

January 2022

***the Monthly Hilltopper
News & Happenings***

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, January 10 at 7:00 p.m.

Monday, January 24 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
(SRTC)

Wednesday, January 5 at 10:30 a.m.
Wednesday, January 12 at 10:30 a.m.

Zoning Board of Adjustment

Wednesday, January 5 at 7:00 p.m.

SRTC - Minor Site Planning

Wednesday, January 12 at 1:00 p.m.

Conservation Committee

Wednesday, January 12 at 6:00 p.m.

School Board Meetings

Tuesday, January 11 at 7:00 p.m.

Tuesday, January 25 at 7:00 p.m.

Planning Board

Wednesday, January 19 at 6:30 p.m.

Historic District Commission

Wednesday, January 26 at 7:00 p.m.



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.

Inauguration of the Mayor, City Council, School Board is 6:00 p.m. Wednesday, January 5, 2022

The Inauguration ceremony for the newly elected Mayor, City Council and School Board will be held in Somersworth High School Gymnasium. The ceremony begins at 6:00 p.m.

During the ceremony, elected officials will take the Oath of Office.

The Public is invited to attend.



This January the Hilltop City continues to honor the late Dr. Martin Luther King Jr. and its month long celebration of Diversity and Equality Month.

Throughout January and the year 2022, let the words and struggles of the great Civil Rights leader Martin Luther King Jr, remind us of how far we have come as a nation, as we continue united in brotherly arms, the journey towards equality.

In honor of MLK day and Diversity and Equality month in Somersworth, through the end of January a painting of MLK will be on display in City Hall



The Mayor's Corner

Our End, our New Beginning

January 1st marked the end of the current sitting City Council's work, as the newly elected Council and I begin the new term starting January 5th. For the past two years the Mayor's Office, City Manager, City Council and Staff continued to keep Somersworth "On the Move!" We did so by keeping focused on the foundation of our success, our team approach governing, despite both internal and external undermining to what has made Somersworth the model of functional democracy. We have proven our commitment to the Hilltopper values of neighbor helping neighbor, staying entuned with what identifies each of us as Hilltoppers throughout the pandemic.

During our greatest challenges, we found a way, a way to keep our government open and accessible and refused to let our team deteriorate. As a team we should be proud, proud of what we have accomplished. During the last two years of this body's session, we have;

- Approval, funding, and initiation of the \$9M state-of-the-art, new fire station project.
- Constructed a new Veterans Park Memorial

City Projects – Infrastructure - Completed

- Downtown Improvements – Includes Water, Sewer, Drainage, Sidewalks, Decorative Lighting, Road Resurfacing.
- Somersworth Berwick Bridge including Decorative Lighting.
- High Street Improvements
- Rocky Hill Road Culvert
- Maple Street Culvert
- LED Streetlights Upgrade-Energy Efficiency Improved
- Franklin & Fremont Street Drainage Improvements
- Blackwater Road Pump Station Improvements
- Rocky Hill Road Water Tank Improvements – Paint and Water Circulator
- Bretons Cleaners-Brownfields Clean-up
- Hamilton Street Water Tank Study – Phase I Complete

City Projects – Parks, Recreation, Cemetery Completed

- Noble Pines Park Improvements: Splash Pad, Pavilion, etc.
- Mast Point Dam: Boat Launch, Walking Trails
- Veterans Memorial at Stein Park
- Dog Park at Millennium Park
- Furber Chapel Slate Roof and Capital Improvements Plan done with Grants

City Projects – Infrastructure – In-Progress

- Transportation Alternative Program: High Street Sidewalk, Connector Trail

between Schools, Memorial Drive Intersection Improvements

- Congestion Mitigation Air Quality: Traffic Light Synchronization with Panel Light Infrastructure Upgrade to Today's Technology
- Rocky Hill Road Culvert #2-Under Design
- Main Street, Constitutional Way Complete Street Design Underway
- Cemetery Road Complete Streets
- Wastewater Treatment Facility Upgrade
- Fire Pumper Replacement
- Fire Station Construction Project

City Projects – Parks, Recreation, Library, Cemetery In-Progress

- Jules Bisson Park: Gazebo, New Playground, ADA Improvements
- Noble Pines Basketball Court Repairs – Funded in FY22
- Millennium Park Lights Repair – Funded in FY22
- Library Improvement Study Launched
- The Division of Historical Resources a Department of Natural and Cultural Resources for the State of New Hampshire listed Forest Glade Cemetery in the New Hampshire State Register of Historic Places.

Other Capital Improvements – Road Resurfacing:

The City has made great progress in the road resurfacing program. Our goal is to continue to increase funding in this area in the future as the budget allows. In FY21 we resurfaced 18 roads and reconstructed 1 via a betterment assessment district. In FY20 we resurfaced 22 roads.

Other Capital Improvements – Motor Vehicles and other Equipment:

Through the Capital Improvement Plan, the City has developed a rather robust vehicle and equipment replacement program. Historically the City would downshift retired police cruisers to other departments for use. We have stopped this program and improved our entire fleet improving efficiency and reliability of our vehicles and equipment. When necessary, we are adding to the fleet, for example this past Fiscal Year we recognized the need for an additional sidewalk plow, and the City Council took the necessary actions to make it happen before the winter season.

These are just a short snapshot of the accomplishment our City government was able to achieve by working together as a united team. For those who have dedicated themselves to this Community over self, thank you.

For those members of Council who believe in the power of team over one's own agenda, thank you. We have made a difference; we continue to keep Somersworth "On the Move" and have held steady to defending the values which have equated to our success. It has truly been an honor to serve with you, and with a high level of excitement I look forward to the return of the eight of you that were re-elected and welcome the return of Denis Messier and building a unified team committed to keeping Somersworth "On the Move!"

As we say goodbye to what was a challenging year for us all, let us remember what makes our Community strong, our Hilltopper values.

The values of "neighbor helping neighbor" continues to be the foundation stone of what makes each of us strong. As we welcome in 2022, and begin are journey together into the

unknown, remember we are Hilltopper strong!

As Hilltoppers, let us continue to celebrate our differences and pledge to build upon the work of those generations which came before us. Let us build our City, a Community, a Home, where all are welcome. Where our values of “neighbor helping neighbor” will continue to shine throughout the 10 square mile City we called Somersworth.

Happy 2022 Hilltoppers!

Mayor Dana S. Hilliard

Tri-City Warming Center Open Daily

The Strafford County Extreme Weather Warming Center (Warming Center) at 30 Willand Drive in Somersworth is open daily through April 1, 2022. The hours of operations are Monday through Friday from 5 p.m. to 8 a.m., and all day and night on the weekends, holidays and winter storm days.

The Warming Center is a partnership of the Cities of Somersworth, Dover, and Rochester and the Community Action Partnership of Strafford County (CAPSC). CAPSC provide staffing and oversight at the Warming Center through the winter season. CAPSC also seeks community help, including meal donations and volunteering at the Warming Center. CAPSC has created sign-up links for interested community members.

To donate meals, sign-up at <https://www.signupgenius.com/go/10c0c4aa5a728a2fec70-meals1>.

To volunteer at the Warming Center, sign-up at <https://www.signupgenius.com/go/10c0c4aa5a728a2fec70-novdec>. CAPSC will provide training opportunities in December. Email Dan Clark at dclark@straffordcap.org for more information.

For donated staple items for the Warming Center, sign-up at <https://www.signupgenius.com/go/10c0c4aa5a728a2fec70-warming>.

Department of Public Works & Utilities

Christmas Tree Drop Off

- 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.
- 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 trash by 7am which is 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.



Solid Waste, Recycling, Bulky Waste and Brush Collection Tips and Highlights

Reminder the next Metal/Electronics curbside collection by Public Works crews will occur on **Tuesday, January 11**. Residents should call the Public Works office at 603-692-4266 by **Friday, January 7** to be placed on the pick-up list. Use of bulky waste/metal waste stickers is required and can be purchased at City Hall, City Clerk

office; bulky tags can also be purchased at the DPW building at 18 Lilac Lane by **check only**.

Private Snow in Public Ways? NOT ALLOWED!

Residents and commercial property owners are reminded that the City Ordinance (Chapter 12, Streets and Sidewalks, Section 12.5 - Snow and Ice) 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 and will be paying particularly close attention to businesses and retail properties along the High Street corridor.



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 #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.



City of Somersworth is working to reduce the potential for contamination of local waterways by minimizing chloride (salt) exposure.

Why is salt reduction important?

As of 2021, 50 waterbodies in New Hampshire are polluted with chloride due to road salt application. In several watersheds analyzed in the southern I-93 corridor, more than 50% of the salt load comes from private roads and parking lots.

What can you do?

- Cover salt piles and place them on an impervious pad.
- Limit the amount of salt applied to parking lots and driveways.
- Take consideration of where you dispose of your snow.
- Do not dispose of snow in waterbodies.
- Hire a New Hampshire Certified Green SnowPro Contractor for your winter maintenance, or ask your current contractor to become certified.

How can your property benefit from hiring a commercial Green SnowPro certified contractor?

Certified Green SnowPros

NH Certified Green SnowPros are leaders in the snow removal industry who are trained in the most up to date technologies and snow management practices to ensure a high level of service and safety to their customers.

Reduce Impacts to Local Waterbodies

Once in our water supplies, there is no practical way to remove salt. Certified Green SnowPros are trained in salt reduction practices to help ensure clean water for future generations.

Reduce Your Liability

Under RSA 508:22, certified applicators and those who hire them are granted liability protection from claims arising from snow and ice conditions (slip and fall claims).

For more information:

For more information on the New Hampshire Green SnowPro Program visit www.des.nh.gov/land/roads/road-salt-reduction

As part of the USEPA's 2017 National Pollutant Discharge Elimination Systems (NPDES) general Permit for Stormwater Discharges from Small Municipal Separate Storm Sewer Systems (MS4) in New Hampshire, City of Somersworth is required to educate facilities on pollution prevention. This fact sheet is intended to fulfill permit requirements.

Somersworth Fire Department & Emergency Management

A Safety Message from the Fire Chief's Office

Somersworth Fire Department & Emergency Management

As I write this column, we have had the first major snowfall of the season and the holiday season is on the horizon. The holiday season and winter can be a most wonderful time of the year but, it also has the potential to be a most hazardous time of the year requiring extra precautions and vigilance by all. Here are tips to help keep you safer during the winter.

Heating systems are the second leading cause of fires in the home after cooking. Consequently, it is imperative that you use your home heating systems – including space heaters – safely. Space heaters can cause fires when combustible materials such as bedding, mattresses, pillows, clothing, or furniture are too close to the heater. When buying a space heater, look for:

- One that has been tested and labeled by a nationally recognized testing company and one that will automatically turn off if knocked over.
- Keep the heater 3-feet away from drapes, furniture, or other flammable materials. Place the heater on a level surface away from areas where someone might knock it over or bump into it.
- If you must use an extension cord, make sure it is a heavy-duty cord marked with a power rating at least as high as that on the label of the heater itself. Never leave a space heater unattended or running while you sleep. Supervise children and pets when a space heater is in use.

Fireplaces and solid fuel stoves require special precautions.

- Have your chimney professionally cleaned every year.
- Do not use flammable liquids to start the fire.
- Check that the damper is open before lighting the fire and do not close the damper until the fire is out and the embers are cold. Failure to do so can result in an accumulation of smoke and carbon monoxide within the home.
- Keep any combustibles at least three feet away from the fireplace or stove. Use a fireplace screen to prevent embers from falling onto the floor. Without fail, ashes cleaned from the stove or fireplace must be shoveled into a metal bucket with a tight-fitting metal lid and placed outside, on the ground, well away from the house, garage, porch, or deck.
- Do not place ashes in a paper bag or cardboard box. Ashes and embers can stay hot for days and start a fire.

Smoke & Carbon Monoxide Alarms

- Smoke alarms should be installed on every level of your home, at the bottom of every stairwell, and outside each sleeping area.
- Replace smoke alarms every ten years.
- Test alarms regularly and change alkaline batteries when changing the clocks. Consider installing alarms with sealed, 10-year batteries.
- In addition, practice "Exit Drills In The Home (EDITH)" to include establishing a meeting place outside and reminding everyone to get out and stay out.
- Carbon Monoxide is a silent killer with heating equipment as the leading source of carbon monoxide (CO) in the home.
- Don't use your gas stove or oven for heat. Have furnaces and chimneys checked annually by a professional.
- Keep appliance vents and exhaust pipes clear of drifting snow, bushes, and animal nests.
- Install carbon monoxide alarms on every habitable level, no more than 10 feet from every bedroom door, and replace every 5-7 years in accordance with the manufacturer's instructions.

Ice & Pond Safety

- During the winter months, residents may be eager to skate, play hockey, fish, or enjoy other winter activities as lakes, ponds, and streams freeze. However, frozen bodies of water are extremely dangerous. Public safety agencies such as the Somersworth Fire Department often receive calls from the public asking if the ice is "safe". Even during the coldest winter weather, ice conditions can vary greatly on the same body of water making the safety of the ice very unpredictable. We ask that parent take an active role in ice safety by talking with their children and teenagers about the hazards of ice. In the end, the best way to stay safe is to Stay off the Ice!

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 shortest days of the year.

Yours in service, George Kramlinger



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.





SNOW EMERGENCY/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" **Avoid the parking ticket and the tow (at your expense) by paying attention to snow emergency information.**

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.

4th Annual Shop with a Cop

On December 3rd Shop with a Cop was held. This is where we invite 25 select children shopping for their families' Christmas presents. The idea is for these children to see police officers in a non-threatening manner. This year we had officers from Somersworth, State Police,



Rochester, Durham, Barrington, Portsmouth and Strafford County Sheriff's Office.

The parade of cruisers left the station and headed to Aroma Joe's for hot chocolate and then off to Wal-Mart with their shopping lists in hand to find the right gifts for their family. Santa also provided these children with the means to purchase a little something for themselves too. After the purchases were made by the children and their Cop Buddy, they went to the Flanagan Center for a Wrapping/Pizza Party.

This event was a **tremendous success** and wouldn't have been possible without the support we received from our Community. Somersworth Police Association coordinated 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 was provided by Somersworth House of Pizza (Hot and Fast), Villa Pizza, Old Rail Pizza and Stripe Nine. Aroma Joe's provided hot chocolate for the event. Some of the families also received grocery store gift cards from Stewart's Ambulance. Volunteers at the pizza/wrapping party included personnel from the PD and spouses, Somersworth Schools, and Stewart's Ambulance.

The happy pictures below say it all!!





Special Olympics Polar Plunge

Officer Nicole Lefebvre and School Resource Officer Ashley Fuller are raising money for the Special Olympics Polar Plunge – “I’m Freezin’ for a Reason”. Donations now support the dip and 3,000 athletes of the Special Olympics New Hampshire. Follow this link to donate:



<https://fundraising.sonh.org/fundraisers/ashleyfuller/le-winnidip>

PROTECT YOUR EVERY DAY

If you **see** something,
say something®

REPORT SUSPICIOUS ACTIVITY

Call 9-1-1

Somersworth Police Dispatch
Somersworth Police Crime Line

603-692-3131
603-692-9111



"If You See Something, Say Something" used with permission of the NY Metropolitan Transportation Authority.



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](#)

LOVE
the LIBRARY

Hello Friends!

Have you seen our Fireplace?
Stop by, sit on the couch, get a hot chocolate and be cozy. We've really been working towards



creating comfortable seating spaces for you.

We'd like to strongly encourage all you folks who have not been vaccinated to wear masks. It'd be great to protect our immunocompromised patrons. Thank you.

Wednesday, January 19 brings an exciting night of cheese tasting. Donna Lee from Hickory Nut Farm will bring her best bits and talk us through the flavor profiles, process and history of crafting cheese. You need to sign up so stop in or give us a call 692-4587. The event will start at 5:30.

Have a grandchild, child or young one in your life with whom you want to share the pleasure of books? Sign up for story time at Idlehurst School with Mary, our very own children's literature extraordinaire. Typically, these take place Mondays at 10:00 at the school. Call us or stop in to sign up your little one/s.

The **Third Tuesday of the Month** at 5:45 is book or story discussion. Stay tuned for January's pick. Attendees are encouraged to choose a story or book they've loved and lead a discussion at some point, but no pressure. It's good to have exposure to people's favorites and to gain appreciation. Come.

The **Second Tuesday of the Month** at 5:45 is film discussion night. We find a film on Hoopla, watch it on our own time, then discuss. Call us to find out about January's pick.

Tuesday and Wednesday, January 11 and 12, the children's room will be closed due to painting. Staff may be able to retrieve books for you, but a better time to visit is Friday or Saturday.

Play games, meet your friends, leave your house, exist in a comfortable place with nice people.

Play games, meet your friends, leave your house, exist in a comfortable place with nice people. See you soon...

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 January!**

Literacy Tip of the Month: Visit your Library!

Many Libraries are now open and they are re-launching children's programming. Take a moment today to call your local Library or visit their website and see what kinds of events are happening.

Make a trip to the Library a recurring special event in your family. It is a great way to show your kids that reading is fun and that Libraries are a great place to spend time and explore.

[NH Library Directory](#)

**Somersworth Recreation
Upcoming Events**

Somersworth Recreation **Biddy Basketball**

Join us for this exciting beginner basketball program designed to teach children the basic fundamentals of basketball through fun games and age-appropriate activities.

Children will learn how to dribble, pass, shoot, & more! Please note, parent participation is required for this age group.

Open to Somersworth Residents only

Idlehurst Elementary School Gym

Saturday Mornings; March 5, 12, 19 (3 sessions)

Ages 3-4: 8:00-8:45 am

Ages 5-6: 9:00-9:45 am

Cost: \$25

COVID-19 Proctols:

Masks are required for all persons entering the gym & children will need to wear masks during play.

Program is subject to cancellation & refunds will be issued if we need to cancel due to COVID.

Registration Deadline is Feb. 9th

Space is limited. Please call to ensure space is available prior to mailing in forms or stopping by the office.

Registration forms are available on website below or in the Rec Office at City Hall.

Please make checks payable to: City of Somersworth

Register by mail: Mail registration form & check to: 1 Government Way
Somersworth, NH 03878 Attn: Recreation

Register in person: Cash or checks only. Rec Office is 2nd floor of City Hall

www.somersworth.com/parks-recreation/pages/youth-programs

Volunteers needed! Please contact the Rec Office if you can help~ 603-692-9508

SOMERSWORTH RECREATION VALENTINE'S DANCE

**Wednesday, February 9th
Idlehurst Elementary School Cafe
6:30-8:30 pm**

Girls/boys in grades K-6 & their special date

**TICKETS MUST BE PURCHASED IN ADVANCE TO ATTEND
NO TICKETS WILL BE SOLD AT THE DOOR**

Tickets are limited & will be first come, first serve.

\$20 per couple (admits 1 adult & children)

Girls and boys in grades K-6 and their special date (dad, mom, grandparent, step-parent, uncle, aunt, etc.) are invited to share a fun filled evening as they dance the night away to the latest tunes. There will be a professional DJ, photo booth, light refreshments, and raffle prizes. Please note families are asked to donate individually wrapped treats desserts/goodies if you can.

MUSIC

PHOTO BOOTH

FOOD

COVID PROTOCOLS:

Masks are required for all attendees.

Please note the dance is subject to cancellation. Full refunds will be provided if we need to cancel.

TO PURCHASE TICKETS:

Tickets are limited. Please call to ensure tickets are still available prior to coming in- 603-692-9507

Tickets are on sale in the Rec Office at City Hall from Jan. 3rd- Feb. 4th. We accept cash or checks only.

Checks can be made out to the City of Somersworth.

Open to Somersworth residents only.



**For more information on upcoming Recreation Programs
call Kristen at 603-692-9508 or email her kdavenport@somersworth.com**

**Somersworth Conservation Commission
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).



Food is Where the Fun Is

Somersworth Schools continue to prioritize keeping it local this year. In December, the Farm to School program worked again with Fresh Picks Cafe staff to host a locally sourced lunch in all our cafeterias.

Local onions and garlic were spun into a delicious pasta sauce; local apples and cranberries into an apple-cran crisp; and greens from local farms into beautiful salads. So much goes into making school lunches happen. There are the farmers who grow and harvest these fresh ingredients; the cafeteria staff who prep, cook, and serve our school community; the custodians who set up, clean up, and manage cafeteria composting; the school staff who model trying new foods on their trays; and the students themselves, who participate and say thank you to those who make lunch happen. This time our high school Video Production students put their skills to the test and helped promote by filming this Farm to School sponsored lunch.

Remember to thank the people who make the simple pleasure of sitting down to share a meal happen-- in school, at your favorite cafe, or at home. Peace to all in 2022.

Somersworth Middle School children
composting



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



CORONAVIRUS DISEASE 2019 | COVID-19 |

Schedule your vaccine or
booster appointment today:
Search **vaccines.gov**
Call **1-800-232-0233**
Text your zip code to **438829**



Everyone ages 5 years and older is eligible for a free COVID-19 vaccine, and everyone ages 16 years and older is eligible for a free booster dose. You can find appointments by:

- Searching [vaccines.gov](https://www.vaccines.gov)
- Calling 1-800-232-0233
- Texting your ZIP code to 438829


Schedule appointments for you and your child today.

Key things to know about COVID-19 vaccines

- Everyone 5 years and older is eligible to **get a free COVID-19 vaccination.**
- Everyone 16 years old and older who is fully vaccinated can get a **booster shot.**
- COVID-19 vaccines are effective at helping protect against severe disease and death from the virus that causes COVID-19.
- The **benefits of COVID-19 vaccination** outweigh the known and potential risks, which are rare.


People who are fully vaccinated can resume many activities they did before the

pandemic. However, people should wear a mask indoors in public if they are in an area of substantial or high transmission.




COVID-19 BOOSTER FACTS


STAY VIGILANT



Unvaccinated people are at **high risk**




Fully vaccinated people have **strong protection** against severe illness and death



Boosted people have **even stronger protection** against severe illness and death


A booster shot increases antibody levels by **more than 20X**



Masks add an **extra layer of protection** by helping you from being exposed

BOOSTERS ARE FREE

and readily available at over 80,000 locations coast to coast



Am I eligible?

Every American 16 and older is eligible for a booster if it has been:

6 MONTHS after the second Pfizer or Moderna shot

or

2 MONTHS after the Johnson & Johnson shot

3 ways to find boosters:

- Go to vaccines.gov
- Text your ZIP CODE to 438829
- Call 1-800-232-0233

GREATER SEACOAST COMMUNITY HEALTH

Goodwin
Community Health

Families
First

Lilac City
Pediatrics

and more.

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

A Monthly Group Focused on Building Better Communication Skills

**Begins January 19, 6-7:30 PM.
Meets 3rd Wednesdays, monthly**



We had such a great response to our recent *Co-Parenting and Communication* series that we invited Gina Genest of the Mindful Zone to launch a monthly, virtual group focused on the challenging and important skill of communication.

The group will offer practical and concrete ways to strengthen communication skills. Participants will be able to:

- receive support
- ask questions and get feedback
- practice new strategies to improve communication with kids, co-parents, partners and others.

In a safe and fun environment, you will learn how to choose a “response” to challenging family conversations rather than using “default” reactive words.

Sign up for Communications Group

Since we are still dealing with the stress and uncertainty of living through COVID, we thought it was a good time to revisit these Six Daily Questions.

As parents we want to model the practice of *taking action* to care for our physical and mental health. These questions provide a gentle daily reminder to do just that.



1. **What am I grateful for today?**
2. **Who am I connecting with today?**
3. **What expectations of "normal" am I letting go of today?**
4. **How am I getting outside today?**
5. **How am I moving my body today?**
6. **What beauty am I creating or inviting in today?**

All of us at the Family Center wish you and your families a happy, healthy holiday season!

Family Morning Out Schedule

Family Morning Out playgroups took a break during the last two weeks of December, it resumes in January.

Join us:

Somersworth on Fridays, 9:30-11 am, at Idlehurst School, 46 Stackpole Rd.

Free In-person. No signup necessary.



[Read 5 Ways to Promote Learning During Play](#), a resource from our partners at the UNH Play Based Learning Initiative.

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

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**

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

