



February

The Monthly Hilltopper News & Happenings



City of Somersworth City Hall

One Government Way
Somersworth, NH 03878

City Hall Hours

***Monday - Friday**
8:00 a.m. - 4:30 p.m.

***Wednesday**
8:00 a.m. - 6:00 p.m.



**Missed the
meeting?
Catch it
again online**

Don't forget: If you missed the live City Council, School Board, Planning Board, Zoning Board of Adjustment, Historic District Commission and Conservation Commission meetings on Channels 22, you can catch them again, online and on demand.

Simply visit the City website [here](#) to begin watching meetings on demand.

Boards & Committee Meetings this Month

City Council Meeting [view agenda](#)

Monday, February 6 at 7:00 p.m.

Tuesday, February 21 at 7:00 p.m.

City Council & School Board Budget Workshop

Monday, February 6 at 5:30 p.m.

Conservation Commission [view agenda](#)

Wednesday, February 8 at 6:00 p.m.

Site Review Technical Committee view agenda

Wednesday, February 1 at 10:00 a.m.

Wednesday, February 8 at 10:00 a.m.

Zoning Board of Adjustment view agenda

Wednesday, February 1 at 7:00 p.m.

School Board view agenda

Tuesday, February 14 at 7:00 p.m.

Planning Board [view agenda](#)

Wednesday, February 15 at 6:30 p.m.

Historic District Commission view [agenda](#)

Wednesday, February 22 at 7:00 p.m.

The Mayor's Corner

The Need to Stop Teenage Use of E-Cigarettes

Among the greatest threats to our children at this moment is happening on street corners in every community, including here in New Hampshire. Disposable e-cigarettes now flood the shelves of local convenience stores, and their prominence is all because of a loophole created by the Trump administration's Food and Drug Administration (FDA).

In 2020, Trump's FDA banned flavored, cartridge-based Electronic Nicotine Delivery Systems (ENDS) products. The Trump Administration wanted to combat youth e-cigarette use while simultaneously providing tobacco-free alternatives for adult smokers, something many of us would support.



However, their omission of disposable e-cigarettes from their definition of “Cartridge-based ENDS products,” has caused a surge of youth use of these addictive items.

In any gas station or convenience store, odds are you have seen one of these products. Dozens of these disposable e-cigarettes line the shelves with bright packaging and come in various “fruity” flavors such as blue raspberry, mango, and pink lemonade. They are being sold at a cheaper price compared to other tobacco products, which in return, makes it easier for children to purchase these products. These disposable e-cigarettes manufacturers openly market in ways to children about how discreet the use could be including how unique and small they are, that they are easy to hide in your pocket, that they are noiseless, and you will not have the cigarette smoke smell on your clothes. A teenager would want this product because it is so easy to hide from adults. What is especially dangerous about these e-cigarettes, is that they often don’t need to be charged before, or after use. They are ready to use the second you purchase or even anytime during a school day, resulting in student disciplinary infractions including suspensions.

Disposable e-cigarettes are often imported from other nations with subpar regulatory climates including China. Some of these products have as much nicotine in a single disposable e-cigarette as an entire pack of traditional tobacco cigarettes and there have also been reports that some of these disposable e-cigarettes are being laced with deadly drugs, such as fentanyl.

All of this has resulted in a 2188% increase in youth usage of disposable e-cigarettes. That’s a frightening statistic for parents across our country.

Thankfully, President Biden, alongside encouragement from our New Hampshire congressional delegation, can help close the loophole and prevent childhood use of e-cigarettes. President Biden can simply direct the FDA to update their guidance to include these “disposable ENDS products” that are littering our shelves and poisoning our children. They can also make enforcement of this a priority and ensure that it applies to synthetic nicotine as well.

I hope President Biden, and New Hampshire’s Congressional delegation, can successfully have the FDA close the Trump loophole on disposable e-cigarettes that will protect our children and end long-term addiction to tobacco products. The health of our country’s future is at stake.

For Somersworth we are "On the Move"! and our "Future is Now"
" We are a Community" " We are Achieving Progress and Greatness" "Let our Journey
Continue" as we Venture Forward United as Hilltoppers!

WE ARE SOMERSWORTH!



Time to Renew Dog Licenses

Dog licenses for 2023 are now available. All dogs must be licensed by April 30, 2023, to avoid a late fee. The cost for a male or female dog is \$10, a neutered male or spayed female dog is \$7.50 and puppies (3-7 months) are \$7.50 for first licensing.

Residents 65 years or older may license one dog for \$3 per household. Additional licenses require regular fees.

The City Clerk's office requires proof of rabies information; a certificate of spaying or neutering can be sent by email to aramsey@somersworthnh.gov or by mailing it to the City of Somersworth, City Clerk's Office, 1 Government Way, Somersworth, NH 03878.

Late fees of \$1 a month begin June 1, 2023.

Dog licenses can be renewed at the City Clerk's office at City Hall, by mail or online. To ensure privacy, dog owners must provide the dog's tag number. To renew online, [click here](#).

For more information, contact the City Clerk's office at 603-692-9512.

What's Happening at Somersworth Library

So Many Fun Things in February!

Somersworth Seniors Group (NEW!)

Tuesdays • 10:30am

We're excited to welcome our senior community members in our lower-level lounge every Tuesday at 10:30am. Help yourself to free coffee and tea while enjoying the company of new friends by our fireplace. Come meet your neighbors!

SOMERSWORTH PUBLIC LIBRARY

Somersworth Seniors:
Coffee & Conversation
Tuesdays • 10:30 am

Drop in for
coffee, conversation,
and connection
with other local seniors.

Complimentary
coffee & tea provided.

25 Main Street, Somersworth, NH | (603) 692-4587 | somersworthnh.gov/library



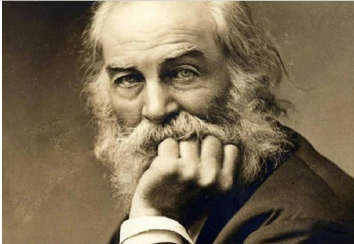
Take your Child to the Library Day
Saturday, February 4
10am - 1:00pm

An Afternoon With Walt Whitman **Saturday, February 25 at 11am**

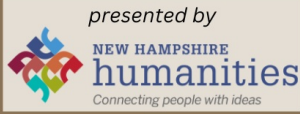
Join “the father of free verse” on the eve of his 70th birthday as he transforms into his younger self and recounts the events leading to his lifetime work, *Leaves of Grass*. Historical actor Stephen Collins gives a phenomenal performance through his recitation of poetry and readings of actual letters. The audience will experience Whitman’s movement from selfishness toward selflessness and witness his growth into a mature artist. *All ages*.

SOMERSWORTH PUBLIC LIBRARY

Unlaunch'd Voices:
An Afternoon with Walt Whitman
featuring historical actor, Stephen Collins



Saturday, February 25th
11 am

presented by

NEW HAMPSHIRE humanities
Connecting people with ideas

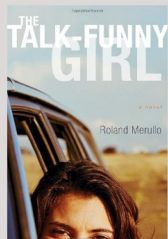
Join “the father of free verse” on the eve of his 70th birthday as he transforms into his younger self and recounts the events leading to his lifetime work, *Leaves of Grass*.

25 Main Street, Somersworth, NH | (603) 692-4587 | somersworthnh.gov/library

SOMERSWORTH PUBLIC LIBRARY

DISCUSSION GROUPS


BOOK GROUP



Tuesday, February 14• 5:30 PM

The Talk-Funny Girl
by Roland Merullo

SHORT STORY GROUP



Friday, February 24• 2 PM

Sea Oak
by George Saunders

Book Group
Tuesday, February 10 at 5:30pm
Read, listen, discuss. Copies available at the circulation desk. New members are always welcome!

Short Story Group
Friday, February 24 at 2pm
The author packs a lot into a few pages. Unleash your inner nerd and break it down. Copies

desk.

available at the circulation

Escape Room: Jewel Heist **Running February 1 - 28**

Join us for our first ever escape room!
Follow the clues to unlock boxes, find
missing jewels, and escape capture
before time runs out - All ages
welcomed



Family Game Night
Tuesday, February 21 at 5pm
Join our host, Diversions
Puzzle & Games for a fun-
filled Family Game Night! We
will have snacks, games
entertainment for all.



Engineer a Fairytale Program Thursday, February 23 at 10am

Join us for a fun-filled journey where the Library participants won't just imagine a story...they'll engineer it! Story explorers will collaborate in groups to:

- craft a boat for the Gingerbread Man
- design a bridge for the Three Billy Goats
- test houses for the Three Little Pigs

Presented by the Children's Museum of NH. Recommended for ages 5-12



Library Explorer Program (for kids 12 and under)

Get to know your library this winter and discover all it has to offer!

Complete our Library Explorer program, return your completed booklet by March 15th, and receive your own Library Explorer Badge. We'll even have an Explorer wrap-up celebration with ice cream for all of our participants. Open to children of all ages.

SOMERSWORTH PUBLIC LIBRARY

Children's Programs

Story Time

Tuesdays

10:30 am



STEAM & Play

Wednesdays

4 pm

Lego Engineers

Saturday, Dec. 17th 11 am



25 Main Street, Somersworth, NH | (603) 692-4587 | somersworthnh.gov/library

Weekly Children's Programs

We offer a variety of programs for children at the library, including:

Baby Play Hour (NEW!)

Thursday at 10:30am

Informal playgroup to encourage play and social interaction between parents, caregivers, and babies. Recommended for 2 and under

Story Time - Tuesdays at 10:30am

Join our Children's Librarian, Miss Tanya for a morning filled with stories, songs, crafts and plenty of play time. Recommended for ages 4 and under.

STEAM & Play - Wednesdays at 4pm

Bring your problem solving skills and join us to create, build, and play. Recommended for ages 5-12.

Lego Engineers - Saturdays at 11am

Come to the library for LEGO-building fun. Build your own Lego creation or collaborate with new friends. LEGOs provided! Recommended for all ages.



**NH 1000 BOOKS
BEFORE KINDERGARTEN**

1000 Books Before Kindergarten Program

If you have a young child at home, be sure to take advantage of the 1,000 Books Before Kindergarten program at the Library. Reading aloud to your child will help strengthen their language skills, build vocabulary and foster a lifelong love of reading. Children who participate in the program receive milestone stickers as

well as a free book upon completion of their goal. Stop by the Library to sign your child up today. Recommended for ages 0-5

Check out the Library's monthly newsletter [here](#)



Somersworth Police Department



On 1/10/23 the Somersworth Police Department had the honor to host a presentation of a check by the Cops for Kids with Cancer Organization to a very special Somersworth resident. A check for \$5,000.00 dollars was presented to Austin Dean and his family by Board Member Sgt. Robert Hall from the Everett Police Department.

While Austin was at the station, Chief McLin took the time to swear him in as an Honorary Somersworth Police Officer and he presented him with his badge and a department patch. This

was a truly humbling event for all that attended. The Somersworth Police Department would like to thank the Cops for Kids with Cancer organization for all they do to help alleviate some of the burden placed on families while they are going through treatments.

This is truly a worthwhile cause and the Somersworth Police Department was truly grateful to be part of the day. We would also like to acknowledge Investigations Captain John Sunderland who made the request to the organization on behalf of the family. We wish Austin and his family all the best as they fight this battle.

On 1/9/23 the Somersworth Police Department welcomed its newest Police Officer to its ranks. David Watts was sworn in with his family, friends, and members of the agency attending. David comes to us from the DOD Navy Shipyard Police Department and will be starting his Field Training Program in a few weeks. If you happen to see David in the City, please join us in welcoming him to the community.



Congratulations to Sergeant Loghan Major: Chief McLin promoted and swore in Loghan Major to the rank of Patrol Sergeant on 1/15/23. Sergeant Major came to us to years ago from Wakefield PD and holds a bachelor's of science in criminal justice.



2023 Alarm Permit Renewal Notices were mailed out in November. If you own a fire alarm or security system alarm, ordinances require you to obtain a permit. This allows us to create a site in our police database that has all of your alarm call backs/ key holders. To renew your permit, the fee is \$10.00 if paid before the end of January, 2023 or \$20.00 after. If the alarm is for a residence and you are 65 or older, your permit is free. If you have never registered your alarm, the

fee is \$25.00 (if you the alarm is not for a residence and you are not 65 or older) and the application can be found at:

<https://www.somersworthnh.gov/police/pages/forms-applications>

If you have questions, please call Karen at the Somersworth PD at 603-841-2917 or email: kcantrell@somersworthnh.gov



We send out **Nixle Alerts** for parking bans and other important information to cell phones and emails. You can sign up for *free* Nixle at www.Nixle.com.



Somersworth Police Facebook Page

Check out Somersworth Police Department's Facebook page. We use it to let you know about important community information including crime information, road closures, snow emergencies/ parking bans, and community events. Here is the

link: <https://www.facebook.com/SomersworthPoliceDepartment/>



Somersworth Crime Line: You can leave crime tips or anonymous information at 603-692-9111

**Somersworth Fire Department
&
Emergency Management**

Don't Fall into the Icarus Syndrome



In Greek mythology, Daedalus and his son Icarus wanted to escape the island of Crete. Daedalus managed to create gigantic wings using willow tree branches and wax. Daedalus taught Icarus how to fly, but told him to keep away from the sun because the heat would melt the wax holding the wings together. Although he was warned, Icarus was too young and too enthusiastic about flying to

listen. Icarus flew higher and higher toward the sun. Despite repeated warnings by his father, Icarus soon saw his wings melting. Unable to resist the ever-present force of gravity, Icarus fell into the sea and drowned and there was nothing at this point that Daedalus could do to help his son.

The moral of this story is that the forces of nature are ever present and do not change just because we feel good, or are tired, or get complacent. To that end, the on and off again mild temperatures we have had this winter make any ice very unpredictable and dangerous. There have been numerous incidents of people and pets succumbing to the force of gravity and falling through the ice in New Hampshire over the last month. Don't be a statistic. Parents, guardians, and responsible adults – talk to your children. Remember, the only safe ice is on a skating rink.

It is highly unlikely that we have seen the last of severe winter weather. The reality is that we will have more snow, cold temperatures, and high winds that can cause power failures. Don't take chances with alternative heat sources and portable generators. Every year, people die because they run a generator inside or too close to the house during a power failure. The physical properties of Carbon monoxide (CO) don't change. CO is an odorless, tasteless, and invisible silent killer. Make sure you change the batteries in your CO alarm.

New to this monthly column is our call and incident activity. What follows is our monthly run numbers for the most recent reporting period with a comparison to the same month last year. In addition, our annual totals for 2022 are presented compared to 2021 (which shows a 16% increase in call volume):

	December 2022	December 2021	Annual 2022	Annual 2021
Fire (all types)	3	6	64	73
Overpressure / Overheat (no fire)	1	1	2	4
Rescue - EMS	78	99	941	857
Hazardous Condition (no fire)	29	5	129	74
Service Call	10	16	167	210
Good Intent Call	25	24	253	182
False Alarm / False Call	19	8	193	121
Severe WX / Natural Disaster	8	0	10	3
Special Incident	0	0	5	3
Total	173	159	1764	1527

Note: The categories used to report monthly incidents are those mandated by the National Fire Incident Reporting System (NFIRS). Most categories are self-explanatory. For those categories that are not so obvious, the following examples can add clarity: Good Intent Call - a reported fire that turns out to be steam from a dryer vent; Severe WX/Natural Disaster - a lightning strike or tree falling on a house that requires an inspection to ensure there is no fire; and a Special Incident - low frequency event such as a train derailment.

Note: For the most recent reporting period of December, 2022, Stewart's Ambulance responded to 163 emergency calls in the City, transported on 110 of those calls, and had an average response time of three minutes and fifty nine seconds (03:59). A mutual aid ambulance was required to respond into the City nine (9) times during the reporting period.

Note: The SFD responds with Stewart's on the more serious medical calls and any

time a mutual aid ambulance responds into the City. In addition, SFD EMTs and AEMTs assist Stewart's with transports when a driver and/or additional EMS providers are required.

Please see the following safety messages related to winter weather as well as pictures of recent SFD activities.

Feel free to call the Fire Station regarding questions about any emergency management, fire prevention, or life safety topic.

Please be safe, happy, and well as the days grow longer but old man winter still has a few more curves to throw before spring training begins next month.

Yours in service, George Kramlinger
Fire Chief/Emergency Management Director



Portable generators are useful during winter storms, but if not used safely, they can cause injuries and death.

- ✓ Use portable generators outdoors in well-ventilated areas away from all doors, windows and vents.
- ✓ Make sure you have carbon monoxide alarms in your home.
- ✓ Do not use a generator in a wet area. This can cause shock or electrocution.
- ✓ Connect appliances to the generator with heavy-duty extension cords.
- ✓ Do not fuel your generator when it is running. Spilling gas on a hot engine can cause a fire.



For more information and free resources, visit
www.usfa.fema.gov



Click here to
add image.



Heating Safety

There is something about the winter months and curling up with a good book by the fireplace. But did you know that heating equipment is one of the leading causes of home fire deaths? With a few simple safety tips and precautions you can prevent most heating fires from happening.

BE WARM AND SAFE THIS WINTER!

- » Keep anything that can burn at least three-feet away from heating equipment, like the furnace, fireplace, wood stove, or portable space heater.
- » Have a three-foot "kid-free zone" around open fires and space heaters.
- » Never use your oven to heat your home.
- » Have a qualified professional install stationary space heating equipment, water heaters or central heating equipment according to the local codes and manufacturer's instructions.
- » Have heating equipment and chimneys cleaned and inspected every year by a qualified professional.
- » Remember to turn portable heaters off when leaving the room or going to bed.
- » Always use the right kind of fuel, specified by the manufacturer, for fuel burning space heaters.
- » Make sure the fireplace has a sturdy screen to stop sparks from flying into the room. Ashes should be cool before putting them in a metal container. Keep the container a safe distance away from your home.
- » Test smoke alarms at least once a month.



Heating Equipment Smarts

Install wood burning stoves following manufacturer's instructions or have a professional do the installation. All fuel-burning equipment should be vented to the outside to avoid carbon monoxide (CO) poisoning.

Install and maintain CO alarms to avoid the risk of CO poisoning. If you **smell** gas in your gas heater, do not light the appliance. Leave the home immediately and call your local fire department or gas company.



FACT

Half of home heating fires are reported during the months of **December, January, and February.**

Saint Paul Fire Department

www.stpaul.gov/fire

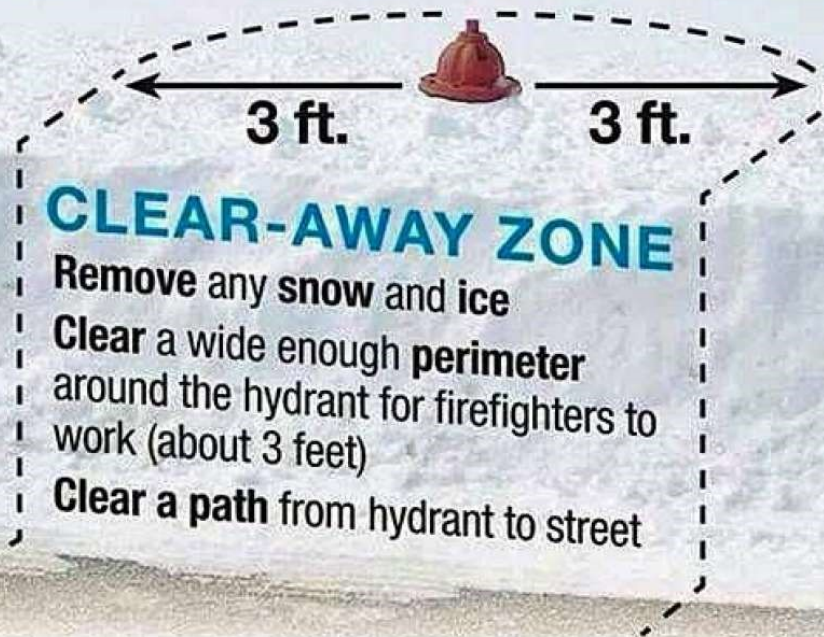


Your Source for SAFETY Information

NFPA Public Education Division • 1 Batterymarch Park, Quincy, MA 02369

KEEP THEM **CLEAR**

If there's a **fire hydrant** near your house, do your part to keep it accessible this winter:





Mutual Aid Response. Somersworth Fire Personnel conduct exterior operations at a well involved house fire in Lebanon, ME on January 20, 2023. The Fire Department is a member of the Seacoast Fire Chief Fire Officers Aid District (SCFOMAD) which stretches across four counties in three state to provide resources to member communities during significant emergencies.



Starting Monday, January 24 and continuing into Tuesday, January 25 a hard hitting storm toppled trees and utility lines across the City. At the height of the storm, 26% of the City was without power. City responders and utility crews worked extremely hard to mitigate the emergency. The Fire Department made 100 emergency responses in a 24-hour period.



Department of Public Works & Utilities

Solid Waste & Recycling

Solid Waste and Recycling News

Holiday Update: There will be No Change to the regular schedule for residential trash and recycling collection for President's Day, Monday, February 20, 2023.

As a reminder, please have your trash and recycling curbside **no later than 7:00am** on your collection day. This scheduled set out time, allows Waste Management operators to consistently begin operations at any location on City streets. **Due to operations and schedules, arrangements cannot be easily made to pick up missed collections, no guarantees.**

Also be mindful of setting out trash and recycling containers the night before a snow storm event as they may get plowed in. Consider set out day of trash collection by 7am.

Reminder the next Metal/Electronics curbside collection by Public Works crews will occur on **Tuesday, February 14th**. Residents should call by **Monday, February 13** to be placed on the pick-up list. Bulky waste stickers are required and can be purchased at City Hall, City Clerk office (cash, check or credit card) or at the DPW building at 18 Lilac Lane by **check only**. The number to call at Public Works is 692-4266.

Winter Parking Ban Alerts

During the winter, parking bans are put in place to allow the City plow equipment to clear roads and sidewalks. **Call the recorded Snow Emergency Hotline for parking ban information at 603-692-9131.** In addition, Check the City website for current postings on winter emergency parking bans and email alert at www.somersworth.com or to sign up to receive regular email updates on a range of City informational topics, including parking bans and the City Manager's monthly newsletter.

Protect your Household Water Lines

The colder weather can put your water pipes at risk of freezing and bursting which could cause extensive water damage. Here are a few things you can do to protect your water lines:

- Keep building temperatures as consistent as possible, never less than 55

degrees Fahrenheit.

- Insulate areas where water supply lines are located and eliminate drafts.
- If you have water pipes in basements, crawl spaces, or outside walls, insulate the pipes, using *pipe-sleeves* or other insulating material.
- Allow warm air to circulate by opening up doors to closets and cabinets where pipe chases are located.

If you suspect that a pipe is particularly susceptible to freezing, as an emergency measure, leave water running at a trickle to prevent freezing. This is never recommended as a permanent measure and should be monitored frequently.

Never use torches or devices with open flames to thaw frozen pipes.

Private Snow in Public Ways? NOT ALLOWED!

Residents and commercial property owners are reminded that the City prohibits anyone from depositing ice or snow from private property onto the City streets or sidewalks. Residents and commercial property owners are asked to remind their private snow plow operators that the snow from their driveways or parking lots may not be pushed into the City streets or sidewalks. This activity inhibits pedestrians from safely accessing those City sidewalks, forcing them to walk in the streets, which is an unsafe situation. Public Works staff will be monitoring compliance throughout the City.

Recreation Office News

Upcoming Events

Upcoming Programs

Biddy Basketball (Ages 3-6) – is currently full. Call the Rec Office at 603 692-9507 to add your child to our Wait List. The program runs for 5 weeks on Saturday mornings from February 25 - March 25.

Program Updates

Rec Youth Basketball Grades 1-6 - The kids are working hard in the pictures learning new skills before the season ends on February 11. Thank you to the volunteer coaches and the High School varsity coaches and players who worked with the kids this year to help make it a success!



For more information about any of the Recreation Department Programs please call 603-692-9507 or 603-692-9508.

WINTER ASSISTANCE PROGRAM



The State of New Hampshire offers a number of assistance programs that are administered through the Community Action Agencies. With heating and electricity prices high, our residents are seeing higher energy bills. Households with incomes between 60% and 75% of the state median income may qualify for a one-time credit of \$450 for heating assistance and/or one-time credit of \$200 on electric bills.

Provides benefits to qualified New Hampshire households to assist with heating costs. [More information here.](#)

Provides eligible customers with a discount on their monthly electric bills. [More information here.](#)

Provides eligible customers with a discount on their natural gas winter heating bills. [More information here.](#)

**ARE YOU
BEHIND IN
PAYING YOUR
MORTGAGE,
PROPERTY CHARGES,
OR UTILITIES
BECAUSE OF
COVID-19?**



The New Hampshire Homeowner Assistance Fund provides assistance to eligible residents who are past due in paying their home mortgage, property taxes, home insurance, association fees, or utilities due to the COVID-19 pandemic.

Apply at **HomeHelpNH.org**



The NH Homeowner Assistance Fund program is funded through the American Rescue Plan Act of 2021 and the Governor's Office for Emergency Relief and Recovery (COFERR). It is administered by New Hampshire Housing.

THE NH HOMEOWNER ASSISTANCE FUND

provides assistance to eligible residents who are past due in paying their home mortgage, property taxes, home insurance, association fees, or utilities due to the COVID-19 pandemic.



ELIGIBLE HOMEOWNERS

- Must have experienced a COVID-19 pandemic-related reduction in income or increase in expenses that occurred after January 21, 2020 or began prior to but continued after that date.
- Must own and occupy, as their primary residence, the New Hampshire property for which assistance is requested.
- Must have income(s) of equal to or less than 125% of Area Median Income.

ELIGIBLE PROPERTIES

Must be owner-occupied, or in the case of a land contract or contract for deed, occupied by the documented buyer. Eligible properties include:

- Single-family (attached or detached) properties
- Condominium units
- 1-4 unit properties where one of the units is the homeowner's primary residence
- Manufactured/modular homes permanently affixed to real property and taxed as real estate
- Manufactured homes not permanently affixed to real property but with a Title Certificate or Statement of Ownership in the homeowner's name.

CONTACTS

HomeHelpNH.org

For program details and to apply

AHEAD

(603) 444-1377 x1014
HomesAhead.org

For application assistance, financial counseling, and other resources

603 Legal Aid

(603) 224-3333
NHLegalAid.org

For assistance with an immediate threat of foreclosure, tax deed, or sheriff's sale



Apply at **HomeHelpNH.org**



The NH Homeowner Assistance Fund program is funded through the American Rescue Plan Act of 2021 and the Governor's Office for Emergency Relief and Recovery (GOFERR). It is administered by New Hampshire Housing.

Winterfest Pancake Breakfast



Sponsored by the Somersworth Festival Association



February 11th, 2023
8:30 a.m. to 11:00 a.m.

Somersworth High School
Cafetorium

Memorial Drive, Somersworth, NH



Pancake Meal - \$3.00

Coffee, Tea or Hot Cocoa - \$1.00

Games with Frosty - 9:00

Tricky Dick's Magic Show - 11:00

Lion's Club Open Skate - 10:00 to 2:00
(weather permitting)



& Frosty's Funfest

*Each game costs 25 cents to play
and win Frosty bucks to use
in our toy store.*

*There will also be fun
arts and crafts activities.*

GREATER SEACOAST COMMUNITY HEALTH

Goodwin
Community Health

Families
First

Lilac City
Pediatrics

2023 Parenting Classes, Support Groups and Family Programs

Parenting Classes

- **Positive Solutions for Families** | Online |
Wednesdays, Jan 18 thru March 1 @ 5:30 p.m.
- **Gender 101** | Online and at Families First,

Portsmouth | Feb 9 @ 5:30 p.m.

- **Child and Adolescent Bullying Workshop** | Online and at Goodwin, Somersworth | Feb 28 @ 5:30 p.m.
- **Communication is Key** | Online | Wed Mar 15, Apr 19, May 17 @ 6 p.m.
- **Mindfulness** | Families First, Portsmouth | Mondays, April 10 thru May 15 @ 9:30a.m.



Support Groups

- **Parents & Caregivers of Children with an Incarcerated Parent** | Online | last Mondays @ 7 p.m.
- **Grandparents Connect** | 2nd Tuesday at Idlehurst School, Somersworth, 4th Tuesday online @ 9:30 a.m.

Family Morning Out

- Somersworth, Portsmouth, Exeter, and Epping

PROGRAM SIGN-UP



Child and Adolescent Bullying Workshop

Bullying can create serious mental health and behavioral concerns. Spending 15 minutes a day talking can reassure children and adolescents that they can talk to their parents, grandparents, caregivers, or guardians. Join us on February 28 at 5:30pm to start the conversation with Ashley Keough, speaker and clinical psychotherapist. Offered both online and in person!

Sign up for Child & Adolescent Bullying Workshop

Kinship Navigation



Throughout New Hampshire a growing number of grandparents, family members, and close family friends are raising children whose biological parents are unable to care for them. The **Kinship Navigation Program** is community-based and designed to strengthen and support the wellbeing of kinship caregivers, children, and their families. The program is free, voluntary, and confidential and links kinship caregivers with community resources. If you would like to learn more, please contact our Kinship Navigator, Ellen Michniewicz at emichniewicz@familiesfirstseacoast.org.

Interested in joining our Grandparent Connect group? Join us on the 2nd and 4th

Tuesday of each month.

2nd Tuesday meets at Idlehurst Elementary in Somersworth, 4th Tuesday is online. [Sign Up Here](#)



Playing with cars outside at Somersworth Family Morning Out

Family Morning out Schedule

Join us:

- **Somersworth** on Fridays, 9:30-11am, at Idlehurst School, 46 Stackpoole Rd.
- **Portsmouth** on Wednesdays, 9:30-11am, Families First, 8 Greenleaf Woods Drive
- **Exeter** on Thursdays, 9:30-11 am, at the Parks & Rec building, 32 Court St.
- **Epping** on Fridays, 9:30-11 am, in the SAU building, 213 Main St.

Free. In-person. No signup necessary.

Emergency Willand Warming Center of Strafford County

The Warming Center of Strafford County at 30 Willand Drive in Somersworth, NH continues to be open as needed through winter up to March 31, 2023.

Reservations/pre-registrations aren't required. Access is walk-in only.

The two nearest COAST bus stops to the Willand Warming Center are High Street: Holy Trinity/Bernier (Route 1) and Route 108 Midway Buick/Coastal Neurology (Route 12). Riders will need a bus ticket or bus pass for all COAST transportation. Bus tickets are available at SOS - Dover (4 Broadway) & SOS - Rochester (14 Signal Street).

Questions can be directed to the Willand facility at 603-742-2709 or 603-969-1305 or via direct message to the facility Facebook page 'Warming Center of Strafford County' (#warmingcenterofsc).

To get text notifications for Warming Center Activations, please text 'Willand' to 855-970-3280.

Anyone experiencing housing insecurity at any time can call 211 for support.

City of Somersworth Employment Opportunities

Finalists must complete pre-employment screening to include: physical, drug test & background check. Detailed postings available online at:
<https://www.somersworth.com/human-resources/page/employment-opportunities>

A completed City of Somersworth Employment Application is required for all job openings.

For more information please call Linda Corriveau at (603) 692-9529 or email Linda

DEVELOPMENT SERVICES

Planning Secretary

\$41,308.40 (\$19.86 hr.) - \$54,350.40 (\$26.13 hr.)

POLICE

Dispatcher

\$39,956.80 (\$19.21 hr.) - \$52,374.40 (\$25.18 hr.)

Patrol Officer

\$50,772.80 (\$24.41 hr.) to \$66,518.40 (\$31.98)

More Information: [Somersworth Police Department Job Opportunities](https://www.somersworthnh.gov/police/pages/job-opportunities)
<https://www.somersworthnh.gov/police/pages/job-opportunities>



**City Hall will be Closed on Monday,
February 20 for President's Day**





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