

City Connection

Proud Past, Bright Future



November 2018

November Meetings in Council Chambers

City Council Workshop

Monday, November 5 at 6:00 p.m.
MRI Presentation

City Council Public Hearing on "Shall the Somersworth School District Create a Committee to Study the Feasibility of Withdrawal from SAU 56"

Monday, November 5 at 7:00 p.m.

City Council Regular Monthly Meeting

Monday, November 5 at 7:00 p.m.

Joint Goal Setting Session of the City Council & School Board

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

***Please note this will take place
at the Somersworth High school
Career Technical Center**

Zoning Board of Adjustment

Wednesday, November 7 at 7:00
p.m.

School Board Meeting

Tuesday, November 13 at 7:00 p.m.

Conservation Commission

Wednesday, November 14 at 7:00 p
m.

Planning Board

Tuesday, November 20 at 6:30 p.m.

Site Review Technical



GENERAL ELECTION

Tuesday, November 6

Polls will be Open from 8:00 a.m. - 7:00 p.m.

Polling Locations

Ward 1	City Hall, One Government Way
Ward 2	Summersworth Historical Museum, 157 Main St.
Ward 3	Flanagan Community Center, 9 Bartlett Ave.
Ward 4	Charpentier Apartments, 28 Franklin St.
Ward 5	Romeo J. Messier Building, 218 Main St.

To find your voting location, look for your street in the Wards [Here](#)

The City Clerk has a master ward list. Because many streets are divided into two or more wards, it is important to check with the City Clerk's office at (603) 692-9511 or (603) 692-9512.

In order to register to vote in the City of Somersworth, a person must be 18 years of age and a citizen of the United States and a resident of Somersworth.

Committee

Wednesday, November 7 at 10:30
a.m.

Wednesday, November 14 at 10:30
a.m.

Traffic Safety Committee

Wednesday, November 14 at 2:00
p.m.

Historic District Commission

Wednesday, November 28 at 7:00
p.m.

**Please note meeting Calendar is
subject to change.**

**To view Agendas of City
Council meetings please visit
City website**

www.somersworth.com/calendar/



**City of Somersworth
City Hall
One Government Way
Somersworth, NH 03878
(603) 692-9555**

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

**Wednesday
City Hall is open until
6:00 p.m.**

The applicant must present proof of citizenship, age and domicile. Residents may register to vote in the Office of the City Clerk during regular business hours. Residents may also register to vote at their polling place on election day and at any session of the Supervisors of the Checklist.

For any questions, contact the City Clerk's Office at (603) 692-9511 or (603) 692-9512.



***Somersworth Celebrates 125 years as a City
Saturday, November 10***

Come out and help us celebrate the City of Somersworth's 125th Birthday.

The Somersworth 125th Commission is busy putting together a Birthday Bash that will include great music, food and buckets full of Hilltopper fun. The only thing that is missing is you!

So come and join in the fun on Saturday November 10, 2018 at the historic Somersworth 1899 Ballroom which is located at the Somersworth VFW, 43 High Street, Somersworth between 7:00 and 10:00 pm.

This beautiful ballroom will provide the perfect setting for this Birthday Bash



Stay in touch with City Happenings.

- Business Email List
- City e-Newsletter
- Recreation Department

[Join our mailing list](#)

which will feature music by the one and only Mike Pomp of WTSN radio. He will be taking us on a music trip down the decades since Somersworth became a city in 1893. Light fare will be served as well as a cash bar.

There will be plenty of blue and white featured throughout the evening and we would love to see you wear your Hilltopper pride as well but we won't judge if you don't!

Tickets are just \$12.50 and can be purchased online
H E R E : <https://www.eventbrite.com/e/somersworth-125th-celebration-tickets-50453139699>

Or you can purchase your ticket from The Gathering Place located on High Street in Somersworth.



The Mayor's Corner

Closer yet Further Apart

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 actually played music videos), the Cold War and the Berlin Wall, the world, nation, state and neighborhoods seems to have metaphysically gotten smaller. It's easy to forget that back then, to gain information on the state of national and world affairs one was subject to the clock as news was reported daily at 6pm and 11pm.

Local news ran on an afternoon cycle, and households anticipated a timely delivery of their newspaper. As a childhood paper boy, I must admit I often fell victim to the voice of the angry consumers' desire to have their Foster's Daily Democrat before 4pm. Their anger would often be reflected in a hard candy tip instead of hard cash.

The advent of the internet, social media and the launching of the 24 hour news cycle has made our world feel a lot smaller. The benefits to this access is unquestionable. We have become more exposed to the world we live in, gained

greater insight into ourselves, into others, into counter views and lifestyles which we may not have been accustomed to. Yet, despite the shrinking of the distance between ourselves and others, the gap has seemed to somehow widen. Regardless of how small the world appears to have become, our level of understanding, civility, respect, and decency towards others, has eroded and continues to erode at an alarming rate.

While I am certainly in tune with the fact that I have reached my late forties and the vocabulary which encompasses it, there is universal truth in the statement **"In my day"**. I will stand by my conviction, that ***"things have changed"*** in a negative direction since my youth. Although discontent is not something new to our society. In truth the formation of our independence was crafted around our discontent when we were poorly treated by our former motherland, England. Yet, with the dawn of Facebook, Twitter, and other social media platforms, our personal level of discontent has metamorphosed itself beyond vocalizing our First Amendment right of free speech, instead resulting in personal attacks upon the morals, ethics and character of our political leaders, government employees, police officers, firefighters, principals, teachers, friends and neighbors. The personal opinions we once harbored about professionals, friends, and neighbors, have moved from the privacy of our homes to the World Wide Web, where it is exposed and everyone has become a target, and forced to defend themselves.

Somewhere along the journey of technology, which was created to bring us closer, we have instead become further apart, altering the direction of becoming ***"thy brother's keeper"*** to becoming ***"thy brother's attacker"***. There is tremendous difference between applying high professional standards upon the individuals entrusted with responsibilities within our republic, and having an "open season" attack on individuals. Instead of progressing forward as a dignified human species with the technology we have created, we have reverted backwards to a culture similar to the one of 1692 Salem, Massachusetts. Call someone a witch on Facebook, or Tweet that they were dancing in the woods with the Devil, and they are immediately placed on the trail at the court of the World Wide Web and public opinion.

Somewhere along our journey, we have abandoned our decency and became uncaring to the fact that the people who we attack have families, children and careers. That they are sons and daughters, fathers and mothers, aunts and uncles. That by casting stones upon them, we are casting stones upon all who they are connected too, causing unwarranted and unjust pain. Somewhere, at some point, the technology which should have made us closer, has instead divided us and continues to break us further apart. It has led to the misconception that being part of a community includes unwarranted attacks on neighbors, co-workers, entrusted officials and friends.

With technology, and the Constitutional rights we view as divine, comes great responsibility. The responsibility of adhering to the practices of the republic, the responsibility of knowing and safeguarding our inalienable rights, and the responsibility of not abusing what we have fought for so hard through war, civil disobedience, sweat and tears. These responsibilities are a task each one of us inherits as an American. We must not lose sight, or abandon any of our greatest responsibilities, especially the responsibility of practicing how each of us deserves to be treated, and the responsibility of **modeling for the next generation on how a civilized society treats one another.**


We must revert back to the roots of what has grown us into a great and powerful nation. Our ability to listen to each other, our ability to respect, honor, and celebrate differences, and our ability to educate, grow, and lead **our children** into honoring and practicing the same values. There is universal truth in the statement **"do unto others"**, we must begin practicing this statement in not only

all of our daily affairs, but also in how we interact with others on social media and all aspects of technology.

We are a community! We are achieving progress and greatness!

WE ARE SOMERSWORTH!

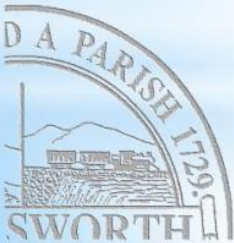
Mayor Dana Hilliard



Mayor's Community Forum
Saturday, November 3
9:00 – 10:30am
City Hall

Included in this Forum Mayor Hilliard has invited the Chairs of all Boards & Commissions to be on hand to speak to residents about their functions in our Community. Applications for residents who are interested in serving will be available. The Forum will highlight the amazing work which takes place in helping our Community.

I encourage all residents to drop by this exciting Forum and learn more about their municipal government.



**Mayor's Fall & Winter
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 these times. Or, if you prefer, you can make an appointment by calling Brenda at 692-9503 or email [Brenda](#).



City Manager Notes



The City is pleased to have launched our new City Website. New features are interactive tax maps. These maps, created by CAI Axis GIS, will allow for a geographic map search of a property which is then linked to the property card with just the click of a button. Maps will also include buildings, easements, topographic contours, flood maps, zoning district, and other GIS data layers. Maps will be searchable by address, Map/Lot, or property owner name.

Please check it out www.somersworth.com and let us know what you think?

[City Manager Reports - Click here to view](#)

**From the Desk of the
Economic Development Manager**

Manufacturing is New Hampshire's top employment sector. In October, New Hampshire's sixth annual *Manufacturing Month* was celebrated. The month-long series of events that varied from specific industry related activities, to an effort to engage High School students with the manufacturing community, is organized by a multifaced group including the New Hampshire Manufacturing Extension Partnership, the New Hampshire Department of Business and Economic Affairs, the Business and Industry Association, the New Hampshire High Tech Council, the Community College System of New Hampshire, and the New Hampshire Department of Education.

Because the City of Somersworth understands the importance of manufacturing in the City's history as well as the importance of manufacturing in the future success of the City's economy, the City's Economic Development Office has created the first ever Somersworth Manufacturer's Roundtable.

The Roundtable will bring together plant CEO's and Managers from the City's manufacturing community for an informational and networking and event. Have questions about Zoning? Road Maintenance? Career Tech Center interns? Perhaps just want to speak to your Industrial Park neighbors about shared parking or internet capacity upgrades? This is the meeting for you!

In closing, we would like to thank the Hall at Great Falls for offering its location to host our first roundtable, and Molly Hodgson, the Senior Business partner of Human Resource Partners, who will assist us in facilitating our conversation. Special thanks to our lunch sponsor, Profile Bank.

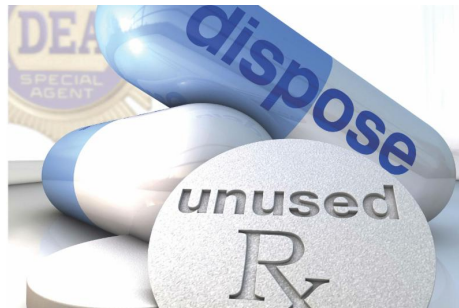
If you are a Somersworth manufacturer, please join us on December 6, 2018 at noon, at the Hall at Great Falls, Market Street in Downtown Somersworth.

For more information, contact Robin rcomstock@somersworth.com

Robin A. Comstock
Economic Development Manager
One Government Way
Somersworth, New Hampshire 03878
rcomstock@somersworth.com
603-692-9516



Did you miss "Drug Take Back Day"



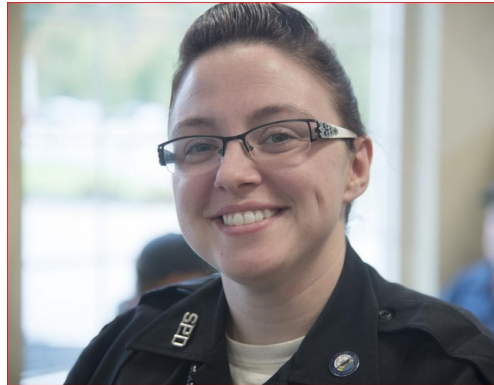
If you miss Drug Take Back Day....we have locked medication drop box in our station lobby that you can put your unused or expired medications in at any time, day or night.

Bring your unwanted/no longer needed prescriptions to
Somersworth Police Department
12 Lilac Lane, Somersworth



Somersworth Senior Picnic
Mayor Dana Hilliard & Sue O'Neill winner of the

Somersworth Seniors were celebrated on Wednesday, October 17th at the Flanagan Center Gym - Bartlett Avenue. A bbq lunch was prepared by the Police Department and Fire Department. Serving the Seniors were employees from Somersworth Housing, Somersworth Meals on Wheels, Somersworth Senior Center and the Recreation Department. Chief Kretschmar was our emcee for the event and prizes were awarded by our Mayor, Dana Hilliard.



Meet School Resource Officer
Ashley Fuller

Officer Fuller is now the full time School Resource Officer at Somersworth Schools. Officer Fuller brings her experience as a mother of 2 girls and her experience as a Police Officer to Somersworth students.

Somersworth Police Facebook Page

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

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

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



Somersworth Crime Line:
You can leave anonymous information at 692-9111



**From your Local Fire Department
692-3457**



Somersworth Professional Firefighters 2018 Toy Drive

Once again the holiday season is upon us, and the Somersworth Professional Firefighters are busy planning our annual toy drive. For more than 30 years, we have coordinated this tremendous effort to provide gifts to underprivileged children in the City of Somersworth. Together with local merchants and community members, we have made the holiday season brighter for many families. The enormous generosity of businesses, school organizations, civic groups, and other community members has enabled us to help others in their time of need. This year, we are once again asking for your help to make the toy drive successful! You and your organization can help by donating

- New, unwrapped toys, clothes, and gift cards for children ages newborn to 14 years-old.
- Monetary contributions for the purchase of gifts. Please make checks payable to the Somersworth Firefighters Toy Bank.

Donations can be delivered to the Somersworth Fire Station, 195 Maple Street, Somersworth, NH 03878. Or contact us at 603-692-3456 to arrange for pick-up of your donations at your location.

2018 Toy Bank Sign-up Dates
Tuesday, November 20 4:00 p.m. - 6:00 p.m.

Saturday, November 24	10:00 a.m. - 12:00 Noon
Friday, November 30	5:00 p.m. - 7:00 p.m.
Tuesday, December 4	5:00 p.m. - 7:00 p.m.

Thank you in advance for your support

Winter Safety Tips

- With the clocks changing on November 4 be sure that your smoke detector batteries and carbon monoxide detector batteries are changed as well. Operable smoke and carbon monoxide detectors are your first line of defense with regard to home fires.
- The winter heating season is upon us. Your furnaces will be working hard again this year to keep your home warm so be certain that they are operating efficiently by scheduling an annual cleaning and servicing. For those who heat by wood - your chimney should be cleaned annually as well. It is better to burn hot initially to burn off creosote that has accumulated in your chimney or stovepipe. But sometimes the thickness of the creosote is too much to effectively burn off and it causes a chimney fire. In older, unlined chimneys this is dangerous as the fire could spread to the inner walls of your home. It is best to check out your chimney before the beginning of the heating season to be certain it is clean and is not cracked inside which could lead to a house fire.
- Non-vented space or kerosene heaters sometimes are used inside residences to provide limited area heating. These devices can produce carbon monoxide gas which can lead to death of occupants. Do NOT use unvented kerosene or propane space heaters inside your home.

Information from Public Works

692-4266

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

Trash & Recycling

Reminder that Residential curbside collection of Trash and Recycling will run on **its**



normal schedule during the month of November.

Metal/Electronics Curbside Collection by Public Works crews will occur on Tuesday, November 13, 2018. Residents should call by **Monday, November 12, 2018** 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/Treasurer office, (cash or check) and at the DPW building at 18 Lilac Lane (check only).

Brush Pick-up: Public Works Highway crews will collect residential **brush** the week of **November 19th through the 21st**. Residents need to call by **Friday, November 16th** to be placed on the pick-up list.

Bagged Leaves: Department Highway crews will collect **bagged leaves** the week of **November 26th through November 30th**. Residents should place their bagged leaves curbside on their regular trash pick-up day. Every effort will be made to collect the bagged leaves on the day of your normal trash collection. Bag volumes may require you leave the bags along the front of your property for pick up after these posted collection dates.

Refer to the City website and FAQ (Frequently Asked Questions) about other solid waste, recycling, bulky waste and electronic waste topics.

www.somersworth.com

Public Works Improvement Projects Continue to Make Lasting Impressions

The Department is working with the Planning and Development Department on engineering and design for new sidewalks on High St. from Washington St. to Franklin St., a new signalized crosswalk at High St. and Memorial Dr., a new sidewalk on Cemetery Rd. and an upgraded pathway between Maplewood Elementary School and Somersworth Middle School. These improvements under design is associated with the City's Transportation Alternative Program (TAP) Grant. Also under design is continued engineering work on three streets in the City using complete street design approach for Main St., Constitution Way and Cemetery Rd. Engineering and design plans are anticipated to be complete on all of these streets and sidewalks in later 2019.

City Road Repair Work Is Underway

The City is continuing with road improvements on several City streets and Roads. Brox industries has completed work on Salmon Falls Road and Otis Road, and work is currently underway on Main Street, Washington Street, and Constitutional Way. Look for updates on the City's website at www.somersworth.com. All streets repaired and resurfaced will have a 3-5 year excavation moratorium depending on the treatment method; meaning utility cuts in the newly resurfaced streets are prohibited.



Otis Road Paving

All questions on the City's Road improvements schedule may be directed to the City Manager's office at 603-692-9503 and or the Department of Public Works at (603) 692-4266 or email jnalley@somersworth.com

Water Crews work to Maintain Water Distribution Mains.

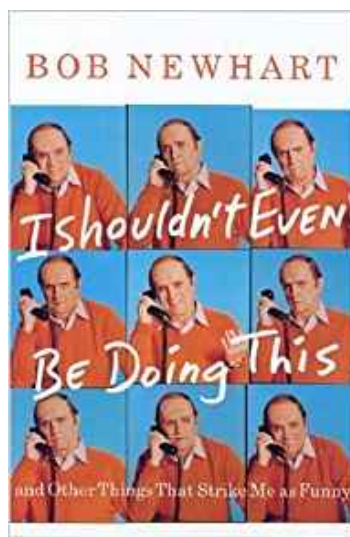
The Water Distribution crew maintains the City water mains, valves and hydrants and works to ensure the safe and efficient delivery of drinking water to the residents and businesses in the City. Water crews flush hydrants annually, respond to water main leaks and breaks and inspects backflow preventers on commercial accounts to ensure no contaminants from outside operations, is brought into the City's water mains.

The City's Water Treatment Plant and the Waste Water Treatment Plant are available for public tours for any interested groups or resident. Call the main office of Public Works and Utilities to schedule available times. (603) 692-4266.

Winter is Nearly with Us

Public Works crews have been working behind the scenes in preparation for the 2018-2019 winter season. Highway personnel have been preparing equipment, lining up salt and sand supplies and conducting snow plow route reviews with Department operators in preparation for the upcoming winter season. Look for future updates on the Department's winter response plans on the City's

What's Happening at the Library?



What Somersworth is Reading in November

"I shouldn't Even be Doing This"

by Bob Newhart

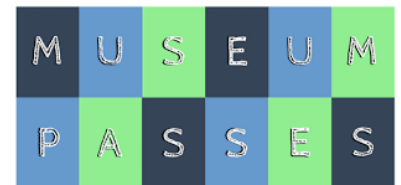
That stammer. Those basset-hound eyes. That bone-dry wit. There has never been another comedian like Bob Newhart. In this, his first audiobook ever, Newhart gives us his brilliant and bemused twist on a multitude of topics, including flying, the trials of a family holiday in a Winnebago, and more serious subjects, such as golf. And, of course, there are side-splittingly funny stories from his life and career. Who else has a drinking game named after him? ("Hi, Bob!") This isn't a memoir like most memoirs. It's a book only Bob Newhart could have conceived, with his unique worldview and irrepressibly wry humor. Oh, and there's a fair bit of plain silliness, too.

FINE FREE

Every month we have "*Fine Free Friday*" on the first Friday of the month. Return any overdue items on that day and you won't owe a thing, no matter how long you have had the item!

Enjoy our "Free or Reduced Admission" Museum passes! Call us today to reserve a date for any of the following museums - available to any Somersworth Residents:

- Children's Museum in Dover
- Seacoast Science Center in Rye
- Strawberry Banke in Portsmouth
- New England Aquarium in Boston
- Museum of Science in Boston
- Museum of Fine Arts in Boston



The Library now has a Facebook page! We will gradually be adding news, programs and photos, so 'Like' and follow "Somersworth Library" today so you're one of the first to know about all the new things that will be going on!



Find us on
Facebook



Saturday November 10th for Veteran's Day.

Thursday and Friday, November 22nd and 23rd for Thanksgiving

Recreation Office UPCOMING Events 2018-2019

Volunteers needed!

Several volunteers are needed to help facilitate all of our special events. Tasks include (but are not limited to) decorating, set-up/break-down, registration, line attendants, replenishing food at tables, face painters, etc. If you have a special skill or interest please share with us as we're always looking for new and creative ways to improve our events. High School students are encouraged to sign-up to help with our special events. If you need volunteer hours signed off you must provide the sheet to the Recreation Supervisor at the end of the event. Please reach out to Kristen Davenport in the Recreation Office to obtain more information and learn how you can get involved. 603-692-9508 or email kdavenport@somersworth.com

Somersworth Recreation Presents...

Rec Youth Basketball

Children in grades 1-6
Saturday mornings
November 10th- January 12th

No Bball 11/24 OR 12/22

Idlehurst Elementary School Gym:

1st & 2nd Grade Coed: 8:00-8:50 a.m.

3rd & 4th Grade Girls: 9:00-10:20 a.m.

5th & 6th Grade Girls: 10:30-11:50 a.m.

Middle School Gym:

3rd & 4th Grade Boys: 8:30-9:50 a.m.

5th & 6th Grade Boys: 10:00-11:30 a.m.

**Please note dates, times, and age groups are subject to change.
If we don't have enough players in an age group
we may need to cancel or combine age groups.

Early Bird Fee:

Register & pay by in full by Sept. 28th

\$45 residents / \$55 non-residents

Fee:

After Sept. 28th / Deadline is Oct. 26th

\$60 residents / \$70 non-residents

Join us for this 8-week instructional Rec Basketball program designed to teach players the fundamentals of basketball. This program emphasizes skill development and sportsmanship through age appropriate drills and fun games. All playing abilities are welcome!

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

Deadline to register is Oct. 26th! Return completed forms & payment to the Rec Office at City Hall
(cash or checks only)

For more info contact the Rec Office- 603-692-9508

SIPS & SENTIMENTS

A HOLIDAY CARD MAKING WORKSHOP

For all Somersworth Seniors

Monday, November 5th

9:00-11:00 a.m.

Filion Terrace Senior Center

FREE!



**HAPPY
HOLIDAYS**

Join us for a morning of creative holiday card making! Supplies will be provided by the Gathering Place Studio & Shop to make the holiday cards of your choice or you can bring your own cards to write sentiments for your loved ones. This is a great opportunity to get a jumpstart on your holiday while meeting new friends and sharing creative ideas. Light refreshments will be available, including coffee and tea.

Transportation provided for all Somersworth Housing Residents

****Please use the sign-up sheet at your Somersworth Housing Authority complex location to register for transportation.**

FOR MORE INFORMATION:

Somersworth Recreation- 603-692-9508
Somersworth Housing Authority- 603-692-2864
The Gathering Place Studio & Shop- 603-841-5722

Somersworth Welcomes ACUPETVET



We are excited to announce that Acupetvet, PLLC, owned by Dr. Tasha Wilson, has located to 279 High Street in Somersworth. Established in 2016, Acupetvet has focused exclusively on medical acupuncture, laser therapy, nutritional consults, and hospice care/end-of-life services in the comfort of the

home environment. Since then, Dr. Wilson has expanded her practice to include veterinary rehabilitation therapy.

Acupetvet continues to offer housecall services, but will now incorporate the unique fusion of modern alternative integrative therapy techniques with a caring and personal touch into the clinic environment. The clinic, designed to closely resemble a comfortable home environment, offers clients and their beloved pets a peaceful and comforting environment in which to receive treatment. Dr. Wilson's perspective is that while the home is almost always best for treating her patients, the clinic should be just as comfortable. Ultimately, Acupetvet desires to offer a truly unique treatment experience to help get pets back on their feet and happy again.

Having been a veterinarian for over 13 years, most of that time locally in Somersworth, Dr. Wilson knows full well the value of having other treatment options. Acupetvet aims to provide a wide range of services from pain relief for the geriatric pet suffering with arthritis, improving quality of life for pets with chronic diseases, to treatments and preventative techniques for sport dog performance.

Acupetvet accepts after hours and emergency appointments based on availability.

ACUPETVET PLLC

279 High Street

Somersworth, NH

603.833.2313

drwilson@acupetvet.net

acupetvet.net

Ready Set Grow!

NH Harvest of the Month Tastings Somersworth Schools



October was National Farm to School month, and Somersworth schools celebrated with the first of the monthly tastings that SAU 56 will be hosting this school year. Our Farm to School group and Cafe Services will partner to create a tasty sample offered to all students and staff each month. October's NH Harvest of the Month featured vegetable was kale, and Cafe Services' talented Chef Tracey made yummy kale chips. How'd she do it?

Wash kale, pat dry, strip it off the stem. Lightly oil a sheet pan or cookie sheet and preheat the oven to 250. In a bowl toss the kale lightly with oil and lots of salt and pepper. Bake for 15 or 20 minutes and let cool.

Middle Schoolers and High Schoolers were big fans; at the elementary level, opinions were more evenly divided. Mayor Hilliard/Principal of Middle School sure enjoyed his sample, and we all know how much Mayor Hilliard loves his Kale!!!



Somersworth Middle School Principal Dana Hilliard and
Chris Aspell, Middle School Teacher

What do Somersworth students have to look forward to trying in November?
Sweet potatoes!

Community Dinner

Wednesday, November 7

6:00 - 8:00 pm

Idlehurst Cafeteria

This FREE, locally sourced, sustainable dinner will include:

Chicken pot pie with biscuit topping and maple butter; "something green", and
apple crisp with fresh whipped cream!

There will be a "Farm to School Table" at this dinner for curious family
members to learn more about all the goings on at Somersworth School.

**Thanks go out to our USDA Farm to School Grant, and generous donations
of time and products from members of our Community.**

If you'd like to learn more about Farm to School projects happening in

A Message from the Sustainability Committee

It's starting to get cold outside...While there are many steps you can take to winterize your home and save energy and money, here are some that require only a trip to the store, very little money and very little time.

- Replace the draft stopper under your door. You can also get a slide on version for about \$12.
- Weather stripping at the tops and bottoms of your windows wears out. You can replace it (or add it, if there currently is none) for between 20 and 50 cents per foot. Most brands come in rolls that you can cut and adhere to the window.
- Insulate the hot water pipes in your basement. There are simple foam sleeves with cut that allows you to just slip them onto the pipe. This costs between 30 cents and \$1 per foot, depending on the diameter of the pipe. Pipes can be $\frac{1}{2}$ inch (a little less than the diameter of a dime), $\frac{3}{4}$ inch (diameter of a penny) or 1 inch (the diameter of a quarter). Be sure to check the temperature of the pipe beforehand to prevent burning yourself.
- Install outlet and light switch insulation. These foam inserts go behind the face plates of your light switches and outlets, which are otherwise easy ways for heat to escape your house. Some outlets get so cold that you can see ice on the face plate screws. The inserts come in a variety of shapes. They cost about a dollar per insert much less in bulk.
- A bit more expensive, but just as easy is making an appointment for a furnace cleaning. Your oil company will probably clean your furnace for about \$100. Most companies recommend cleaning it annually, to maintain efficiency and increase its lifetime. A dirty filter, for example, can restrict air flow, so that the furnace has to burn longer to bring your room temperature up to your thermostat setting.



The
American Legion
Post 69
Presents



Holiday Craft Fair

Saturday, November 10, 2018
9:00 AM - 2:00 PM

American Legion Post 69
9 Constitutional Way
Somersworth, NH 03878

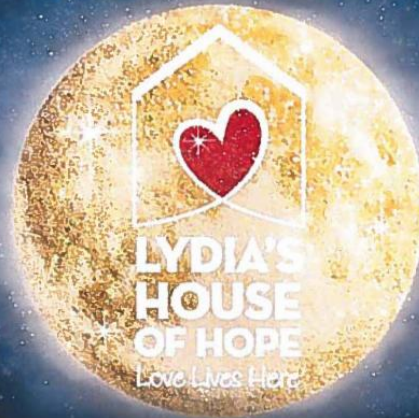
Crafters with various talents
Many, Many Raffles
Food for Sale



Moonlight Gala

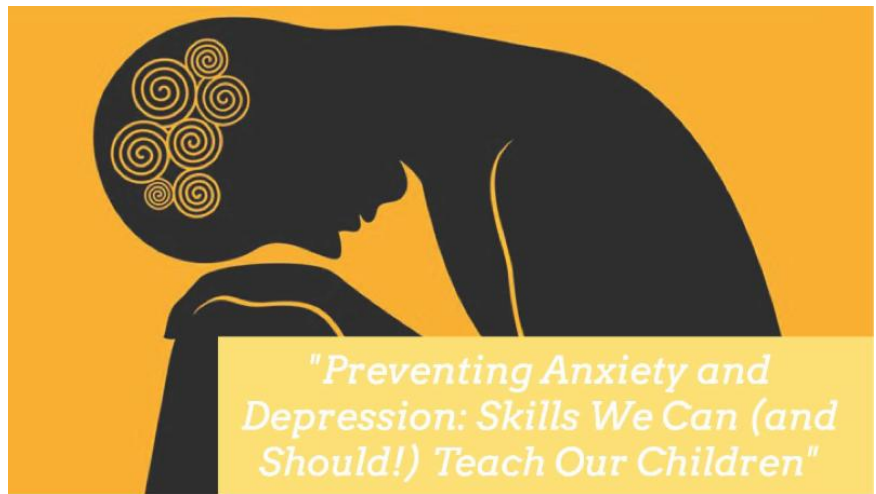
**JOIN US FOR AN AWESOME NIGHT OF
DINNER, DANCING, SILENT AUCTION, & FIREWORKS
TO BENEFIT LYDIA'S HOUSE OF HOPE**

A TRANSITIONAL HOUSING PROGRAM FOR HOMELESS
WOMEN & CHILDREN IN CRISIS



**NOVEMBER 3RD, 2018 6^{PM} - 10^{PM}
THE OAKS GRANDVIEW BALLROOM**

**BUY TICKETS ONLINE OR CALL
[WWW. LYDIASHOUSENH.ORG](http://WWW.LYDIASHOUSENH.ORG)**



"Preventing Anxiety and Depression: Skills We Can (and Should!) Teach Our Children"



LYNN LYONS.LICSW

WHEN | Tuesday, November 13

TIME | 6:00 PM

LOCATION | Idlehurst Elementary School

In this presentation, Lynn focuses on how to interrupt the most common anxiety and depression enhancing patterns— including reassurance, accommodation, avoidance, and three cognitive habits—and adopt instead a process-based “umbrella approach” that changes both the child and adults’ engrained patterns of thinking and behaving.

Community presentation for parents and families in Somersworth
Childcare will be provided by Somersworth Youth Connection



**City Hall be close on Monday
November 12 in observance of
Veteran's Day.**

**City Hall will also be closed on
Thursday November 22 and
Friday November 23 for the
Thanksgiving Holiday**



SAVE the DATE!



2018 Somersworth/Berwick Christmas Holiday Parade

Saturday, December 1 at 2:30 p.m.

ROUTE: The parade route will start in Berwick from Wilson St. then straight across to Allen St. (RT. 236), turn right onto Sawmill Hill Rd. down to the bridge crossing into Somersworth on Market St, onto High St, turn left onto Constitutional Way, left onto Washington St, and disbanding to the right on Green St, Elm St. and Main St.



**Quality Service, Quality Schools
Quality Somersworth
Vision 2020**

"We Believe in Somersworth"



Proud Past, Bright Future