September 2021



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

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



Tuesday, September 7 & at 7:00 p.m. Monday, September 20 at 7:00 p.m.

City Manager's Report for the City Council Meetings available <u>Here</u>

Committee/Board Meetings this Month

<u>Site Review Technical Committee</u> Wednesday, September 8 at 10:30 a.m.

Minor Site Planning Wednesday, September 8 at 2:00 p.m.

<u>Conservation Committee</u> Wednesday, September 8 at 6:00 p.m. <u>School Board Meetings</u> Tuesday, September 14 at 7:00 p.m. Tuesday, September 28 at 7:00 p.m.

Planning Board Wednesday, September 15 at 6:30 p.m.

Historic District Commission Wednesday, September 22 at 7:00 p.m.

Visit our Website



Missed the Meeting? Catch it again Online

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

Simply **<u>watch Somersworth</u>** to begin watching meetings on demand.

The Mayor's Corner



The Monarch Pledge!

The success of our Hilltop community is based upon teamwork and partnerships. I am very excited to announce an awarding winning team as part of the National Wildlife Federation Mayors Monarch Butterfly Pledge. Please join me, along with Somersworth Youth Connection Director Maureen Jackman and City Councilor Matt Gerding in taking the National Wildlife Federation Mayors Monarch Butterfly Pledge.

"Mayors and other heads of local and tribal government are taking action to help save the monarch butterfly, an iconic species whose eastern populations have declined by 90% and western populations by 99% in recent years. Through the National Wildlife Federation's Mayors' Monarch Pledge, U.S. cities, municipalities, and other communities are committing to create habitat for the monarch butterfly and pollinators, and to educate residents about how they can make a difference at home and in their community." <u>Read more...</u>

> Mayor's Fall & Winter Hours Starting after Labor Day Monday: 5:00 p.m. - 6:00 p.m. Wednesday: 5:00 p.m. - 6:00 p.m. Friday: 4:15 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 (603) 692-9503 or email **<u>bbreda@somersworth.com</u>**

The Monarch Butterfly



Please join the Office of Mayor Dana Hilliard and Somersworth Youth Connection Director, Maureen Jackman in taking the National Wildlife Federation Monarch Butterfly Pledge.

Watch this **VIDEO** with Somerworth students on how we

can help!

Stay Tuned to Channel 22, City of Somersworth Website, SYC Website for more information.

For more information or ways to get involved please contact: Maureen Jackman <u>mjackman@sau56.org</u>, Matt Gerding, City Councilor, <u>mgerding@somersworth.com</u>

Election Day

November 2, 2021



Would you like to run for office? The filing period is September 8th thru September 23rd.

Positions available on the Ballot

Mayor	Ballot Clerk	Moderator	Selectman
City Councilor	for Ward 1,2,3,4	, and 5	Councilor at Large
School Board for Ward 1,2,3,4, and 5		School Board at Large	

Contact the City Clerks office

City Clerk Jonathan Slaven jslaven@somersworth.com Deputy City Clerk Ammy Ramsey aramsey@somersworth.com



Upcoming Election Information September 7 - Supervisors of the Checklist 5:00 p.m. - 5:30 p.m. - City Hall-City Clerk's Office

September 8 - September 23 - Filing Period

October 27 - Supervisors of the Checklist (last time you can register to vote until Election Day)

November 2 - Election Day

If you have any questions please contact the City Clerk's Office at 692-9511 or 692-9512 or email Jonathan Slaven, City Clerk at <u>jslaven@somersworth.com</u> or Ammy Ramsey, Deputy City Clerk at <u>aramsey@somersworth.com</u>

Local Officials and Members of the Indonesian Community gathered at Indonesian Cultural Center in Somersworth on August 17 to Celebrate Indonesia Independence Day.







Reminder: Home Occupation Permit's expire on September 30th. To renew a **Home Occupation Permit**, please fill out the renewal form provided by the Department of Development Services and include the \$25 renewal fee.

If you have any questions please contact the Planning Department at 603-692-9519.



Hello Friends,

Please welcome our new children's library assistant, Mary. She bring years of experience and we're incredibly happy to have her. Get ready for family story time Wednesdays at 11:15 and Thursdays at 10:30 starting September 1. She's busy creating new bulletin boards and planning future events. Need a recommendation or have a suggestion? She's your person for all things youth-related.

Tuesday September 21 at 5:45, discuss The Secret History by Donna Tartt with your fellow bibliophiles. Want to join and need a copy? Give a call or fill out an interlibrary loan slip at the front desk. The book is dark, descriptive and compelling. Does it hold up for you? Are the characters believable? Let us know.

If you'd like to facilitate a discussion with one of your favorite books, you are welcome. Nonfiction, short stories, fiction – we can switch back and forth between genres. What are you passionate about that you want to share? Help us to appreciate it. If you do want to facilitate a discussion, you're never alone as we all chip in with our thoughts and ideas. The third Tuesday of the month at 5:45 is the time. We'd love to have your voice.

Now that Hoopla is available to everyone with a library card, let's discuss the movie Fargo Tuesday September 14 at 5:45. Come with your opinions and let's break it down.

Are you interested in learning tips and tricks of the library catalog, searching for materials, placing holds and finding books similar to what you read? We are happy to provide this training. You can call us to make an appointment or just come in. It's easy to see what has most recently arrived and stake your claim. Come in and talk to us if you want to better understand the process.

Facebook is where we post the latest happenings and photos including staff playing cornhole. You don't need to have an account to check out the page. Find photos, information on Hoopla, Overdrive and programs. If you do have a Facebook account, we love your comments.

We welcome you here. We're not averse to drinks and neutral-smelling snacks. We have backgammon, cards, cornhole, chess, taboo and other games. Keep yourself entertained and come to the library. See you soon!

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

Somersworth Recreation!



Pee Wee Soccer Registration for Ages 3 & 4 has ended and we are currently taking names on a wait list. We may be able to get your child (and the ones on our Wait List) in the program if we can secure another Volunteer Coach.

Please consider helping out. The success of our program depends on Parents and Volunteers. Contact the Rec Office at 603 692-9507 if you can help and we will send you more info. (Attach Soccer Ball image and Volunteer image already saved in Constant Contact). The program is for 6 weeks on Saturday mornings from 9:00-9:45 AM beginning September 11th and running through October 23rd (No soccer on October 9th).

Learn more about our City Parks and amenities on our website: <u>https://www.somersworth.com/parks-recreation/pages/city-parks</u>

Department of Public Works & Utilities



Labor Day Holiday Trash and Recycling Schedule - Delayed

Labor Day is on Monday, September 6. **Trash and Recycling collection services will be delayed by one day,** with Monday collection occurring on Tuesday, Tuesday collection on Wednesday and Wednesday collection on Thursday.

Residential Solid Waste & Recycling Collection Services - Curbside no Later than 7am

Residents are required to set out trash bags and recycling bins during their weekly collections **no later than 7am on the day of collection**. The City's contractor Waste Management (WM) follows the Solid Waste Ordinance which states:

Residents will place their rubbish to be collected along the curbside or street-side where normally the curbing would be, in specially marked bags City Blue Bags on the evening before, or by 7:00 a.m. on their scheduled pickup day. No rubbish will be picked up that is not contained by an approved specially marked City Blue Bag that is not along the curbside, nor more frequently than once a week for any person, firm or corporation.

Metal Pick-up

The Department of Public Works reminds residents that metal pick up occurs on the 2nd Tuesday of the month. The August collection will occur on Tuesday, September 14 and residents wanting this service are asked to call Public Works **no later than 3:00 pm on Monday, September 13** to be placed on the pickup schedule for August. Participants 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 7:30am-2:30pm Monday –Friday.

Rake it, Leave it or remove it

What to do with your leaves, grass clippings and yard waste?

WHY DOES IT MATTER?

You Choose - your leaves and grass clippings can be a valuable resource OR a source of water pollution.

AS A RESOURCE

Mulched leaves or grass clippings on your lawn add valuable nutrients and organic matter.

Composting leaves and grass clippings saves money.

AS A SOURCE OF POLLUTION Decaying leaves and grass kill critters in streams, rivers, lakes, ponds, and wetlands.

Yard waste dumped near waterbodies and wetlands contributes to stream algae and odors.

Yard waste and grass clippings can be disposed of at the Malley Farm Facility, at Malley Farm Road

Driveway, Obstruction & Trench Opening Permit Reminder

As a reminder, any work done within the Right-Of-Way requires a permit. Examples include resurfacing or rebuilding your driveway, with a new driveway apron connecting to the streets, street openings for utility connections and if occupying a street or sidewalk with staging or roll- off for debris removal /property repairs. If you have questions on the work you intend to complete within the Right-Of-Way, please call the Public Works Department at 692-4266.

Permit applications can be located at the City Website on the Public Works & Utilities <u>Engineering Page</u>.





National Night Out:

The Department of Public Works Highway Division was pleased to participate in this year's National Night Out event sponsored by the Somersworth Police Department, which was held on August 3rd. Highway personnel were on hand to discuss typical equipment used in repairing city roads and sidewalks and in response to weather emergencies as part of a "touch a truck "feature for local residents and children.



PROTECT YOUR FAMILY

If your septic system gets clogged with too much solid waste, it can force the wastewater to back up into your house... it can also overwhelm your leach field, which will turn your yard into a soggy mess. The bacteria in wastewater are not just smelly – they are also a health hazard!

PROTECT YOUR COMMUNITY

If a septic system fails, untreated wastewater can run off into local lakes, ponds or streams, negatively impacting water quality, wildlife and community enjoyment of the water body.

PROTECT YOUR WALLET

Getting your tank pumped costs about \$250-\$500 every 3-5 years. If you have a failure, it could cost you \$6,000-\$15,000 to replace or repair your system.

WHY SHOULD I PUMP?

Every home generates wastewater – via toilets, showers, sink drains, and dish and clothes washers – which must be treated and disposed of properly to protect human health and the environment.

WHEN SHOULD I PUMP?

Don't wait for a failure! Septic tanks should be inspected or pumped every <u>3-5 years</u>. Get Pumped today!

Only contact a NHDES-licensed septage hauler. Visit <u>getpumpedinh.com</u> to find a New Hampshire Association of Septage Haulers (NHASH) member in your area.

COMMUNITY MESSAGE

Our community cares about clean water and is doing its part to help prevent water pollution in local waterways. This outreach message helps our community meet US Environmental Protection Agency (EPA) requirements (including as part of the M54 program) to share pollution prevention information with its residents.

Produced in partnership:



nhash.com www.des.nh.gov



Somersworth Fire Department & Emergency Management

A Safety Message from the Fire Chief's Office

Don't Let Complacency Ruin the End of Summer

Last month, Hurricane Henri made land fall in Southern New England. This demonstrates that disasters can happen here as opposed to something we see on TV occurring somewhere else. September is National Preparedness Month (NPM) and this year's theme is "Prepare to Protect". With the heart of hurricane season upon us, September is a great month to promote personal disaster planning. This year's theme is broken into weekly activities (see the graphic below). Week 1 - Make A Plan: Talk to your friends and family about how you will communicate before, during, and after a disaster. Make sure everyone in your household knows and understands your hurricane plan. Don't forget a plan for the office, kids' daycare,

and anywhere you frequent. Take into consideration guidance from the State of NH and the Centers for Disease Control regarding COVID-19 precautions. Week 2 - Build A Kit: Gather supplies that will last for several days after a disaster for everyone living in your home. Don't forget to consider the unique needs that each person or pet may have in case you have to evacuate quickly.

Don't forget spare face coverings/masks, hand sanitizer, cleaning supplies, medications, back-up charging devices for your electronics, and pet supplies when you pack your go bag or load your vehicle. Keep your cell phone charged when you know a hurricane is in the forecast. Week 3 - Low-Cost, No-Cost Preparedness: Learn how to make your home stronger in the face of storms and other common hazards. Declutter drains and gutters, bring in outside furniture, consider hurricane shutters. Be ready to turn off your power. If you see flooding, downed power lines, or you must leave your home, switch your power off. Fill clean water containers with drinking water. You'll want to do this in case you lose your water supply during the storm. You can also fill up your sinks and bathtubs with water for washing. Get your vehicle ready. Fill your vehicle's gas tank and move your vehicle into your garage or under cover if not evacuating. Check your insurance coverage to make sure it is up to date. Act fast if you receive a local warning or alert. Week 4 - Teach Youth About Preparedness: Talk to children about preparing for emergencies and what to do in case you are separated. Reassure them by providing information about what they can do to be safe in the event of an emergency. This is also good week to look at considerations for all of those in our lives who are vulnerable. If you or anyone in your household has a disability, plan ahead and arrange for help from family, friends, or neighbors. Pre-identify a pet-friendly hotel, or an out-of-town friend or relative where you can take your pets in an evacuation. Educate the elderly about what they can do to stay informed and protect themselves in the event of an emergency.

Visit <u>https://www.ready.gov/hurricanes</u> for more in-depth information on these and other hurricane/disaster preparedness activities.

Please stay safe, be careful, and look out for each other.

George Kramlinger, Fire Chief Emergency Management Director



Visit Prepare for Disaster

Grilling Fire Safety

Stay fire safe this summer! Follow these grilling safety tips.



Only use your grill outside. Keep it at least 3 feet from siding, deck rails and eaves.



Clean your grill after each use. This will remove grease that can start a fire.



Open your gas grill before lighting.



Keep a 3-foot safe zone around your grill. This will keep kids and pets safe.



Place the coals from your grill in a metal can with a lid once they have cooled.



Keep an eye on your grill, fire pit or patio torches. Don't walk away from them when they are lit.

Stay fire safe this summer! For more information and resources, visit www.usfa.fema.gov





Click here to add image.





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





National Night Out 2021 was held on Tuesday, August 3rd at Jules Bisson Park. This year's sponsors were Somersworth Police Association, Favorite Foods and Gagnon's Autobody. Those who attended ate hot dogs, chips and cookies and made the circuit of all of the tables with free goodies and watched the Soul City Dance Group, shot some hoops, jumped in the bouncy house, played games, made crafts, got fingerprinted for a DNA kit,

while we listened to great music by a DJ. The Fire Department, Chandler's and the Stewart's Ambulance was there as well. We were able to find homes for 100 bicycle helmets for those that needed them.

National Night Out is a community event that promotes police-community building partnerships that is being held throughout many communities in the United States. It enhances the relationship between neighbors and law enforcement while bringing back a true sense of community. **Together, we are making communities safer and more caring places to live.**



Sergeant Anthony McKnight & Patrolman Joshua Wright join in on YMCA dance



Detective Richard Campbell Fingerprints Children

OFFICER SCOTT SOUTH GRADUATES THE POLICE ACADEMY

Officer South graduated the New Hampshire Police Standards and Training Academy 185th Class on



Friday, August 20th. This is a rigorous 16 week academy. He is now in field training with an experienced officer.

Congratulations to Officer South.

SUBSTANCE MISUSE ASSISTANCE

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



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



We also send out Nixle alerts for parking bans and other important information to cell phones and emails. You can sign up for Nixle **here**



Sustainability Committee Backyard Wildlife Habitat

UNH is sponsoring a statewide BioBlitz to get community members outside exploring the species found on lands all over New Hampshire. Picking your own backyard is a great place to start! Providing habitat for wildlife can consist of a small

yard in the City or acreage in the country; there are no size restrictions when it comes to creating a welcoming space for them. All wildlife need food, water and cover in any habitat. As an example:

Food: Trees provide fruits and seeds for birds to feed on **Water:** Ponds provide a home to fish **Cover:** Rocks and logs provide shelter for a variety of insects Can you identify the types of habitat you provide for wildlife? See <u>here</u> for habitat types

Can you identify what wildlife is attracted to your habitat? See <u>here</u> for NH wildlife species

During the month of September you too can participate in the BioBlitz. This BioBlitz is a species scavenger hunt where volunteers help find and record data on as many different species (plants, animals, insects, fungi) as possible in a certain area and a short amount of time. It's a fun, easy way to get outside and explore nature!

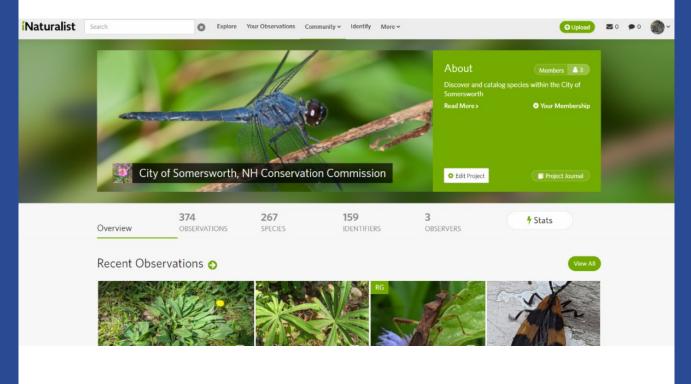
Click on this link to **Participate in the 2021 NH BioBlitz | Extension (unh.edu)**

If you are looking to improve or create backyard wildlife habitat - see these resources for more info:

<u>https://www.wildlife.state.nh.us/habitat/backyard.htmland Game Department</u> (state.nh.us)

What Do Animals Need and Do Your Woods Provide It?

The Somersworth Conservation Commission can use your help cataloging all species of life in the City. The City has an <u>iNaturalist project</u>.



Friends of Forest Glade Cemetery

As you walk through Forest Glade Cemetery, in the area of Avenue D N, you'll find an impressive memorial to General Richard Furber and is family. The obvious question is:

Who was General Furber? Well, there are no dates on the tomb, so we have to do some searching. Specifically about the monument,



from Find A Grave and other sources, we learn General Richard Furber was born in 1753, and he died in 1848, at the age of 94 years, so we can guess that his military service may have spanned both the American Revolutionary War and/or the War of 1812. There are several other names on the memorial, including those of his parents, listed as Ensign Richard Furber and Mary *Downing* Furber. However, from Find A Grave, we find both parents have simple stones in the Furber Cemetery in Rochester, NH. So, there's a mystery here, at least in reference to

where the remains of the General's parents are located.

At any rate, who was General Richard Furber? To answer that, we begin to find military service records indeed from the American Revolution for both General Furber and his father, Ensign Furber. First, Ensign Furber, who lived from 1725 until 1807, and while born in Newington, NH, he lived most of his life in Rochester, NH. During the Revolution, we find that he signed the Association Test of allegiance to the Patriot cause on October 15, 1776, when he was approximately 50-51 years of age. From there, the records of both Richards become confusing, but it can be sorted out that pension records from 1832 show that "Lieutenant" Richard Furber, who died in 1807, was entitled to a pension for his service, but there is no reference to his specific service. Other records from the Sons of the American Revolution and various online sites reflect his burial at Forest Glade Cemetery, but is that merely because his name, and that of his wife, are on the stone? I'm guessing that's probably so. **Read More....**



The flag here represents the 2nd NH Volunteer Militia Regiment that would have been under General Furber's command. Exactly what time period this flag represents is unknown.

Courtesy of Robert Balcius (Owner), Photo by Mark B. Richardson.

Friends of Forest Glade Cemetery

I Spy with My Little Eye Here were the rules:

Find this monument in the North End of the cemetery. Write the name that you find on the monument and date you located it, including your name and your contact information. Winner will receive a Friends of Forest Glade Cemetery T-shirt.

And the winner is:

Erik & Noah Walsh



Date found: 8/6 Name Found: Merrill

Talking Tombstones II Saturday, October 2, 2021 10:00am - 3:00pm

The Summersworth Historical Society & Museum are thrilled to be offering a walking tour at Forest Glade Cemetery. Tours will last approximately 60 to 90 minutes which will include 20 or so stops to different grave sites. Tours will leave every 15 to 20 minutes throughout the day.



This is a fundraiser for the Summersworth Historical Society & Museum. The cost for the Talking Tombstones Tour is \$5.00 per person. For more information call George Poulin at 765-4287



18th ANNUAL SOMERSWORTH FESTIVAL ASSOCIATION PUMPKIN FESTIVAL OCTOBER 9, 2021

Located at the Somersworth Plaza on Main Street

Presented by the Somersworth Festival Association. This pumpkin themed event will be on Saturday,

October 9 from 10am to 3pm where by purchasing a \$10 bracelet, kids can participate in all the activities. Returning as a special this year, kids can show up in costume and receive a \$1 discount. As always, there is no charge for adults accompanying a child. Don't miss all the events including pumpkin painting, scarecrow making, cookie decorating, hay rides, a family /child photo and the kids games section including a bouncy house. Also, there will be entertainment on the main stage, a food court run by local non-profits and high school clubs and a raffle with multiple drawings throughout the day.

Special thanks are extended to the Service Credit Union for sponsoring some of the events. For information, please contact Anne Houde at 603-312-5075.



COVID Symptoms or Need to Confirm you aren't Infected? Get Tested

Many health insurance plans cover COVID-19 tests without a copay, coinsurance, or deductible for persons with symptoms of COVID-19. Locations throughout the state offer COVID-19 tests, including hospitals, pharmacies, primary care offices, urgent care centers.

Tests for active COVID-19 disease are available in locations across New Hampshire and include both the polymerase chain reaction (PCR) test and the rapid antigen test. The PCR test is for persons with or without symptoms of COVID-19. The rapid antigen test is for persons with symptoms and within a specific timeframe after onset of symptoms.

The federal government has contracted with Walgreens and Rite Aid pharmacies to offer COVID-19 tests at no additional costs for persons without insurance with symptoms of COVID-19. Visit the website of these pharmacies or contact your local Walgreens or Rite Aid pharmacy to learn more about their free testing program.

Persons who do not have insurance or have a health insurance plan that does not fully cover the cost of tests may also have testing paid for by a New Hampshire Limited COVID-19 Testing Benefit. To apply online for the Testing Benefit, please visit NH EASY at <u>https://nheasy.nh.gov</u> and click on "COVID-19 Testing". Additional information about other DHHS programs and benefits, including different Medicaid plans that cover more than COVID-19 testing services, are on the NH EASY website.



Ongoing Driver Shortage Forcing Some Temporary Suspension of COAST Services

COAST continues to struggle to find qualified CDL bus operators to drive their local public transit routes. The lack of qualified drivers has, regrettably, reached a point where the public transit system must temporarily adjust parts of some bus schedules further.

After having to suspend a small number of services starting in mid-June, the non-profit public transit system serving the Greater Seacoast region is having to make additional, deeper service suspensions because in addition to already being short staffed, multiple staff who were available for the summer are soon returning to school, or school-based employment.

Starting wages for CDL Bus Drivers at COAST have been raised twice this year, now at \$21.25 per hour. After a CDL Bus Driver completes their first year at COAST, the wage rate currently increases by an average of 8.3 percent per year through their fourth anniversary. COAST's wage scale is also increased annually, or more frequently when necessary, to account for market conditions and inflation. The organization regularly has overtime opportunities which result in time and a half for all hours worked over 40 in a week. COAST also offers a benefits package including medical, dental, disability, life, generous paid time off, SIMPLE IRA with employer match, and many others.

Rad Nichols, COAST Executive Director stated, "We are a mission driven public transit

system, offering good career-oriented jobs that positively impact the communities we operate in. When you leave work for the day here at COAST, you know you made a real difference in people's lives."

COAST provides a comprehensive paid training program that allows operators to be fully prepared prior to driving routes on their own. Unfortunately, COAST cannot train drivers to get their commercial driver's license, due to liability insurance restrictions. However, COAST can help CDL drivers earn their passenger endorsement, if needed.

Service Suspensions

Starting on Saturday, August 28, and continuing until COAST reaches adequate staffing levels, services on the following bus routes will be affected: 5 separate runs of Route 12 service (operating on NH 108 between Dover-Somersworth-Rochester) are being suspended Monday – Saturday. These include the Route 12 NB runs at 12:30pm, 4:30pm and 8:30pm and the Route 12 SB runs at 2:56pm and 6:56pm. Under the normal full schedule there are 16 NB and 15 SB Route 12 runs operated through Somersworth on NH 108 on a daily basis. There will be no other impacts to services in Somersworth.

For more information on the specific runs being suspended on each of the affected routes, please visit **www.coastbus.org/upcomingservicechanges**.

Nichols confirmed, "the sole reason COAST is suspending these services is due to the shortage of CDL drivers to operate our scheduled routes. Unfortunately, these additional suspensions represent a more sizeable reduction in the services we offer. Our goal is to get back to full operations as soon as possible."

Being a public transit bus driver can be an incredibly rewarding career, where every day you help your many passengers safely get to work or school and back, go to doctor appointments, make trips to the grocery store or local retailers, meet up with friends for a day or an evening out, or otherwise go about their daily lives. COAST buses are "rolling neighborhoods" that represent each of the 13 communities in which they operate. Friendships are formed, life stories and struggles are shared, and successes are celebrated. COAST bus drivers get to experience all that first-hand.

If you have a commercial driver's license and are looking for a change and a great work environment, please visit <u>www.coastbus.org/careers</u>.

GREATER SEACOAST COMMUNITY HEALTH

Goodwin Families Lilac City Community Health First Pediatrics Families First, please sign up for their <u>Newsletters</u>

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

and more.

Active Parenting Offered in Somersworth this Fall Goodwin Community Health, 311 Route 108 Tuesdays, 9/7 - 10/5 6:00 p.m. - 7:30 p.m.

This program helps parents understand how brain development affects children's behaviors and decision-making.



Reducing power struggles, winning cooperation, teaching responsibility, and building courage, character and self esteem are some of the topics that will be discussed in a friendly, supportive setting. Ideal for parents and grandparents of children ages 4-14. The program is free and free childcare is provided if the group meets in-person. Advance sign-up is required, and participants are encouraged to attend all 5 sessions.

This series is tentatively scheduled to be offered **in-person in Somersworth**, but it may be offered virtually instead due to changing Covid guidelines. We will stay in touch with everyone who signs up to confirm the location.

Sign up for Active Parenting



What is Micro-Adventure and Why Does it Matter?

It turns out that even three minutes of experiencing "awe" is good for our mental health, especially if it involves focusing on something in the natural world.

Take your kids on a walk in your own yard or your neighborhood with the goal of discovering something

you have never seen before! You can lift a big rock: *What is underneath?* ... Take a really close look at a puddle or a flower: *What do you notice?* ... Observe an ant hill very closely: *The ants are so busy; what are they doing?*

Have lots of micro-adventures this fall! Noticing, appreciating and feeling amazed by what we see in the world around us can lift our spirits in a powerful way.

Check out these **Back-to-School Virtual Workshops** offered by the Parent Information Center. They focus on the special education process, the IEP, and building strong home-school partnerships.

City of Somersworth Employment Opportunities



PUBLIC WORKS – WATER DISTRIBUTION

Position Title: Chief Water Distribution Operator

Starting Pay:	\$24.83 - \$30.14
Date Posted:	June 23, 2021
Closing Date:	Open Until Filled

Position Title: Starting Pay: Date Posted: Closing Date:

Water Distribution Operator

\$20.37 - \$24.83 August 2, 2021 Open Until Filled

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

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



City Hall will be Closed on Monday, September 6 for the Labor Day Holiday. City Hall will re-open on Tuesday, September 7 at 8:00 a.m.



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