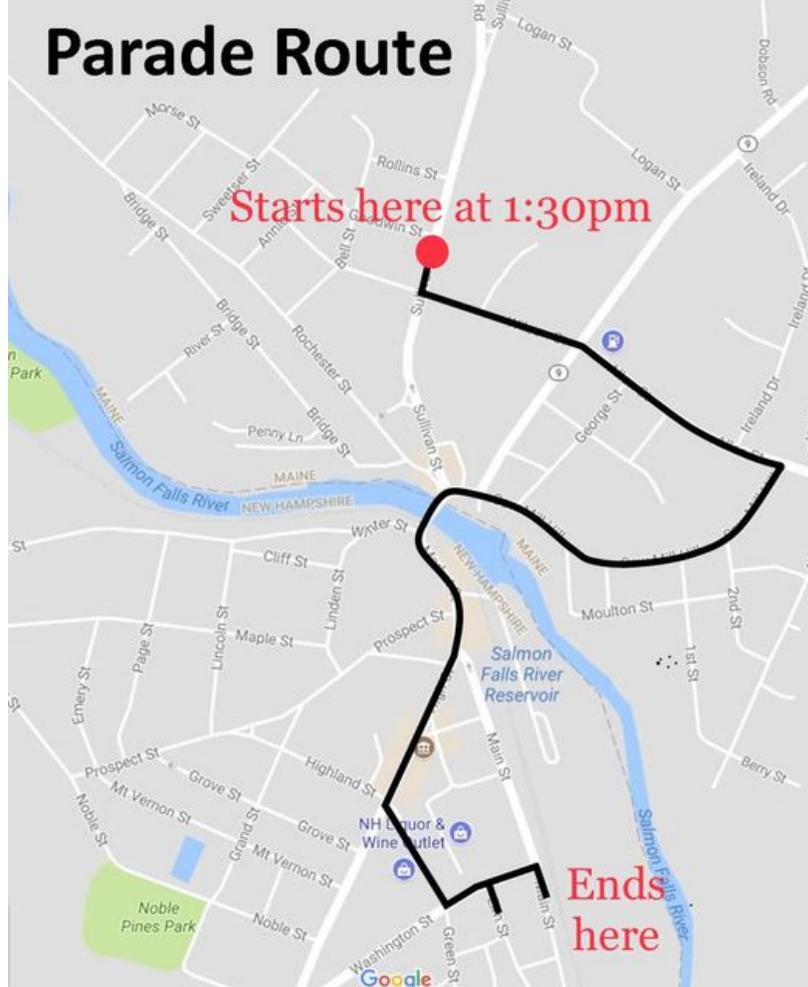




Parade Route



Somersworth-Berwick Parade Route

1:00 pm: Somersworth Tree Lighting at USS Somersworth Memorial Park

1:30pm: Parade Starts

Parade Route will start in Berwick from Wilson Street then straight across to Allen Street (Rte. 236), turn right onto Sawmill Hill Road down to Bridge Crossing into Somersworth on Market Street, then onto High Street, turn left onto Constitutional Way, left onto Washington Street and disbanding to the right on Green Street, Elm Street and Main Street

City of Somersworth
One Government Way
Somersworth, NH 03878
(603) 692-4262

City Hall Hours
Monday-Friday
8:00 a.m. - 4:30 p.m.
Wednesday
8:00 a.m. - 6:00 p.m

City Council Meetings



Monday, December 13 at 7:00 p.m.

City Manager's Report for the City Council Meetings available [Here](#)

Committee/Board Meetings this Month

Site Review Technical Committee

Wednesday, December 1 at 10:30 a.m.

Wednesday, December 8 at 10:30 a.m.

Zoning Board of Adjustment

Thursday, December 2 at 7:00 p.m.

Minor Site Planning

Wednesday, December 8 at 1:00 p.m.

Conservation Committee

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

School Board Meetings

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

Planning Board

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

Historic District Commission

Wednesday, December 16 at 7:00 p.m.

Visit our Website



Missed the Meeting? Catch it again Online

Don't forget: If you missed the live City Council, School Board or Planning Board meetings on Channels 22, you can catch them again, online and on demand.

Simply **watch Somersworth** to begin watching meetings on demand.



The Mayor's Corner

Mayor Hilliard's Veterans Day Speech

On Veterans Day I once again had the honor to deliver the official City remarks at the American Legion. The uniform of our Veterans bares no markings as Democrat or Republican. The uniform of our Veterans is not sorted by conservative, moderate, centrist, or liberal. Those that served with valor, honor, courage, and pride are not placed into units based on their religion, ethnicity, or sexual orientation. For those that carry the title United States Veteran, share a common bond, a common commitment to our creed. They are Americans, each with a different story, each with a different background, united on the same journey to protect the torch of freedom's light, two hundred and forty-five years ago.

Our nation, our liberties, our freedoms were forged upon the determination of

merchants, farmers, business, and trades people, all who willingly halted their individual dreams and advancements for the birth of a nation and future generations they will never know. We are reminded each day of their sacrifices with our ability of free thought and action. Because of them, we execute our right to vote. Because of them, we can pray freely or choose freely not to pray. Because of them our self- destiny is determined by our studies, action, dedication, and work, not by an oppressor who bonds us into the chapters of human injustice.

For each year our republic moves forwards, so too does the soul of liberty throughout the world. Its journey is guarded by the men and women who have dedicated their lives for the advancement of our nation. Their oath, to defend the growth of the child know as democracy for all current and future generations. For our guardians are aware that while the light from liberty guides all those who yearn for its eternal warmth, the darkness of those who wish to crush it linger in the corner of oppression.

On Veterans Day we take time to pause, to reflect, to remember and to celebrate. To honor all of those in the world of the living and in the spirit form who have defended a nation built upon the promise; the goal of universal freedom and liberty for all.

On Veterans Day, we re-affirm our commitment as Americans to safeguard the pillars of which this nation was cast upon. To honor all differences and to seek common ground to advance the creed which identifies us. Each year as Mayor, I have had the honor to not only address you, but to invite the next generation of liberties safe guards to inspire us in their words and bring testament to the continuation of our great republic.

This evening I welcome 9th grader Mia Westphal who is a contestant in this years, VFW Voice of Democracy program, and 8th grader Chaplin Coussoule who is a contestant in the VFW's Patriots Pen. See below their incredible speeches!

May God forever offer his grace and guidance for all of us to hold true to the principles of our great nation. May he continue to shield in his protection those who willingly defend our nation, and those who have sacrificed their lives in the name of Democracy. And may God forever bless these fifty United States.

Thank you all who carry the honor and title of a United States Veteran.

Mayor Dana S. Hilliard

Mia Westphal: America - Where Do We Go From Here?

Thomas Jefferson once said, "I hold it that a little rebellion now and then is a good thing, and as necessary in the political world as storms in the physical" (Jefferson). Just like Jefferson, we are living in a time of rebellion and discontent, and some people are asking, "Where is America supposed to go from here?" In order to go forward from here, we need to make more effort towards fixing racial injustice, making proper health information more accessible, focusing on unity as a country, and working on the environment. As rebellion continues, more and more people want a fix. [Read more....](#)

Mia is a 9th Grader at Somersworth High School

Chaplin Coussele: How Can I Be a Good American?

"How can I be a good American?" This is a question everyone should ponder. Now, There is

a difference between being an American and being a good American. Being a good American represents what America is all about, which is the ability to live, and let others live, freely. It is the ability to live how you want rather than being told how to live. This is different from other countries. This is a privilege that was earned by people who fought for the rights we believe in. As a good American you not only know this, but you execute it as well. [Read more....](#)

Chaplin Coussele is an 8th grader at Somersworth Middle School



Congratulations Captain Timmons!

For forty years Captain Russell Timmons has served and protected the greater Hilltopper community, each day rising and walking the thin blue line. Without hesitate he is willing to sacrifice his own personal dreams and life, to ensure the community he loves Somersworth, remains safe for all. This week, we pause to honor the four decades of serve to the Hilltop community and give a humble thank you, to our local hero and officer that everyone looks up to,

Captain Russell Timmons. In honor of his forty years of service the week of November 15-21 was proclaimed as Captain Russell Timmons week. A flag of our nations was also flown over Citizens Place in his honor.



Hello Friends

The film for discussion **Tuesday, December 14 at 5:45** is "Memento". It's interesting film making but dark. How does the narrative choice mimic Leonard's mind? What ultimate choice does Leonard make to give his life purpose? This film

will not cheer you up, but the story telling is different from most films you will have seen. Find it on Hoopla.

Wednesday, December 15 at 5:00, the Library, in conjunction with NH Humanities, is hosting Jeff Warner for Range the Wild Woods Over: Loggers' Songs and Stories. Jeff will sing, inform and tell tales. Reserve your spot by coming into the Library and speaking with the front desk staff: capacity is limited. To get you further in the spirit, beans and cornbread will be served.

Join us for book discussion **Tuesday, December 21 at 5:45** to celebrate the solstice and talk about the short story A Rose for Emily. It's widely available on the web or stop in for a paper copy. Who is Emily and what do we see through the eyes of the narrator? What do we know about the narrator?

If you are interested in donating to the library this holiday season, a binder of suggested titles and information will be available. We are focusing primarily on the children's collection. Your patronship is truly appreciated.

Family storytime is taking place at Idlehurst School in the community room. Please give us a call or check our webpage <https://www.somersworth.com/somersworth-public->

[library/pages/childrens-programs](https://www.somersworth.com/somersworth-public-library/pages/childrens-programs) for more information. We'll post details on Instagram and Facebook, too.

Recently, the library purchased a pass to the Currier Art Museum in Manchester. It will provide 2 adults half-price admission and admit children 17 and under, free. Check our museum page for information on the different passes we offer

<https://www.somersworth.com/somersworth-public-library/pages/museum-passes>.

Need help navigating the online catalog? Come in and we will assist. We're happy to. You can see what has most recently been acquired, place holds, search for similar titles and more. We also offer help using Hoopla or connecting to Overdrive (Libby). There's a wide world of books and information out there you can access with your Library card and we want to give you all the options.

Peace to Everyone.

Library Winter Hours

Tuesday & Wednesday: 10:00 a.m. - 7:00 p.m.

Thursday & Friday: 9:00 a.m. - 5:00 p.m.

Saturday: 9:00 a.m. - 3:00 p.m.

For the latest updates, follow our Facebook page. You can also check our Programs & Services page. <https://www.somersworth.com/somersworth-public-library/pages/library-services-programs>. Stay tuned for an author visit in November...

Here's to more time to do the things you like.

Happy December!

Somersworth Recreation Upcoming Events

SOMERSWORTH RECREATION YOUTH BASKETBALL



Children in grades 1-6
Saturday Mornings- 7 sessions
January 8- February 19

**2022 Skills & Drills only*

**Masks will be required at all times for all players, coaches, & spectators
Times, locations, & policies are subject to change

IDLEHURST ELEMENTARY SCHOOL GYM:

8:00-8:50 am - 1st grade coed

9:00-9:50 am - 2nd grade coed

10:00-11:00 am - 3/4 grade girls

11:00-12:15 pm- 5/6 grade girls

**SPACE IS LIMITED!
DON'T WAIT TO
REGISTER!**



MIDDLE SCHOOL GYM:

8:30-9:45 am - 3/4 grade boys

10:00-11:15 am - 5/6 grade boys



Join us for this 7-week instructional Rec Basketball program designed to teach players the fundamentals of basketball. This program emphasizes skill development and sportsmanship through age appropriate drills and fun games. All playing abilities are welcome!

DEADLINE TO REGISTER IS Dec. 17th

****Open to Somersworth residents only**

Early Bird Fee~

Register & pay by Nov. 30th

\$45



Fee~

After Nov. 30th

\$60

VOLUNTEER COACHES NEEDED!

****Now seeking volunteer coaches to run the program! We can't run this program without the help of several volunteers. Please reach out to the Rec Office if you can coach this season. 603-692-9508**

Rec Youth Basketball Registration Update – We currently have a few spots left for Grade 2 and Grade 5/6 Girls.

****Please call 603 692-9507 to ensure space is available prior to mailing in forms or stop by the Rec Office****

We currently have a wait list for Grade 1, Grade 3/4 Girls, Grade 3/4 Boys, and Grade 5/6 Boys. Call 603 692-9507 to add your child on the wait list.

We are still looking for volunteer coaches. If you can help out this season please give us a call.

Join our 12 Days of Fitmas Community Challenge!

Open to Somersworth residents/all ages.



Somersworth Recreation

12 DAYS OF FITMAS

Community Fitness Challenge



- Challenge is open to all Somersworth residents/all ages!
- Complete 12 exercises per day for a total of 12 days in December.
- Choose any 12 exercises from the list below & complete the exercises between Dec. 1st- Dec. 25th.
- Email your completed log sheet to recreation@somersworth.com by Dec. 27th to be entered into the raffle drawing for a chance to win a \$25 gift card! The winner will be announced on Dec. 28th!



FITMAS EXERCISES:

1. **Chimney Climbers**- 30 mountain climbers
2. **Jack Frost Jumps**- 25 jumping jacks
3. **Santa Squats**- 10 squats
4. **Reindeer Run**- 15 minute run
5. **Jingle Bell Walk**- 20 minute walk
6. **Candy Cane Crunch**- 25 crunches
7. **Holiday High Knees**- 25 high knees
8. **Blitzen Burpees**- 10 burpees
9. **Yuletide Yoga**- 20 minutes of Yoga
10. **Peppermint Push-Ups**- 10 push-ups
11. **Poinsettia Plank**- 30 second plank
12. **Bells & Butt Kicks**- 25 butt kicks
13. **Tinsel Triceps Dips**- 25 triceps dips
14. **Lights & Leg Raises**- 10 leg raises
15. **Jolly Squat jumps**- 10 squat jumps
16. **Mistletoe Touch**- 15 toe touches
17. **Snowy Side Lunge**- 10 side lunges
18. **Winter Wall Sit**- 30 second wall sit
19. **Sugar Plum Skaters**- 20 skaters
20. **Holly Hip Twists**- 10 hip twists
21. **Rudolph Reverse**- 20 reverse crunches
22. **Dasher fun**- dance for 10 minutes
23. **Christmas cardio**- 15 mins cardio
24. **Create your own holiday exercise!**





12 DAYS OF FITMAS



EXERCISE LOG SHEET:

Record the date you completed exercises & list the 12 exercises by # that corresponds with each exercise on the flyer. Dates do not need to be consecutive.

Example: Date: 12/10/21 Exercise #'s: 1,4,6,7,9,10,12,14,15,17,20,22

- 1 Date: _____ Exercise #'s: _____
- 2 Date: _____ Exercise #'s: _____
- 3 Date: _____ Exercise #'s: _____
- 4 Date: _____ Exercise #'s: _____
- 5 Date: _____ Exercise #'s: _____
- 6 Date: _____ Exercise #'s: _____
- 7 Date: _____ Exercise #'s: _____
- 8 Date: _____ Exercise #'s: _____
- 9 Date: _____ Exercise #'s: _____
- 10 Date: _____ Exercise #'s: _____
- 11 Date: _____ Exercise #'s: _____
- 12 Date: _____ Exercise #'s: _____



Participant Name: _____ Age: _____

Email: _____ Phone #: _____

Signature (Parent/Guardian signature if under 18): _____

Department of Public Works & Utilities



Solid Waste, Recycling, Bulky Waste tips and highlights

Reminder the next Metal/Electronics curbside collection by Public Works crews will occur on **Tuesday, December 14**. Residents should call by **Monday, December 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.

Bagged Leaves and Brush Collection

The City of Somersworth has completed the scheduled Bagged Leaves and Brush pick up for 2021. **Brush collection** will resume April 18-April 22, 2022 and bagged leaves will be collected the week of April 25-April 29, 2021. ***Please note that Malley Farm will remain open to the public for Leaf and Brush drop off Monday-Friday 7:30 am to 2:30 pm and Saturday and Sunday 8:00 am to 6:00 pm until the first substantial snow fall of the**

season and will not reopen until the spring.

Christmas Tree Drop Off Program

Somersworth residents may drop off their Christmas trees at the Department of Public Works Facility located at 18 Lilac Lane. All ornaments and decorations must be removed as Highway personnel grind up the trees for future composting. A designated location within the main parking lot at the Facility will be provided for the drop off.

Public Works Highway crews will also collect residential Christmas Trees without ornaments and decorations, during the 2nd and 4th weeks in January following the standard trash and recycling collection services. Set out your tree by 7am the same time as you set out your trash and recyclables during this week and Highway personnel will collect and remove.

As a reminder those dates are Monday, January 10, Tuesday, January 11, and Wednesday January 12 for the first week; the second week is: Monday January 24, Tuesday January 25, and Wednesday January 26.

Winter Parking Ban Alerts

During the winter, parking bans are called typically when snow or ice conditions makes it unsafe for vehicles to park while City winter plow equipment is clearing roads and sidewalks. Call the recorded snow line for winter snow parking ban information at 603-692-9131. In addition, sign up for the City Manager's monthly newsletter by accessing the City website and receive regular email updates on a range of City informational topics, including parking bans. Also Check the City website for current postings on winter emergency parking bans as well at www.somersworth.com

Winter is With Us!

Public Works crews have been working behind the scenes in preparation for the 2020-2021 winter season. Highway personnel have been preparing equipment, lining up salt and sand supplies, contracted equipment if needed and conducting snow plow route reviews with Department operators in preparation and response to storms this winter season. Residents and contractors are reminded to not plow or place snow from private driveways or parking lots onto City streets, sidewalks or public places.

Private Snow in Public Ways? NO!

Residents are reminded that our City Ordinance (Chapter 12) prohibits anyone from depositing ice or snow from private property onto the City streets or sidewalks. Residents are asked to remind their private snow plow operators that the snow from their driveways may not be pushed into the City streets or sidewalks. This activity inhibits pedestrians from safely accessing those City sidewalks that have snow from driveways and parking lots; it forces pedestrians to walk in the streets which is an unsafe situation. **Violations of this Ordinance is subject to fines and is enforced by the Somersworth Police Department.**

Idlehurst Art Project

Highway Division personnel worked with Idlehurst Elementary Principal, Liza Cocco and Art Teacher, Holly Pim on a unique art project involving painting the school logo and signatures on a wing plow on Truck



4th.

#302.

The project was associated with student awareness about how Public Works operations help maintain City streets particularly in the winter, while highlighting student art skills.

Highway personnel enjoyed working with the staff and students from Idlehurst Elementary School. The truck will be in this year's Somersworth-Berwick Christmas Parade held this Saturday December

Somersworth Fire Department & Emergency Management

A Safety Message from the Fire Chief's Office

Somersworth Fire Department & Emergency Management

December History, Preparation, and Precautions

A Message from the Fire Chief's Office

With Thanksgiving behind us and the month of December ahead of us, there is great anticipation for the upcoming holiday season and optimism for the New Year. However, in the Fire Service, December begins with reflection, learning, and preparation. Starting in 1999, December, has been a tragic month for firefighters. On 3 December, 1999, six Worcester, MA firefighters lost their lives while searching for reported squatters in the smoke and flames of a massive six-story, abandoned cold storage building. On 22 December, 1999, three Keokuk, IA Firefighters lost their lives while searching for three children on the second floor of a multi-family dwelling when dense smoke throughout the unit ignited from a first-floor kitchen fire in a rapid-fire event known as a flashover. When the flashover occurred, two of the children had been passed to the outside and the third child was in the arms of one of the searchers on the second floor. The three children did not survive.

The lessons from these two December fires as well as other December fires including three more from Worcester MA are woven into the preparation, training, tactics, and knowledge of the City of Somersworth Fire Department (SFD). We are completing an intensive and months-long training program in Rapid Intervention Crew (RIC) operations which is the specialized capability to search for and rescue trapped firefighters. Our annual confined space rescue certification is focused on operations in abandoned buildings. And, we practice fire suppression tactics to aggressively prevent a flashover. This investment in training and preparation serves the Citizens of Somersworth as well as other jurisdictions when help is requested through the mutual aid system.

On 16 November, City of Somersworth Fire Department personnel from A and C shifts participated in an annual training day at the New Hampshire Fire Academy. Personnel

accomplished RIC scenarios which included rescuing a simulated distressed firefighter from an attic space and searching in dense smoke using a new fire-resistant search rope in a large basement area. SFD personnel also conducted live fire suppression, and practiced vertical entry confined space rescue tactics in a simulated abandoned building. The Fire Academy provides facility use, equipment, and support staff at no cost to the participating Department for two sessions each year. The SFD Fire Chief supervised the training and acted as lead instructor. SFD personnel from B and D shifts are scheduled for their training session this month.

The historical fires of December also have many lessons for the general public. Cooking related fires – especially those resulting from unattended cooking – are the number one cause of fires in the home. Candles are another leading cause of fires in the home. The Worcester Cold Storage fire was allegedly started by a candle tipping over. Candles create a nice ambiance – especially around the holidays. However, consider using battery powered candles – they have the look and feel of the real thing. On average across the USA, Christmas trees account for over 200 fires, over 10 deaths, and more than \$15 million in property damage. Typically, shorts in electrical lights or open flames from candles, lighters, or matches start tree fires. Well-watered trees are not usually a problem, but dry and neglected Christmas trees can be a significant fire hazard.

Please see the following safety messages.

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 during the holidays.

Yours in service

George Kramlinger, Fire Chief

Emergency Management Director





Shop with a Cop

December 2nd will be a special day for some lucky Somersworth children. Officers will be pairing up with an at risk child to shop for their families' Christmas presents. There will be a wrapping and pizza party afterwards for these children. Santa may have a present up his sleeve for these children as well.

Members of the Somersworth Police Association have been coordinating these efforts. Thanks to the generosity of Wal-Mart, Connelly Auto, Somersworth Nissan, Todd's Touch, New Hampshire Materials Laboratory, Hilltop Fireworks and Mayor Hilliard. Pizza is being provided by Somersworth House of Pizza (Hot and Fast), Villa Pizza, Old Rail Pizza and Stripe Nine. Aroma Joe's is providing hot chocolate for the event. Their families will also receive grocery store gift cards from Stewart's Ambulance. This very important event would not be possible without our Community support.

2022 Alarm Permit Renewal Notices have been mailed. If you own a fire alarm or security system alarm, ordinances require you to obtain a permit. To renew your permit the fee is \$10.00 if paid before the end of January, 2021 or \$20.00 after. If the alarm is for a residence and you are 65 or older, your permit is free. If you have questions, please call Karen at the Somersworth PD at 603-841-2917 or email: Kcantrell@Somersworth.com. If you own an alarm system (including those self installed) and have never obtained a permit, you can simply go to: https://www.somersworth.com/sites/somersworthnh/files/uploads/alarm_permit_application1.pdf. The fee is \$25.00 for your first alarm permit. Alarm permits for residence alarms that are 65 or older are free.

Snow Emergencies/Winter Parking Ban

Snow Emergencies can be called at any time, day or night. During Snow Emergencies, a Parking Ban is in effect. Always be aware of overnight weather forecasts and have alternative parking plans when snow is predicted. Your vehicle can be towed during a Snow Emergency and you will have to pay the tow charge to get it back. The purpose of the parking ban is to

enable Public Works to safely maintain the roads. This means sometimes there will be a Snow Emergency declared even when it is no longer snowing. Snow emergencies are announced on the following stations: WTSN, WOKQ, WERZ, WSHK, WHEB, WMUR Channel 9 and Local Cable Station Channel 22.

You may also call the Winter Ban Hot Line at 692-9131 or go to

www.Somersworth.com. To receive news of parking bans via email, go to www.Somersworth.com and click "Subscribe-City Email:.

Somersworth Police Department also uses our Facebook page to give important community information and we send out Nixle alerts for parking bans and other important information to cell phones and emails. You can sign up for Nixle at www.Nixle.com.

Avoid the parking ticket and the tow (at your expense) by paying attention to snow emergency information.



PROTECT YOUR EVERY DAY

If you **see** something, **say** something™

REPORT SUSPICIOUS ACTIVITY

Call 9-1-1

Somersworth Police Dispatch 603-692-3131
Somersworth Police Crime Line 603-692-9111

If you see something, say something® used with permission of the NY Metropolitan Transportation Authority.

SNOW EMERGENCY PARKING

Permits for Noble Street and River Street parking during snow emergency parking bans are now available

On January 7th, 2019, the Somersworth City Council passed Ordinance No. 9-19 to allow permit parking during snow emergency parking bans on Noble Street adjacent to the Noble Pines Park, and on River Street adjacent to Jules Bisson Park.

Permits to park there during parking bans resulting from a snow emergency are available from November 1st thru March 31 at a rate of \$20.00 per month, and are available at the Police Department.

There are 17 spaces available on Noble Street and 5 spaces available on River Street. Permits will be issued on a first come, first served basis. The permits are only valid during the dates listed when there is a snow emergency parking ban in effect.

Vehicles parked in this area with a valid permit must be moved by 8 am on the day following the completion of the parking ban to allow for snow removal from the designated area. Vehicles not moved per the Ordinance will be subject to being towed at the owner's expense.

For further information please contact [Cheryl Robinson](#) at the Somersworth Police Department.

We have a partner with Avis Goodwin, Wentworth Douglass Hospital and volunteer Recovery Coaches to offer “**Community Access to Recovery**” aimed at providing help to those suffering from misuse disorders. Simply come into the Police Station and ask for assistance. We will arrange assistance for you.



Somersworth Police Department also uses our [Facebook page](#) to give update on important Community information including crime information, road closures, snow emergencies, parking bans and Community events.



We also send out Nixle alerts for parking bans and other important information to cell phones and emails. You can sign up for Nixle [here](#)

Somersworth Conservation Commission What's Happening

Somersworth Helping Wildlife



The Somersworth Community page is now available on the National Wildlife Federation’s Community Wildlife Habitat website. Paste this link into your browser <https://www.nwf.org/CommunityWildlifeHabitat/Communities/Community/519> or go to the Somersworth Conservation Commission page at www.Somersworth.com, where the link will be posted. The project page tracks the city’s progress toward certification. It lists

the number of certified habitats in Somersworth and contains links to helpful information provided largely by the UNH Cooperative Extension. Food for thought before spring comes (it will come).



Maple Wood and Somersworth Middle School do Compost Right

Cafeteria composting is back, now in two of our awesome Schools!

In 2017, SMS was the first in the district to enter the wonderful world of food composting, followed a year later by Maple Wood Elementary. Maple Wood restarted cafeteria composting this September, and in November the Middle School joined the food-waste-reduction party. Students and Staff help guide the sorting of food waste from trash, in efforts to reduce food waste and increase environmental sustainability efforts in our schools. In return, our participating schools will receive cubic yard of finished compost next spring from Mr. Fox, Composting of York, ME, keeping the school gardens healthy and productive. Mr. Fox mrfoxcomposting.com also services the city of Somersworth, with residential pick-up service for a small fee, and resident access to a free drop-off tote at the Somersworth Department of Public Works office on Blackwater Road.

Eating Locally and Seasonally at Somersworth Schools

This October, in celebration of National Farm to School month, Somersworth Schools hosted a Farm to School lunch for all students and staff, serving roasted chicken and accompanied by all locally sourced produce. Three Rivers Farmers Alliance <https://www.threeriverfa.com/> helped us source produce for roasted local potatoes, salad with all local greens, and a delightful local-apple crisp. Heron Pond Farm, Stout Oak Farm, Brookdale Farm, and Two Farmers Farm were among the area farms represented in this meal. Funded by a USDA Farm to School grant, the goal is to bring more locally grown foods into our school meals.

In early December, we're doing it again. What's in season in early December? Farms in our region are still harvesting kale and other greens, winter squashes, sweet potatoes, beets, and other root vegetables. They're also selling from the abundance of apples, and even cranberries, from the fall harvest. Instead of waiting for that can of cranberry sauce that's sitting on a shipping container thousands of miles away, let's support local farms, our local cafeteria staff, and feed our students and hardworking school staff fresh, healthy, and local food. Keeping it local is a great way to say thank you this holiday season. Cheers!

Wendy Berkeley
Somersworth Farm to School Coordinator

Kindergarten teacher Angela Ficco and her
buddy enjoying October's locally sourced
School lunch

Somersworth Middle School children
composting



Friends of Forest Glade Cemetery

The Trustees would like to thank our 2 trustees Neil Larson and Mark Richardson for their great work on the application for the State of NH Historic locations. We are thrilled that we have been chosen and this will go right along with our status on the National Registry of Historic locations. Look forward to signage to direct visitors to our gem Forest Glade Cemetery



More good news we have been awarded a NH Moose Plate grant \$10,000 no match needed from the city funds to do specific work on the roofs of the Well Houses throughout the Cemetery

We would like to congratulate the Somersworth Historical Museum for the fabulous job they did again this year with their Talking Tombstones. This event introduced us to a few of the folks who now reside at the Forest Glade Garden Cemetery. Thank you to all those folks who said yes to bring these folks stories alive.

The gates will be closing as soon as the snow flies. You will still be able to use the Main Road just inside the gates on Maple St. This road is plowed by our Public Works crew for those walking to School.

Holiday Craft Fair

Saturday, December 4th
9:00 am to 3:00 pm

Somersworth High School
11 Memorial Drive, Somersworth

150 talented crafters!

Food! Great raffles!

Free parking Free entry

Face Masks Required



*This event is being hosted by the Somersworth Festival Association.
Proceeds from the craft fair help support all of the events
the SFA holds for the children.*

Phone: 603-692-5869 • Email: sfachild.festival@gmail.com



Toys for Tots

Godfrey Dentistry is excited to participate as a **DROP SITE** for the 2021 Toys-for-Tots Campaign sponsored by the United States Marine Corps.

Donations will be accepted at:
8 Clark Way, Somersworth, NH
Monday-Thursday, 8:00 AM - 5:00 PM
until December 14.

Please consider donated new, unwrapped toys * to help New Hampshire children!

*no used toys, candy, realistic looking weapons or science experiments can be accepted.



GREATER SEACOAST COMMUNITY HEALTH

Goodwin
Community Health

Families
First

Lilac City
Pediatrics

Families First, please sign up for their Newsletters

Family Focus: Info on each month's parent and family programs, monthly parenting tips and ideas, useful links

and more.

2nd and 4th Tuesdays: 9:30-11 a.m.

Idlehurst School, Somersworth

Upcoming meeting date: 12/14

Did you know more than 23,000 NH children live in homes where a grandparent or relative is the head of

household?



Our **Grandparents Connect** group is a friendly place to share stories and talk about the joys and challenges that come with raising grandkids. We also exchange information about local resources. It helps to know you are *not* alone, and this group offers a place to relax, listen, learn, and support one another. All grandparents and kinship caregivers are welcome.

Sign up [here](#), or **email Patrice** if you have questions.

Listen to this podcast with the New Hampshire Children's Trust to hear three members of our Grandparents Connect group talk about why the group matters to them.

Do You Know How to Play

Sometimes as adults it is hard to remember *how* to play and *why* it is such an important part of a young child's healthy development. We are partnering with the **UNH Early Childhood Coaching Initiative** to learn more about playing with our kids in ways that encourage creativity, curiosity and confidence. Coaches will be visiting our *Family Morning Out* playgroups to share ideas and strategies for happy, positive play with our children.



Family Morning Out Playgroups

Somerset: Fridays, 9:30-11 am, Idlehurst School, 46 Stackpole Rd.

Epping: Fridays, 9:30-11 am, the SAU building, 213 Main St.

Exeter: Thursdays, 9:30-11 am, Parks & Rec building, 32 Court St.

Singing "Head and Shoulders Knees and Toes" at Family Morning Out in Somerset.

- *Free. In-person. No signup necessary.*
- *For parents, grandparents and caregivers with children ages 0-4.*
- *Playgroups meet only when schools are in session. No groups on 11/25 & 11/26.*

Were You or Your Child at Pease between 2004-2014

If so, you are needed for the **Pease Study** -- and will get up to \$75 in gift cards if you complete it! The study's goal is to learn the effect of PFAS chemicals on the health of people who were exposed through contaminated drinking water.

Right now, there aren't enough participants enrolled in the study, especially children. Please consider participating if any of these applies to you or your child between January 2004 and May 2014:

- Children (ages 4-17) who attended day care at the Pease International Tradeport during those years;
- Adults who worked at the Tradeport during those years;
- Children who were born to and/or breastfed by a mother who worked at the Tradeport during those years.

Participation is safe and easy. Study participants will:

- **Call 603-846-6192 to enroll in the Pease Study**
- Learn the levels of PFAS in their body
- Help their community—and country— better understand how PFAS exposure may lead to specific diseases
- Adults get up to \$50 in gift cards and children get up to \$75 in gift cards for completing the study.)



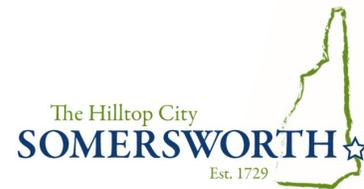
Mobile Health Van Near You!

Our **Mobile Health Clinics** are available to adults experiencing homelessness. This includes living in a shelter, outdoors, in a rooming house, winter rental or couch surfing with friends/family. Although we do not see children for care, we can facilitate and refer to other providers in our network.

We offer wraparound services to everyone we serve including counseling, medication-assisted SUD treatment, health insurance enrollment and referrals for dental care. Clinics are held in Dover, Rochester, Exeter, and Portsmouth each week. Mobile health clinic patients also have access to our health centers, Families First in Portsmouth and Goodwin Community Health in Somersworth. To hear our weekly clinic schedule, **call 603-766-9220**.

Mobile Health Clinic FAQs

City of Somersworth Employment Opportunities



POLICE

Position Title: **Dispatcher**

Starting Pay: \$18.74-\$24.57
 Date Posted: October 18, 2021
 Closing Date: Reviewed as received, Open Until Filled

Position Title: **Part-time Parking Enforcement Officer**
 (20 hours a week , Monday - Friday, 4 hour shifts)

Starting Pay: \$16.14-\$21.16
 Date Posted: September 14, 2021
 Closing Date: Open Until Filled

PUBLIC WORKS

Position Title: **Water Distribution Operator**

Pay Range: 20.37 to 24.83
 Date Posted: November 2, 2021
 Closing Date: Reviewed as received, Open Until Filled

Position Title: Wastewater Treatment Mechanic

Pay Range: 21.38 to 26.00
Date Posted: November 5, 2021
Closing Date: Reviewed as received, Open Until Filled

Finalist must complete pre-employment screening to include: physical, drug test & background check.

Detailed postings available online at:

<https://www.somersworth.com/human-resources/pages/employment-opportunities>

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

For more information please call Linda Corriveau at 692-9529 or email **Linda**



**“It’s a Wonderful Life” Second Publishing
A Holiday Message from Mayor Hilliard**

**Last May I wrote this piece for the Mayors Corner.
With the Holiday Season upon us I find it fitting to once
again share.**

Holidays are bound in traditions. Each of us has our customs and practices which are embedded within our family traditions and identities. These traditions help ground us, rejuvenate us and remind us of our lineage and the values which are an important aspect of existence. Throughout our childhood, we are guided on the practices that have become important to our cultures and families. For most of us, these identifying webs of our existence are lost within our youth. We look upon the gatherings, the meals, the songs, dances, or matching pajamas as an embarrassing burden we must partake in, voicing our discontent at the continuation of the traditions and holding the same childhood desire to exit from them like our hometown.

Age is something each of us learns to embrace. For some of us, it’s embracing comes with the celebrations that adulthood bares; personal establishment, raising a family, and finding your place and role within the community. For others, it is a battlefield moment of raising a white flag of surrender. It is coming to the realization that you are outnumbered by the forces of nature, and that like the leaves on a tree, each of us has a life cycle. Within those moments in the embracing of age comes our personal moment of enlightenment when our personal traditions become sacred, and new ones are created and passed on.

After a short three-year retreat from Somersworth to Boston during my twenties, upon my return, I began a new long-lasting standing tradition. The holiday season bombards each of us with a multitude of classic and Hallmark movie choices reinforcing and reminding us that amongst the self-imposed and self-inflicted chaos is a true message and reminder of our humanity. It was one of these dark cold, self-pity, self-questioning evenings that I would find solace and identity within a classic and begin my own personal tradition that would re-fill my cup annually and remind me of not only what is import in life, but the gifts that I have been

given.

I will be the first to admit that it is incredibly quirky and almost too predictable that I would find harmony, joy, and identity with Jimmy Stewart's portrayal of George Bailey in "It's a Wonderful Life". Realizing like George Bailey that life itself is not a sprint race of escaping, but a marathon of self-embracing the magic that lies within one's hometown, friends, and family. It is that gift given at the moment that one's eyes are finally re-opened. It is coming to the realization that success, does not lie within the fame of having one's name in blinking lights or in the first line of credits in a Hollywood movie. Success is reaching an understanding of the love that surrounds you, the friends you will hold for life in moments of celebration and grief and upon entering the local businesses where the owners are happy to see you and all members of the family.

It is feeling the pride that comes in the moments when you are pumping gas when someone says, "Hey aren't you so and so? I knew you!" Father, Mother, Grandmother, or Grandfather, and share a story with you on how they were a good person or did an unsolicited deed to help them out. It is that internal warmth that you feel when you pull into your driveway after a long journey or standing in the back yard to celebrate the beauty in your view of the universe. I have been given a gift, unlike George Bailey, I did not have to go on a bender at the local bar that would end with me throwing myself off a bridge and an angel named Clarence guiding me that one's real wealth is not measured in dollars, but in loving friends and family. While I still daydream like George Bailey of the international travels and journeys, I wish for life to take me on, like George Baily, I have awakened and embraced that my foundation and home lies within a 10 square mile community called Somersworth.

Somersworth, the City my ancestors on my mother's side immigrated to, to find hope, the American dream, in the roaring machines of the Great Falls Manufacturing Company.

Somersworth High School that my mother, my sisters, and I brother graduated from.
Somersworth Middle School that my Father dedicated 38 years of his life to as a coach and athletic director to.

Somersworth Middle School gym floor that now bears his name and the same school that I have helped lead as the Principal over the last ten years.

The comfort I feel, while praying in the same church and being part of the St. Martins/St. Ignatius community which holds our family lineage.

The pride I exhibit knowing that since its founding, the community I have been a part of, has welcomed and built its success upon the roots of its diversity and its state-wide reputation as New Hampshire's welcoming community.

From the English, Irish, Greek, French Canadians, and now Indonesians and members of the LGBTQ community, like Somersworth and Bedford Falls in "It's a Wonderful Life", our community lies within each of it is citizens, and their willingness to embrace and carry forth the values of neighbor helping neighbor. Yes, traditions are important, for not only keeping alive the past, but ensuring there will be a future. I look forward to my annual winter tradition when the wind is blowing, and I am surrounded by darkness when I feel my internal candle of hope start to fade in the midst

December. I find my favorite pair of torn sweatpants or aged pajamas. I allow my body to relax and become part of what I claim as "my chair" and let the guidance of Jimmy Stewart as George Bailey remind me of the similarities between us and "It's a Wonderful Life".

Mayor Dana S. Hilliard



City Hall will be Closed on
Thursday, December 23 and
Friday, December 24 for the
Christmas Holiday

On the Move! and our Future is Now!
We are a Community!
We are Achieving Progress and Greatness!

