

"The Three Rivers City"

Franklin Newsletter

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Another Win for Franklin and Mill City Park

On November 14th, the Northern New England Chapter of the American Planners Association presented Mill City Park and the City of Franklin with the 2019 Project of the Year award! This comes roughly 5 months after the same award was awarded from the New Hampshire chapter!



Not much separates Franklin's story from other mill towns or more accurately river towns. Their growth during the industrial age is well documented, as is, their demise. What isn't well documented is their interpersonal or societal impacts... Low self worth, loss of community pride, home selection based on individual's economic status rather than a desire to live within that town, degradation of infrastructure and/or building stock. Eventually, this cascades into struggling city and school systems.



The collection of problems has made this a truly fascinating project. It provides a brand, a reason to exist, a reason to have pride, a reason to love where you live. Our project is tangible, it is filled with work products or features that we are building (a timber frame pavilion, a whitewater park, bike trails, etc.). However, as an organization it is the intangibles that make this a great project. Our com-

munity grows everyday, many residents believe the direction we are going and contribute with hours of volunteering or monetary donations. They believe as do the folks, from Idaho, Wyoming, and California. They recently purchased homes or got jobs in our neighborhood because of this movement.

The overall goal is simple... connect our community to the river, and the rest will come!

- Marty Parichand, Executive Director of Mill City Park

City Manager's Corner



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

Over the last several weeks, many of you may have noticed that the City has been facing some challenges with curbside trash pick-up. The two City refuse side loaders are old and in need of repair or replacement. In fact, our remaining working side loader recently had an electrical fire that completely disabled it. To make sure we do not delay curbside pick-up, we have rented a side loader through Premier Trucking so you will notice it picking up trash in place of our City side loader.

There have been several public meetings to address our outdated refuse vehicles that are in a constant state of repair and recommendations to replace or outsource them are occurring. There will be additional meetings on this subject. All are welcome to attend public meetings and can receive an email when public meetings are scheduled. Please sign up on the City Website at www.FranklinNH.org and from the Home Page, click "Subscribe to E-News" .

Thank you for your patience during this time.

Judie Milner
City Manager



In the Spotlight

Sergeant Guerriero & K-9 Falco Franklin's Dynamic Duo!

Franklin is very proud to shine a bright light on Sergeant Joseph Guerriero and our Police K-9 Falco. Sergeant Guerriero joined the Franklin Police Department on January 31, 2015 as a patrol officer. He came to us with close to seven years of experience as a full-time officer from the Bristol Police Department and was then promoted to the rank of Sergeant on May 29, 2018.

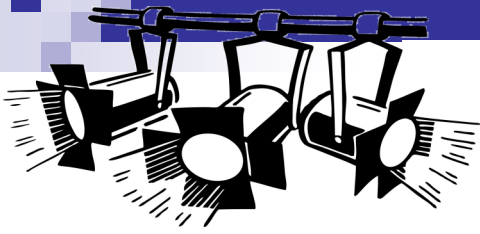
Early on, Sergeant Guerriero expressed an interest in becoming a K-9 handler. In March 2019, K-9 Falco joined the Franklin Police Department. K-9 Falco is a 20-month old German Shepherd. Born in Spain, he travelled to the U.S. to fulfill his role as a police K-9. And so the lifelong bonding and intense training began!

Training was held with the Boston Police Department which has one of the most elite training curriculums in the nation. It was rigorous and taught by some of the most experienced trainers in the country. Throughout their training together, Sergeant Guerriero and K-9 Falco were faced with many challenges. Various skills were tested daily and they would eventually rise to the position of a Certified Patrol K-9 Team. Currently, K-9 Falco is certified through the Boston Police K-9 Division in the following disciplines: Obedience, Tracking, Building Searches, Evidence Searches, Area Searches, and Criminal Apprehension. On January 6th, Guerriero and Falco began another intense 6-week training program to help fight the war against drugs in our community. Upon completion, K-9 Falco will be certified to detect a variety of illegal narcotics.



To date K-9 Falco has been deployed 32 times while on patrol since graduation. These stats make K-9 Falco one of the busiest Police K-9's in Lakes Region. K-9 Falco has been responsible for locating several pieces of evidence in criminal cases including a large rifle that was stolen from a residence on South Main Street. The rifle had been hidden by the suspects in an area of woods close to the rail trail. K-9 Falco has also tracked down and located several suspects one of which had fled into the woods after causing a serious DWI crash where a victim had suffered serious injuries, and had to be flown by helicopter to a local hospital. K-9 Falco has also had one criminal apprehension, and several building and area searches. He has been an amazing asset to the Franklin Police Department, and has worked hard to keep our city safe. K-9 Falco has also recently attended several trainings to continue his training to include High Risk Deployment training, water training, and decoy apprehension training. Each week K-9 Falco partakes in what's called an in-service training day where he trains on the various disciplines that he is certified in.

Continued ...



Sergeant Guerriero & K-9 Falco continued...



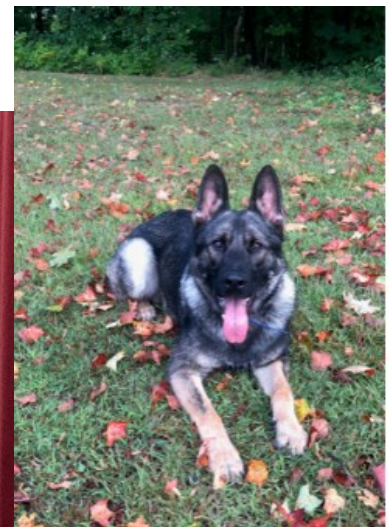
Sergeant Guerriero is right there by Falco's side to assist in all of his training. This amazing pair has become inseparable and bonding is ever present at work and at home. Many often wonder what responsibilities are required of K-9 Falco during a typical work day. K-9 Falco is tasked with performing his duties as a patrol K-9, and at any time during his shift may be called to perform a vast variety of duties to include tracking, building searching, criminal apprehension, or searching for evidence. K-9 Falco is often patrolling the streets with Sergeant Guerriero and is always at the ready should a call for service arise where he may be needed. When they are not responding to calls, it is common for you to see Sergeant Guerriero and K-9 Falco at the local parks or schools training or to just playing fetch. While at home, K-9 Falco is tasked with just being himself. Falco enjoys being outside, playing with his toys, and being a content member of the Guerriero family! Keep in mind, K-9 Falco is on call 24 hours a day for the residents of the City, and is always excited to be given the opportunity to work.

Being a K-9 handler has drastically changed Sergeant Guerriero's career in so many ways. To come to work each day, and work alongside your best friend and a partner that is willing to lay down their life to protect you is truly amazing. To have K-9 Falco with you at every call, and to be able to watch him grow both personally and professionally is such an honor and privilege. Sergeant Guerriero has said many times, that he is blessed

to have this opportunity because it is honestly one of the best positions one could have within the Police Department.

Franklin is so very lucky to have this amazing duo and we look forward to many years together in this great City! They both make an amazing and irreplaceable team who take work and play to a whole new level. The citizens of Franklin thank you!

If you have any questions about the Franklin Police K-9 Unit or would like to learn more about the unit please contact Sergeant Guerriero at 603-934-2535 or by email at jguerriero@franklinnh.org. Sergeant Guerriero is also interested in scheduling demonstrations with K-9 Falco within the community for those who are interested.



Congratulations to!

**The Morrill Family
Named Franklin's 2019
Citizens of the year!**

**Thank you!
Olive, Glenn, Carolyn,
Tim, and Colby**

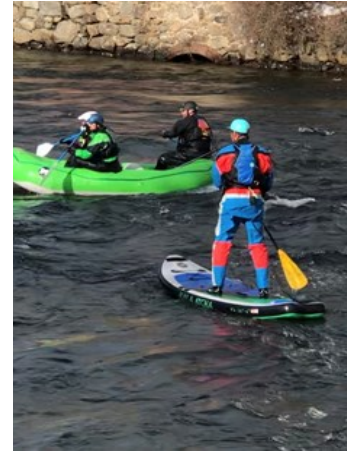
*The City of Franklin is extremely grateful
for your ongoing dedication and volunteerism
toward the betterment of our community!*

First Day in Franklin!

January 1st in Downtown Franklin was a little more fun and interesting this year than in prior years. We had another great turnout for our kayakers who take to the river in the icy cold weather and enjoy all the river has to offer regardless of the winter season. In fact, they look forward to this special day the same way most of us look forward to the first day of spring! They simply can't get enough of the river especially in the winter!

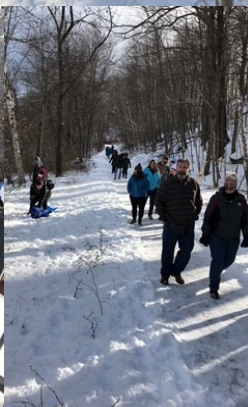
On this bright beautiful first day of 2020, spectators were pleasantly excited to see the growing number of kayakers visiting and enjoying our river. Approximately 600 visitors came to Franklin on this day. One kayaker in particular, Chris Morgan, went down the river in an unusual way, standing on his colorful paddle board. Through the Merrimack Valley Paddlers Club, he connects with other paddlers who look for new and exhilarating rivers to try!

He says that by riding down different rivers, it challenges him in ways that improve his skills. Chris is originally from the Goffstown NH area and has paddle boarded down the Contoocook, Swift, Saco, Ellis, and Kennebec Rivers. Although he moved to South Carolina in 2018, the rivers here in NH can't help but draw him back. Chris is very excited to hear of our Whitewater Park coming soon so he can return with more of his friends year over year!



Chris Morgan paddle boarding in Franklin on First Day

Psst... spectators...(seating is coming soon!)



"Franklin is going to be leading the way as the first town in New England to have a White Water Park and for paddlers, that is a huge draw, and for the locals, having a spot to spend time outside to watch boaters surf or cartwheel is pretty cool!"

- Chris Morgan

We are all excited to see the changes this new year will bring in our City! Happy 2020 to all our residents, local business owners, City employees, and visitors!



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

Committed to Service

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

During the month of **August 2019** they received **3,438** calls for service. Of those calls, **1,981** were calls the Franklin Police Department responded to, some of which include:

- 7 Assault Complaints
- 7 Burglary Complaints
- 6 Criminal Mischief Complaints
- 11 Domestic Disturbance Complaints
- 10 Drug Activity Complaints
- 2 Driving While Intoxicated
- 19 Noise Disturbance Complaints
- 11 Parking Complaints
- 4 Parking Tickets Issued
- 116 Motor Vehicle Stops
- 19 Motor Vehicle Accidents

Additionally, the Franklin Police Department made 64 arrests during the month of August 2019.

During the month of **September 2019** they received **4,506** calls for service. Of those calls, **3,440** were calls the Franklin Police Department responded to, some of which include:

- 10 Assault Complaints
- 12 Burglary Complaints
- 12 Criminal Mischief Complaints
- 24 Domestic Disturbance Complaints
- 24 Drug Activity Complaints
- 0 Driving While Intoxicated
- 30 Noise Disturbance Complaints
- 28 Parking Complaints
- 17 Parking Tickets Issued
- 328 Motor Vehicle Stops
- 44 Motor Vehicle Accidents

Additionally, the Franklin Police Department made 62 arrests during the month of September 2019.

Franklin Police Department Activity Update continued...

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

Committed to Service

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

During the month of **October 2019** they received **3,356** calls for service. Of those calls, **1,794** were calls the Franklin Police Department responded to, some of which include:

- 7 Assault Complaints
- 11 Burglary Complaints
- 5 Criminal Mischief Complaints
- 17 Domestic Disturbance Complaints
- 10 Drug Activity Complaints
- 1 Driving While Intoxicated
- 4 Noise Disturbance Complaints
- 10 Parking Complaints
- 4 Parking Tickets Issued
- 83 Motor Vehicle Stops
- 12 Motor Vehicle Accidents

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

During the month of **November 2019** they received **3,295** calls for service. Of those calls, **1,926** were calls the Franklin Police Department responded to, some of which include:

- 9 Assault Complaints
- 4 Burglary Complaints
- 5 Criminal Mischief Complaints
- 7 Domestic Disturbance Complaints
- 10 Drug Activity Complaints
- 0 Driving While Intoxicated
- 13 Noise Disturbance Complaints
- 9 Parking Complaints
- 2 Parking Tickets Issued
- 125 Motor Vehicle Stops
- 21 Motor Vehicle Accidents

Additionally, the Franklin Police Department made 62 arrests during the month of November 2019.

Franklin Fire Department Update



**CITY OF FRANKLIN
FIRE DEPARTMENT**



Winter Newsletter

A lot is happening at the Franklin Fire Department, as winter has been in full swing. We are pleased to announce that Firefighter Anthony “Tony” Roberts achieved his Paramedic license after completing a rigorous 16-month training program at the New England EMS Institute this past November. Three out of our four shifts have Paramedics assigned to them now. We are hoping to be able to add one more Paramedic to our ranks, so that each shift has one available if needed.

As many of our community members are enjoying outdoor recreation activities this winter, we want to remind everyone to stay safe. As ice fisherman head out onto Webster Lake and other areas of the City, we want to remind everyone to make sure that the conditions are safe, prior to journeying out. Also, remember to review all safety standards and obey all laws when using snow mobiles this winter. All too often our firefighters respond to snow mobile accidents that many times, are due to reckless operation. Though our firefighters train for the winter elements, these types of emergencies can be very unsafe for patients and emergency responders.

In this cold weather, there is a tendency for many residents to rely on temporary space heaters to provide warmth in their homes. Keep in mind, space heaters can be dangerous if used to replace permanent heating sources. Many times, these space heaters are overused, or used with extension cords, thus causing devastating fires in dwellings. Anyone who needs assistance with heating fuel relief, is encouraged to call NH 211 to learn about any available assistance options.

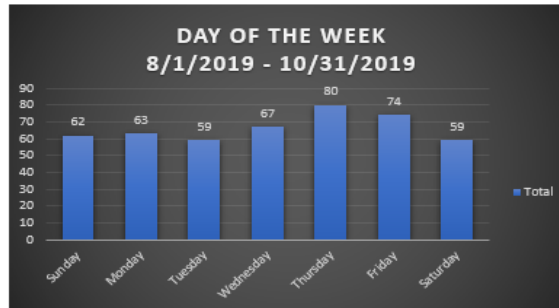
Please remember to stay safe while you have fun enjoying the City of Franklin, and all it has to offer this winter season. For those of you who are already fed up with the cold weather and snow, just remember, June is right around the corner. Stay Safe Everyone!

**Mike Foss
Fire Chief/EMD**

FRANKLIN FIRE DEPARTMENT

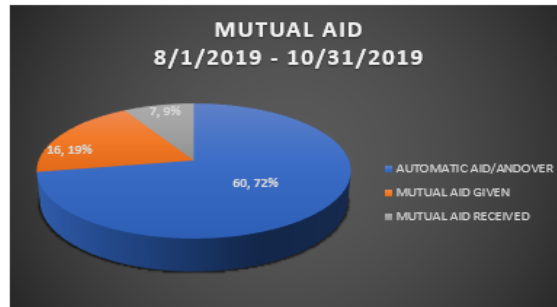
8/1/2019 – 10/31/2019

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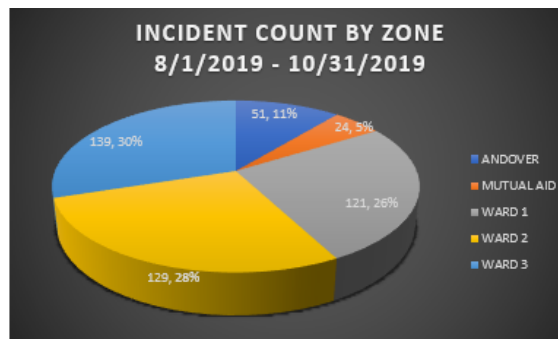
DAY OF THE WEEK:

SUNDAY:	62
MONDAY:	63
TUESDAY:	59
WEDNESDAY:	67
THURSDAY:	80
FRIDAY:	74
SATURDAY:	59



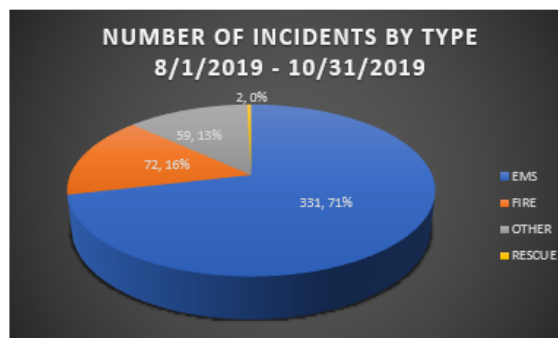
MUTUAL AID:

AUTOMATIC/ANDOVER:	60
MUTUAL AID GIVEN:	16
MUTUAL AID RECEIVED:	7



INCIDENT COUNT BY ZONE:

ANDOVER:	51
MUTUAL AID:	24
WARD 1:	121
WARD 2:	129
WARD 3:	139



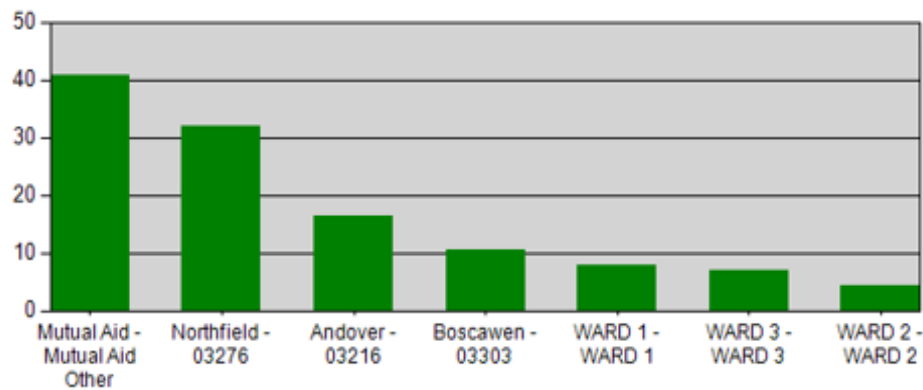
INCIDENTS:

EMS:	331
FIRE:	72
OTHER:	59
RESCUE:	2

FRANKLIN FIRE DEPARTMENT

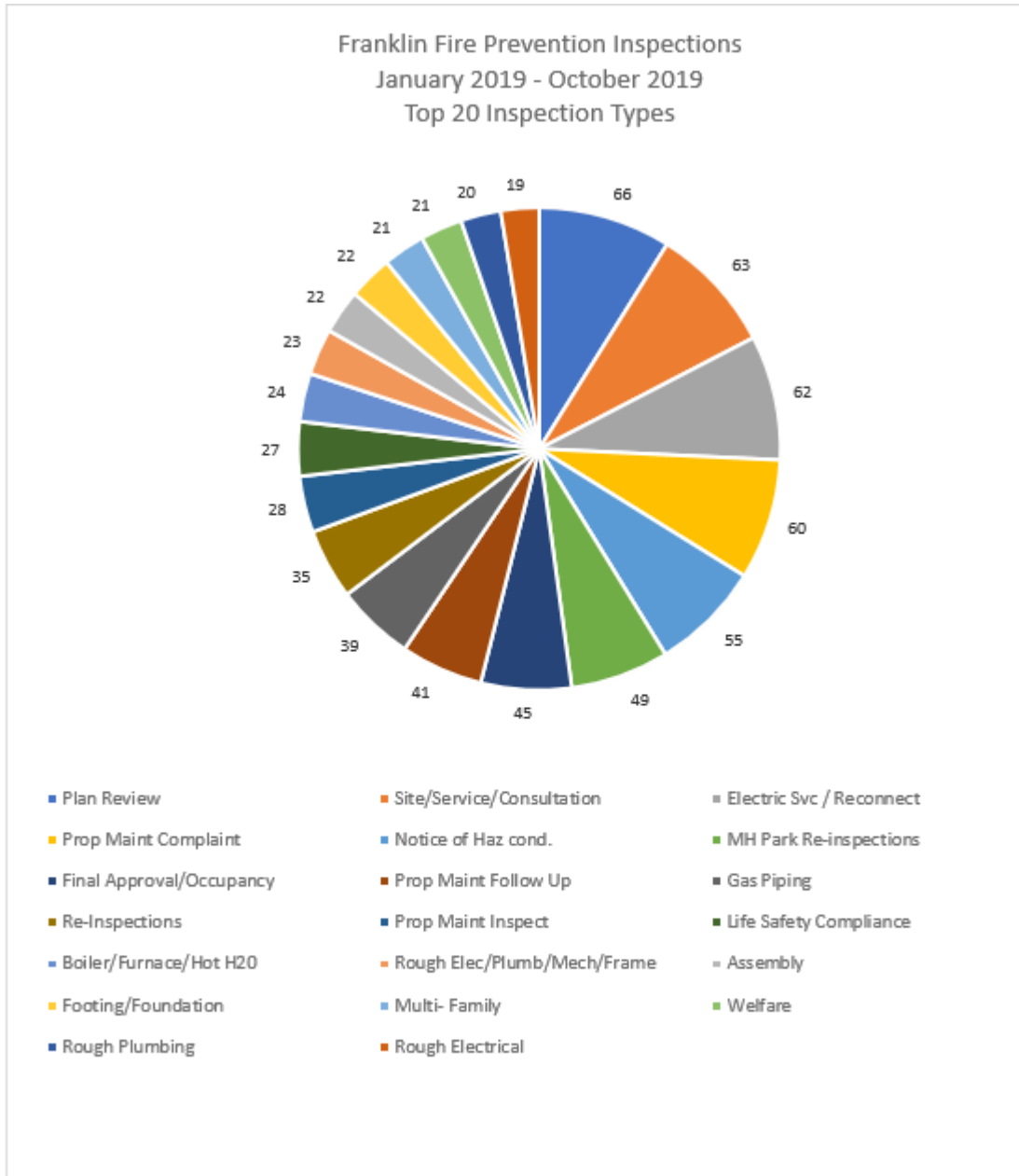
8/1/2019 – 10/31/2019

AVERAGE RESPONSE TIMES (IN MINUTES)
8/1/2019 – 10/31/2019



Zone	AVERAGE RESPONSE TIME in minutes (Dispatch to Arrived)
Mutual Aid - Mutual Aid Other	40.89
Northfield - 03276	19.02
Andover - 03216	16.32
Tilton - 03276	13.08
Boscawen - 03303	10.42
WARD 1 - WARD 1	7.75
WARD 3 - WARD 3	6.93
WARD 2 - WARD 2	4.33

Franklin Fire Department Prevention Inspections



Municipal Services Update

OUR WATER IS CLEAN AND SAFE THE COST OF KEEPING IT CLEAN AND SAFE IS RISING ...Here is why

I recently attended a six hour seminar sponsored by the New Hampshire Water Works Association where numerous well versed speakers discussed the future challenges of providing safe potable drinking water. The takeaway from this event is complex and alarming. Municipal Public Water Systems as well as those on private wells, are currently under more pressure than ever to deal with an ever-changing world of fresh water contamination. Much of the contamination is a result of past practices from private industry. Improper discharge of toxic chemicals that have made their way into surface and groundwater sources. Sources that were once depended on for human consumption. The ocean, lakes, rivers, wetlands and large aquifers and even our soils have been affected by contamination of some form.

Presently scientists; engineers; manufactures of hazardous chemicals; government agencies; agriculture and the drinking water industry are seeing the impact of poor past practices which have resulted in worldwide water contamination. Fresh water is a finite limited resource.

What types of chemicals and contamination are we learning about now? Lead; copper; pesticides; fertilizers; synthetic organic chemicals; volatile organic chemicals; radioactive and nuclear waste; mercury; arsenic; PFOA; PFOS and plastics. This list is enormous and much of the damage has been done. Furthermore, once these chemicals breakdown many of the byproducts from these substances are irreversible to eliminate or to say the least difficult and costly to remediate and control. The problem is worldwide. I will provide you with a short list.

How do they get into our soils, groundwater, oceans, fresh water bodies? Mainly from the atmosphere brought down by precipitation, direct discharge by industries of all sorts into water bodies; deep well injection back into the ground; landfills, incinerators; petro chemical facilities; energy plants; land application of fertilizers and pesticides. The list goes on. Many of these chemicals are man made and have been around since the industrial revolution. The manufacturing of these chemicals appeared to be harmless at the time they were developed, but over many years they have made their way into the food chain, various water bodies and some are here to stay. The cost to remediate and reverse the cycle is expensive, sometimes cost prohibitive and their presence has an effect on every living thing on earth.

So how do public drinking water systems deal with this issue? Federal and State regulations set drinking water standards to help mitigate the effects of contaminated water sources on humans. The cost to keep our public water systems in compliance with new EPA regulations is expensive, evolving and a huge challenge for the consumer. Water is no longer a cheap commodity because we now have to treat it to make it safe to consume. Ratepayers are not only challenged by this current dilemma but are also dealing with aging water and wastewater infrastructure which is doomed to fail as its useful life has limits.

In 1964 President Kennedy issued a warning. Preservation of the worlds drinking water supply will be one of the greatest challenges for mankind in the twenty first century. It appears we are at this point.

The good news at the time of writing this is the City of Franklin's drinking water is safe for human consumption. We are in compliance with State and Federal Regulations and in compliance with the USEPA "Safe Drinking Water Standard's" but be aware as these issues become more of a health concern, Public Drinking Water Systems will have challenges. Please visit the City's website www.franklinnh.org and search for our annual "Consumer Confidence Report" on Franklin's water system. I plan on updating the residents of Franklin and the City Council on this and may other topics relating to our public water and wastewater systems during the first few months of 2020. Please stay tuned. We need everyone's help as we deal with the challenges ahead!

- Brian Sullivan, Director of Municipal Services

City Clerk Update



RABIES CLINIC & DOG LICENSING



Saturday, March 28, 2020 2pm – 4pm
Franklin Fire Department
59 West Bow Street, Franklin, NH 03235
Sponsored by City of Franklin and Franklin Veterinary Clinic

**ALL DOGS MUST BE ON A LEASH, AND ALL CATS MUST
BE IN CARRIERS.**

FEES:

(**CASH ONLY**)

- Rabies Vaccination
 - \$14.00 per dog/cat
- Dog License Fees
 - Male/Female - \$9.00
 - Neutered Male - \$6.50
 - Spayed Female - \$6.50
 - Owner over 65 - \$2.00 (for 1st dog only)
 - Puppies - \$6.50 (3-7 months)

- *For licensing, a photo ID is required as proof of Franklin residency.*
- *Proof of prior rabies vaccination will be required for a 3-year immunization. If no record presented, a 1-year immunization will be given.*

Contact City of Franklin, City Clerk's Office at
(603) 934-3109 for more information.

City Clerk Update

Vote in the Presidential Primary
Celebrating the 100th Presidential Primary in NH

February 11, 2020



Franklin Polling Hours are from 8:00 AM- 7:00 PM

Voting Locations:

Ward 1: The Franklin Elks, 125 South Main Street

Ward 2: Franklin City Hall, 316 Central Street

Ward 3: Franklin Middle School, 200 Sanborn Street

Sample Ballots are available to view on the City Clerk's Election Page

Not Registered to Vote? You may register to vote at the City Clerk's Office up until February 5, 2020. After February 5, 2020 you'll have to register at the polls.

Please bring a valid government issued photo ID, birth certificate or naturalization papers, when registering to vote. You must also provide documentation showing that you have a domicile at the address provided on the voter registration form. Affidavits are available for missing documentation.

Can't make it to the Polls? Vote Absentee!

Absentee Ballots are now available in the City Clerk's Office up until February 10, 2020 at 5pm.

Please note that Absentee Ballots must be received on or before February 11, 2020 to count.

Absentee Ballot Applications are available on the website:

<https://www.franklinnh.org/city-clerk-tax-collector/pages/elections-voting>

Questions? Call the City Clerk's Office 603-934-3109

Katie Gargano, City Clerk

Welcome New City Employees & Welcome back Seasonal!



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.

Franklin Parks & Recreation Department Winter 2019-2020

Little Tykes 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 11th - February 15th

Time: 3&4 year olds - 8:30am - 9:15am

5&6 year olds - 9:30am - 10:15am

Where: Bessie Rowell Community Center

Fee: \$25.00 (Resident) / \$30.00 (Non-resident)

Registration Deadline: January 4th

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.

Coaches Needed

When: Saturdays (weeknight practice TBD)

December 7th - February 15th

Time: TBD based on number of teams

Where: Bessie Rowell Community Center

Fee: \$35.00 (Resident) / \$40.00 (Non-resident)

Registration Deadline: November 30th

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

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: \$45.00 (Resident) / \$50.00 (Non-resident)

Registration Deadline: November 30th

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

Coaches Needed

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 7th & 8th grade boys and girls team and High School Boys team into the Merrimack Valley League. If you are interested in joining this team, we will be hosting tryouts at the beginning of November—dates TBD at the Proulx Center. Please register before November 1st for this team. 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 \$20 to participate in the League Team.

New Registration Process

Now available online or at the Recreation Department!

- Go to <https://franklinnh.recdesk.com/Community/Home>
 - Create an account
 - Add yourself as Head of Household
 - Add your child(ren)
 - Register for programs

If you already have account, log in and register for programs!

FRANKLIN PARKS AND RECREATION BEFORE & AFTER SCHOOL PROGRAM

Monday – Friday ~ GRADES: K - 8

Before School ~ 6:30am-8:30am ~ \$1-\$20 week / \$1-6 day

After School ~ 2:30pm-6:00pm ~ \$1-\$25 week / \$1-8 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* ***



- **Homework Help & Tutoring!**
- **Special Friday Activities!**
- **Healthy Breakfast & After School Snacks**
- **Late Bus—Transportation Home**
- **Family Dinners & Activities**
- **New and Exciting Clubs (Girl Scouts, Slime Club, Nerf Club, 3D Pen Club and Many More!)**
- **Transportation To & From Compass Classical Academy!**



Air Hockey & Foosball

Science & Creativity

Dance & Fitness

Arts & Crafts

Sports & Recreation

Playground

Board Games

Special Guests

Outdoor Play Space

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

FRANKLIN JUNIOR YOUTH GROUP



Help your community!
DO SERVICE!



Make the **WORLD**
a better place!

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

Most FRIDAYS 7:00-9:00pm

- ~ Make friends in a supportive environment ~ Develop your powers of expression and confidence ~
- ~ Strengthen your moral identity ~ Discover your potential to be an agent of positive change! ~
- ~ READ stories and have meaningful DISCUSSIONS! ~

QUESTIONS? Call Karen Darling at 770-1851

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

At Bessie Rowell Community Center - 12 Rowell Drive

(And, it's FREE!)



Express yourself thru
ART and MUSIC!



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

From the Mayor's Drug and Alcohol Task Force

What is Vaping?

E-cigarettes produce an aerosol by heating a liquid that usually contains nicotine—the addictive drug in regular cigarettes, cigars, and other tobacco products—flavorings, and other chemicals that help to make the aerosol. Users inhale this aerosol into their lungs. Bystanders can also breathe in this aerosol when the user exhales into the air.

E-cigarettes are known by many different names. They are sometimes called "e-cigs," "e-hookahs," "mods," "vape pens," "vapes," "tank systems," "Juuls" and "electronic nicotine delivery systems."



Some e-cigarettes are made to look like regular cigarettes, cigars, or pipes. Some resemble pens, USB sticks, and other everyday items.

It is difficult for consumers to know what e-cigarette products contain. For example, some e-cigarettes marketed as containing zero percent nicotine have been found to contain nicotine.



1-800-QUIT-NOW
(1-800-784-8669)



From the Mayor's Drug and Alcohol Task Force ...continued

In the past few months, **thousands of people have developed serious lung illnesses after vaping (using e-cigarettes)**. Some people have died as a result. Most of the vaping products contained THC, the ingredient in marijuana that causes the high, but some contained only nicotine.

As of January 7, 2020:

- 2,602 cases of these illnesses **have been reported** to the Centers for Disease Control and Prevention (CDC). The cases were reported by all 50 states, the District of Columbia, and two U.S. territories (Puerto Rico and the U.S. Virgin Islands).
- The illnesses have led to 57 deaths in 27 states and the District of Columbia.

The CDC, the U.S. Food and Drug Administration (FDA), and other organizations are investigating the connections between vaping and these illnesses and deaths. In the meantime, **the FDA has issued these warnings:**

1. **Don't use any vaping products of any kind bought online, on the street, or from family and friends.**
2. **Don't modify (change) any vaping products purchased in stores, and don't use **THC** oil.**

The CDC **recommends** that people consider not using *any* e-cigarette (vaping) products—particularly products that contain THC.

So far, **we know** that:

- Vaping products containing THC appear to play a major role in the outbreak. In about 80 percent of cases, the person had used a product containing THC; 35 percent reported using products that contained *only* THC.
- About 54 percent had used products containing **nicotine**; 13 percent reported using products that contained *only* nicotine.
- 12 percent reported using **cannabidiol (CBD)**-containing products; 1 percent reported exclusive use of cannabidiol (CBD)-containing products.

Reference:

<https://teens.drugabuse.gov/blog/post/vaping-related-illnesses-and-deaths-what-we-know-so-far>

QUIT VAPING



Resources and tools available to help teens quit vaping.

YOUTH & TEENS

- ⇒ **MyLifeMyQuit:** <https://www.mylifemyquit.com>
Register online or Text "Start My Quit" to 855.891.9989 or call.
- ⇒ **Truth Initiative:** <https://www.thetruth.com/articles/hot-topic/quit-vaping>
This is Quitting: Free quit-vaping, quit-smoking mobile program specifically for teens and young adults.
Text: "QUIT" to 706.222.QUIT (706.222.7848)
- ⇒ **SmokefreeTEEN:** <https://teen.smokefree.gov/>
Young adults (13-19 years old) in US who want to be smoke free
- ⇒ **SmokefreeTXT for Teens:** <https://teen.smokefree.gov/become-smokefree/quitstart-app>
Text: QUIT to 47848 or download quitSTART app
- ⇒ **QuitNow NH:** <https://quitnownh.org/> or 1.800.QUIT.NOW
Individuals age 14 and older can call the quit line and speak with a quit coach – FREE Nicotine Patches, Gum or Lozenges for age 18+
- ⇒ **BecomeAnEX®:** <https://www.becomeanex.org/>
Free digital quit-smoking plan and on-line community



PARENTS & ADULTS

- ⇒ Ask your child's pediatrician for help
- ⇒ **Truth Initiative:** <https://truthinitiative.org/>
This is Quitting: Free quit-vaping, quit-smoking mobile program specifically for teens and young adults.
- ⇒ **Smokefree:** <https://smokefree.gov/help-others-quit/loved-ones>
Tips and tools to help a loved one quit
- ⇒ **QuitNow NH:** <https://quitnownh.org/> or 1.800.QUIT.NOW (800.784.8669)
Resource available to help another person quit
- ⇒ **Boston Children's Hospital - Adolescent Substance Use & Addiction Program:**
<http://www.childrenshospital.org/centers-and-services> or call 617.355.2727

PROVIDERS

- ⇒ **QuitWorks-NH:** <https://quitworksnh.org/>
Solutions for providers to help your patients quit smoking
- ⇒ **Smokefree:** <https://smokefree.gov/help-others-quit/health-professionals>
Resources to share with patients and clients



Breathe New Hampshire

Visit <https://breathenh.org/lung-health/e-cigarettesvaping> to learn more about vaping.

Vaping Unveiled™ - Bring this free program to your community to educate youth, parents, schools and the communities about the dangers of youth nicotine addiction through vaping e-cigarettes, "Juuls," and other devices.

603.669.2411 • info@BreatheNH.org • <https://breathenh.org/>



LRGHealthcare
care. compassion. community.

WINNING INFORMATION

January, February and March 2020

Upcoming events:

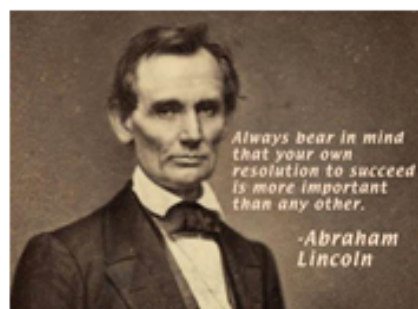
Taste Test Thursday: January 9th, February 6th & March 5th (in Laconia) or January 16th, February 13th & March 12th (in Franklin) outside the cafeteria 11:30-1:00. Come and try a new recipe.

Bariatric Support Group: 6:00-7:00pm at WINH, Jan 16th topic: Reevaluating Your Life Balance Wheel; Feb 20th topic: Attitude Adjustment; March 19th: Dealing with Unrealistic Expectations & Body Dissatisfaction

Non-Surgical Weight Loss Information Sessions: January 8th, February 18th & March 24th at 8:30-9:30am or January 22nd, February 4th or March 3rd at 3:45-4:45pm. Call to register.

Surgical Weight Loss Informational Session: January 22nd or March 11th at 5:00pm and

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

March is National Nutrition Month! This year's theme is "Eat Right, Bite by Bite," which represents the philosophy that nutrition changes don't have to be extreme, or happen all at once. Every little bit (or bite!) of nutrition counts, and is a step in the right direction!

Small changes you can make to improve nutrition:

1. Drink an additional glass of water each day
2. Replace one serving of a sugary beverage with regular water or seltzer water
3. Use one less sugar in your coffee
4. Have a piece of fruit with your breakfast
5. Include a handful of vegetables (carrots, bell peppers, cucumbers, etc.) with lunch
6. Add vegetables to a sandwich or wrap (lettuce, tomato, cucumber, sprouts, etc.)
7. Have a piece of fruit for dessert instead of typical options liked baked goods or candy
8. Use whole grain bread and/or pasta instead of white (there is also pasta made from beans now!)
9. Add a 1/2 cup of chickpeas or lentils to your salad for added fiber and nutrients
10. Include a healthy protein source at breakfast (eggs, Greek yogurt, cottage cheese, etc.)
11. Use peanut butter or avocado on toast instead of butter for healthy fats and added nutrients
12. Add some vegetables (peppers, onions, spinach, etc.) to an omelet or frittata for breakfast

*"Start where you are.
Use what you have.
Do what you can."
-Arthur Ashe*



GEORGE WASHINGTON'S STRING BEANS WITH ALMONDS

Ingredients:

1 1/2 POUND FRESH GREEN BEANS	1/2 CUP SLICED ALMONDS
ABOUT 1/2 TABLESPOON BUTTER	1 TEASPOON BROWN MUSTARD
ABOUT 1/2 TABLESPOON OLIVE OIL	2 TABLESPOON CREAM SHERRY
2 CLOVES OF GARLIC, VERY THINLY SLICED	

INSTRUCTIONS

1. Trim the beans and snap into 2 inch lengths.
2. Blanch the beans— add green beans to a large pot of boiling water and boil for 2 minutes. Immediately transfer the beans to a bowl of ice water to stop the cooking process.
3. Heat butter and olive oil in a heavy skillet and gently sauté the garlic until its golden but not yet browned. Add the almonds and cook over a low heat until they are hot through. Add the mustard and sherry and stir gently until well blended. Add the beans and continue to cook over a moderate heat until all is hot through. Serve hot.

Source: www.thequestingfeast.com

WINNING INFORMATION

EXERCISE EXPLAINED

March 19th is the first day of spring and let's spring right into some jumping exercises!!!

Jumping exercises have many great health benefits including:

- Improved coordination
- Improved bone health
- It is a great cardio workout
- Jumping burns more calories than running
- Jumping exercises decrease the risk of ankle or foot injuries.
- Jumping may help to make you smarter. Jumping uses both the left and right hemispheres.

Like with any workout, be sure to talk to your doctor first. Always ensure proper form to prevent injury!

- Be sure to keep your knees hip width apart. If your knees come together while jumping you are at risk of a knee injury.
- Don't be stiff legged. Try to keep the landing soft with knees slightly bent. The landing should not be felt in the joints.
- When jumping onto (or off of) something like a box or step, be sure to land on both feet and keep knees slightly bent.
- Land on the whole foot and push the hips back to absorb the impact. Aim to land in a squat position.
- Always keep the knees behind the toes.

Have fun jumping into spring with hopscotch, jump rope, jumping jacks, box jumping or plyometrics! See you next fall.




ELIZABETH'S 2 CENTS

February is National Heart Month and one of the best ways to protect your heart is to get enough potassium in your diet.

Potassium is a mineral and electrolyte that helps muscles to contract. The role of potassium in heart health includes:

- Decreased tension in vessel walls. By relaxing the vessel walls this can reduce high blood pressure.
- The more potassium there is in the blood the more sodium is excreted out through the urine.
- Researchers are not sure why, but potassium has been shown to decrease calcification of the arteries thus reducing the risk of heart attack.

All of this is great for heart health, but if you have kidney disease or are on an ACE inhibitor for your blood pressure beware not to get too much potassium. For people on ACE inhibitors or with kidney disease it is not easy to get rid of excess potassium and extra potassium can get too high in the blood which can cause serious health effects. Health professional always recommend getting enough potassium from foods and only take a supplement if needed. It is recommended that adults get 4,700mg of potassium daily. Good food sources of potassium include:

- | | |
|--|---|
| <ul style="list-style-type: none"> • Bananas • Oranges • Pomegranate • White Potato • Sweet potato • Tomato sauce • Dark leafy greens (spinach, beet greens, Swiss chard) |  <ul style="list-style-type: none"> • Artichoke • Fish • Canned clams • Milk • Papaya • Prune juice • Pork |
|--|---|

CAULIFLOWER COLCANNON— BARIATRIC RECIPE

This is a low carb twist on a traditional Irish dish for St. Patrick's Day.

Ingredients:

- 1 pound cauliflower
- 1/2 pound cabbage finely shredded
- 1/4 cup scallions, thinly sliced
- 1 tablespoon butter
- 1 teaspoon pepper
- 1 teaspoon salt

Directions:

1. Cook cauliflower in a pot of boiling water for 5 minutes, until it is tender. Drain well and blend in a food processor with the salt and pepper.
2. Melt the butter in a frying pan over medium heat, add the cabbage and sauté for 3 minutes.
3. Add the scallions and chives and sauté for 2 minutes. Reduce heat to low.
4. Pour the mashed cauliflower into the pan and mix well. Adjust seasoning.
5. Serve warm.

Source adapted from: www.stphilskitchen.com





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™

Special THANK YOU!

To **Georg Dzujna** for his community involvement and support of our many community events. Also for donating and hanging our Christmas Wreaths and holiday decorations! The list goes on—thank you for all that you do for our community!

Also to **Christine Dzujna** for her continued local volunteerism and her strong dedication to fundraising for great causes within our community!

To the **local business owners** who went the extra mile this year during Christmas making the holidays extra special for residents and visitors!

Thank you to **Kirk Weyant** and the Entire Staff at the Three Rivers Wreath and Plant Company for creating and donating the beautiful wreaths which we proudly display every year on the iconic wheel Downtown!



Dan Darling, thank YOU for organizing the holiday Festival of Trees! We love to see it growing year over year and look forward to it every December!

Thank you **Serendipity Singers** who grace us every year with your beautiful songs during the annual Inaugural Meeting!

Thank you **Jule Finley** for the dedication you give our young talented youth. Through your expertise and nurturing abilities, the confidence that grows with them is a priceless gift!

And a very special

Thank you to **Zoe Nagle** for singing our National Anthem beautifully during the Inaugural Meeting!

Pastor Dan Boyce, thank YOU for the wonderful Invocation prayer and reading at our very special Inaugural Meeting!

City Employment Opportunities

OPEN Board/Commission Positions

Franklin Supervisor of the Checklist for Ward II

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

Olivia Zink

603-934-4297

Karen Testerman

603-934-7111

Ward 3 Councilors

Scott Clarenbach

603-934-2158

April Bunker

603-393-1197

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

E-News Sign-up Today!

Sign-up for *E-News* to receive the Franklin Newsletter and other City information and announcements sent directly to your email. Subscribe at:

<https://www.franklinnh.org/subscribe>

