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***March 2021***

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**City of Somersworth, NH**

One Government Way  
Somersworth, NH 03878  
603-692-4262

**City Hall Hours**

**Monday - Friday**

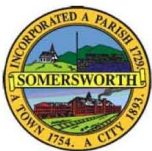
8:00 a.m. - 4:30 p.m.

**Wednesday**

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

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Visit our  
website



Due to the State of Emergency declared by the Governor and in accordance with the Governor's Emergency Order # 12 pursuant to Executive Order 2020-04, this public body is authorized to meet electronically. This meeting will be held via Zoom online platform. This meeting is open to the Public, though the Public is not encouraged to attend. The public is asked to submit comments via email [jslaven@somersworth.com](mailto:jslaven@somersworth.com). Comments must be received no later than 4:00 PM the day of the City Council meeting. The meeting can be viewed via the Local Government Cable Access Ch. 22

**The Mayor's Corner**



**Closer Yest Further Apart!**

In 2018, I printed this piece with divine hope in humanity. While this hope will never extinguish, I continue to be perplexed by the lack of common decency and hatred which continues to be vetted on social media. These acts of negativity continue to erode the threads of our humanity. With faith in our ability to continue to progress towards reaching our creed where all will be valued and celebrated, I will continue to re-publishing this article.

Each generation will have the joy of owning the statement "things are a lot different than when I grew up". For those of us that grew up in the world of MTV (back when they played 24 hours videos), neon, the Cold War when the Berlin Wall was still up, for us the distance of the world, nation, state and neighborhoods

(Comcast) as well as via live stream at the City's website [www.somersworth.com](http://www.somersworth.com).

## **Scheduled March City Council Meetings**

**March 1 at 7:00 p.m. (Tonight)**

**March 15 at 7:00 p.m.**

### **Special City Council Workshops Joint Council & School Board Budget Workshop**

Monday, March 8 at 6:00 p.m.

### **City Council Goal Setting Workshop**

Saturday, March 13 at 8:30 a.m.

### **City Manager Reports for the City Council Meetings available here**

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### **Land Use Board Meetings – Planning, Zoning Board of Adjustment, etc.**

These meetings will continue to be held in a ZOOM meeting format. Please check [City Website calendar](#) for Agendas.

### **Committee/Board Meetings this Month.**

#### **Site Review Technical Committee**

Wednesday, March 3 at 10:30 a.m.

Wednesday, March 10 at 10:30 a.m.

#### **Zoning Board of Adjustment**

Wednesday, March 3 at 7:00 p.m.

#### **Conservation Committee via Zoom**

Wednesday, March 10 at 6:00 p.m.

#### **Minor Site Plan (SRTC)**

Wednesday, March 10 at 2:00 p.m.

#### **School Board Meetings**

Tuesday, March 3 at 7:00 p.m.

seems to have metaphysically gotten smaller. To gain information on the state of affairs one was subject to the clock as news was reported at 6pm and 11pm. Local news ran on an afternoon cycle, and households anticipated a timely delivery of their newspaper. Late delivery of the Foster's Daily Democrat would result in the penalty of a smaller tip. As a childhood paper boy, I must admit I often fell victim to the voice of the angry consumers' desire to have their paper before 4pm, with their anger being reflected in a hard candy tip instead of cash.

[Read more...](#)

### **Mayor's Office Hours**

Monday: 5:00 p.m. - 6:00 p.m.

Wednesday: 5:00 p.m. - 6:00 p.m.

Friday: 4:00 p.m. - 5:00 p.m.

People are welcomed to stop by during this time. Or, if you prefer, you can make an appointment by calling Brenda at 692-9503 or email

[bbreda@somersworth.com](mailto:bbreda@somersworth.com)

Residents are encouraged to wear face coverings/masks and meetings will take place in the Council Chambers to adhere to CDC Guidelines of Social Distancing.

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## **City Boards Provide Many Ways to let Your Voice be Heard!**

The **Zoning Board of Adjustment (ZBA)** has an opening for an alternate position. The ZBA meets the first Wednesday of each month at 7:00 pm (presently via Zoom or at City Hall in Council Chambers). The ZBA reviews appeals from administrative decisions, rehearing requests and applications for variances, special exceptions and equitable waivers. For more information about the position

Tuesday, March 23 at 7:00 p.m.

**Planning Board via Zoom**

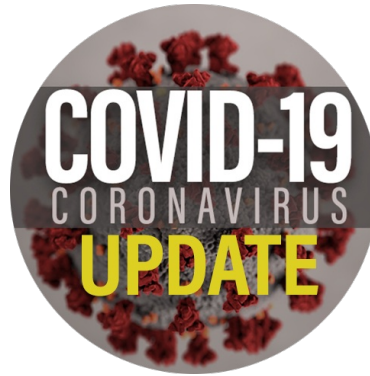
Wednesday, March 17 at 6:30 p.m.

please contact Development Services  
Department's Planning Office at (603)  
692-9519 or email

**[mmears@somersworth.com](mailto:mmears@somersworth.com)**

**Historic District Commission via Zoom**

Wednesday, March 24 at 7:00 p.m.



**COVID-19 vaccination registration remains open for New Hampshire residents in Phase 1B**

COVID vaccination registration for NH residents in Phase 1B began on Jan. 22. Vaccinations are under way. Phase 1B includes:

- Persons who are 65 years of age or older
- Persons who are under 65 years old with defined medical conditions that put them at significantly higher risk
- A caregiver for a medically vulnerable family member under 16 years of age
- Staff member or resident of an institution for developmental disabilities
- A corrections officer or staff member working in a correctional facility
- First responders and health workers not already vaccinated

The registration and scheduling process for vaccination will vary depending on the person's prioritization criteria and location of vaccination clinic:

- Persons 65 years of age and older should register to be vaccinated at a fixed site by visiting **<https://vaccines.nh.gov>**. Persons without internet access should call 2-1-1 to get assistance with registration.
- Persons under 65 years of age who are prioritized due to medical conditions need to register through their healthcare provider to confirm eligibility and facilitate vaccination.
- Other Phase 1B individuals should register to be vaccinated at a fixed site by visiting **<https://vaccines.nh.gov>** (or call 2-1-1 if no internet access), through their organization (e.g. hospital employee), or through a vaccination clinic organized by a Regional Public Health Network (RPHN).

If you are unsure what Phase you fall under, use the COVID-19 Vaccine Phases Assessment Tool

to help you determine your status: <https://www.vaccines.nh.gov/>.

After submitting your online registration form, you will receive an automated email from the CDC Vaccine Administration Management System (VAMS) to schedule your vaccine appointment. **[Guide to the VAMS registration and scheduling process.](#)**




For general questions on vaccination or to schedule vaccination if the online system cannot be used, call 211 or 1-866-444-4211.

## When can I get a **COVID-19 VACCINE** in NH?

Updated: 1/14/2021

PHASE 1	PHASE 2	PHASE 3
<b>PHASE 1A</b> <ul style="list-style-type: none"><li>• High-risk health workers</li><li>• First responders</li><li>• Older adults living in residential care settings</li></ul> <b>PHASE 1B</b> <ul style="list-style-type: none"><li>• People <math>\geq 65</math> years old</li><li>• Medically vulnerable at <i>significantly</i> higher risk with 2 or more conditions<ul style="list-style-type: none"><li>• Family caregivers of those medically vulnerable persons, <math>\leq 16</math> years old not eligible for vaccine</li></ul></li><li>• Residents and staff of residential facilities for persons with intellectual and developmental disabilities</li><li>• Corrections officers and staff working in correctional facilities</li><li>• First responders and health workers not already vaccinated</li></ul>	<b>PHASE 2A</b> <ul style="list-style-type: none"><li>• K-12 school and childcare staff</li></ul> <b>PHASE 2B</b> <ul style="list-style-type: none"><li>• People 50 - 64 years old</li></ul>	<b>PHASE 3A</b> <ul style="list-style-type: none"><li>• Medically vulnerable <math>&lt; 50</math> years old at <i>moderately</i> higher risk with 1 or more conditions</li></ul> <b>PHASE 3B</b> <ul style="list-style-type: none"><li>• Everyone else not already vaccinated</li></ul>
<b>DECEMBER - MARCH*</b>	<b>MARCH - MAY*</b>	<b>MAY and BEYOND*</b>

**Additional details are coming soon.**  
Contact 2-1-1 for more information and visit [nh.gov/covid19](https://nh.gov/covid19) for updates.

\*Estimated time frame depends on vaccine doses allocated to NH from the federal government and vaccine uptake.

## What You Should Know About COVID-19

COVID-19 can present with a wide range of symptoms including fever, chills, cough, shortness of breath, runny nose, nasal congestion, sore throat, fatigue, headache, muscle aches, nausea, vomiting, diarrhea, or loss of taste or smell. Any person who develops new symptoms should stay home, limit their contact with others, immediately contact their healthcare provider and get tested for COVID-19. **[Guidance for self-quarantine is available here.](#)**

Whether or not you are experiencing symptoms, multiple testing options throughout the State are available to potentially exposed individuals. For persons without health insurance or a primary care provider, testing is available and can be scheduled by calling (603) 271-5980 or through completing the online form at **[business.nh.gov/DOS\\_COVID19Testing](https://business.nh.gov/DOS_COVID19Testing)**. Other options can be found here: **[www.nh.gov/covid19/resources-guidance/testing-guidance.htm](https://www.nh.gov/covid19/resources-guidance/testing-guidance.htm)**.

COVID-19 continues to circulate in our communities, so all people need to protect themselves and help prevent further community spread, by:

- **[Stay at least 6 feet away from others](#)**, whenever possible. This is very important in preventing the spread of COVID-19.
- **[Cover your mouth and nose with a mask](#)** when around others. This helps reduce the risk of spread both by close contact and by airborne transmission.



- **Wash your hands** often with soap and water. If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.
- **Avoid crowded indoor spaces** and **ensure indoor spaces are properly ventilated** by bringing in outdoor air as much as possible. In general, being outdoors and in spaces with good ventilation reduces the risk of exposure to infectious respiratory droplets.
- **Stay home and isolate** from others when sick.
- **Routinely clean and disinfect** frequently touched surfaces.

For more information on COVID-19 in NH, please visit [www.nh.gov/covid19/](http://www.nh.gov/covid19/).

*Source: New Hampshire Department of Health and Human Services*

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### **Time to Renew Dog Licenses**

Dog licenses for 2021 are now available. All dogs must be licensed by April 30 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 of age or older may license one dog for \$2. Additional licenses require regular fees.

The City Clerk's office requires proof of rabies information and a certificate of spaying or neutering sent by email to [jslaven@somersworth.com](mailto:jslaven@somersworth.com) or by mail to City of Somersworth, City Clerk's Office, One Government Way, Somersworth, NH 03878

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

For more information, contact the City Clerk's office at 692-9511 or 692-9512

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## **Department of Public Works & Utilities**



### **Snow Parking Bans**

Residents are also reminded to refer to social media updates (email blasts, website updates) when inclement weather is forecasted for parking ban updates. Sign up for the Monthly City Newsletter and also receive email alert notices when emergency parking bans take effect. To sign up visit the City of Somersworth website at [www.somersworth.com](http://www.somersworth.com) and go to City Managers newsletter.

### **Curbside Collection**

Residents are reminded that City trash bags and recycling containers must be at the curbside no later than 7:00 am and no sooner than the evening before your designated collection day. Waste

Management trucks start at 7am each of the days they serve Somersworth.

### **Metal Pick-up**

The Department of Public Works reminds residents that metal pick up occurs on the 2nd Tuesday of the month. The March collection will occur on Tuesday, March 9 and residents wanting this service are asked to call Public Works not later than 3:00 pm on Monday, March 8 to be placed on the pickup schedule for March. Residents are reminded to place the proper number of tags on the item when setting the item out on the street for collection. Typical TV's require three (3) stickers - \$12.00 and PC's require one (1) sticker - \$4.00. Residents may also opt to drop off metal and electronic items with proper bulky waste stickers at the Public Works Facility located at 18 Lilac Lane from 7:30 am-2:30 pm Monday –Friday. *Note that winter weather emergencies may delay collection.*

### **Reporting Road Maintenance Concerns**

Winter weather conditions result in Spring potholes on City streets. To report a pothole or other concerns, please call the Department of Public Works at 603-692-4266.

### **Road Repair Improvement Planned**

The City Council approved a Contract with Continental Paving at their February 16, 2021 City Council meeting. Work will commence during this coming spring and summer.

The following streets are scheduled to be repaired as part of these road resurfacing improvements:

<b>Roadway Segment</b>	<b>Roadway Segment Start</b>	<b>Roadway Segment End</b>	<b>Length (feet)</b>	<b>Surface Preparation Treatment</b>
Bartlett Avenue	High St	Maple St	2,050	Shim/Overlay
Ben Rich Drive	Tates Brook Rd	Maple St	675	Shim/Overlay
Cass Street	Bartlett Ave	Norcross St	475	Shim/Overlay
Drew Road	High St	Crest Dr	1,350	Shim/Overlay
Edmund Street	Drew Rd	Blackwater Rd	425	Overlay
Fox Court	Crest Dr	End	550	Shim/Overlay
Laurier Street	High St	Cote St	1,275	Shim/Overlay
Lemelin Court	High St	End	475	Shim/Overlay
Lil-Nor Avenue	Tates Brook Rd	Maple St	1,700	Shim/Overlay
Locke Avenue	South St	Myrtle St	400	Shim/Overlay
Midway Park	High St	Full Roadway	1,750	Shim/Overlay
Pinkham Street	Tates Brook Rd	Primrose Ln	925	Shim/Overlay
Portland Street	South St	Franklin St	375	Shim/Overlay
Primrose Lane	Lil Nor Ave	Maple St	575	Shim/Overlay
Rowland Street	Laurier St	Indigo Hill Rd	1,050	Shim/Overlay
Shady Lane	Davis St	Cote St	450	Shim/Overlay
South Street	High St	Green St	1,925	Shim/Overlay
Wilson Street	High St	Dirt area	425	Shim/Overlay
Nadeau Street	Main St	Full Roadway	270	Reconstruction



February 23, 1991, Philadelphia, PA, One Meridian Plaza (Photo by Frank Saia)

### **30 years ago ...**

#### **A Safety Message from the Fire Chief's Office**

On Saturday, February 23, 1991, at approximately 8:15 PM, a fire ignited on the 22nd floor of the 38-story Philadelphia high-rise office building known as One Meridian Plaza. The fire started by spontaneous combustion in a pile of linseed oil-soaked rags left behind by contractors in a vacant office with no smoke detector coverage. Firefighting efforts were hampered by delayed notification, problems with the standpipe system, lack of electrical power, and no sprinklers on the floor where the fire started. At approximately 10:00 PM, Engine Company 11 was ordered to ascend the center stairwell to try and find a hatch or door at the roof level to ventilate the smoke. Running low on air, Engine 11 exited the stairwell on the 28th floor in search of a window. The three firefighters were able to break an exterior window after navigating through the maze of cubicles and hallways that seemed to lead to nowhere. Tragically Capt. David Holcombe, Firefighter Phyllis McAllister and Firefighter James Chappell ran out of air and perished in the dense smoke. The fire burned upward for another seventeen hours consuming floors 22 through 29. At approximately 3:00 PM on Sunday afternoon, ten sprinkler heads on the 30th floor extinguished the fire. The building was in the process of being retrofitted and floors 30-34 were the only floors with automatic sprinklers.

Although this story of valor and tragedy occurred 30 years ago in Philadelphia, there are many lessons for us today in Somersworth:

- Automatic sprinklers work. Vacation season is coming. Think twice about staying in a hotel without automatic sprinklers.
- Smoke detectors alarms save lives and property. Check your smoke alarms once a month and change the batteries when you change the clocks.
- If you hear an evacuation alarm or smoke detector activation, whether in a high-rise hotel,



big box store, or at home – get out and stay out – even if there is no apparent smoke or fire – then call 9-1-1. The smoke from a distant fire could incapacitate you if your exit is delayed.

- Those spring remodeling projects are on the near horizon and spontaneous combustion of oil and stain-soaked rags is real. Examples of these products are oil-based paints and stains, teak and linseed oils, varnishes and polyurethane, paint thinners, etc. To prevent spontaneous combustion, place the rags in a can with a tight-fitting lid. A metal can is preferable but a plastic can or zip lock bag can work if nothing else is available (see the graphic below).
- The City of Somersworth Fire Department constantly reviews historical lessons and recent developments. We train extremely hard and embrace modern tactics, techniques, and procedures. What happened to Capt. Holcombe, Firefighter McAllister, and Firefighter Chappell on floor 28 at One Meridian Plaza can happen in a 1200 square foot single story ranch style house. Full staffing, intense training, cutting edge procedures, and modern equipment give the SFD the highest level of firefighter safety and operational effectiveness for those we serve.

As we move into March, melting ice on ponds and lakes present a significant hazard to adults, children, and pets. We encourage you to stay off the ice as the only truly safe ice is that in an ice arena.

Speaking of ice, March has the potential for ice storms with the associated loss of electricity. If using a generator, run it at least 20 feet (FEMA guidance) away from the house – never inside the house, in the garage, in a breezeway, or on a deck. Carbon Monoxide is an odorless and colorless killer.

Please see the following background photos, safety messages, and some pictures of recent SFD training activities.

Feel free to call the Fire Station if you have questions about any emergency management, fire prevention, or life safety topics.

Please stay safe, be careful, and look out for each other.  
George Kramlinger, Fire Chief/Emergency Management Director



The SFD prepares to leave the scene of a recent basement fire caused by a resident using a blow torch to thaw a frozen pipe. The public is reminded not to use an open flame to thaw a

frozen pipe and contact a licensed plumber for assistance. Full staffing enabled a quick knock down with only minimal extension. Auto aide from Dover and Rochester responded but were not needed. Three recalled SFD career personnel manning the reserve engine responded with Stewart's ambulance to a heart attack call while the four-member duty crew handled the fire.



SFD members practice Firefighter Assist and Search Team (FAST) procedures used to locate and extricate a firefighter in distress within a structure. The FAST uses a search rope, drag techniques, reduced profile maneuvers, and an air supply to move the downed firefighter from danger to a safe environment.



Upon exiting the structure, the FAST uses a "pit crew" like procedure to rapidly remove the down firefighters protective clothing and breathing apparatus while performing CPR.



SFD members - who are EMTs and AEMTs – practice patient assessment, taking vital signs, and providing care. The SFD works hand-in-hand with Stewart's ambulance and can provide vital signs such as pulse oximetry, respirations, and blood pressure, administer oxygen, and defibrillate an irregular heart rhythm.



# Safety with Oily Rags wet with flammable or combustible liquid



Oil-based paints, stains, and varnishes are often used for home improvement projects. It is common to use rags to wipe up spills or clean brushes. But wet rags can ignite on their own. They can start a fire if not handled carefully. The same is true of the liquids themselves.

## How can rags start a fire?

The oils commonly used in oil-based paints and stains release heat as they dry. If the heat is not released in the air, it builds up. That is why a pile of oily rags can be dangerous. As the rags dry, the heat is trapped. The heat builds up and finally causes a fire. Be aware that this does not happen with water-based finishes.

## How can liquids start a fire?

Vapors from flammable and combustible liquids can ignite, causing a fire. There are many commonly used flammable liquids. Gasoline, lacquers, and nail polish are just a few examples. There are many commonly used combustible liquids. Paint thinner, kerosene, and oil-based paints and stains are some examples.

## RAGS WET WITH PAINT AND STAIN

- Never leave cleaning rags in a pile. At the end of the day, take the rags outside to dry.
- Hang the rags outside or spread them on the ground. Weigh them down. Do this so they do not blow away. Make sure they are not in a pile. Keep them away from buildings.
- Put dried rags in a metal container. Make sure the cover is tight. Fill the container with a water and detergent solution. This will break down the oils.
- Keep containers of oily rags in a cool place. Keep them out of direct sunlight. Keep them away from other heat sources. Check with your town for information on disposing of them.

## LIQUIDS THAT CAN CATCH FIRE

- Flammable and combustible liquids should not be used near an open flame. Do not smoke when working with these liquids.
- If you spill liquids on your clothing, remove your clothing and place it outside to dry. Once dry, clothing can be laundered.
- Keep liquids in their original containers. Keep them tightly capped or sealed. Never store the liquids in glass containers.

## GASOLINE

- Use gasoline only as motor fuel. Never use it as a cleaner. Never use it to break down grease. Never bring gasoline indoors, even in small amounts.
- Store gasoline ONLY in a container that is sold for that purpose. Make sure the container is tightly capped when not in use. NEVER store gasoline containers in a basement or in the occupied space of a building. Keep them in an outbuilding, a detached garage, or a shed outdoors.

## FACTS

- ! An average of 1,700 home fires per year are caused by instances of spontaneous combustion or chemical reaction
- ! An average of 900 home fires per year are started when oily rags catch fire or are ignited.



**NATIONAL FIRE  
PROTECTION ASSOCIATION**  
The leading information and knowledge resource  
on fire, electrical and related hazards

Your Logo



Downed utility lines, power company blackouts, heavy snow falls or summer storms can all lead to power outages. Many people turn to a portable generator for a temporary solution without knowing the risks.

- Generators should be used in well ventilated locations outside at least 5 feet (1.5 metres) away from all doors, windows, and vent openings. Measure the 5-foot (1.5 metres) distance from the generator exhaust system to the building.
- Never use a generator in an attached garage, even with the door open.
- Place generators so that exhaust fumes can't enter the home through windows, doors or other openings in the building. The exhaust must be directed away from the building.
- Make sure to install carbon monoxide (CO) alarms in your home. Follow manufacturer's instructions for correct placement and mounting height.
- Turn off generators and let them cool down before refueling. Never refuel a generator while it is hot.



- Store fuel for the generator in a container that is intended for the purpose and is correctly labeled as such. Store the containers outside of living areas.

## Just Remember...

When plugging in appliances, make sure they are plugged directly into the generator or a heavy duty outdoor-rated extension cord. The cords should be checked for cuts, tears and that the plug has all three prongs, especially a grounding pin.

If you must connect the generator to the house wiring to power appliances, have a qualified electrician install a properly rated transfer switch in accordance with the National Electrical Code® (NEC) and all applicable state and local electrical codes.

## FACT

- ! A person can be poisoned by a small amount of CO over a longer period of time or by a large amount of CO over a shorter amount of time.



**NATIONAL FIRE  
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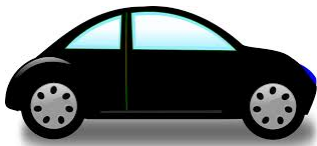
[nfpa.org/education](http://nfpa.org/education) ©NFPA 2017

**No ice is ever 100% safe.** Up and down temperatures limit the strength and consistency of the ice especially late in the winter season





## Somersworth Police & Friends



### LOCKING YOUR CAR DOORS

The safest way to protect your vehicle and the contents in it is to **LOCK YOUR CAR DOORS**. The vast majority of thefts from vehicles are crimes of opportunity and happen when a thief finds an unlocked car door. Locking your car doors only takes a second and can save you a lot of time and aggravation!

### Community Acts of Kindness

COVID has been in our lives now for almost a year. Our lives have forever changed and we have adapted to the new world. We wear face masks, wash our hands, use hand sanitizer and we social distance, etc. So what hasn't changed in our lives? Well here at the PD, we see random acts of kindness from children's pictures or family's cards, to cookies, to Dunkin Donuts gift cards, to people dropping off pizzas or sandwiches for lunch for us .. just because.

**We wish to thank everyone for their kindness. In these days, those little things mean so much and we are very grateful.**

# 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 Crime Line:

You can leave anonymous information at  
692-9111 - 24 hours a day/7 days a week.



Somersworth Police Department also uses our Facebook page to give  
important community information.



### What's Happening in Recreation

All Activities are listed on Winter Activities Tab of the City's website)

<https://www.somersworth.com/parks-recreation/pages/winter-activities-2021>

**Fit February Challenge** will be ending soon. Please send us your completed log sheets by Friday, March 5<sup>th</sup> for a chance to win a \$50 gift card. Log sheet is available on our website <https://www.somersworth.com/parks-recreation/pages/winter-activities-2021>

**Snow-mation Contest** will end on March 12<sup>th</sup>. Make sure you send in your photos by March 12<sup>th</sup>, voting will take place March 15-21<sup>st</sup>. Winners will be determined by most votes. Details are on our website <https://www.somersworth.com/parks-recreation/pages/winter-activities-2021>

**2021 Somersworth Babe Ruth Baseball Registration** is open (Ages 13-15)!! Email Dave Witham [onmax2@comcast.net](mailto:onmax2@comcast.net) or Phil Yoder [pyoder830@gmail.com](mailto:pyoder830@gmail.com) with any questions. REGISTER BY MAIL (postmarked no later than March 13, 2021): Somersworth Babe Ruth Baseball, PO Box 93, Somersworth, NH 03878

The fee for 2021 season is \$175 - checks payable to *Somersworth Babe Ruth Baseball*.

\*\*Registration fees may be modified based upon special circumstances as determined by the League Board of Directors.

Please complete and submit the *registration form* and *medical consent form* and mail along with a copy of your child's *birth certificate*. More info <https://www.somersworth.com/parks-recreation/pages/community-youth-sports-contacts>



## **Somersworth Little League Registration is Now Open for the 2021 Season!**

A Message From the Somersworth Little League President:

Hi All!

From March 1 to April 1, registration for the 2021 season will be open! You can go to the [Somersworth Little League website](#) and sign up starting today. [Season rules regarding COVID-19](#) will look very similar to 2020 and can be found on the website. Also, if you are interested in helping out in any way, please reach out to [me or any board member](#) to go through the [volunteer application process](#). We're looking for those interested in coaching, umpiring, helping out with the concession stand, being a board member, helping with field maintenance, and other ways that you might think of helping. We're very thankful for the help of our volunteers in making each season possible and look forward to seeing new people step up in keeping this tradition going forward!

We look forward to having a great season in 2021, and please don't hesitate to reach out if you have any questions. Let's get ready to play ball!

Sincerely,

## What's Happening at Somersworth Library



Hello Everyone,

Did you happen to pick up materials to assemble a Suncatcher? Since we can't meet with you in-person for book discussions, author visits, cheese tastings (yes, stay tuned) we offer little art projects that you can do at home. There are a wealth of crafting books at this Library. I think it's nice to flip through a book. My eyes go cross-eyed at Pinterest. With all this time to not meet with friends, maybe you've thought about cooking new dishes, reupholstering an ottoman, taking up a musical instrument. Who knows? We've got you covered.

Our trusty techie Michelle makes sure our catalog runs smoothly. She is largely responsible for the wealth of community information on the Facebook page. Tasha continues with the weekly online story times and craft instruction. We aim to keep you entertained.

Our front desk staff is amazing. Ask them for book recommendations. Ask them about fine-free Fridays. We want to make your library experience fun. We welcome your suggestions.

Although visits are limited to thirty minutes, there's a quiet and peaceful area to sit on the upper level. Add to our white board, read a chapter, use our Wi-Fi. We'd love to have you stay longer, and hopefully later in the year, you will.

Check our Facebook page to see what we're up to  
<https://www.facebook.com/SomersworthLibrary/>.

Our catalog page lists all our new materials  
<https://somersworth.nhais.bywatersolutions.com/>. For information about services, borrowing, etc., go here <https://www.somersworth.com/somersworth-public-library>.

*Come visit us. See you soon.*

**The Hours of the Library are:**



Tuesday & Wednesday: 11 a.m. - 7:00 p.m.  
Thursday, Friday & Saturday: 9 a.m. - 5:00 p.m.  
Sunday & Monday: Closed



Have you seen our Facebook page

<https://www.facebook.com/SomersworthLibrary/> It's updated at least once a week and usually more. You don't have to be on Facebook to find links to author-related videos, new books and virtual events.



The Summersworth Historical Museum will be re-opening with its regular hours of 12:30 p.m. to 3:30 p.m. on Sundays, starting on March 7th!

We will be following State COVID guidelines with mandatory mask wearing and

will have hand sanitizer and masks available. Thank you all for your understanding. We hope you'll drop in and say hello and check out the newest artifacts, as always there is no admission charge.

George Poulin  
President

GREATER SEACOAST COMMUNITY HEALTH

**Goodwin**  
Community Health

**Families  
First**

**Lilac City**  
Pediatrics

To stay on top of what's going on at 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. Sent monthly. ([Read issues.](#))

**Parenting Journey**  
**Parents Say this is a Life-changing Program!**  
**Wednesdays, 6-7:30 PM**  
**Feb 17- May 5 (12 weeks)**



In a friendly, supportive environment, Parenting Journey encourages parents to care for themselves and each other as they discover how past experiences can influence their parenting style.

Activities and guided discussions will help you:

- Identify your strengths

- Clarify parenting values and goals
- Gain respect and build trust with your children
- Become more confident and optimistic
- Learn to nurture yourself and your children
- Build a network of support

Join us to learn more about yourself, your relationships, and resources that can help you in parenting. Open to parents, grandparents and kinship caregivers of children of any age.

This program is **virtual**, and the Zoom app is required. Sign up here [\*\*Parenting Journey\*\*](#).

Or email **Patrice** if you want to learn more about Parenting Journey.



## Gratitude

Did you know that helping **children feel gratitude** from the time they are young could make them happier people as they grow up? A recent study published in the *Journal of Happiness Studies* found that gratitude is linked to **happiness in children** by age 5!

Make it a habit to talk about gratitude in your family ... in ways that go beyond saying "*thank you*." Here are examples of rituals you might establish:

- Everyone takes turns during dinner sharing one thing they're grateful for from their day
- During the car ride to school, everyone thanks someone else in the car for something.
- At bedtime, ask each child to say three things they feel grateful for.
- Keep a family journal. Once a week record a list of things you are grateful for from the week

**Read more** about creating an attitude of gratitude in your family!

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## Hello from the Somersworth Festival Association

### Fun with Frosty

If you didn't get a chance to attend the drive-by meet and greet with Frosty, you can still view our Fun with Frosty video and get our snowmen coloring pages and crafts. Simply visit the Somersworth Festival Association's Facebook page and click on the YouTube video. Our video is also available through our website, [www.nhfestivals.org](http://www.nhfestivals.org).

The snowmen coloring pages and craft pages can also be downloaded from our website. Coloring and craft pages are also available from Toys from the Attic in the Somersworth Plaza and from

### **Valentine Fundraiser**

The Somersworth Festival Association would like to thank everyone who ordered a Giant Valentine Fortune Cookie during our recent fundraiser! The past year has been a difficult year for our organization since most of our fundraisers had to be canceled, so we are very grateful for your support! We would also like to thank Fantastic Fortunes for their donation! The fortune cookies were both unique and delicious!

### **Support the Somersworth Festival Association when you shop AmazonSmile**

AmazonSmile is a simple way for you to support the Somersworth Festival Association every time you shop Amazon, at no cost to you. Instead of going to amazon.com, go to smile.amazon.com on your web browser. It can also be activated in the Amazon Shopping app for iOS and Android phones. The prices are the same on both sites, but when you select the Somersworth Festival Association as your charity, AmazonSmile will donate 0.5% of your eligible purchases to our organization.

Here is our direct link: <https://smile.amazon.com/ch/02-0368054>.

We hope you will make us your charity of choice!



OFFICE OF THE GOVERNOR  
**CHRIS SUNUNU**

### **Governor Sununu Announces the New Hampshire Emergency Rental Assistance Program**

Today, Governor Chris Sununu announced a new rental assistance program through the Governor's Office for Emergency Relief and Recovery (GOFERR) that will provide assistance to eligible residents of New Hampshire who cannot pay their rent and utilities due to the COVID-19 pandemic.

"This program will open up doors of opportunity and help New Hampshire families who have struggled through this pandemic," said Governor Chris Sununu. "We worked hard to open up as many channels of eligibility as possible so that no one struggling has to worry about making rent or keeping their lights or heat on."

The New Hampshire Emergency Rental Assistance Program (NHERAP) will be administered by New Hampshire Housing Finance Authority (NHHFA), in collaboration with GOFERR. NHHFA will work with the five regional Community Action Partnerships (CAPs) that will accept and process applications and payments for the program.

NHERAP funds can cover current and past due rent, as well as utility and home energy costs for eligible households. This assistance is available retroactive to April 1, 2020 through the date of application, and the applicant may also receive assistance for these same expenses going forward. Households may receive assistance for a total of 12 months.

Payments will be provided directly to the landlord or utility provider on behalf of the

household. Landlords, with the tenant's permission, may apply for assistance on behalf of their tenant.

To be eligible, at least one person in the household must qualify for unemployment benefits, had their income reduced, had significant costs, or had other financial hardship due to COVID-19. The household must also be at risk for homelessness and meet certain income requirements.

The program is federally funded and must follow federal law. This program is only for eligible renters and landlords, not homeowners, per federal rules.

Full program guidelines and the NHERAP application information will be available by March 15, 2021 at [www.NHHFA.org/emergency-rental-assistance](http://www.NHHFA.org/emergency-rental-assistance). GOFERR, NHHFA, and the CAPs are committed to a simple and streamlined application and funding process.

An extensive statewide outreach campaign is planned to inform the public, renters, landlords, organizations, and service providers about the New Hampshire Emergency Rental Assistance Program.

Details about the program are available at [www.NHHFA.org/emergency-rental-assistance](http://www.NHHFA.org/emergency-rental-assistance)

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## **Quality Service, Quality Schools, Quality Somersworth**

### **Vision 2020**

*"We Believe in Somersworth"*



*Proud Past, Bright Future*

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