is a hazard and it is a danger and that is all I have to say. Thanks.

Bill Mehan, 344 Webster Street, Manchester, NH stated:
I am an orthodontist who has practiced in Manchester for 24 years. A majority of my patients are children and young adults. I would like to speak in support of the ordinance to adjust the fluoride content of Manchester's water supply to approximately 1 part per million. I do think there is abundant long term scientific research that supports the conclusion that this is extremely beneficial in reducing dental disease in our population and that it is extremely safe. There is no knowledge that is final. There is no knowledge that is absolute. Any theory that we have needs to be tested and retested as new information becomes available and as new interrelations are recognized. I know of no health issue that has and continues to be tested more than public water

fluoridation. For the past 50 years it has been tested in the laboratories and the clinics, epedemiologically, demographically and in the courts of the United States. The data consistently shows that it is effective and safe. It shows that it is very cost effective when one consider the dental ravages and the cost of public funds that need to be expended to restore the mouths of our indigent and those who don't seek dental care routinely. This issue has been presented to the courts in the United States for a long time and continues to be. The courts have been asked to referee this public debate and rule on science versus opinion. To date, there is no court of last resort in the United States that has ever ruled against water fluoridation, but the courts have ruled. They have ruled that fluoride is a naturally occurring nutrient. They have stated that it is not medication. This is not mass medication. They have ruled that there are abundant non-fluoridated water resources for those who choose not to participate. The courts have stated that fluoridation ordinances are not deprivations of religious or individual freedoms as are guaranteed under our Constitution. That being said, the Supreme Court of the United States has been approached 13 times with this information and 13 times it has reviewed this data and it has refused to hear the issues stating that there are no federal or constitutional questions in this issue. It is the position of the courts that the government has a significant interest in the health and well being of the population and that interest overrides the personal objections of a few to public health measures. I am a clinically practiced dentist. I am not a researcher, but I, as most dentists, read a lot of scientific papers. Some organizations are much more respected than others due to the quality of their data and the strict adherence to the scientific method. I would like to conclude by presenting the Board with a list of 100 well respected national and international organizations who support water fluoridation and a list of 100 articles supporting the research that I acknowledge.

Jim Prive, 299 Calef Road, Manchester, NH stated:
Contrary to the previous speaker who alleged that nobody was foregoing their Cracker Jacks and movies, well I can say that I am foregoing my Cracker Jacks and movies. I am not a certified professional on this topic at all, but rather a citizen of the City of Manchester. As a child, I had severe dental problems. I have a mouth full of silver at this point and somewhere along the line my parents decided, along with the recommendation of my dentist, that I begin taking fluoride tablets and miraculously shortly after that my oral health improved significantly. I liken this to, and this may be a stretch for some people, but Louis Pasteur back in 1865 developed the pasteurization process. There were several people who thought he was a nut and that this was the end of nutritious milk at that time. Who amongst us here at this time would consider drinking unpasteurized milk? Not me. Clorox Bleach, for the people who are making the point about fluoride in eating toothpaste. Clorox Bleach has a warning, which states that it causes severe burns to the mucous membranes, respiratory tract and skin burns. Who has a concern with chlorine being used to purify our existing water system? I ask you who do we trust? Do we trust the Fred Rusczek's from the City of Manchester? C. Everett Koop, the former Surgeon General of the United States, the Center for Disease Control, the American Medical Association, the American Dental Association or the naysayers who really don't know what they are talking about? I will take the professionals who do know what they are talking about and I strongly support the fluoridation of Manchester's water. Thank you.

Fred Graf, 20 Carter Street, Concord, NH stated:
I work for Child Health Services and in that capacity serve on the Board of the Dental Alliance and get to see what Jay Afra will tell you which is how bad dental conditions are for many of Manchester's residents with very few resources to treat it. A 40% reduction in cavities and other dental pathology would be extremely valuable to the community. I gave a lot of my own time to gathering petitions. One thing that I can tell the Aldermen is that the most single common response that I got is you must be kidding, isn't Manchester already fluoridated? I gathered a lot of signatures from Manchester people in locations outside of Manchester and even outside of New Hampshire. The attitude of people surrounding the Manchester people was you have got to be kidding? Isn't the water already fluoridated? I am not sure that it would be a good idea to widely publicize in an economic development brochure that the water isn't fluoridated. As several people testified, it is pretty common practice in the rest of the country. My residence in Concord is probably relevant. We heard a lot of testimony about the poisonous effects of fluoride and how bad it is. If that were true, common sense would tell us that I would expect to be seeing all the poisoned people in Concord and they don't exist. Thank you.

Bernard Lucey, 5 Sunset Avenue, Concord, NH stated:
I am a Senior Engineer with the Department of Environmental Services in its drinking water program. We would be the agency that does the design review and the subsequent operational oversight were the fluoridation system to go forward in Manchester. I was asked to just go over roughly what the outline of that system would look like by the Health Department today and I am going to do that in just a moment. The system typically would consist of storage tankage where chemicals, either wet or dry, would be purchased in bulk. It would be then fed into the system by a proportional chemical feeder. That system would then be overseen by control and safety features. That would be the design. That design, when it comes into our office, would be reviewed for consistency with our own rules and various National design rules in the drinking water field. Once the system went into operation, there would be oversight functions that the utility itself would take by measuring fluoridation within the plant, taking periodic samples from the distribution system to check any laboratory contents and also by cross-calculating the amount of chemicals used. All Senior Water Systems operators in the State of NH are licensed. We give major educational courses once a year during the winter time. They are licensed by examination and there are special training sessions put on by the New England Water Works Association in the fluoridation specialty.

David Stahl, 100 Magnolia Road, Manchester, NH stated:
I have been a practicing dentist in Manchester for nearly 50 years. Frankly, I have seen enough kids coming into my office in pain and suffering to hope that anything that could be done to reduce the amount of decay and the resulting problems could be reduced. We have had all together too many years…over 30 years ago we tried to educate the public that this would be a beneficial public health measure. My attitude has not changed. Everything that I have seen indicates that there are no public health dangers that come from fluoridation of public water

supplies and I strongly urge that we proceed in due course to fluoridate Manchester's water supply. Thank you very much.

Zane Knoy, 105 Garden Drive, Manchester, NH stated
I am a retired professor of Human Services at Springfield College here in Manchester where I taught courses on aging. Presently, I am spending a lot of my time as Co-Chair of the Manchester Area Committee on Aging. The Committee hasn't taken a position on this, but our philosophy is that we want to work with all of the community to insure the health and welfare of the community. It disturbs me that we think so little of our children that we do not provide them and ourselves this basic preventive public health service. As we heard tonight, fluoridation is not new. It is not risky. It has been used for years with proven benefit in community after community. One of the things I learned in teaching the history of human services was that it was the simple things that can make a big difference in our health and some of these were listed earlier tonight by others. The one that always sticks out for me is that in the early 1900's doctors finally learned to carefully wash their hands between surgeries or between delivery of babies and the infection rate of patients dropped dramatically. I don't know if there was a big debate among doctors as to whether this would cause some bad things if they were all made to wash their hands. I don't know, but the simple things are what help. Fluoridation is not just something that benefits the young as we have heard. I was dramatically made aware of that about three weeks ago when my dentist prescribed for me a prescription so that I have a jell to put on my teeth every night so that I can stop the decay around the roots of my teeth and I floss and I brush and I do a good job. Here is another prescription for an older person on Medicare to have to pay for because the City is not fluoridating the water and that is an issue that I don't think has been brought up. This would dramatically, I think, decrease the probability of my having decay as well as children so pleases move to adopt fluoridation for Manchester. Thank you.

Dorothy Krasner, 337 Orange Street, Manchester, NH stated:
Good evening Mr. Mayor and members. I am here as an individual. I am not connected to any of the committees mentioned and I support fluoridation of the community water supply. I can remember this debate in Manchester decades ago and I hope that when we come into the new century we will do so having this important, effective cost benefit of fluoridated water. Thank you.

Selma Deitch, 300 North Adams Street, Manchester, NH stated:
I am a pediatrician in Manchester. I am here to speak in favor of fluoridation of our water supply. Forty years ago we went through this but I think that people are intimidated by the media and all of the negative feeling that came from people and it kind of died out without the delicious support that has come with the current energies that has been shown here tonight by the people who are in favor of fluoridation. I see many children with cavities in their teeth and I want to make the point also that if people have cavities in their teeth now and they don't have fluoride treatment, those same people have trouble as adults because those teeth continue to give them problems and if you wander around the streets of Manchester there are many people who

don't have teeth or have false teeth. Because so many people I respect contacted me about potential dangers of fluoride, I began to get a little creepy about my emotional rather than my clinical knowledge about fluoridation so I went to a bio statisitican that I respect at UNH and said give me the articles, read them for me and tell me which ones are true and not true. I had a wonderful experience and I have a folder here that probably replicates what Bill Mehan shared with you because many of them seem to be the same articles. There has never been shown a relationship between Down Syndrome with a good study and fluoride. Osteocarcoma is not related to the use of fluoride. The Grand Rapids, Michigan studies do not show that there are other conditions that have been produced as a result of using fluoride. I think we have to recognize that statistics can be distorted and it is terribly important for us to recognize that if an article is printed it has to be well written and we can't use letters as sources of a bibliography. ADHD was known long before people put fluoride into their drinking water. The PDR has to say some of the things it says about the toxic significance of overdose of any medication. They have to write those things. In normal doses and in the clinical recommendation, there are no complications. I thank you for listening to me.

Paul Harrington, Nashua, NH stated:
I am President of NH Citizens for Health Freedom. We look at this as a freedom issue as was mentioned before. It should not be a forced medication and that is what they are trying to do to the water. I am going to read an article from April 25, 1999 of the *Toronto Star*. Dr. Hardy Linebach is a leading Canadian fluoride authority who was often cited by health officials in their defense of fluoridated water. He is also a longstanding consultant to the Canadian Dental Association and a Professor of Dentistry at the University of Toronto. In an interview last week last week and this was in April, he conceded that fluoride may be destroying our bones, our teeth, and our overall health. Now our overall health is something that many people don't look at, including dentists. Dentists are not nutritionists. I have been in the nutritional field for many years now and they do not look at what is happening to the other parts of the body. Dr. Masters from and I am going to continue reading about Dr. Linebach here. Although Dr. Hardy Linebach still believes that fluoride in toothpaste is effective against tooth decay, he says that it doesn't need to be added to our water and may be taking unnecessary risks by doing so. Now Dr. Masters from Dartmouth recently came out with a study on the cylical fluorides. Now this is something that was asked earlier to one of the Alderman…I mean the Alderman asked someone from the Public Health Department what is this that they are adding to the water. It is not calcium fluoride. It is a cyclical fluoride. Now cyclical fluoride also contains lead and this is a study that was done recently by Dr. Masters right from here, from Dartmouth University. There are many, many other professionals that have come out against fluoridation of water and I want to just read a couple of quotes. "I am appalled at the prospect of using water as a vehicle for drugs. Fluoride is a corrosive poison that will produce serious effects on a long range basis. Any attempt to use the water this way is deplorable." This was Dr. Charles Gordon Hayes, past President of the American Medical Association. Another quote, "Fluoridation. It is the greatest fraud that has ever been perpetrated and it has been perpetrated on more people than any other fraud has." Professor Albert Shotz, Ph.D., Nobel Prize Winner. It goes right down the list. We have many, many names of esteemed people who have researched this fluoridation issue. For

them to put a toxic waste into anybody's water, because I am representing all of the people of New Hampshire, too, and many, many people are very, very upset about this whole issue. As far as the whole country being fluoridated, there are a lot of dehabilitating diseases happening more than ever before and many people believe that it is the accumulative effects of fluoride, which is a cumulative toxin. It accumulates in the body and does not get…the body will not eliminate fluoride. It is accumulative. That is why Channel 7 last week had a story about toothpaste, fluoridated toothpaste for parents to watch that their children do not brush too much, young children with fluoridated toothpaste. It was right on Channel 7 out of Boston. Thank you.

There being no further business to come before the Special Meeting, on motion of Alderman Clancy, duly seconded by Alderman Rivard, it was voted to adjourn.

A True Record. Attest.

City Clerk