

"The Three Rivers City"

Franklin Newsletter

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Mill City Park Receives \$250,000 from FSB

DONATION WILL SUPPORT PROJECT TO DEVELOP WHITEWATER PARK IN FRANKLIN

**Franklin Savings
Bank did a piece
([https://
www.fsbnh.bank/news/
mill-city-park-receives-
250000-donation-from-
fsb/](https://www.fsbnh.bank/news/mill-city-park-receives-250000-donation-from-fsb/))
on their donation to
Mill City Park**

On Monday, November 6th, community members, leaders and dignitaries gathered at Trestle View Park in Franklin to hear a special announcement on a project to develop a whitewater park in Franklin called Mill City Park. Those closely involved with the project: Marty Parichand, Co-founder of Mill City Park, Taylor Caswell, Commissioner of the Department of Business & Economic Affairs, and Scott Clarenbach, Interim Mayor of the City of Franklin, all provided remarks to a group

of over 75 in attendance. Franklin Savings Bank announced its commitment to donate \$250,000 to assist with moving the project forward.

"This project will be transformative," said Charlie Chandler, Chairman of the Board of Directors for Franklin Savings Bank. "The Board of Directors voted unanimously in support of the Mill City Park project after hearing a few presentations on it. The vision for this project ties in nicely with all the hard work that is being done by PermaCity Life to transform the City of Franklin into a catalyst for economic development."

The Bank's donation to Mill City Park will support the first phase of building a whitewater

rafting park on the Winnepesaukee River. This will involve the restoration and clean-up of a 1.25 mile-long section extending from Cross Mill Road to Trestle View Park. The safe removal of debris and remnants from the river bed will enable the waterway to float at lower levels during the summer months for visitors to enjoy kayaking and rafting. The whitewater rafting park will be the first of its kind in New England.

Mill City Park is a non-profit organization whose mission is to create an outdoor community park through environmental restoration, historic preservation, community sustainability, and economic development initiatives.

HAPPENINGS AT THE FRANKLIN FIRE DEPARTMENT



Deputy Chief Robert Goodearl II announces his retirement from the Franklin Fire Department

Deputy Chief Robert F. Goodearl II started his fire service career as a Fire Explorer here in Franklin in 1979. He worked his way through the Call Company before starting as a full-time firefighter/EMT on May 15, 1986. He was promoted to Shift Captain on July 14, 2002 and then promoted to Deputy Fire Chief on June 11, 2012. Deputy Chief Goodearl has lived in Franklin all of his life and has raised his family here. Chief LaChapelle states "Goody works as hard today as the day he started in 1986. His exemplary work ethic and positive attitude is a cornerstone in our department". His last day of full-time service will be November 30, 2017.



Tense Moments at the 2 Alarm Fire at 31 Church Street

The Franklin Fire Department was toned with Tilton and Sanbornton (automatic aid) to a reported building fire near 65 Franklin Street. Initial reports were that (2) people were still in the building. Chief LaChapelle arrived on scene and found a large volume of fire issuing from the 3rd floor. By-standers reported that 2 people were last seen on the 3rd floor just before the fire started. Captain Goldthwaite (Shift Commander) arrived in the first Franklin engine and assumed Command. An aggressive interior attack was initiated and a search for possible victims ensued. The Franklin Police Department was able to quickly confirm that all victims had made it out of the building safely. This is a vacant structure that is owned by the City of Franklin. Although the building is abandoned and boarded up, it is known to have the inhabitation of squatter's. The fire was brought under control by interior attack crews.

There was no power or other operational utilities to the building at the time of the fire. The fire is under investigation at this time. There were no firefighter or civilian injuries.

A 2nd alarm was called for additional equipment and (35) firefighters. Mutual aid was given by Tilton, Sanbornton, Belmont, Andover, Bristol, Laconia, Boscawen, Gilford, New Hampton (ambulance) while Concord covered the Franklin Fire Station. The Franklin Police department assisted with road closures and the investigation.

Chief LaChapelle stated "Our crews worked hard to extinguish the fire on the 3rd floor and attic before it could extend to the rest of the building." Chief LaChapelle also stated "Our homeless population is taking up residence in many of our vacant buildings throughout the City and this poses great risk and danger to our firefighters."



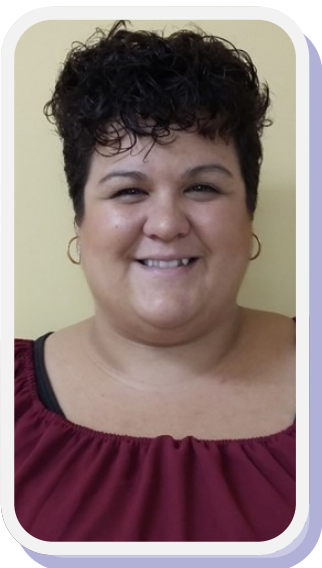
Franklin Fire Department Welcomes back Firefighter Danforth!!

After 10 months of being away, Randy Danforth has returned to the Franklin Fire Department. Randy left FFD back in December of 2016 to work for the Laconia Fire Department. Randy had previously worked here at the FFD for 2 ½ years before going to Laconia. Firefighter Danforth recently stated “it feels good to be back”. After working through the hiring process, Chief LaChapelle stated “we placed Randy right back on shift; he hit the ground running just like he never left”. Welcome home Randy.



City of Franklin Welcomes

Franklin Mayor's Drug Task Force Coordinator



Kayla Bertolino

My name is Kayla Bertolino, I wanted to take a moment to introduce myself, I am a mom of a toddler, a wife, and a youth director at a local church. I have worked in healthcare (Concord and LRGH) for a cumulative of over 10 years, I have a Master's Degree in Health Communication from SNHU, graduated high school from Inter-lakes in Meredith in 2006, and grew up in Franklin. I am passionate about family, community, faith, and volunteerism.

I am excited to be a part of the monumental change and activism happening in the Franklin and Hill community and look forward to filling my schedule with positive engagements that will lead to positive prevention efforts in this area. Let's work together! Please contact me and our team at...

Office: (603)934-7446 | Cell: (603)998-5337 | taskforceinfo@franklinnh.org

Municipal Services Department

Director Brian Sullivan

NOVEMBER 2017 MUNICIPAL SERVICES DEPARTMENT

ATTENTION: THERE IS NO CITY LEAF PICKUP

LEAVES CAN BE BROUGHT TO THE TRANSFER STATION-73 PUNCH BROOK RD.

DURING THE WEEKS OF NOVEMBER 6TH / NOVEMBER 13TH / NOVEMBER 20TH / NOVEMBER 27TH, THE TRANSFER STATION WILL ACCEPT LEAVES AT THE DESIGNATED LEAF DROP OFF AREA LOCATED AT THE FIRST ENTRANCE TO THE TRANSFER STATION, WHICH IS BEFORE THE MAIN TRANSFER STATION ENTRANCE ON THE RIGHT, KNOWN AS RESCUE ROAD. THIS DROPOFF AREA WILL BE OPEN TUESDAY 7:30 AM TO 7:00 PM and WEDNESDAY THROUGH SATURDAY 7:30 AM TO 3:00 PM.

ONLY LEAVES WILL BE ACCEPTED AT THE LEAF DROPOFF AREA.

REGULAR TRANSFER STATION HOURS FOR ALL OTHER ITEMS ARE TUESDAY, THURSDAY AND SATURDAY FROM 7:30 AM TO 3:00 PM.

ATTENTION: THE TRANSFER STATION IS CLOSED ON VETERANS DAY SATURDAY NOVEMBER 11TH AND ON THANKSGIVING DAY THURSDAY NOVEMBER 23RD.

Notice to all Residents:

During my fiscal year 2018 budget presentation, there was discussion with the Mayor, City Council and Staff, relative to essential and non-essential services provided by the various divisions of the Municipal Services Department. This is part of the annual budget process. One topic that deserved further evaluation was the discontinuance, by the Municipal Services Department, of picking up **residential leaves**. Since then, I have analyzed other job functions performed by the five-person Highway Division. I have come to the realization that based on our ever increasing workload; this practice needs to be terminated this fall. This update explains why this is necessary.

This type of review, with respect to the essential services we provide, was performed when we went from a five-day operation of the Transfer Station and Curbside Collection of Solid Waste, to three days per week for each. The end result was no excessive burden to our residents and businesses; a significant cost savings to the City and it provided the opportunity to add recycling to our curbside collection program which saved the City money.

Of all the essential job duties I have listed below, all of which are performed by the Highway Division of the Department, leaf pickup falls at the bottom of the list. This reflects the need to prioritize our workload and be realistic relative to service delivery given the fact that our Public Ways and aging infrastructure are a top priority.

Below, listed by category, are many essential job functions that are far more important than residential leaf pickup:

- ◆ Grading over 14 lane miles of gravel road at least 4 times a year.
- ◆ The ongoing task of filling potholes and performing roadway maintenance. As roads continue to age, there are more potholes and the need to stay ahead on this priority.
- ◆ Drainage repair and maintenance. It takes 12 weeks annually to clean and inspect the City's drainage system. Given the age and condition of drainage system pipelines, catch basins and manholes, all are in constant need of repair, maintenance and replacement. We have a six-year backlog of this type of work to complete.
- ◆ Sidewalk maintenance, removal and repair as needed. We are so far behind on this we need to focus on playing catchup!
- ◆ Tree removal, brush cutting and roadside mowing. These are ongoing priorities and the fall is one of the best times of the year to perform this work especially in preparation for winter snow and ice storms.
- ◆ Sign replacement and repair, fence and guardrail replacement and repair.
- ◆ Pavement markings. Stop bars; parking slots; centerlines; edge lines; etc.
- ◆ Snow and Ice control – Delivery, mixing and preparation of winter sand and salt along with plow route inspection for hazards and getting equipment ready!
- ◆ Street sweeping.
- ◆ Maintenance and upkeep of road shoulders, drainage swales and driveway culverts.

Municipal Services Department—continued

- ◆ Residential Leaf Pickup – Lowest priority given the above more essential tasks.

Now for many of the reasons why I feel we must be honest and realistic if we are ever going to work towards addressing the backlog of work referred to above:

- ◆ Limited size of the Highway Crew to deal with ongoing projects.
- ◆ Leaf pickup is very hard on a four-person crew day in and day out.
- ◆ Fuel, overtime and regular worktime are all costing the City money when performing leaf pickup.
- ◆ Given the ever increasing workload, it is hard to justify that providing residential leaf pickup is money well spent. This is especially true when we have so many other critical infrastructure needs to address.
- ◆ We experience a six-year backlog on many projects as noted above.
- ◆ Many residents do not use this leaf pickup service. Some opt to compost on their own property or deliver their leaves to the Transfer Station.
- ◆ Leaf pickup comes at the busiest time of the year. It consumes staff time as we prepare for winter operations.
- ◆ Our crews are limited to a six-month construction season to perform the most essential tasks.
- ◆ Leaf pickup takes 35 workdays to complete. If there is a late leaf drop accompanied by wet weather, an early snowfall or hard freeze; this impacts our ability to complete pickup in a timely manner. This is not fair to the crew or residents. The end result has been to delay completion of leaf pickup until the spring. Spring is a very busy time for us with the need to perform winter cleanup.
- ◆ Age and condition on the leaf sucker and other equipment used to pickup leaves. Leaf pickup increases the wear and tear on this equipment.

Alternatives and Benefits for Residents to Consider:

Leaves are accepted at the Transfer Station. As an alternative CONSIDER

- ◆ Composting leaves on your own or a neighbor's property. The UNH Cooperative Extension Service and the New Department of Agriculture Websites are excellent resources to refer to. Visit the following link for tips- <http://extension.unh.edu>
- ◆ Residential composting can save you money as the decayed leaves can be used for lawn care; enhancement of soils for gardens and the like, thus avoiding the need to purchase bagged soils or bulk topsoil deliveries.
- ◆ Residential composting saves on fuel as there is no need for the homeowner or a contractor to haul leaves to the City Transfer Station or other location.
- ◆ Help a neighbor! If everyone works together on a neighborhood project, such an activity of neighbor helping neighbor is a great annual social event.
- ◆ Residential composting saves the City and Taxpayer money as there is less wear and tear on City equipment. City workers are able to focus on **Essential Projects that better prepare the Municipal Services Department for the upcoming winter weather season and wrap up ongoing construction projects.**

You are invited to learn more about your community at the next **Choose Franklin Meeting**
The first Thursday of each month at 8 AM — Meetings are held upstairs at the Franklin Public Library.

November 24—Christmas tree sales at the AutoZone and Aubuchon Plaza.

December 7—Monthly Meeting: Winter activities.

January 1—New Years Day kayaking with First Day Franklin

February 1—Monthly Meeting community calendar creation and use.

Franklin Parks & Recreation Department

Winter 2017-2018

Pre-School & Kindergarten Basketball

Recreational basketball that will offer a time of interaction for children and their parents. Children will be introduced to basic basketball skills as well as a variety of fun games in a safe environment. All children must be accompanied by an adult, and the adult must stay through the entire class.

When: Saturdays

January 6th - February 17th

Time: Pre-School - 8:30am - 9:15am

Kindergarten - 9:30am—10:15am

Where: Bessie Rowell Community Center

Fee: \$20.00 (Resident) / \$30.00 (Non-resident)

Registration Deadline: January 3rd

Includes t-shirt & team photo (must be present at picture day).



1st & 2nd Grade Basketball

Recreational program offering children the opportunity to develop basketball skills and self confidence through a safe and fun learning environment. Youth will be divided into teams and will practice Saturdays with an optional practice weeknights.

When: Saturdays (weeknight practice TBD)

December 9th - February 17th

Time: TBD based on number of teams

Where: Bessie Rowell Community Center

Fee: \$30.00 (Resident) / \$40.00 (Non-resident)

Registration Deadline: December 6th

Includes a t-shirt, mouth guard and team photo (must be present at picture day).

Coaches Needed

3rd Grade - High School Basketball

Recreational program offering children the opportunity to develop basketball skills and self confidence through a safe and fun learning environment. Skill development, team play, and sportsmanship are stressed. Youth will be divided into traveling teams and play other area recreational teams. Practices and games will be week nights and weekends and will vary by team. There are generally 1-2 practices and 2 games per week. There is a 12-15 game schedule with additional tournaments. Team practices will start the week of December 2nd. You should hear from your coach prior to with your practice schedule. WE NEED COACHES—If you are interested please contact the Parks and Recreation Department as soon as possible.

When: December - February

Days and times will be based on number of teams and coach preference

Fee: \$40.00 (Resident) / \$50.00 (Non-resident)

Registration Deadline: November 25th

Includes mouth guard, referees and team photo (must be present at picture day).

Coaches Needed

Must Pre-register at the Franklin Parks and Recreation Department and we encourage all players trying out for the school teams to register while space is available. Payment is due prior to the first practice.

Merrimack Valley Basketball League

We will be entering a 5th & 6th grade & 7th & 8th grade boys team into the Merrimack Valley League. If you are interested in joining this team, we will be hosting tryouts on November 4th from 9 -11am and November 8th from 6-8pm at the Proulx Center. When registering, please note that you wish to participate in the league. This team will be competitive and will add an additional 7 games, 2 jamborees and playoffs to the regular schedule. There is an additional fee of \$15 to participate in the League Team. League payment will be due after tryouts.

Pre-Season Basketball

5th—8th Grade Girls - 6:00-7:30pm at the Proulx Center - 11/7, 11/14, 11/21, 11/28

5th—8th Grade Boys—6:00-7:30pm at the Proulx Center - 11/2, 11/9, 11/16, 11/30

FREE - Must fill out a registration form at the Bessie Rowell Community Center prior to participating.

COMPANION BOOK CLUB

The Franklin Rec. Companion Book Club with Mrs. Dzjuna will host an evening book club for students in 4th grade - 8th grade, where student and adult companions meet monthly to discuss and celebrate quality children's literature. Each month the students will receive a book for their personal libraries. Meetings are held on the first Monday, from 6-7:30pm at BRCC. Contact 934-2118 to sign up! **This program is FREE for all!**



Santa & His Workshop

The Franklin Parks and Recreation Department will take part in the "Santa & His Workshop" program in conjunction with the TRIP Center on **Friday, December 1st from 3:30pm-6:00pm.**

This party will consist of games and fun for everyone. Franklin Savings Bank will be sponsoring photos with Santa. Please bring a can good for the Mix 94.1 Cash N Cans. Registration is not needed.



Letters From Santa

The Franklin Parks and Recreation Department will be offering the Letters From Santa program. Registration boxes will be placed in local businesses beginning in mid-November and also at the "Santa & His Workshop" program. For more information please contact the Franklin Parks and Recreation Department at 934-2118.

FREE Storytime

The Franklin Public Library invites you to join the Children's Librarian for story time and crafts.

Who: Children of all ages from any town

When: Thursday - 9:30am / Saturday - 9:30am

Where: Franklin Public Library—310 Central Street



Adult Pick Up Basketball

Open basketball night for men and women 18 and over interested in participating in pick-up basketball games.

When: Sundays - 6:00-8:00pm

November 5th - April 29th

Where: Proulx Center

Fee: \$2.00 (Resident) / \$3.00 (Non-Resident) per day

Beginner & Intermediate Archery Lessons

Beginner - Learn the basics of shooting as well as some advance moves for those who have done archery before. Taught with archery games. If you have taken a class with us before, hone in on the basics and get even better than before. All equipment is provided.

Intermediate - For those who have already taken archery with us in the past and who are ready for a new challenge. Staying focused when distractions are everywhere is important to competing. Learn the eagle eye stealth moves of the Olympic archer. All equipment is provided.



Who: Ages 6- Adult

When: Thursdays

November 2, 9, 16, 30

December 7, 14, 21, Jan 4

January 11, 18, 25, Feb 1

Time: 6:15m - Beginner

7:15pm - Intermediate

Where: Bessie Rowell Community Center

Fee: \$40.00 (Resident) / \$45.00 (Late/Non-resident)

Registration Deadline: One week prior to session start date



Do you have
unused or expired
medications in your home?

FREE and ANONYMOUS Disposal of Rx Medication!

Bring your unused or expired medication for SAFE disposal:

Saturday, October 28

10AM – 2PM

Local Collection Site: CVS Parking Lot,
Central Street in Franklin

**** NO needles, syringes or lancets will be collected ****

This collection made possible by the
Drug Enforcement Agency, Franklin &
Tilton Police Departments and the
Franklin Mayor's Drug Task Force.

Questions? Call Franklin PD @ 934-2535



Open Gym and Game Room



FREE Foosball Basketball Pool Air Hockey Ping Pong

5th Grade—12th Grade

Monday—Friday

2:30pm-3:30pm

(Game room will stay open until 3:45)

FREE Snack and Supervised

At the Bessie Rowell Community Center
12 Rowell Drive, Franklin

FRANKLIN JUNIOR YOUTH GROUP

6th, 7th & 8th Grade (ages 11-14)

Most **FRIDAYS 7:00-9:00pm**

And, it's Free!

Rowell Community Center

12 Rowell Drive, Franklin



Help your community!
DO SERVICE!



Make the **WORLD**
a better place!



Express yourself thru
ART and MUSIC!



* Make friends

- Develop powers of expression
- Form a strong moral identity
- Discover your own potential to become an agent of positive change!

QUESTIONS? And for Exact Dates

Call Karen Darling at **770-1851**

"Like" us on Facebook! "Jr. Youth Group Franklin NH"



Play **SPORTS & GAMES**
and make great friends!

FRANKLIN PARKS AND RECREATION BEFORE & AFTER SCHOOL PROGRAM

Monday – Friday ~ GRADES: K - 8

Before School ~ 6:30am-8:30am ~ \$0-\$20 week / \$0-6 day

After School ~ 2:30pm-6:00pm ~ \$0-\$25 week / \$0-8 day

(Discounted rates apply to students who receive Free or Reduced Lunch)

OPEN SNOW DAYS AND DELAYS, TEACHER WORKSHOP DAYS,
AND EARLY RELEASE DAYS!

*** *FULLY LICENSED FACILITY* ***



Join the Franklin Parks and Recreation Before & After School Program for some:

- **FUN ACTIVITIES!**
- **HOME WORK HELP!**
- **SPECIAL FRIDAY ACTIVITIES!**
- **MATURE, EXPERIENCED STAFF!**
- **HEALTHY BREAKFAST & AFTER SCHOOL SNACK!**
- **LATE BUS—Transportation Home After School**
- **FAMILY DINNERS & ACTIVITIES**



Air Hockey & Foosball

Science & Creativity

Arts & Crafts

Dance & Fitness

Playground

Board Games

Special Guests

Outdoor Play Space

Sports & Recreation

For more information please call 934-2118 or visit our website at
www.franklinnh.org



ZUMBA®
fitness

**at Bessie Rowell
Community Center!**

NEW FALL SCHEDULE!!

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

What are you waiting for??

NEW Monday 4:30pm Zumba Gold

Monday: 5:30pm

Wednesday: 5:30pm

Saturday: 8:15am

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 STRONG by
Zumba Instructor

zin zumba
instructor
network™

ADDITIONAL INFORMATION

Birthday Parties

Schedule your next birthday party at the Bessie Rowell Community Center. We have a lot of great equipment and activities that will make your party memorable. Please call for pricing and to reserve your date today! Must reserve date 2 weeks prior to event.

Rent the Community Center

Having a 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.

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.

Volunteers

The Franklin Parks and Recreation Department needs adult volunteers to help with various aspects of our programs, including coaching our youth sport teams. If you are interested in coaching any sport or activity, or volunteering your services in any other capacity, please contact the Franklin Parks and Recreation Department.

Bessie Rowell Community Center - Open Gym / Game Room Schedule

The Bessie Rowell Community Center will be open to the public to come and shoot some hoops, play pool, ping pong, foosball or air hockey. Please call the Franklin Parks and Recreation center for the weekly schedule! Weekend hours as well!

Give the Gift of Recreation

To 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.

Please join the Franklin Outing Club the 1st Wednesday of the month at Veteran's Memorial Ski Area on Flaghole Road for their monthly Club meeting.

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 6:30am - 6:00pm.

Franklin Newsletter

Upcoming events:

Taste Test Thursday: December 7 (in Laconia) and December 14 (in Franklin) outside the cafeteria during the lunch and dinner hour. Come and try a new recipe.

Bariatric Support Group: November 16th at WINH 6:00-7:00pm. Topic: Going From One Addiction to Another.

Non-Surgical Info Sessions: December 6th at 8:30-9:30am and December 19th 3:45-4:45. Call to register.

Bariatric Informational Session: December 12th at 3:00 pm. Call to register.

Want to be happier? Start by being good to yourself! Here are a few acts of kindness you should practice on YOU.

1. Commit to doing one nice thing for yourself every day.
2. Listen to yourself.
3. Forgive yourself.
4. Accept yourself as you are right now.
5. Eliminate toxic people in your life and workplace.
6. Prioritize your health.
7. Stop skipping meals
8. Breathe!

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

~~Impossible~~
~~Unachievable~~
~~Unable~~

© Can Stock Photo

*“Its not about losing weight; its about losing the lifestyle and mind set that got you there”
-Steve Maraboli*

Sweet and Smokey Baked Eggs

2 ripe beefsteak or heirloom tomatoes

1 tsp ground pepper

1 tsp cumin

4 medium eggs

1 tsp grated reduced-fat Parmesan cheese

1. Preheat oven to 350°F
2. Wash the tomatoes and cut in half. Scoop out the pulp and seeds, creating a “bowl” with about a 1/2 inch rim.
3. Place the tomatoes cut side up in a greased glass baking dish.
4. Sprinkle each tomato half with pepper and cumin. Break an egg into each tomato “bowl”. Sprinkle each egg with 1/2 tsp of the cheese
5. Bake until the eggs are set, about 25 minutes.

Nutrition information per 1/2 tomato serving size: 85 calories; 5g fat; 4g carbohydrate; 85g sodium; 7g protein

Source: diabetesforecast.org



Winning information

Exercise Explained



Consider the three Cs starting an exercise routine

Commitment- Schedule your workout into your day. IF it is written into your schedule it is just another part of your busy day.

Convenience- Find an activity you like to do and is close to your home or work. If you have to go out of way, it just may not happen. This includes the convenience of keeping your home gym set up. People are less likely to use it if they have to continually set it up and break it down.

Consistency- Even if its only 10 minutes a day.



Mindful eating means being present in the moment. It means understanding why you chose the foods you did plus enjoying the different colors, textures and smells on your plate. It also means eating slowly to savor the different flavors and feelings in your mouth. Please take some time this Thanksgiving to think about how time with your family is as nourishing as the meal you are eating. I've had someone say to me once: "If I could have my family eat one meal mindfully it would be Thanksgiving. I spend two days cooking that meal and they eat it so quickly, its over in 20 minutes. I don't think they would even notice if I switched to instant stuffing instead of my homemade stuffing." Being mindful does not come naturally to most people and it does take some practice. Try these tips to help: Eat with your left hand (if you are right handed) or vise versa. * Put your fork down between bites. * Use smaller silverware. Please consider treating this holiday as a time to be with friends and family and not just an eating holiday.

Tex Mex Crockpot Chicken– Bariatric Recipe

This is a bariatric recipe but anyone can enjoy this high protein meal.

Ingredients:

1 lb. boneless, skinless chicken breast

1 packet taco seasoning

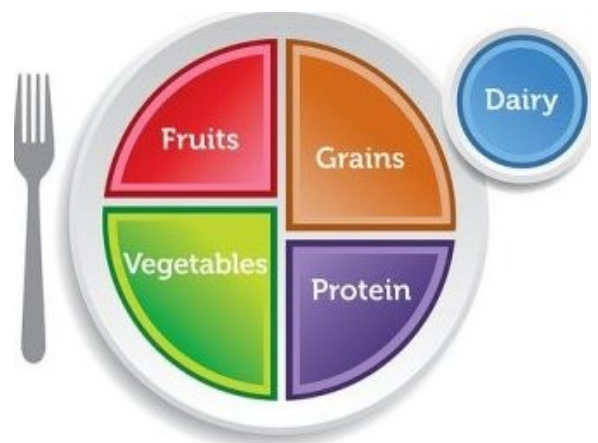
10 oz salsa of choice

15 oz black beans, rinsed (omit this if you need to cut carbs)

Garnish: freshly chopped cilantro, reduced fat shredded cheddar cheese

Directions:

1. Place a slow cooker liner bag in the bottom of your slow cooker.
2. Add all ingredients except cilantro and cheese to the slow cooker. Stir to combine.
3. Cook on high for 6 & 1/2 hrs
4. Shred chicken with two forks and stir the meat mixture. Use a slotted spoon to scoop chicken onto plate or bowl. (this will keep the liquid out of the solid meal.
5. Top with cilantro and cheese as desired.
6. Source: www.foodcoach.me



City Employment Opportunities

City Manager

This is an exceptional opportunity for a seasoned management professional to live and work in a dynamic, vibrant and challenging community of 8,454 citizens, located near the geographic center of New Hampshire. The City Council is seeking a forward thinking, innovative and professional City Manager with a proven economic development background to lead the City as it develops for the future.

This position is open until filled. First review of candidates will occur on November 10, 2017.

Confidential by COB on November 10, 2017, to James Mercer, President/CEO, The Mercer Group, Inc., 1000 Cordova Place, #726, Santa Fe, NM 87505. VOICE: 505-466-9500; FAX: 505-466-1274. E-Mail: jmercerc@mercergroupinc.com; Website: www.mercergroupinc.com EOE. [Click here to download brochure](#)

Parks & Recreation Positions

The Franklin Parks and Recreation Department seeks qualified individuals for seasonal and school year positions. Applications will be accepted until position is filled. 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 (603)934-2118. Continue reading the employment opportunities on the Parks & Recreation Employment page <https://www.franklinnh.org/parks-recreation/pages/employment-volunteer>

Before and After School Program Assistant

Before and After School Student Assistant

Before and After School Support Counselor

Before and After School Teacher/Tutor

OPEN BOARD/COMMISSION POSITIONS

Franklin Supervisor of the Checklist for Ward 2

Conservation Commission

For a detailed description of the job opening and application information visit the Franklin City website <https://www.franklinnh.org/city-manager/pages/employment-opportunities>. Departments post jobs when they become available. Check this site frequently for updates. The City of Franklin is an Equal Opportunity Employer.

Franklin Fire Department

Call Fire Department Openings (firefighters and support personnel)

The Franklin Fire Department is seeking motivated and energetic individuals to join our team of community service responders. Successful candidates will fill positions on our Call Company. On Call members are needed for response to larger incidents to assist with mitigation and support. These positions demand commitment and dedication.

For a detailed description of the job opening and application information visit <https://www.franklinnh.org/fire-department/pages/employment>

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>

LOCAL GOVERNMENT

City Council Members

Interim Mayor
Scott Clarenbach

Ward 1 Councilors

Heather Moquin

603-455-2551

Tony Giunta

603-934-0025

George Dzujna

603-934-7163

Ward 2 Councilors

Vincent Ribas

603-934-5330

Olivia Zink

603-934-4297

Bob Desrochers Sr.

603-934-4604

Ward 3 Councilors

James Wells

603-934-2652

Scott Clarenbach

603-934-2158

Steve Barton

603-934-7109

Acting City Manager

Judie Milner

603-934-3900 ext. 5

Executive Secretary

Lauraine Paquin

City Clerk/Tax Collectors

603-934-3109

City Clerk

Katie Gargano

Deputy Clerk

Marie Morang

Account Clerk

Amy Davis

City Volunteer Opportunities

As part of the Franklin for a Lifetime Project many volunteer action groups were formed to assist with community development and are now active. See the listing below for the action groups and group leader contact information.

Housing

Dick Lewis – dlewis@franklinnh.org

Volunteerism and Civic Life

Christine Dzujna – dzujna@metrocast.net

Arts and Culture

Annette Andreozzi – aaucanh@gmail.com

Community Events and Recreational Activities

Krystal Alpers – kalpers@franklinnh.org

City Holiday

Thursday, November 23 & Friday, November 24 all city offices are closed.

Transfer Station will be closed Thursday, November 23.



E-Alerts Sign-up Today

Sign-up for *E-Alerts* to receive the Franklin Newsletter in your email every month. Other news and announcement's are available with *E-Alert*. Subscribe at <http://www.franklinnh.org/Subscriber>

Related Links

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[Footlight Theatre](#)

[Franklin Parks & Recreation Department](#)

[Lakes Region Chamber of Commerce](#)

[Three Rivers News](#)