

“The Three Rivers City”

Franklin Newsletter

The Quality life in Franklin Hinges on our Public Services Departments

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Imagine a municipality void of essential public services such as Public Works and Public Safety. It is difficult to envision this however; in the last 125 years our society has become accustomed to and highly dependent on some form of municipal government to provide a variety of essential public services. These services are meant to ensure that it's Citizens; Businesses and the General Public live in a world we have become accustomed to, rely on and expect. Public Works Department's nationwide build, operate and maintain infrastructure of all types which guarantee service delivery essential towards maintaining an acceptable "quality of life" that most of us take for granted. Public Works Departments just like it's equivalent, the Franklin's Municipal Services Department, must be prepared for natural disasters and emergency response 24/7, year-round.

Essential to a healthy and sanitary environment is an adequate supply of safe potable drinking water for human consumption and fire protection. Water capacity and quality are also necessary if Franklin wishes to attract various industries and commercial activities; schools; recreational facilities and other institutions.

Sanitary commercial and residential properties must be free of rodents and vector which have the potential of creating major health hazards. We as consumers discard 30% of our food waste. The clean and safe collection, processing and disposal of household items and that generated by commercial and industrial activities are a second major responsibility important to an essential service the City provides. Franklin generates 15,000 tons per year solid waste. It is managed; picked up; sorted and then transported to properly permitted and specialized disposal and recycling facilities on an ongoing basis.



Public Services cover story continued...

Franklin currently disposes of an estimated 2.9 million gallons per day of raw sewerage containing untreated residential, commercial and industrial wastewater which flows to the State operated wastewater treatment plant. Prior to 1970 there were over 17 direct discharge points where raw wastewater was discharged by the City, into the Winnepesaukee and Pemigewasstt Rivers. The State of New Hampshire had a major statewide environmental problem on their hands with many of it's lakes and rivers polluted with toxic wastes. This was common practice up until 1972 when extensive work was underway by the Franklin Municipal Services Department on eliminating this public health hazard. Municipal Services provided planning and construction oversight. We are now fortunate to have the capacity to handle additional industrial, commercial and residential wastewater. This is the result of long-term planning which took place fifty years ago.

With respect to our local highways and the multitude of utilities buried above or below ground within these public ways, numerous utility companies rely on our roadway network to locate transmission and distribution lines to businesses, industry and our homes. Commuters, school busses, emergency vehicles, delivery trucks of all sizes that must supply our commercial and industrial facilities with goods and services rely on our highways for commerce and transport. Public safety vehicles need safe emergency access. Winter snow and ice can be with us from November into April. During the winter season, public works crews are the frontline workforce, during all forms of winter weather events to keep our roads safe and passable.

The Buildings and Grounds Division of the Municipal Services Department provides various services to keep our municipal buildings and facilities safe, accessible and operable. Municipal buildings are where City staff arrive daily to conduct business and to serve the public. Typically, these spaces have high foot traffic, require parking, and must be maintained year-round for ongoing public use. Recreational facilities; the Police and Fire Stations, City Hall, Transfer Station and many more public buildings, walking sidewalks, playgrounds, ball fields and parks are used now more than ever requiring the upkeep and maintenance necessary for safe and continued use by the public.

Essential to all of our major department's is the need for safe operating municipal vehicles and construction equipment. Several of Franklin's departments are open all the time and City vehicles get constant use. The Municipal Services Department performs regular repair and maintenance to over 80 City owned vehicles. This important segment of our department is sometimes overlooked but without our Mechanical Division tending to vehicle repairs the City would be hard pressed to deliver the services they are charged with providing.

All of the aforementioned activities must be regularly coordinated which take both short- and long-term planning. Special infrastructure related projects are considered and prioritized in order to accommodate future residential, commercial and industrial capacity for City services. Some take years to plan, fund, design and construct. Our small but amazing Municipal Services Department Staff works tirelessly every day orchestrating the constantly changing needs of the community. ★



City Manager's Corner



CITY OF FRANKLIN FROM THE OFFICE OF JUDIE MILNER, CITY MANAGER

The summer has flown by.... Many great things happened over the summer including the 2nd annual Winni River Days, Franklin Savings Bank 150-year celebration, Farmers Market, Summer Concert Series, volunteer work in town square (Marceau Park), great work on school funding, manufacturing center, economic development, grants and several other things. However, I want to give a special shout out to Jack Benson thanking him for putting together and promoting a forum on Mill City Park at the Elks Club. The event was very well attended and discussion was excellent. Thank you to all the residents who attended and shared comments and concerns.

As many of you may be aware, I share a “social media buster” with the City council during my city manager update at their monthly city council meetings. Generally, I talk about something that was recently posted on social media about the City – the posts are partial truths or not true at all. Although comical to those “in the know” these kinds of misinformed posts damage the city’s image and revitalization efforts in many ways. Truthful information about our community is critical in making **any** positive change.

After the comical relief, I then share the real information about the subject matter in the post and invite the public to come in or call to get the real information before they share. I’m thrilled that I had visits from 3 different residents, 2 of whom I met for the first time, this month “for the real story”. Thank you! How can you help going forward? If you are not 100% sure of the validity of a post, come in and ask, the livelihood of your City may depend on it.

In order to determine how to best disseminate information to you, the City is conducting a community survey (that may be followed by another). They are quick, easy and available on the City’s website (www.franklinnh.org), sent via email to those who subscribe to the City’s News & Announcements (on the website), and available in this newsletter. Thank you for letting us know how to best serve you! Enjoy the Fall season and all it brings with it!

Judie Milner
City Manager

Please take the Community Feedback Survey

The City of Franklin is interested in learning about what types of media the community utilizes and the best ways to share information with everyone.

1. Would you watch a televised City Council meeting?

- Yes
- No

2. Following up to the previous question, why?

3. Do you utilize an email address?

- Yes
- No

4. What Social Media platform do you use?

- Facebook
- Instagram
- Twitter
- Other (please specify below) _____

5. Are you signed up to receive email notifications from the City Website?

- Yes
- No

6. What is the best way to inform you about things going on in the City?

Check all that apply

- Flyers around the community
- email
- Message Board
- Newspaper
- City Website
- Radio
- Social Media
- Other

Please leave this survey at the City Manager's Office in City Hall.
Thank you!



-Margot Newman-



The city of Franklin is proud to WELCOME our new Prosecutor MARGOT NEWMAN~

Originally from a small town in Southwestern Colorado, Margot was fortunate to grow up close to a beautiful river where she would swim and boat down the river with her dog. She is very easy to talk to so we thought we'd asked her a few more questions about herself and she was more than willing to share.

Q: When you were young, what did you want to be when you grew up?

Margot: When I was small, someone gave me a copy of James Herriot's "All Creatures Great and Small", which is a fabulous book about a veterinarian. I tore through the book at lightning speed, and decided I would be a vet when I grew up. However, things took a quick turn after I had the opportunity to observe a surgery at a local animal hospital—I was so squeamish I could barely watch!

Q: How long have you been working in the legal field?

Margot: I started working in the legal field in 2011 as an investigator with a private law firm in Colorado before going to law school. Since graduating law school in 2015, I have been practicing in New Hampshire.

Q: What do you enjoy most about your profession?

Margot: I always enjoy the many opportunities this profession presents to build meaningful relationships with other professionals and members of the community. I learn a great deal on a daily basis from working closely with law enforcement, corrections professionals, mental health and substance misuse treatment professionals, court staff, lawyers, and many others.

Q: What do you enjoy doing or a place you enjoy going to disconnect from the day to day?

Margot: I love being outdoors and in nature, particularly hiking, kayaking, and camping. We live in a gorgeous area, and so I do my best to enjoy it as much as possible!

Q: If you could live any place in the world, where would it be and why?

I have lived in a number of different states across the country, and truly feel at home here in New Hampshire—but, if I absolutely had to leave, I would move to Montana. The mountains are striking and the wilderness is pristine.

Thank you for sharing, Margot! We look forward to working with you!



Congratulations to:

Elizabeth Guillotte and Richard “Ricky” Mazur

Read into the Congressional Record and Recognized by the State of New Hampshire as May 2019 Granite Staters of the Month!

With the support of their Robotics teammates, Elizabeth and Richard turned an existing make-shift thrift shop at the High School into Karma Korner where their classmates can anonymously obtain necessities like clothing and toiletries that they normally could not obtain due to family circumstances or for financial reasons. Items such as toothbrushes, cereal, clean clothing or a backpack full of food can be anonymously checked out on a clip board so those items can then be replaced. Karma Korner has also recently received a washer and dryer which has created an even greater level of dignity and pride among the students and community.

This is truly inspirational and makes our community so proud to have a group of young adults who have taken these great steps to make their classmates, their school, and their community a better place!

The Honor you have received from Senator Maggie Hassan and the Proclamations presented to you from our Mayor Tony Giunta are more than well deserved!

From the entire City of Franklin
Elizabeth and Ricky, Thank you for all
you do —you are both amazing!



Franklin Police Department Activity Update

FRANKLIN POLICE DEPARTMENT

5 Hancock Terrace, Franklin, NH 03235
(603) 934-2535 (603) 934-6123 (fax)

David B. Goldstein - Chief of Police

Committed to People

Committed to Excellence



to Service

The Franklin Police Dispatch Center services Franklin, Alexandria, Andover, Bristol, Danbury and Hill.

During the month of **April 2019** they received **3,026** calls for service. Of those calls, **1,502** were calls the Franklin Police Department responded to, some of which include:

- 2 Assault Complaints
- 8 Burglary Complaints
- 9 Criminal Mischief Complaints
- 22 Domestic Disturbance Complaints
- 14 Drug Activity Complaints
- 12 Noise Disturbance Complaints
- 7 Parking Complaints
- 4 Parking Tickets Issued
- 78 Motor Vehicle Stops
- 21 Motor Vehicle Accidents

Additionally, the Franklin Police Department made 41 arrests during the month of April 2019.

During the month of **May 2019** they received **3,088** calls for service. Of those calls, **1,488** were calls the Franklin Police Department responded to, some of which include:

- 3 Assault Complaints
- 10 Burglary Complaints
- 10 Criminal Mischief Complaints
- 16 Domestic Disturbance Complaints
- 7 Drug Activity Complaints
- 2 Driving While Intoxicated
- 19 Noise Disturbance Complaints
- 7 Parking Complaints
- 1 Parking Tickets Issued
- 66 Motor Vehicle Stops
- 23 Motor Vehicle Accidents

Additionally, the Franklin Police Department made 61 arrests during the month of May 2019.

Franklin Police Department Activity Update continued...

During the month of **June 2019** they received **2,915** calls for service. Of those calls, **1,499** were calls the Franklin Police Department responded to, some of which include:

- 2 Assault Complaints
- 4 Burglary Complaints
- 12 Criminal Mischief Complaints
- 16 Domestic Disturbance Complaints
- 5 Drug Activity Complaints
- 2 Driving While Intoxicated
- 9 Noise Disturbance Complaints
- 6 Parking Complaints
- 0 Parking Tickets Issued
- 62 Motor Vehicle Stops
- 11 Motor Vehicle Accidents

Additionally, the Franklin Police Department made 75 arrests during the month of June 2019.

During the month of **July 2019** they received **3,894** calls for service. Of those calls, **2,135** were calls the Franklin Police Department responded to, some of which include:

- 4 Assault Complaints
- 3 Burglary Complaints
- 4 Criminal Mischief Complaints
- 24 Domestic Disturbance Complaints
- 11 Drug Activity Complaints
- 2 Driving While Intoxicated
- 8 Noise Disturbance Complaints
- 14 Parking Complaints
- 4 Parking Tickets Issued
- 159 Motor Vehicle Stops
- 10 Motor Vehicle Accidents

Additionally, the Franklin Police Department made 67 arrests during the month of July 2019.

Franklin Fire Department Update



CITY OF FRANKLIN FIRE DEPARTMENT

The Franklin Fire Department has seen a sudden increase in Emergency Incidents as we approach a close to summer. Our firefighters respond to an average of five emergency incidents per day. However, on August 7th, our crews responded to a total of fifteen emergency incidents in one 24 hour period! These types of days are taxing on services, however the Franklin Fire Department Team did a great job managing the communities' emergencies.

As summer comes to an end, we would like to remind everyone to start thinking about having your heating appliances, wood stoves, and other similar equipment serviced. This is often an overlooked task, and as a result can lead to the production of hazardous gases to include Carbon Monoxide. A licensed professional can verify that your equipment is safe and ready to use when needed in the colder weather. With this, be sure to verify that you have working smoke and Carbon Monoxide detectors in your home.

On August 13th, we took delivery of our new ambulance. The new ambulance will replace our 2007 Horton, which has been a great vehicle for many years. You will see our EMT's and Paramedics in the new Ambulance 2, caring for the sick and injured, this September. Stay tuned for pictures upon its completion.

On a final note, as our students return to their classrooms, please remember to have a talk regarding safety. With all of the dangers facing our students, it is important to educate them on potential hazards that they face. We look forward to doing our part to educate the younger students this fall during Fire Prevention Week, while working with our school partners to develop safety drills to help reinforce a culture of safety. Stay safe, and have a great end to your Summer.

- FIRE CHIEF MICHAEL FOSS





REGISTER NOW
A FREE Program by the
Partnership for Public
Health

***DO YOU KNOW WHAT TO
DO
IN AN EMERGENCY?***

In 95% of all emergencies, it is the victim or bystander who provides immediate assistance on scene before emergency services arrive. Learn the skills you need to help take care of yourself, family, neighbors, and others by attending this FREE training.

TRAINING INCLUDES:

- Disaster Psychology
- Disaster Preparedness (Home, Work, & Recreation)
- Disaster Triage, Trauma Care & Medical Operations (How treat yourself, family, neighbors)
- Incident Command Operations
- Fire Safety & Utility Control
- Search & Rescue
- Safety Strategies in a Terrorist Incident
- Disaster Scenario on Final Day

All 20 hours must be completed to receive a certificate.

To learn more about CERT follow this link:

<https://www.ready.gov/community-emergency-response-team>

**October 1, 2019—November
26, 2019**

**COMMUNITY RESPONSE
PREPAREDNESS COURSE**

DATES:

Program runs each Tuesday evening, starting October 1, 2019 and finishes on November 26, 2019. Class times are 6pm—8:30pm

LOCATION:

Laconia High School
345 Union Ave
Laconia NH

REGISTRATION:

Click on this link to register:

<https://nhfa-ems.com/events/g317-cert-2320emi263-laconia-10-1-12-3-19/>

Registration opens August 6, 2019—October 1, 2019
Walk in registration available on October 1, 2019

Questions: Contact:

John Beland at (603)707-5855
jbeland@pphnh.org

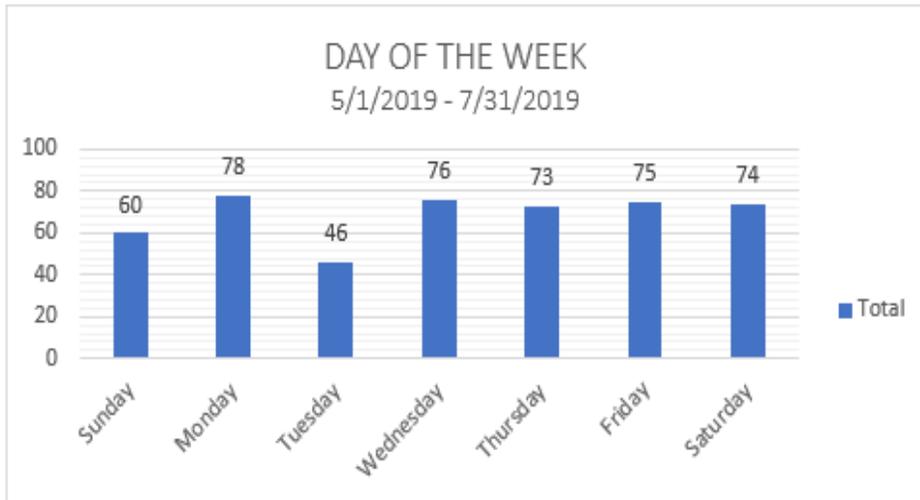


**PARTNERSHIP FOR
PUBLIC HEALTH**

Franklin Fire Department Service Report

FRANKLIN FIRE DEPARTMENT

5/1/2019 – 7/31/2019



DAY OF THE WEEK:

SUNDAY: 60

MONDAY: 78

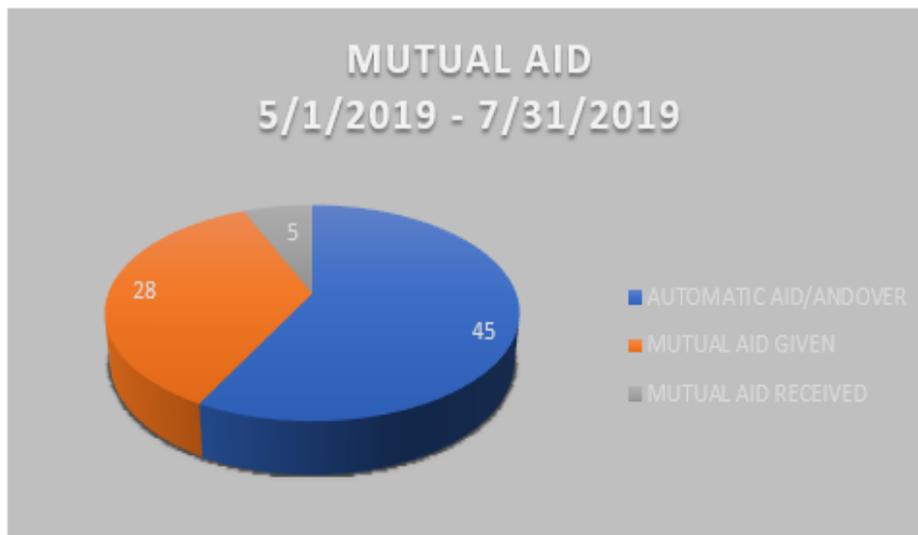
TUESDAY: 46

WEDNESDAY: 76

THURSDAY: 73

FRIDAY: 75

SATURDAY: 74



MUTUAL AID:

AUTOMATIC AID/ANDOVER: 45

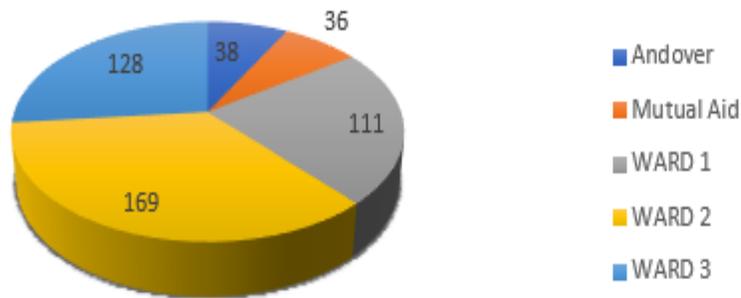
MUTUAL AID GIVEN: 28

MUTUAL AID RECEIVED: 5

Franklin Fire Department Service Report

INCIDENT COUNT BY ZONE

5/1/2019 - 7/31/2019

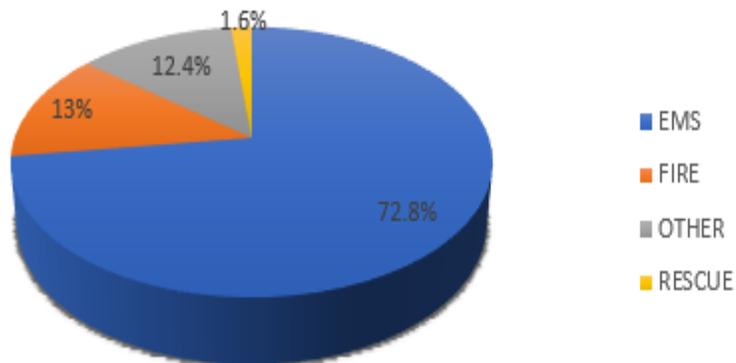


INCIDENT COUNT BY ZONE:

WARD 1:	111
WARD 2:	169
WARD 3:	128
ANDOVER:	38
MUTUAL AID:	36

NUMBER OF INCIDENTS BY TYPE

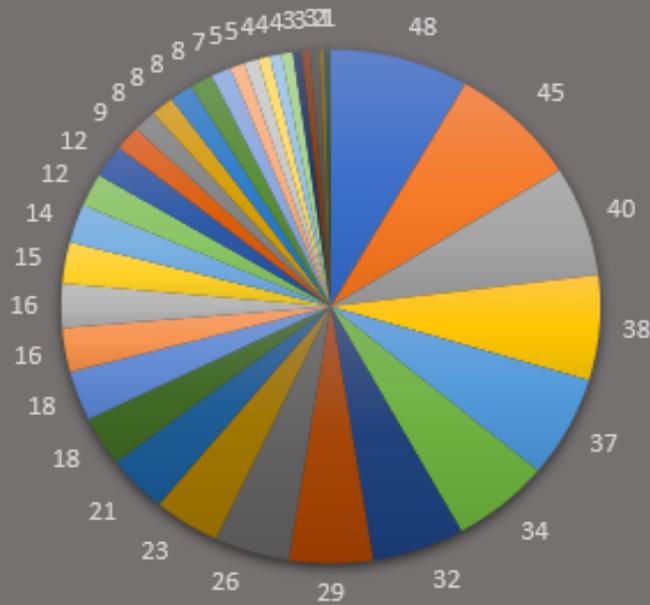
5/1/2019 - 7/31/2019



INCIDENTS:

FIRE:	63
EMS:	351
RESCUE:	8
OTHER:	60
TOTAL:	482

Franklin Fire Department Prevention Inspections January 2019 - July 2019



- Site/Service/Consultation
- Prop Maint Complaint
- Electric Svc / Reconnect
- Prop Maint Follow Up
- Prop Maint Inspect
- Gas Piping
- Rough Elec/Plumb/Mech/Frame
- Welfare
- Footing/Foundation
- Rough Electrical
- Boiler/Furnace/Hot H2O
- State License/ POA
- Framing
- Solar Array
- Back Tax/Admin Request
- New Construction
- Mechanical
- Annual
- Notice of Haz cond.
- Prop Maint Reinspect
- Re-Inspections
- Plan Review
- Final Approval/Occupancy
- Multi- Family
- Assembly
- Rough Plumbing
- Insulation
- Demolition
- Complaint
- Life Safety Complaint
- Fire Investigation
- Life Safety Inspection
- Deck
- Gas SVC Reconnect
- Fire Protection System
- Pellet - Wood Stove

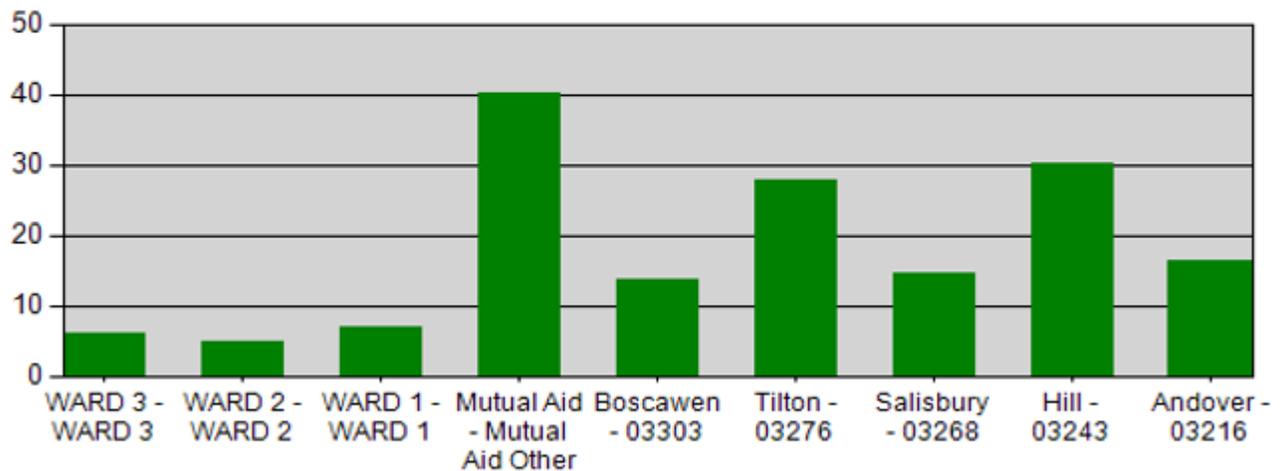
Inspection	Ct
MH Park Inspections	171
Site/Service/Consultation	48
Notice of Haz cond.	45
Prop Maint Complaint	40
Prop Maint Reinspect	38
Electric Svc / Reconnect	37
Re-Inspections	34
Prop Maint Follow Up	32
Plan Review	29
Prop Maint Inspect	26
Final Approval/Occupancy	23
Gas Piping	21
Multi- Family	18
Rough Elec/Plumb/Mech/Frame	18
Assembly	16
Welfare	16
Rough Plumbing	15
Footing/Foundation	14
Insulation	12
Rough Electrical	12
Demolition	9
Boiler/Furnace/Hot H2O	8
Complaint	8
State License/ POA	8
Life Safety Complaint	8
Framing	7
Fire Investigation	5
Solar Array	5
Life Safety Inspection	4
Back Tax/Admin Request	4
Deck	4
New Construction	3
Gas SVC Reconnect	3
Mechanical	3
Fire Protection System	2
Annual	1
Pellet - Wood Stove	1
Total	748

Franklin Fire Department Update

AVERAGE RESPONSE TIMES

(IN MINUTES)

1/1/2019 – 7/31/2019



ZONE	AVERAGE RESPONSE TIME in minutes (Dispatch to Arrived)
WARD 3 - WARD 3	06:10
WARD 2 - WARD 2	04:52
WARD 1 - WARD 1	06:58
Mutual Aid - Mutual Aid Other	40:19
Boscawen - 03303	13:48
Tilton - 03276	10:59
Northfield - 03276	16:48
Salisbury - 03268	14:43
Hill - 03243	30:10
Andover - 03216	16:28

City Clerk Update

Ward One has a new polling location:

Ward One voters will now be voting at the Franklin Elks, 125 South Main Street. Ward One will no longer vote at Thompson Hall, this change is effective immediately.

Did you know?

In 2018 for the City Election we only had 9% voter turnout Citywide, let's beat that this year! Get out and Vote!

The City Election is on 10/1/2019 from 8AM-7PM; You will be asked to vote on the following positions:

Ward One	Ward Two	Ward Three	Term Length
Mayor (All Wards)	Mayor (All Wards)	Mayor (All Wards)	2 Year Term
City Council CCW11	City Council CCW21	City Council CCW31	3 Year Term
School Board SBW11	School Board SBW21	School Board SBW31	3 Year Term
	Supervisor of Checklist SCW22	Supervisor of Checklist SCW32	6 Year Term
<p>QUESTION, Yes or No as follows:</p> <p>“Shall we allow the operation of sports book retail locations within the city?”</p>			

Meet the Candidates at Franklin City Hall

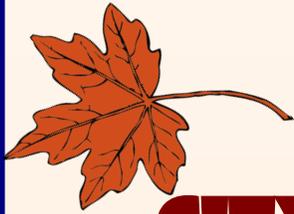
Event Date: Monday, September 23, 2019 - 9:00am

Join us for an open forum and meet the Candidates on the ballot this year. Learn about them and what concerns them most.

Voter Registration: The last day to register to vote in The Clerk's Office is Tuesday 9/24/19. The supervisors of the checklist will be meeting at City Hall Tuesday 9/24/19 from 6:00-6:30PM to finalize the checklist prior to the City Election. You can register to vote at the polls on Election Day if you cannot make it in by 9/24/2019.

Please call the Clerk's Office with any questions. 603-934-3109

Thank you! Katie Gargano, Franklin City Clerk



FALL IN NEW CITY EMPLOYEES! WELCOME!

Municipal Services

Justin Hanscom, Deputy Director

Parks and Recreation

Arlene Norton

Riley Roper

Carol Montambeault

Emily Marchand



CITY OF FRANKLIN PARKS AND RECREATION FACILITIES

BESSIE ROWELL COMMUNITY CENTER: 12 Rowell Drive: Recreation Department office, basketball court, stage, pool tables, ping pong, foosball, air hockey, playground fitness and dance room, and meeting rooms. Also located in the Community Center is Tiny Twisters Child Care Center and Franklin Head Start and Early Head Start, and the T.R.I.P. Center.

PROULX CENTER: Basketball Court

BEACHES:
The City of Franklin operates two beaches on Webster Lake. An adult must accompany children under the age of fourteen. **Parking permits are required.** Residents may obtain permits at Franklin City Hall. Non-residents may purchase permits (\$5.00 per car) from the beach attendants or the Parks and Recreation Department.

Lagace Beach: Located on Webster Lake Road. Beach, Boat Access, and Restrooms
Griffin Beach: Located on Griffin Road and Webster Avenue. Beach, Picnic Area, and Restrooms

PARKS:
Odell Park: *Located on Memorial Street.* 1 Softball Field, 2 Little League Baseball Fields, 2 Tennis Courts, 1 Basketball Court, Playground, Picnic Area and Restrooms.
Daniell Park: *Located on Glory Avenue.* Softball field, Playground, Picnic Area and Restrooms.
Stone Park: *Located on Stone Avenue.* Playground and Picnic Area.
Forest Hills: *Located on Forest Avenue.* Basketball Court.
River's Edge Park: *Located on East Bow Street.* Skateboard and Inline Skate Park

Rent the Bessie Rowell Community Center
Having a birthday party, baby shower, bridal shower, or a holiday event and do not know where to hold it? Rent the Bessie Rowell Community Center to hold your next event. Please call the Franklin Parks and Recreation Department for more information.

Registration Information
Franklin Parks & Recreation programs are open to the community on a first come first serve basis. The program fee and registration must be submitted prior to the sign-up deadline. If class minimum is not met, class may be cancelled. Registration forms are available at the Bessie Rowell Community Center and on the web at www.franklinnh.org. Please make checks payable to City of Franklin and mail to 12 Rowell Drive, Franklin, NH 03235. For further information contact Krystal Alpers, Parks and Recreation Director at 934-2118 or kalpers@franklinnh.org. Office hours are Monday - Friday 8:00am - 5:00pm.

Give the Gift of Recreation
Help someone less fortunate by giving to our scholarship fund. This fund is used to offset program fees for families / participants that may not be able to afford a program on their own. We greatly appreciate and accept donations of any size. You may send checks made out to Franklin Parks and Recreation, with a note that it is for a scholarship.

Instructors Wanted
Have a talent or skill that you would like to share with your community? Please call the Franklin Parks and Recreation Department and we can discuss a program for you.



COMMUNITY • HEALTH • PLAY

SCARECROW CONTEST



The Franklin Parks and Recreation is hosting Franklin's first Scarecrow Contest. We are looking for entries from local businesses, families and organizations to be displayed throughout the town.

Registration forms will be available at City Hall, the Bessie Rowell Community Center or online.

How does it work?

- First fill out this entry form.
- Create your scarecrow.
- Scarecrows should be 4 to 6 ft. tall and on a solid frame.
- Scarecrows must be family friendly!
- Set up your scarecrow outside your business, home, Trestle View Park or Marceau Park. The scarecrows are invited to arrive by Oct. 8 and will stay until Halloween.
- Take your Scarecrow down by November 3rd. Scarecrows left up in Marceau Park or Trestle View Park past November 3rd will be disposed of.
- Winners will be announced on Halloween with prizes awarded for scariest, funniest, most beautiful, most creative and best use of natural materials.



Come and join the fun and decorate Franklin!

REGISTRATION FORM

Name _____

Telephone number _____

Name of Scarecrow _____

Scarecrow Category: (circle one)

- Scariest Funniest Most Beautiful
 Most Creative Best use of Natural Materials

This form may be left at City Hall, the Bessie Rowell Community Center or mailed to the Bessie Rowell Community Center, 12 Rowell Drive, Franklin NH 03235. Entry forms should be in by October 1.



WINNING INFORMATION

August and September 2019

Upcoming events:

Taste Test Thursday: Sept 5th (in Laconia) & August 8th & Sept 12th (in Franklin) outside the cafeteria 11:30-1:00. Come and try a new recipe.

Bariatric Support Group: 6:00-7:00 at WINH, Aug 15th topic: Journey to Self Worth— Our Internal Monologue; Sept 19th topic: Walk the WOW trail

Non-Surgical Weight Loss Information Sessions: Aug 7th & Sept 4th at 8:30-9:30 & Aug 20th & Sept 17th at 3:45-4:45. Call to register.

Surgical Weight Loss Informational Session: August 12th or Sept 11th at 5:00. Please call to register.

If you are interested in any of the programs offered at the Weight Institute please contact our office at **603-527-2946**



BRAELYNNE'S HEALTHY BITES

Everyone knows it's important to stay hydrated, and in the summer months it's even more important because we sweat and lose more water! But *why* is it so vital? Water...

- Makes up 70% of body weight
- Regulates other body fluids and body temperature
- Prevents fatigue and muscle soreness
- Helps keep joints mobile
- Boosts metabolism

Ways to stay hydrated this summer!

Keep a reusable water bottle with you wherever you go

Set a timer to remind you to drink

- Drink a glass of water when you wake up first thing in the morning- we get dehydrated overnight!
- When you're feeling hungry, drink water first: True hunger will not be quelled by water
- Make infused water with fruit, herbs, cucumbers, and/or herbal tea
- Try seltzer water

"There is no one giant step that does it, it's a lot of little steps."
-Peter Cohen



RASPBERRY PEACH SMOOTHIE

Ingredients:

- 1 CUP FAT FREE MILK
- 1 CUP REDUCED FAT COTTAGE CHEESE
- 3/4 CUP FROZEN PEACHES
- 1/2 CUP FROZEN RASPBERRIES
- HONEY TO TASTE
- DASH CINNAMON (OPTIONAL)

INSTRUCTIONS

Place all ingredients in blender in order they are listed. Blend until smooth.

Source: <http://www.foodfanatic.com/recipes/raspberry-peach-cottage-cheese-smoothie-recipe/>





ZUMBA[®]
fitness

**at Bessie Rowell
Community Center!**

Join the **Latin** inspired dance fitness
craze! Sweat and shake your way to
better health!

Your first class is free!

Purchase a 5 class punch card for \$25

**Monday: 5:30pm Zumba
Wednesday: 5:30pm Zumba
Saturday: 8:15am Zumba**

**All classes are 50 minutes
Attend one or all!
Must be 14 years of age to participate**

Classes taught by Melissa Lee,
Licensed Zumba and Zumba Gold
Instructor

zin zumba
instructor
network™

City Employment Opportunities

OPEN Board/Commission Postions

Franklin Supervisor of the Checklist for Ward II and Ward III

Conservation Commission

Highway Safety Commission

Capital Improvement Planning (CIP) Committee

Visit the [Franklin City Website \(www.FranklinNH.org\)](http://www.FranklinNH.org) for more details.

Patrol Officers and Communications Specialists

The City of Franklin offers law enforcement patrol officers and exciting, dynamic, and challenging career opportunity. Members of the patrol division strive to preserve the peace and protect life and property within the City through proactive and directed patrol initiatives. Members serve as the City's first line of defense against criminal enterprise and law violators. As the most visible and most accessible members of the Department, Patrol Officers have ample opportunity to interact with the public and promote public safety. Continue reading the job description for this position on the Police Department Employment page <https://www.franklinnh.org/police-department/pages/employment>

Parks and Recreation

The Franklin Parks and Recreation Department seeks qualified individuals for the following positions.

Before or After School: **Program Assistant, Student Assistant, Teacher Tutor** .

Also various Volunteer Opportunities

Applications will be accepted until position is filled. The City of Franklin is an Equal Opportunity Employer. A complete job description and job application form may be picked up at the Bessie Rowell Community Center, 12 Rowell Drive, Franklin, NH 03235 or by calling 934-2118. Or, download the [City of Franklin Employment Application](#). Please submit cover letter, job application and resume to the Parks and Recreation Department, Attn: Krystal Alpers.

LOCAL GOVERNMENT

City Council Members

Mayor
Tony Giunta

Ward 1 Councilors

Jo Brown
210-872-1925

George Dzujna
603-934-7163

Ted Starkweather
603-934-4693

Ward 2 Councilors

Bob Desrochers Sr.
603-934-4604

Vincent Ribas
603-934-5330

Karen Testerman
603-934-7111

Ward 3 Councilors

Scott Clarenbach
603-934-2158

Kathy Rago
603-934-8223

Paul Trudel
603-934-9213

City Manager

Judie Milner
603-934-3900 x10

Executive Secretary

Audrey Lanzillo
603-934-3900 x10

City Clerk/Tax Collectors

603-934-3109

City Clerk

Katie Gargano

Deputy Clerk

Marie Morang

Account Clerk

Amy Davis

City Volunteer Opportunities

There are currently many volunteer opportunities available. The following Community Organizations would love to hear from you!

Franklin Opera House

Dan Darling—ddarling@franklinoperahouse.org

Franklin Historical Society

Leigh Webb—franklin_pride@yahoo.com

Franklin Lions Club

Myla Everett—myla.everett@gmail.com

Community Events and Recreational Activities

Krystal Alpers – kalpers@franklinnh.org

Twin Rivers Interfaith Food Pantry

Daisy Blaisdell—trifp.info@gmail.com

Franklin Veterans Memorial Ski Area

Jim Jones—franklinoutingclub@gmail.com

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