

#### May 2020

# City Hall is closed to the Public, however City Hall services continue to be provided:

Drive-up Window

USPS Mail

**On-line** 

Please continue to check the <u>City Website</u> Calendar for Updates to City Meetings

## City of Somersworth, NH

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



## City Council Meetings - Monday, May 4

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. The public is asked to submit comments via email to

**kgagne@somersworth.com** or **bbelmore@somersworth.com**. Comments must be received not 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 (Comcast) as well as via live stream at the City's website **www.somersworth.com**.

The public can access the meeting and listen live by telephoning any of the following numbers and then adding webinar I.D. #890-2933-2410:

1 (312) 626-6799 or, 1(646) 558-8656 or, 1 (301) 715-8592 or, 1 (346) 248-7799 or, 1 (669) 900-9128 or, 1 (253) 215-8782

## 6:30 p.m. City Council Workshop - CMAQ Grant

The City will hold a Local Concerns Meeting for the NHDOT Congestion Mitigation and Air Quality (CMAQ) Grant project on May 4, 2020 at 6:30 pm at City Hall at One Government Way, Somersworth. The intent of the meeting is to collect input from the public relative to the existing conditions, concerns, and project goals. The Engineering Firm will review the existing site conditions, contemplated improvements, and proposed construction schedule.



# Hilltopper Strong "Fly the Flag Challenge"

Mayor Hilliard and Fire Chief George Kramlinger

Message to the Community



# A Message from Mayor Hilliard "Renew"

Spring is clearly here, we awaken to its arrival as if it always seems to sneak up upon us. For months we are buried into the vortexes of winter, the hardened earth, the darkness of night, the bone chilling cold, and the inability to gain any motivation. Then we rise one morning to the earth renewing itself. We bear witness to the promise in the circle of life, birth, death, and re-birth as the earth re-awakens once again surrounded by life extending itself towards the warmth of returning light and the sun.

Winter gives us the time to re-energize, its nature's way of reminding us that all living things must take care of themselves. It allows us to retreat and meditate on reconnecting with ourselves, our brethren and the spirits which guide us through life's journey. Spring reminds us that we are alive, that despite the harshness and darkness of winter, life and light will return. It awakens our soul with the same force that pulls plants and animals from their deep winter slumber. The fresh spring air fills our lungs, alerting our senses to the renewal of life. We are again given a chance; a chance to make good on our resolutions, a chance to enjoy the beauty which surrounds us, a chance to re-connect with each other and celebrate the bond with life.

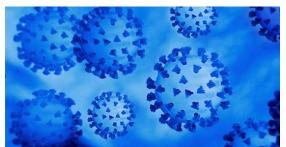
Spring also reminds us through nature that life will continue, that despite the quest for understanding the mysteries of life, the answers lie within the return of the flowers, trees and all things which come back to life. Take time this spring to pause, enjoy the returning sun, the warmth and the energy it brings. Take time to continue to reach your goals and your resolutions. Take time during this social distancing to stay in contact with your friends, your family and each person that you love. While visiting someone may not be a choice that is safe, feasible or allowed; a phone call, a note in the mail or email will continue to make the connections which are important to all of us. It only takes a moment to let someone know that you are thinking about them and that they share a special place within your heart. As we all continue to navigate the waters of uncertainty together, continue to spread the light of hope and continue to share your love.

Let us all celebrate the return of spring, light, warm weather and the renewal of life.

#### We have this Somersworth!

God bless each and every one of us. Continue to be healthy and safe.

### **Until Further Notice the Mayor Will Not be Having Office Hours**



# State and Local Officials Continue to Monitor Coronavirus Activity

As federal, state and local officials continue to monitor cases of Covid-19, a Coronavirus first detected in China, residents are reminded to take steps to protect themselves from all respiratory viruses.

State health officials have confirmed two patients tested positive for Covid-19 in New Hampshire. This week, the United States Centers for Disease Control and Prevention (CDC) announced travelers from countries with a Level 3 travel alert are to be advised to stay home and monitor their health for 14 days after returning to the United States. Travelers from countries with a Level 2 travel alert are to be advised to monitor their health and limit interactions with others for 14 days after returning to the United States.

"We continue to work with hospitals, emergency responders, community organizations, local health departments and public health partners to ensure they are prepared and have the resources they need to respond," said State Epidemiologist Dr. Benjamin Chan.

To protect themselves against this new coronavirus and the many different respiratory viruses that circulate this time of year in New Hampshire, the state's Department of Health and Human Services and Somersworth Fire and Rescue continue to recommend residents take the following precautions:

- Stay home and avoid public places when sick (i.e. social distancing)
- Cover mouth and nose when coughing and sneezing
- Wear a face mask when in public

- Wash hands frequently
- Avoid being within 6 feet (close contact) of a person who is sick
- Avoid sharing drinks, smoking/vaping devices, or other utensils or objects that may transmit saliva
- Disinfect frequently touched surfaces

For more information on Covid-19, including webinars, health alerts and fact sheets, please visit <a href="https://www.cdc.gov/coronavirus/">www.cdc.gov/coronavirus/</a>

#### **UPDATES** and Changes and in Place with COVID-19

For information about how vehicle registration works in NH, <u>click here</u>. City residents can<u>renew</u> <u>their registrations online here</u>. State drivers' licenses and ID cards set to expire can be extended by phone for 6 months. Call 603-227-4020 to pay for and complete the extension.

**Food Stores** are operating normally and receiving shipments daily (although some products are in short supply). Please use good judgement when purchasing items remembering there are others who need the same.

Resources that might be of use: one for **business and industry issues** and the other regarding **employment law**.

The NH Department of Business and Economic Affairs (BEA) has started **this page** to keep employees and businesses update. It includes links to **New Hampshire Employment Security** and available services. Individuals will need to file for unemployment each week of temporary unemployment and this can and should be **done online** or by calling 603-271-7700.

## The Small Business Administration (SBA) Coronavirus Disaster Relief Lending Program

**Loans for up to \$2 million** can be used to pay fixed debts, payroll, accounts payable and other bills that can't be paid because of the disaster's impact.

**Eligibility:** small businesses without credit available elsewhere. Interest rate 3.75% (non-profits, 2.75%).

**Repayment:** To keep payments affordable, loan repayment options up to a maximum of 30 years. Get a head-start as the program is being authorized by following these steps:

- 1. Go to: sba.gov/disaster
- 2. Find the section specific to the Coronavirus Disaster Relief Lending program.
- 3. Create an account and upload your information so that once the formal declaration is processed by SBA, yours will one of the first application

NH Governor Sununu has Issued 3 New Emergency Orders

**Emergency Order #31** 

**Emergency Order #32** 

**Emergency Order #33** 



#### VETERANS MEMORIAL AT STEIN PARK

As part of the Veteran's Memorial project the City has launched a brick donation campaign. Bricks can be purchased by anyone wishing to honor a Veteran who has served our Country. Bricks are red 4" x 8" that will be engraved with the name, military rank, branch and years of service for the individual service members and placed throughout the entrance walkway to the Memorial. To make a brick donation visit **somersworth.com** and click on the Somersworth Veterans Memorial Link.

**Department of Public Works & Utilities** 



#### BAGGED LEAVES AND BRUSH PICKUP

Brush will be picked up the third week in May (May 18). You must call 692-4266 by Friday, May 15 to be added to the pickup list. Please have your brush curbside no later than 7:00 am on Monday, May 18 for pickup. Brush can be up to five (5) inches in diameter and ten (10) feet long.

Brush pickup is limited to 20 minutes per stop. Any remaining brush and cleanup of debris is the responsibility of the property owner.

**Bagged leaves will be picked up the fourth week in May (May 25)**. You do not have to call ahead for bagged leaves pickup. Please have leaves curbside no later than 7:00am on your trash pickup day the weeks of May 25. Leaves and grass clippings must be in brown recyclable paper leaf bags, sold at many local stores.

Please note: Work schedules subject to change due to weather or emergencies.

# Malley Farm Facility is now Open

The Malley Farm Leaf, Brush, and Compost Facility is now open to Somersworth residents. Private contractors who are working for Somersworth residents must get a permit at Public Works prior to accessing the Drop off Center. For more information about Malley Farm and what's allowed, please <u>click here.</u>

## Please Remember to Maintain Social Distancing

It is important to follow the CDC guidelines regarding social distancing while visiting the drop-off site.

- Maintain at least 6' between each other & avoid any gathering in groups
- CDC also encourages the use of face coverings

#### The Malley Farm drop off area hours:

7:30am to 2:30pm Monday through Friday 8:00am to 6:00pm Saturday and Sunday.

If you have any questions or need additional information, please contact the Public Works Department at 692-4266 between the hours of 7:00 AM and 3:30 PM.

## **Annual City Water Quality Report**

The City's annual water quality report is now posted on the City website and can be located at <a href="https://www.somersworth.com/sites/somersworthnh/files/uploads/2020\_water\_quality\_report.">https://www.somersworth.com/sites/somersworthnh/files/uploads/2020\_water\_quality\_report.</a>
pdf . Please contact the Water Clerk's office at 692-9523 if you would like a paper copy.

The report provides details about the quality of the City's drinking water, where it comes from and documents all drinking water parameters and compares them to respective standards. Throughout the past year, the Water Division staff conducted over a 1,000 water quality tests for over 175 drinking water compounds. The City is pleased to report that the quality of the Somersworth water far exceeds the standards set by State and Federal regulations.



# **Eagle Scout Project - High Street Private Cemetery**

Maxwell Jerram is currently working toward earning his Eagle Scout rank. He has chosen to restore the cemetery in front of the Tri-City Plaza for his project. He chose this project because the cemetery is in a very visible location off of High Street and noticed it needed some care and maintenance. The

Cemetery Trustees were contacted by Maxwell several months ago as the project was being developed.

Maxwell is working with the owners of the Tri-City Plaza, Brix Mohr Property's, on material needed to improve the appearance of the cemetery, including decorative fencing, new landscaping and where possible, grave marker cleaning. Maxwell is seeking assistance with historic information about the those that are buried there, any war veterans, and notes the Hussey family seems prominent with Benjamin Hussey and his wife, Sabrina, buried next to each other. He is also wondering if anyone buried there might be a war veteran. Maxwell can be contacted at <a href="maximusjerram@gmail">maximusjerram@gmail</a>.





# **Household Hazardous Waste Collection Day**

Saturday, May 16, 2020 8:30 AM to 12:30 PM
At the Turnkey Landfill, 9 Isinglass Drive, Rochester NH
RESIDENTIAL DROP OFF WILL BE CLOSED THE ENTIRE DAY

#### Communities that are Participating Include

Barrington Farmington Milton Middleton New Durham Northwood Rochester Somersworth Strafford Wakefield

#### Please Bring The Following:

#### **House and Garden Products:**

Weed killers and fertilizers, no pest strips, ant spray and baits, bug and rodent sprays, poisons, flea repellents and shampoos, bug sprays houseplant insecticides, oven cleaners, bleach, pool chemicals, tub, tile and shower cleaners, button cell and lithium batteries.

#### Garage Products:

Car wash and polish, fuel additives, earburetor / fuel injector cleaners, air conditioning, refrigerants, starter fluids, creosote, antifreeze, transmission and brake fluid.

#### Workshop / Painting Products:

Oil or enamel based paint, stains and finishes, paint strippers and removers, photographic chemicals, fixatives, adhesives, glues and other solvents.

#### Not Hazardous Please Do Not bring:

#### Latex Paint:

Use the paint or open can and let paint dry out. If necessary mix with saw dust, kitty litter or sand and dispose with regular trash.

#### Tires, Computers, Computer Monitors, and Televisions:

For the collection center nearest you, call your municipality.

#### Motor Oil:

The Rochester Public Works Department will be open HHW Day May 16, 2020 to take used motor oil. The Rochester DPW at 45 Old Dover Road is open 7 AM to 3 PM Monday-Friday year round and will take used motor oil that is not contaminated with other solvents.

#### **Batteries & Fluorescent Bulbs:**

Zinc carbon and alkaline batteries (regular household) that were sold after 1996 are not hazardous and can be place in the regular trash.

#### Car Batteries:

Most places that sell car batteries will take them back. Some communities may have battery collections, check with your municipality.

#### Propanc Tanks:

Most places that fill or sell these tanks will also take used tanks. Rochester residents may drop them off at the Rochester DPW at 45 Old Dover Rd.







# Somersworth Fire Department & Emergency Management



### **Fire Response**

A-Shift members take a well-deserved break after a difficult but successful initial fire attack on a large, multi-level garage in Berwick with many explosions. This was the first of two fires in Berwick on the same day for A-Shift.



#### **Training**

Members of B-Shift practice a hard hitting initial fire attack using a new solid bore "play-pipe" nozzle capable of flowing over 350 gallons per minute. B-shift has the hose line configured as a "Chicago Loop" to make controlling the nozzle easier.



#### **Training**

C-Shift members practice setting up a "tandem prussick belay" which is a safety line used during raising and lowering in rope rescue scenarios. This rope procedure is also applicable to confined space rescue which is a component of the Department's multi-discipline annual training program.



#### **Training**

D-shift members test and practice with two new solid bore hand line nozzles. The smaller nozzle is designed for a 1 ¾ inch pre-connected attack line and flows nearly 200 gallons per minute – which is 20% greater than the nozzle it replaces thus increasing initial fire knock down capability.

#### **Training**

During the month of April Career firefighters completed annual respiratory



protection and firefighter survival training. Here a Career firefighter is negotiating a wire entanglement prop while breathing from his self contained breathing apparatus (SCBA). The physically demanding obstacle course included seven different events.

## Help Yourself - Think Like a 1st Responder

Whether complying with a COVID-19 Emergency Stay at Home order or returning to a normal life style, help Yourself and think like a 1st Responder to keep you and those close to you safe. Until the stay at home order is lifted, stay home and practice social distancing. This may be stressful and frustrating but an essential action to keep everyone safe.

If you have an emergency call 911. Don't hesitate to call 911 for real emergencies like medical emergencies, household accidents, and especially fires. Do not call the Fire Department business line to report a fire – Call 911. If calling 911 for any reason, alert the call-taker to anyone in your household that has been diagnosed with COVID-19 or has experienced any related symptoms such as a cough or fever. 1st Responders will be there to help but need to take precautions to ensure they can keep doing their job throughout this pandemic. Please be patient and answer all 911 call-taker questions. Keep a handy list of all medications being taken by each member of your household, along with a medical history. COVID-19 precautions prevent relatives and friends from riding in the ambulance or entering the hospital. Collect a few things a loved one might need if they must go to the hospital. A phone charger, eyeglasses, wallet, ID and insurance card(s) are great things to include in a "go bag".

Increase safety in your residence. Install and check your smoke and carbon monoxide alarms, change the batteries. Keep doors to sleeping areas closed at night. Plan for two ways out of each sleeping area. Plan your escape route - learn how to open windows. Test all closed doors for heat before opening them. If you feel heat, don't open the door – use your second escape route. If the door is not hot, open it slowly but be prepared to close it again if you see flames or heavy smoke. Smoke and heat rise in a fire – stay low when escaping. Get out and stay out. Call 911 using a cell phone when outside or from a neighbor's residence. Choose a safe meeting place. This is where everyone meets in the event of a fire so you know if anyone is missing. Never go back inside. Tell the firefighters if a family member is missing. Safely practice your fire escape plan.

Use your at time at home during the COVID-19 emergency to increase your household's safety. If you have any questions, please call the City of Somersworth Fire Department.

Be safe, stay alive, and be well.

### **Somersworth Police & Friends**



#### **Somersworth PD Celebrates Autism Awareness**

As part of the Police Department's Autism Awareness campaign, the Department, through a donation of B&B Printing of Somersworth, has created Autism Awareness Identification Cards. With the help of the Strafford Learning Center Autistic Team, the cards will be distributed to families in the Somersworth area that have a member that is autistic.

The cards are also available at the Police Department to families that wish to pick them up here in the Police Department lobby, free of charge. Please contact School Resource Officer Ashley Fuller between 7am-3pm, Monday through Friday if you wish to pick up cards at the Police Department. Officer Fuller can be reached through email at <a href="mailto:afuller@somersworth.com">afuller@somersworth.com</a> or by calling 841-2919 or 692-3131.

Our hope is that when presented with one of these cards, our First Responders and the public will know how to communicate and approach the individual with autism.

# Somersworth Police Department's K9 Bravo has Received Donation of Body Armor

Somersworth Police Department's K9 Bravo has received a bullet and stab protective vest thanks to a charitable donation from non-profit organization Vested Interest in K9s, Inc.

The vest was sponsored by a fundraiser hosted by the Piscataqua Obedience Club and embroidered with the sentiment "Gifted by **Piscataqua Obedience Club".** 





#### **Somersworth Crime Line:**

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



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

link: <a href="https://www.facebook.com/SomersworthPoliceDepartment/">https://www.facebook.com/SomersworthPoliceDepartment/</a>



#### **NH Downloadable Books**

Anyone with a library card may borrow digital ebooks and audiobooks from the NH Downloadable Books OverDrive website! Ebooks and audiobooks can

be used with most smartphones, tablets, e-readers, and computers. New releases tend to have long waiting lists, but there are thousands of books available at any time. Take a look

here: <a href="https://nh.overdrive.com/">https://nh.overdrive.com/</a>. Please contact the library if you need assistance using this service. Due to limited staffing during the COVID-19 emergency, our response time may be longer than usual, but we will get back to you!

# Please check out Tumblebooks Resource below to Continue your Reading Enjoyment

#### Tumblebooks Resource Available until 8/31/20



**TumbleBooks**, a world leader in online books, has announced it will make its family of online libraries available for free until at least August 31. This is available to all Somersworth residents – no library card is required. Its flagship product, TumbleBooklibrary is a collection of animated talking picture books, readalongs, books, quizzes, lesson plans, and educational games. Books for teens, adults and teaching math are also available! TumbleBooks are easy to use, and feature

unlimited access from home! You can read as many books as you want, when you want, and on any device. There are no check-outs, holds, or downloads. Books are available instantly. You can get access on the library webpage under the database tab, or at this link <a href="https://www.somersworth.com/library/pages/library-databases">https://www.somersworth.com/library/pages/library-databases</a>

## **No Fines During Library Closure**

While the Library is closed, no fines will be charged for overdue materials. If you log into your online Library Account, you may see overdue fines, but these will be removed after the Library re-opens and materials are returned. Any Book, CD's or Movies that are currently checked-out may be kept until the Library re-opens, or may be returned at any time in the outdoor Library Book Drop

#### Free WiFi Still Available 24/7

Free Wireless Internet is still available at the Library while the Library is closed. It can be accessed from the outside the Library, and its strongest signal is near Station Street. Connect your device to the wireless networks named "Library" or "Wireless" - no password required.



Recreation Staff continues to provide the Community with Recreational Resources during this Incredibly Difficult Time.

## Somersworth Recreation

# RECspiration!!

Join Somersworth Recreation for our weekly RECspiration to help you get through these challenging times. Please understand that these activities are provided as ideas and there is no requirement to participate; additionally, participants should refrain from activities beyond their capabilities to safely complete.

# Physical Fitness

Start by spelling your first name. Using the letters below, try each exercise in the order you spell your name. Repeat the exercises 2-3 times. For more of a challenge move on to your middle or last name!

# ABC Name Workout

A- Jog 30 Seconds in place J- 10 Squats S- 20 Crunches

B- 10 Push-ups K- 30 Second Wall Sit T- High Knees- 30 seconds

C- 20 Crunches L- 20 Russian Twists U- 20 jumping Jacks

D- High knees- 30 seconds M- Jog 30 seconds in place V- 25 Mountain Climbers

E- 20 Jumping Jacks N- 10 Push-ups W- 20 Russian Twists

F- 15 Lunges O- 30 Second Plank X- 15 Lunges

G– 25 Arm Circles P– 10 Triceps Dips Y– 10 Triceps Dips

H- 25 Mountain Climbers Q- 25 Arm Circles Z- 30 Second Plank

I– 25 Butt kicks R– 30 Bicycle Crunches

# Mindfulness

## Eat a 'mindful' snack or meal

- 1. First, choose a snack or meal you will eat to try this activity. Try to choose a healthy & well-balanced option.
- ${\bf 2.}$  Prepare the snack or meal together. Discuss the ingredients you're using, where they came from, etc.
- Clear your kitchen table. Remove all distractions and turn off the television and all other electronics that may distract you. Set a place at the table for everyone eating.
- **4.** Sit down at the table with your prepared meal. Observe your plate-look at the colors, textures, the placement of the food, & the amount of food. Pay attention to the smell, taste, & feel.
- **5.** Chew your food thoroughly and slowly. After each bite enjoy the bursts of flavor in your mouth & think about how the food makes you feel,
- 6. Listen to your body and stop eating when you're full.





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O-30 Second Plank

G-25 Arm Circles P- 10 Triceps Dips Y-10 Triceps Dips

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F-15 Lunges

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X-15 Lunges



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The New Hampshire Fisher Cats (Blue Jays Double-A affiliate) have introduced a new donation program to support COVID-19 relief efforts.

The donation packages are now available for purchase. <u>Click here for more information</u>





## **Social Distance School Garden Prep**

Though it's hard to predict when kids will be getting back into the school gardens, we know for sure it won't be this school year. The Somersworth School Board has established May 29, 2020 as the last day of school for students.

But spring weather and plenty-to-do has a few staff and volunteers keeping busy in staggered shifts. Maple Wood Elementary School's 4th grade teachers Jennifer Landry and Emily Wilson designed and planned, applied for and received Strafford County Master Gardener

Grants, for when the time is right and safe for students to gather.

School custodians made quick business of spreading wood chips that were donated by the Somersworth DPW. And FTS Coordinator Wendy Berkeley and her sidekick Ivy made a border with bricks from a dismantled chimney.

Stay safe at home for as long as this takes, and the gardens will be ready for years to come.

# Quality Service, Quality Schools, Quality Somersworth Vision 2020

"We Believe in Somersworth"

