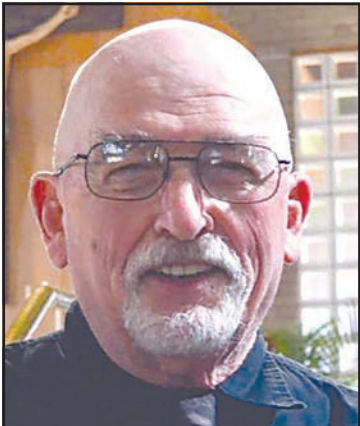


Elredge Receives First Brian Collins Impact Award

DOVER -

Community Partners announces Pete Eldredge as the first recipient of the Brian Collins Impact Award. The award was conceived to honor Collins' legacy and his service as the organization's executive director for 27 years. The award committee sought statewide nominations of people making a positive impact in human services.

In 2022, Collins retired and shortly thereafter passed away from glioblastoma, a fast-growing and aggressive brain tumor. During his 27 years at Community Partners, he brought the designated community mental-health center



under the umbrella of Strafford County's area agency for people with developmental disabilities. He later added the ServiceLink Aging and Disability Resource Center to the repertoire of social

services. The organization now reaches more than 4,000 individuals per year.

The award committee's unanimous selection of Pete Eldredge was inspired by his many years of collaborating with Collins to empower and motivate others to become champions for people with disabilities. Eldredge is a familiar face and volunteer at Community Partners. As the single parent of a daughter with developmental disabilities, Eldredge is a knowledgeable and tireless advocate for his daughter and others with developmental disabilities, all while educating families about the New Hampshire developmental disability

system. He was among the first organizers who sought and monitored the closing of Laconia State School, where people with developmental disabilities were warehoused until the 1980s. Pete has also served 30 years on the Family Advisory Council for Community Partners, where he uses his unique perspective to ensure the area agency delivers high-quality services.

Chris Kozak, Community Partners' president and CEO said, "The committee made a wonderful selection. Pete has tirelessly advocated at the local and state level as did Brian. He is always helping families new to the developmental disability

system understand its painful history, and looking forward to improving services and outcomes for people."

Pete said, "I am truly humbled. Brian possessed a very special skill set that I had never seen before. These skills are what made him so very successful in his chosen field. I have never heard anyone speak an ill word about him."

Eldredge's daughter accepted the award, presented by Collins' son, at the recent Community Partners' annual meeting, held at the Cochecho Country Club in Dover. For more information, go to www.communitypartnersnh.org or call 603-516-9300.

SleepOut Raises Awareness of Youth Homelessness

STATEWIDE -

Waypoint will be holding their 10th annual "SleepOut" event on Friday, March 29. SleepOut is a night spent outside each March to increase awareness about youth homelessness in New Hampshire, and raise funds to address critical needs that will help transform their lives. The event is Waypoint's premiere support for the state's only overnight youth shelter in Manches-

ter and youth drop-in centers in Concord and Rochester.

National research indicates that the number of youth likely to experience some form of homelessness in a year's time in New Hampshire could be more than 15,000. Once homeless, it is increasingly difficult for them to exit homelessness without assistance, and they are in constant danger of being victimized or exploited.

In-person SleepOuts will

take place in Manchester, Concord, and Rochester, and individuals can virtually SleepOut at other locations of their choice. To be a "sleeper," spend the night outside at a set location with others, individually, or as a team. Sleepers will be given tools to collect pledges from friends and colleagues to meet a minimal fundraising goal of \$100.

If sleeping outdoors isn't of interest, one can still support the cause by visiting <https://sleepout-2024.justgiving-sites.com/> to donate to an individual sleeper or sleeper team's campaign. Funds raised will subsidize basic needs and direct services, empower work at the legislative level, and support expansion of services across the state. Participation in this event, whether as a sleeper or a donor, will help to provide these young people, ages 12-24, with resources to survive the night and achieve for a lifetime.

For more information, visit www.waypointnh.org or call 603-518-4205.



Local Average Tide Chart					
Date		High		Low	
		am	pm	am	pm
Sat	2	3:07	3:40	9:24	9:32
Sun	3	3:55	4:34	10:17	10:25
Mon	4	4:50	5:35	11:17	11:25
Tue	5	5:53	6:42		12:23
Wed	6	6:59	7:47	12:31	1:27
Thu	7	8:02	8:45	1:36	2:26
Fri	8	9:01	9:38	2:37	3:20
Sat	9	9:56	10:29	3:33	4:09

Sun Rise Sun Set		
Sat	2	6:14 5:34
Sun	3	6:12 5:35
Mon	4	6:10 5:36
Tue	5	6:08 5:38
Wed	6	6:07 5:39
Thu	7	6:05 5:40
Fri	8	6:03 5:41
Sat	9	6:02 5:43

Free Tax Prep Program for NH Residents

STATEWIDE -

Granite United Way (GUW) and Citizens recently launched a Volunteer Income Tax Assistance (VITA) program, a free tax preparation program for individuals and families with household incomes up to \$64,000 annually. Taxes are prepared by IRS-certified volunteers who assist low-to-moderate-income residents to access the greatest amount of refunds.

Last year more than \$5.5 million was returned in federal tax refunds through this program, including nearly \$1 million through the Earned Income Tax Credit (EITC) to families and individuals struggling throughout the community. The EITC, coupled with the Child Tax Credit, has lifted 16,000 NH

residents out of poverty, including 8,000 children, each year, on average. According to the IRS, about 1-in-5 eligible New Hampshire residents fail to file for the EITC, leaving an estimated \$31 million unclaimed.

"Granite United Way's VITA program is historically launched on the EITC Aware-



ness Day, which is January 26 this year," said Patrick Tufts, president and CEO of GUW. "The Earned Income Tax Credit and Child Tax Credit are both important tax benefits that can provide tax-filers a boost in their income. It is one of the primary areas our volunteers are trained to help bring financial stability to families we serve."

There are two ways to access this program: Visit www.nhtaxhelp.org to schedule an appointment with a tax preparer (those without internet access can call 211 NH); or visit www.myfreetaxes.com to prepare your own return online for free, along with guidance available from a toll-free helpline.

See TAXES on page 9 . . .

GSS

~ Arts & Entertainment ~

Caribbean Nights Party for Eben Ezer School

PORTSMOUTH -

Dozens of seacoast residents who support a school in Haiti come out once a year to dance, drink, and celebrate the progress they have seen at the Eben Ezer School since they first got involved in 2010! "Combo Sabroso" will be back at the Caribbean Nights Party on Saturday, April 6, with its unique blend of reggae and Latin music as it helps raise money for the school located in Milot.

"I love this project and

organization because any participation or support feels so personal and impactful," said Vicki Stewart of Eliot, who supports a teacher at the school and will speak at the dance. "The pictures, videos, and grassroots donations allow our community to feel like we are an important part of their community."

The event will include an update on progress at the school amidst the political and social challenges currently happening in Haiti.

The Eben Ezer School was started by Haitian American Lucia Anglade of New York on the land where she grew up. Several of the board members for the non-profit that runs the school, Life and Hope Haiti, are from the seacoast.

The fundraising party will start at 7 p.m. at 3S Artspace, 319 Vaughan St., Portsmouth. Tickets are \$30 in advance through Paypal at www.lifeandhopehaiti.org/donate, and \$40 at the door. For more information, email news@lifeandhope.org.

Karen Land and Sled Dog Noggin at Dover Public Library



"Children of Eden" at NHTP

PORTSMOUTH -

Based on the story of Genesis, the age-old conflict of parents and children takes the stage in this epic musical, "Children of Eden." From musical theatre greats, Stephen Schwartz and John Caird, comes a joyous and inspirational musical about parents, children and faith... not to mention centuries of unresolved family business! Adam, Eve, Noah, and the "Father" who created them, deal with the headstrong, cataclysmic actions of their respective children. The show ultimately delivers a bittersweet, but inspiring, message that "the hardest part of love... is letting go."

Performances run March 15-24 at New Hampshire Theatre Project (NHTP), 959 Islington St. #3, Portsmouth. Showtimes are Fridays and Saturdays

DOVER -

Have you ever wondered what it feels like to ride the runners behind a team of dogs, steering a loaded sled across the vast Alaskan tundra? Find out on Wednesday, March 13 at 6 p.m. when Dover Public Library presents "Mush! Noggin the Sled Dog (and Her Human)".

Musher Karen Land, a three-time participant in the Iditarod Trail Sled Dog Race, will be accompanied by her Alaskan husky Noggin, Iditarod dog sled, mushing gear, and Arctic clothing, to answer questions like what it takes to care for a team

at 7:30 p.m. and Sundays at 2:30 p.m. Tickets are \$23, \$18 for students, and can be purchased at www.portsmouthnhtickets.com/events/children-of-eden.

of Alaskan huskies and how you prepare for a highly-competitive race through mountainous terrain.

Land is a writer, public speaker, and has competed in many sprint and endurance races including ones in Alaska, Canada, Montana, Idaho, Wyoming, and Maine.

This year's Iditarod started in Alaska on Saturday, March 2. The annual long-distance sled-dog race began in 1973 and covers more than 1,000 miles from Anchorage to Nome. Mushers have a team of 12-14 dogs and race 8-15 days in extreme weather, including blizzards, white-out conditions, sub-zero temperatures, and gale-force winds.

This event is free and open to the public. For more information, visit <https://library.dover.nh.gov> or call 603-516-6050.

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 Carol A. Brennan
publisher@theweeklysentinel.com

Operations Manager:
 Dan Brennan
publisher@theweeklysentinel.com

Art Director:
 Raina Keim
ads@theweeklysentinel.com

Graphic Designer:
 John Crommett
ads@theweeklysentinel.com

Account Managers:
 Carol Brennan
 Dan Brennan
 Kevin Cox
ads@theweeklysentinel.com

Copy Editor:
 Raina Keim
editor@theweeklysentinel.com

Contributing Writers:
 Nancye Tuttle, Gina Carbone,
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PSO to Perform “Enchanted Harmonies”

PORTSMOUTH -

The Portsmouth Symphony Orchestra's (PSO) will perform “Enchanting Harmonies: From Saint-Saëns to Ravel” on Sunday, March 10, at 3 p.m. at the Music Hall in Portsmouth. Music Director John Page will hold an “Inside the Music” pre-concert talk at 1:45 p.m.

The concert will bring Camille Saint-Saëns' Symphony No. 3 in C minor, Op. 78, “The Organ Symphony” to the Music Hall for the first time! Performed by soloist Seth Hurd on a Rodgers 3 manual organ, provided by Rodgers Organs of New England, the sweeping romantic symphony was Saint-Saëns' last and is a culmination of the composer's wide-ranging style.

“Rodgers, which celebrated their 65th anniversary in 2023, is credited with making the American organ more accessible to churches, colleges, performance centers, and players, by embracing advancements in technology,” said Page. “That we are able to perform ‘The Organ Symphony’ outside of a church setting is testament to the success of their mission.”

Hurd began playing the piano in fourth grade before graduating to the organ in middle school. In college, he added oboe and English horn to his repertoire, and is now a graduate of the University of New Hampshire. He has performed with the PSO since 2014.

The concert program also features two other strongly-con-

trasting French works. Olivier Messiaen's “Les Offrandes Oubliées” (The Forgotten Offerings) is a meditative work of religious ecstasy that reflects the composer's devout faith and his fascination with depicting stained glass in music. The first half comes to a cataclysmic end with Maurice Ravel's “La Valse,” a work that describes a whirling, swirling, decadent dance to the death, capturing the impact of World War I on social norms and artistic expression.

The PSO will also be performing a family-matinee chamber-music concert, “Fables in Harmony: A Musical Journey with the Tortoise and the Hare with the PSO String Quartet,” on Saturday, April 27 at St. John's Church in Portsmouth; and its final mainstage concert of the 2023-2024 season, “A Symphony of Celebration: Tchaikovsky, Dvorak, and More” on Sunday, June 2 at the Music Hall.

The Music Hall is located at 28 Chestnut St., Portsmouth. For tickets and more information, visit www.portsmouthsymphony.org or call 603-686-8133.

Pontine Theatre Presents “Robert Frost's New Hampshire”



PORTSMOUTH -

Pontine Theatre's Co-Artistic Directors created a new work based on the early poems of Robert Frost in 2019, which, due to the pandemic, has never been performed before a live audience. The organization's 2023-24 performance series will conclude with its long-delayed premiere, running March 15-24.

Frost, a long-time summer resident of Franconia, received the first of four Pulitzer Prizes in 1924 for his volume “New Hampshire: A Poem with Notes and Grace Notes.” Known for his New England settings, down-to-earth, stark depictions of the dif-

ficulties of rural farm life, and use of colloquial speech, Robert is widely admired as a true American Master.

Harriet Munroe, publisher and editor of “Poetry,” wrote that “perhaps no other poet in our history has put the best of the Yankee spirit into a book so completely.” She notes that while Frost's narrative, character-based poems are often dark and satirical, he always has a “sympathetic humor” towards his subject.

Pontine Theatre is located at 1 Plains Ave., Portsmouth. For ticket and schedule information, call 603-436-6660 or visit www.pontine.org.

“The Aliens” at the Players’ Ring

PORTSMOUTH -

The Players' Ring and Bardo Theatre Company are thrilled to present “The Aliens” by Annie Baker, an Obie Award winner for “Best New American Play” in 2010. The play is directed by Timothy and Lindsay Hackney, and stars Timothy Hackney, Robert Fabricio Armstrong, and Sam Robert Rogers.

Set in the fictional town of Shirley, VT, “The Aliens” is a funny, heartening composition with music and about art, friendship, and love: Jasper and KJ are disillusioned 30-somethings

who regularly meet behind the local coffee shop to contemplate music, poetry, psychedelic mushrooms, and Bukowski. They once wanted to form a band called “The Aliens,” but now just shoot the breeze until a young coffee-shop temp, Evan, is magnetized by their laidback lifestyle and is welcomed into their merry band of misfits.

The show runs March 8-24. The Players' Ring is located at 105 Marcy St., Portsmouth. For tickets and schedule information, visit www.playersring.org or call 603-436-8123.

“Literary in the Lounge” during March

PORTSMOUTH -

“Literary in the Lounge” presents Andre Dubus III and Owen King this March. The 7 p.m. events includes an author conversation and an audience Q&A, followed by a post-show meet-and-greet.

On Wednesday, March 13 at 7 p.m., bestselling author and National Book Award Finalist in Fiction Andre Dubus III (left photo) will visit the Music Hall Lounge with his new book, “Ghost Dogs: On Killers And Kin.” He is the author of “Such Kindness” and eight other books, including “Townie” and “House of Sand and Fog.”

Ultimately standing as an essential witness and testimony to the art of the essay, “Ghost Dogs” reflects on a life of challenges, contradictions, and fulfillment with emotional generosity and stylistic grace. During childhood summers in Louisiana, Andre Dubus III's grandfather taught him that men's work is hard. As an adult, whether tracking down a drug lord in



Mexico as a bounty hunter or grappling with privilege while living with a rich girlfriend in New York City, Dubus worked at being a better worker and a better human being. In “Ghost Dogs,” Dubus's nonfiction prowess is on full display in his retelling of his own successes, failures, triumphs, and pain.

On Friday, March 22 at 7 p.m., New York Times bestselling author Owen King (right photo) will visit with his book, “The Curator.” Author and attorney Paul Durham will moderate. Owen King is also the author of “Double Feature” and “We're All in This Together: A Novella and Stories,” and coauthor of “Sleeping Beauties” with Stephen King, among others.

Enter a Dickensian fantasy of illusion and charm where cats are revered as religious figures, thieves are noble, scholars are



revolutionaries, and conjurers are the most wonderful criminals. Dora, a former domestic servant at the university, has a secret desire: to understand the mystery of her brother's death, believing that the answer lies within The Museum of Psyical Research, where he worked when Dora was a child. Set against the backdrop of an oddly familiar and wondrous city on the verge of collapse, Dora's search for the truth will unravel a monstrous conspiracy and bring her to the edge of worlds.

“Literary in the Lounge” is hosted in the Music Hall Lounge, formerly called the Loft, at 131 Congress St., Portsmouth. Tickets can be purchased at www.themusichall.org, 603-436-2400, or at the B2W Box Office at the Historic Theater, 28 Chestnut St., Portsmouth.

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Exploring the Deep Sea with ARA

DURHAM -

On Thursday, March 7, the Active Retirement Association (ARA) invites the public to a presentation on “Exploring the Deep: How Ocean Mapping, Robots, and Telepresence are Revealing the Wonders of the Deep Sea.” Derek Sowers, Ph.D., will present, who is a University of New Hampshire (UNH) assistant affiliate professor and mapping operations manager at the Center for Coastal and Ocean Mapping (CCOM).

CCOM is a formal partnership between UNH and the National Oceanic & Atmospheric Administration (NOAA) whose goal is to create a national center for expertise in ocean mapping. Located in the Jere A. Chase Ocean Engineering Lab at UNH in Durham, the lab’s proximity to New Hampshire’s 18 miles of coastline provides ample opportunities for research and education.

The free event will take place 10-11:30 a.m. at the Community Church of Durham, 17 Main St., Durham, NH, and via Zoom. Pre-registration for non-members is required at seacoastara@gmail.com.

The ARA is a 501(c)3 non-profit for people aged 50 years and older, retired or not, to enjoy lectures, workshops, discussions, tours, walks and hikes, special interest programs, and more. For more information, visit www.unh.edu/ara.

Shaffer’s “The White Liars” and “Black Comedy” at GPAC

ROLLINSFORD -

Garrison Players presents “The White Liars” and “Black Comedy,” two one-act plays by Peter Shaffer in the first weeks of March. Shaffer was an English playwright, screenwriter, and novelist, whose work includes “Equus” (1975 Tony Award for Best Play) and “Amadeus” (1981 Tony Award for Best Play), both of which were later adapted to film.

“The White Liars” (1967) depicts a fateful encounter between a down-and-out fortune teller, a rock musician, and his agent. The agent bribes Baroness Lemberg to fake some hocus-pocus over a crystal ball, ostensibly to discourage the musician from pursuing his girlfriend. The trickery entangles each of them in a dense web of mendacity.

In “Black Comedy” (1965), sculptor Brindsley Miller has “borrowed” some expensive antique furniture from his neighbor, Harold Gorringer, without his permission in order to impress his fiancée’s wealthy art-dealer father. Gorringer returns just as a blown fuse plunges the apartment into darkness and Miller is revealed. Unexpected guests, aging spinsters, errant phone cords, and other snares impede his frantic attempts to return the purloined items before light is restored.

Performance dates are March 8, 9, 10, at Garrison Players Arts Center, 449 Roberts Rd., Rollinsford. For tickets and more information, call 603-750-4278 or visit www.garrisonplayers.org.

Fermentation Workshop at Auspicious Brew

DOVER -

Join Seacoast Eat Local for an evening of exploring “fermentation” with by Helen Leavitt, founder and head brewer of Auspicious Brew – New Hampshire’s first kombucha brewery. The workshop will held 6:30-8 p.m. on Thursday, March 21, at Auspicious Brew, 1 Washington St., Dover.

The discussion will cover a brief history of fermentation and its influence on society, along with various basic recipes of popular fermented foods and beverages. A selection of fermented foods will be available including locally-made sourdough, raw cheese, cured meats, fermented veggies, and of course – kombucha.

Fifty percent of the \$40 ticket will go to support the mission of Seacoast Eat Local: To cultivate a thriving food economy by building bridges between regional food producers and consumers. For more information, visit www.seacoasteatlocal.org or 603-241-4400.

Auspicious Brew is located at the front left corner of the mill. A limited number of free parking spaces are available in front of the building, so plan on paying for parking on the street and give time for walking. For more information, visit www.auspiciousbrew.com or call 603-953-7240.

New Horizons Band Regional Showcase

PORTSMOUTH -

On Saturday, March 23, enjoy an hour-long concert performed by an all-star community band featuring the musicians of five regional bands: Portsmouth Music & Arts Center’s New Horizons Band, Concord New Horizons Band, New Horizons Musical Organization of the

Lakes Region, Monadnock New Horizons Band, and the Southern Maine New Horizons Band.

New Horizons Music programs are designed to provide entry points to music-making for adults of all skill levels. The band at Portsmouth Music & Arts Center has been around for 21 years, and expanded to include a beginner band, strings orchestra, and chorus. Learn more about the music programs at www.pmaconline.org or 603-431-4278.

The performance will be held 6-7 p.m. at the Portsmouth Middle School, 155 Parrott Ave., Portsmouth. The \$5 tickets can be purchase at www.portsmouthnhtickets.com/events/music-for-life-a-new-horizons-bands-regional-showcase-3-23-2024.

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~ Arts & Entertainment ~

“Writers on a New England Stage” Features McQuade, Colbert, and Goodwin for the Season

PORTSMOUTH -

New Hampshire Public Radio and the Music Hall announced the spring line-up for their award-winning series, “Writers on a New England Stage.” Featured authors include MSNBC’s legal expert Barbara McQuade; bestselling author Elizabeth Colbert with the 10th Anniversary edition of her book; and Pulitzer Prize-winning author Doris Kearns Goodwin. These three women take the stage with conversations, ideas, and critical information needed in today’s world and climate.

On Thursday, March 14, MSNBC’s legal expert Barbara McQuade will present “Attack From Within: How Disinformation is Sabotaging America,” moderated by NHPR’s Casey McDermott. “Attack from Within” is an urgent, comprehensive explanation of the ways disinformation is impacting democracy and practical solutions that can be

pursued to strengthen the public, media, and truth-based politics. McQuade breaks down the ways disinformation has become a tool to drive voters to extremes, disempower our legal structures, and consolidate power in the hands of the few.

On Thursday, April 25, Elizabeth Colbert celebrates the 10th Anniversary edition of her Pulitzer Prize-winner and instant New York Times bestseller, “The Sixth Extinction,” moderated by NHPR’s Mara Hoplamazian. The two-time winner of the National Magazine Award and New Yorker writer Colbert draws on the work of scores of researchers in half a dozen disciplines, accompanying many of them into the field, monitoring the sixth extinction, predicted to be the most devastating extinction event since the asteroid impact that wiped out the dinosaurs. This time around, the cataclysm is us.

On Wednesday, June 5, #1

New York Times bestselling and Pulitzer Prize-winning author Doris Kearns Goodwin presents her new book “An Unfinished Love Story: A Personal History of the 1960s,” moderated by NHPR’s Rebecca Lavoie. Goodwin, one of America’s most beloved historians, artfully weaves together biography, memoir, and history in the emotional journey she and her husband, Dick Goodwin, embarked upon in the last years of his life as they sifted through more than three hundred boxes of letters, diaries, documents, and memorabilia that he had saved – an unparalleled personal time capsule of the 1960s.

All events start at 7 p.m. and include a moderated literary conversation with hosts from New Hampshire Public Radio. Tickets can be purchased at www.themusichall.org, 603-436-2400, or at the B2W Box Office at the Historic Theater, 28 Chestnut St., Portsmouth.

Young Artist Competition Accepting Applications



SEACOAST -

The Portsmouth Symphony Orchestra’s (PSO) annual Young Artist Competition is seeking high school applicants who: are from New Hampshire or the seacoast region of Maine and Massachusetts (from Beverly to York); perform on orchestral instruments including saxophone, guitar, and piano; and have not formerly been winners of the competition.

Deadline to submit an audition video, along with the completed application, is March 23. Those selected as finalists will perform before a live audience on April 13 at 1 p.m. at Riverwoods Retirement Community in Exeter. The winner will then perform a solo concerto, accompanied by the PSO, at the season-closing mainstage performance on June 2 at 3 p.m. at the Music Hall in Portsmouth.

“The concerto competition has become a staple for the seacoast young performers,” said

Aubrie Dionne PSO outreach director.” Performing a solo with an orchestra is the culmination of years of careful preparation, and it is always exciting to see a young performer realize their dream.”

Now in its 26th season, the PSO is comprised of over 65 local professionals, educators, dedicated amateurs, and advanced students. The orchestra strives to educate, entertain, and encourage the audiences of today and tomorrow through performances, educational outreach, and the cultivation of rising musical talent. The orchestra performs three mainstage concerts annually, including an upcoming concert on March 10 at the Music Hall in Portsmouth.

More information on how to apply, can be found at www.portsmouthsymphony.org or 603-686-8133. Photo above: Past Young Artist Competition winner Danilo Thurber performs with the PSO.

The American Spiritual Ensemble at SJC

PORTSMOUTH -

On Sunday, April 7 at 3 p.m., St. John’s “Concerts on the Hill” series will play proud host to the world-renowned choir, “The American Spiritual Ensemble” (ASE) for an historic Portsmouth-premiere concert. ASE, whose mission is to continue the tradition of storytelling through the performance of the American Negro Spiritual, was founded in 1995 by Dr. Everett McCorvey who remains artistic director and conductor of the choir.

“Performing these spirituals serves as a tribute to the many lives lost or destroyed during slavery in the United States; a horrible time for human kind. These songs, a combination of African, American, and European traditions, create a new type of



melody in which a sense of identification was created within the enslaved community. These songs, beloved all around the world, now stand as a testament of the strength found through faith during times of hardship as well as a unifying force among all peoples,” noted ASE’s website www.americanspiritualensemble.com.

This event will also feature in-person presence from thought

leaders and organizations within the community who are working to make a difference. Attendees can visit with them in Roberts Hall before and after the performance to learn more about the work being done right here on the seacoast.

St. John’s Episcopal Church is located at 101 Chapel St., Portsmouth. For more information and tickets, visit www.stjohnsnh.org/ase2024.

Carol Coronis Returns To SAA

EXETER -

Portsmouth’s Carol Coronis will be returning to the Seacoast Artist Association (SAA) in downtown Exeter for their Second Friday artist reception on March 8, 5-7 p.m. She will be playing a Celtic program for St. Patrick’s Day.

“Before I was born, I was hearing the jazz and Greek music my dad would play,” Coronis said. “He was a phenomenal musician, and my ears were honed on funky modes and time signatures. When I was learning to walk, I’d hold on to the living room furniture and make my way to his very pretty orange Gretsch Chet Atkins guitar and one of his Gibsons, and I’d strum the strings at the tailpiece because they sounded so cool.”

She started co-hosting “The Ceili Show” Sundays on WUNH in November 2007 with Roland Goodbody. She also started a show called “Aegean Connection” which plays music from

Greece, Turkey, the Balkans, Middle East, and Northern Africa. Carol can be heard on WUNH 91.3FM on Saturdays 11 a.m. - 1 p.m. on the Aegean Connection and Sundays 12-2 p.m. on the Ceili Show. See more at www.carolcoronis.com.

Coronis will be playing a whole new program when she returns to the gallery on May 10. SAA is located at 130 Water St., Exeter. For more information, visit www.seacoastartist.org or call 603-778-8856. Photo below by D. Woodward.



March Exhibit at Franklin Gallery

ROCHESTER -

The Franklin Gallery at RiverStones Custom Framing, 33 N. Main St., Rochester, will host a multi-artist exhibit during the month of March entitled “Art at the Franklin Gallery.” It will feature seven artists: Renée Hardy, Kimberly Muese, Jill Vendituoli, Grace Ferguson, Evelyn Nitzberg, Corina Willette, and Peter Abate.

Coordinated by local artist Peter Abate, the exhibit

will consist of 35 works of art in a variety of styles and mediums, including needlepoint, oil, watercolor, and acrylic ink. An artists’ reception will be held on Friday, March 15, 4-6 p.m. and the public is invited to attend. Light refreshments will be served.

For more information, call 603-812-1488 or email riverstonescustomframing@gmail.com. Photo above: Needlepoint by Jill Vendituoli.



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GSS

Dover Public Library

Solutions to the Plastic Crisis

Virtually on Monday, March 4 at 7 p.m. Author, photojournalist, and scientist Erica Cirino shares her findings and current work communicating science-backed facts and solutions to plastic pollution as well as images from the frontlines of the plastic crisis. Free and open to the public. Registration is required to receive a link to the virtual talk.

JuBilly: Irish Music Concert

Wednesday, March 6 at 6:30 p.m. JuBilly is made up of Jules of Dover and Billy of Cobh County Cork, Ireland. They keep Irish heritage alive through traditional ballads played on guitar and accordion.

WorkReadyNH Info Session

Friday, March 8 at 11 a.m. WorkReadyNH is a tuition-free, professional skills course to help enhance resumes, improve interviews and communication, prevent and resolve workplace conflicts, and develop other essential skills. Dawn Hamdi from Great Bay Community College will be here to talk about this program, available to anyone age 16 and older.

Crafter Morning:

Sock Bunnies

Saturday, March 9 at 11 a.m. in the Activity Room. Kids ages 6 and up are invited to make a sock bunny. Registration required.

Penny Rug Making Class

Monday, March 11 at 1 p.m. Create small penny rugs in this class co-hosted by Phuong and Rachel. A penny rug is a decoration made of stitched-together, coin-shaped fabric scraps. Registration required.

Family Story-Time Field Trip to Riverside Rest Home

Wednesday, March 13 at 10 a.m. Come on a field trip with us to Riverside Rest Home, 276 County Farm Rd., Dover, for a multi-generational story time. Children of all ages with caregivers are invited to attend this program which includes stories, finger-plays, songs, and puppets. No registration is required.

Mush! Noggin the Sled Dog

Wednesday, March 13 at 6 p.m. What does it feel like to ride the runners behind a team of dogs, steering a loaded sled through mountainous terrain, crossing the vast Alaskan tundra, hugging the

shoreline of the great Bering Sea? Musher Karen Land with Alaskan Husky Noggin will talk about their experiences. No registration is required.

22nd Annual Poetry Contest

Prizes will be awarded in seven different categories: Grades K-2, 3-4, 5-6, 7-8, 9-10, 11-12, and adults ages 18 and older. Poems will be judged on originality, style, and creativity. The contest runs from March 13 to April 17. Contest rules and entry forms are available at the library and online.

Piece-by-Piece Puzzle Group

Thursday, March 14 and March 28, 10 a.m. - 12 p.m. in the Trustees' Room. What can improve your memory, reduce stress, and make new friends? We will have a 1,000-piece puzzle out for cooperative puzzling.

Celebrate Pi Day

Thursday, March 14 at 5:30 p.m. in the Activity Room. Teens in grades 6-12 are invited to celebrate Pi Day by crafting mini pies using bottle caps! All supplies will be provided, and no registration is required.

Meditation Class

Thursday, March 14 at 6:30 p.m. in the Trustees' Room. Try the Lift Method, created by Dover resident, Thomas McGreavey, which is an enhancement to traditional mindfulness meditation that can soothe anxiety and ease the flight-fight-freeze response on the spot. Registration required.

Seed Swap

Saturday, March 16, 1-3 p.m. in the Lecture Hall. Piscataqua Seed Project and Seacoast NH Permaculture will have seeds available and attendees are encouraged to bring seeds saved from their own garden or unused seeds they have purchased. Extra seeds will become part of the community seed bank and made available to growers and gardeners throughout the seacoast.

Peeps Contest

From Monday, March 18 to Saturday, March 30, build a diorama using Peeps of any color or species in a standard size shoe box, no larger than 16" x 16". Create your diorama based on a scene from a book. The first twelve entries will receive a free plush Peep bunny!

Demystifying AI: From Fiction to Function

Monday, March 18 at 6 p.m. in the Lecture Hall for "Artificial Intelligence" Chapter 3: diving into ChatGPT, Google Gemini, and more, discussing terminology and various use cases of AI technologies.

Caregiver Cafe

Wednesday, March 20 at 10:30 a.m. Join Cornerstone VNA support Dover area family caregivers with education and conversation. No registration is required.

Save Money, Protect Health, Cut Waste

Thursday, March 21 at 6:30 p.m. in the Lecture Hall. Learn practical options to save money while you cut waste. DES expert Paige Wilson will explain options to transform food waste at home or via drop-off at the Dover recycling center. The Dover Plastic Reduction Group will highlight convenient choices in groceries, home, and personal products that help protect health and cut waste while saving money too. Prizes will be awarded!

Egg Hunt

Friday, March 22 at 5:30 p.m. Teens in grades 6-12 are invited to an after-hours egg hunt inside the library! Search for glow-in-the-dark eggs around the main floor and finish with pizza. Candy and gift-card prizes will be hiding inside the eggs. Bring your own basket or tote bag to collect eggs. Registration required.

Hatchlings: Ready to Hatch

Saturday, March 23 at 11 a.m. An interactive early-literacy program for expectant parents to learn about your baby-to-be through songs and fun activities. Free book and song sheets, plus refreshments. Registration is required.

Sally Ride: America's First Woman Astronaut

Monday, March 25 at 6:30 p.m. in the Lecture Hall. Check out this one-woman play about Sally Ride's remarkable life, from childhood to after her career at NASA, and Sally Ride Science, the organization she created to encourage girls' interest in math and science.

Woodland Terrarium Class

Thursday, March 28 at 6 p.m. for adults in the Lecture Hall. Make felt mushrooms and create a mossy garden scene inside a jar. Registration is required.

Solar Eclipse STEM Event

Saturday, March 30 at 2 p.m. Gather in the library to discover, learn, and explore the eclipse phenomena through fun science and math experiments. All ages are welcome, and no registration is required.

For More Information

Call the library at 603-516-6050 or visit <http://library.dover.nh.gov>.

Lane Memorial Library

Winter Story Times

Tuesdays and Wednesdays through March 27 at 10:30 a.m. Join Miss Wendy for lots of wiggles and giggles in this family story time which includes songs, dance, and bubbles! No registration is required and open to all ages.

Gardens of the Emerald Isle

Wednesday, March 13, 6:30-7:30 p.m. presented with Hampton Garden Club. Discover the magic, myths, and beautiful gardens of Ireland: National Botanic Garden, Lismore Castle, Kilmacurragh Botanical Garden, Heywood Gardens, Powerscourt, Innacullin, and more. Speaker Jana Milbocker combines horticulture, design, and travel tips to educate and inspire new and seasoned gardeners. Registration is required.

Solar Eclipse Events

On April 8, New Hampshire will be in the path of a total solar eclipse. Are you ready for it? Learn about safe viewing practices, and the science behind why these occur. An adult presentation will be held Thursday, March 14, 6-7:30 p.m. A kids' presentation will be held on Saturday, April 6, 11 a.m. - 12:30 p.m., and include story time and creating a viewing box. Solar eclipse viewing glasses available. Registration is required.

First-ever Puzzle Race!

Saturday, March 16, 11 a.m. - 1 p.m. Do you and your friends have what it takes to be a puzzle-racing dream team? The first group to finish completing the puzzle in 90 minutes wins, and receives a trophy and prize. Open to all ages, registration is required.

Peep Dioramas

Peep dioramas are back! Show us your favorite movies, books, historical event, or pop culture moment with Peeps. Drop-off at the library March 18-23 and on display March 25-29. Need inspiration? An adult craft day will be held March 18, 2-4 p.m., while a kids' craft will be held

March 20, 11:30 a.m. - 1 p.m.. No registration required.

Can I Get You A Drink? True Stories of Female Poisoners

Thursday, March 21, 6:30-7:30 p.m. Join writer and researcher Erin Moulton to explore five female poisoners from American history, the drinks that did them in, and the trials that followed their deadly deeds. Registration is required.

Bluey Party

Saturday, March 30, 11 a.m. - 1 p.m. The whole library will be transformed into fun and immersive stations inspired by our favorite cartoon dog family from Down Under. Play a game of Keepy Uppy, put yourself in the world with a green screen photo opportunity, and make lots of Bluey crafts. Bluey outfits encouraged! Best for kids pre-K through 2nd grade. Registration is required.

For More Information

Call the library at 603-926-3368 or visit www.lanememoriallibrary.org.

North Hampton Public Library

Phone Donation Drop-Off

The library is accepting cell-phones and smartwatches for the Boston Children's Hospital who is collecting devices for families living with Type 1 Diabetes in order to keep them informed. The devices connect with Continuous Glucose Monitors to alert about dangerous blood glucose levels. To check compatibility, visit www.dexcom.com/compatibility/dexcom-g6-app. FMI: 617-286-2431.

For More Information

Call the library at 603-964-6326 or visit www.nhplib.org.

Rye Public Library

Phone Donation Drop-Off

The library is accepting cell-phones and smartwatches for the Boston Children's Hospital who is collecting devices for families living with Type 1 Diabetes in order to keep them informed. The devices connect with Continuous Glucose Monitors to alert about dangerous blood glucose levels. To check compatibility, visit www.dexcom.com/compatibility/dexcom-g6-app. FMI: 617-286-2431.

For More Information

Call the library at 603-964-8401 or visit www.ryepubliclibrary.org.



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GSS



People and Business Profiles



NCHC Recognized in Sustainable Craft Beverage Program

DOVER -

North Country Hard Cider (NCHC) is the first cidery in New Hampshire to be recognized in the New Hampshire Sustainable Craft Beverage Program. The Sustainable Craft Beverage Recognition Program is a free, voluntary program offered to environmental leaders in the craft beverage industry who go above and beyond to produce high quality eco-friendly craft beverages. Recognition requires the completion of an application and a site visit by New Hampshire Pollution Prevention Program (NHPPP) staff for verification. This visit also gives NHPPP staff the opportunity to offer additional suggestions for sustainability practices.

Two brothers and a best friend, Silas Gordon, Ivan Gordon, and Ron Dixon, took their passion for the natural world and stewardship of the environment to the next level when they opened the NCHC cidery in 2014. NCHC's mission is "to make the best tasting, purest hard cider on the planet – uncompromised." While it requires more work to produce an all-natural hard cider without adding sulfites, sugar, preservatives, or other additives, it is what sets them apart from other

cider producers. This sustainable practice not only allows them to focus on the fruit's fresh flavor but keeps unnecessary chemicals out of their products and the environment.

NCHC also purchases nearly all its cider fruit from local orchards whose agricultural methods they trust to ensure quality and guardianship of the environment, including its own family farm. While it might cost a bit more to purchase local fruit, it provides the environmental benefit of reducing carbon dioxide (CO2) emissions from interstate transportation. It also supports local farmers and the economy.

Specifically, the cidery keeps 46 metric tons of CO2 emissions from being released to the atmosphere by using energy-efficient equipment and solar power. They did this by installing an energy-efficient hybrid electric heat pump water heater and adding insulation to the building and all pipes. NCHC also reduces CO2 emissions by using energy-efficient electric forklifts, floor scrubbers and pallet jacks. Water and cleaning chemicals are reused throughout the cider making process and they offer a plastic PakTech (beverage carriers/handles) col-

lection box for recycling. Add to the fact that the tasting room is family- and dog-friendly and has more than 18 hard cider varieties on tap!

NHPPP at the New Hampshire Department of Environmental Services is a non-regulatory business assistance program founded in 1991. The program offers free technical assistance to all businesses and organizations throughout New Hampshire by helping them to reduce waste and save money. The new Sustainable Craft Beverage Recognition Program expands on work NHPPP has been doing with the craft beverage industry to improve energy efficiency, conserve water, minimize waste, and reduce the volume and strength of wastewater. The programs' goal is to publicly recognize craft beverage producers who are making sustainable choices, preventing pollution, conserving resources and encourage other producers to implement sustainable practices.

For more information, visit www.des.nh.gov/business-and-community/greening-your-business/sustainable-craft-beverages or contact Kathy Black at kathryn.black@des.nh.gov and 603-271-6460.

C&J Bus Lines Reopens Service to Logan Airport and New York City



DOVER -

As of February, C&J Bus Lines has reopened the Dover bus terminal's service to and from Boston's Logan Airport and New York City, offering 26 daily roundtrip schedules. The Dover terminal will operate 24 hours a day, and offers ample free parking.

"We're thrilled to announce the return of our Logan Airport and NYC service from the Dover

Terminal," said Brooks Jalbert, business development director at C&J. "The demand for this service has been evident, and we're excited to provide our riders with this additional service location. Our team has worked diligently to shape a new and enhanced bus experience, so we're ready to hit the road!"

For more information, visit www.ridecj.com/dover-nh or call 603-430-1100.

Underground Minerals Celebrates Ribbon Cutting with Chamber



SOMERSWORTH -

The Falls Chamber of Commerce recently celebrated the opening of Underground Minerals & More, a new shop at 90 High St., Somersworth, with a ribbon cutting ceremony. The gift shop sells crystals, gemstone trees, and stones, and offers intuitive life coaching and healing sessions.

"We are excited to welcome Underground Minerals to Som-

ersworth," said Chamber Executive Director Emerson Doiron. "They offer so many cool products and sessions that bring vibrancy to the downtown area."

The ceremony was attended by shop owners Stacy-Lynn Sheppard and Jeff Gudim, and Falls Chamber ambassadors and board members.

For more information, visit www.undergroundminerals.com or call 603-948-9494.

Bauman to Lead NH State Council on the Arts

DOVER -

Adele Bauman was unanimously confirmed by New Hampshire's Executive Council as director of the NH State Council on the Arts. Governor Chris Sununu nominated her for the position at the July 19 Council meeting.

Bauman comes to the Council after 16 years at the NH Division of Health and Human Services, where her work focused on the youth sector, including mental health services. While there, she was instrumental in developing the "Magnify Voices Expressive Arts Contest," which provides expressive arts therapy experiences to young Granite Staters.

"During the interview process, it became clear that Adele's passion for how the arts can transform lives equally matches her skill as a strong, compassionate leader," said Commissioner Sarah L. Stewart of the NH Department of Natural and



Cultural Resources, which oversees the council.

"Her experience in state government – including working with elected officials, developing long-range strategic plans, and navigating the budget process – really stood out. It's clear that she will be able to hit the ground running and continue to be a great asset to the state in this new role."

In addition to leading

council staff, the director oversees competitive grant processes and program services, compliance with state and federal financial requirements, and the legislative process as it relates to the arts. The director also seeks out collaboration and partnerships with state leaders and organizations across multiple sectors, including healthcare, education, and the creative economy.

"The arts touch our lives in ways that aren't always immediately obvious, whether it's a teenager learning how to better express themselves through creative writing, a patient managing their pain through music therapy or a community coming together to create public art that celebrates its downtown," said Bauman. "I look forward to working with the people of New Hampshire and their broad range of interests to create new experiences that will strengthen our communities, economies

and ourselves as individuals."

Bauman holds degrees from Northeastern University, Boston College, and the New England School of Photography. She lives in Dover with her family. In her spare time, she's often seeped in a wide range of

outdoor activities.

Funding for grants and services is provided by the New Hampshire Legislature and the National Endowment for the Arts, a federal agency. For more information, visit www.nh.gov/nharts.



BUSINESS & FINANCE



Foundation Awards \$500K in Grants and \$20K in Scholarships

SEACOAST -

The Foundation for Seacoast Health recently awarded \$395,000 in Angel Grants to 14 nonprofit organizations, \$105,000 to support seacoast youth access to mental health, and \$20,000 in scholarships to six students pursuing health related degrees. A reception was held in June at the Wentworth Country Club to recognize the grantees and recipients, and honor recently retired Trustee Dr. Mark Jacobs.

Angel Grants are the foundation's unrestricted general operating grants, established as a short-term giving strategy as they move through their own strategic planning process and determine focused areas of need for the community. Organizations must work to improve the health and well-being of the seacoast and are nominated to apply by a foundation trustee. In 2023, 14 deserving organizations of various sizes representing a range of sectors received a grant between \$10,000 and \$50,000.

Grantees include the following organizations: Cornerstone VNA, Haven, Seacoast Youth Services, Connections Peer Support, Footprints Food Pantry, Fairtide, Seacoast Village Project, Friends in Action, GoodWork, Seacoast Mental Health Center, Cross Roads House, Families First - Greater Seacoast Community Health, Gather; Joan G. Lovering Health Center.

Foundation trustees also selected The Chase Home as the recipient of the Terry Morton Award for At-Risk Youth. As a founder of the foundation, Morton was dedicated to providing all young people with opportunities to reach their full potential and enter early adulthood with the skills, self-esteem, and confidence needed to make sound decisions and healthy

life choices.

The \$25,000 grant will be used to train staff in "The Seven Challenges." This evidence-based program helps adolescents address situational and psychological problems, co-occurring life skill deficits and alcohol and drug problems. Staff will also be trained in Dialectical Behavior Therapy, a form of cognitive behavior therapy.

Five other nonprofit organizations were awarded grants to support teens' access to mental health support and services. These include Safe Harbor, Arts in Reach, Seacoast Outright, Big Brothers Big Sisters, and Portsmouth Housing Authority.

\$20,000 in scholarships went to six deserving students pursuing health related degrees. Lindsey Bogh, of Eliot, ME, pursuing her masters in speech language pathology, received the Edwina Foye Award for \$5,000. Lilia Potter-Schwartz, of Portsmouth, pursuing her bachelor's degree in molecular biophysics and biochemistry, received the Steven Cutter Scholarship Award for \$5,000. In addition, four \$2,500 general scholarships were awarded to Jillian Carr of York, ME, Tesfanesh Gautreau of Kittery, ME, and Rebecca Brockney and Sarah Morin, both of Portsmouth.

The Foundation for Seacoast Health is a nonprofit, private foundation funded through a combination of contributions from individuals and the proceeds of the 1983 sale of Portsmouth Hospital to Hospital Corporation of America. Established in 1984, the Foundation has been a catalyst for positive change, promoting a wide range of creative initiatives to improve the health of the community and the well-being of seacoast residents. The total investment in the community to date exceeds \$75 million dollars in grants and scholarships. Learn more at www.ffsh.org.

Project Aims to Access New Market for Wood from Northern Forest States

STATEWIDE -

As the trend toward mass timber construction grows, Northern Forest states are at risk of missing out on this opportunity to reduce the climate impacts of construction while also tapping into new markets because the region has no facilities for manufacturing mass timber.

The University of New Hampshire (UNH) Cooperative Extension is working to close this opportunity gap through a project that will achieve two goals: test and certify the region's softwoods for use in cross-laminated timber (CLT) construction and make CLT panels composed of wood from New Hampshire available to builders at a cost-effective price.

The project to test CLT from the region's SPFs (spruce, pine, fir) is made possible through the Future Forest Economy Initiative as part of its \$3-million effort to expand markets for the region's wood supply in order to support the region's economy and help keep forests as forests. The initiative is a cooperative effort of the U.S. Economic Development Administration, U.S. Endowment for Forestry & Communities, and the Northern Forest Center, which manages the initiative.

Milan Lumber in Milan, NH, won the contract to mill the local timber that was then dried and sent to Sterling Structural, a CLT mass timber manufacturer in Illinois. Sterling produced the CLT panels that were shipped to the University of Maine, where they were tested to ensure they met the PRG-320 standards for cross laminated timber, which specify requirements for strength, fire resistance, and other qualities. Both eastern hemlock and the SPFs have passed certification, and are now available products through Sterling, with current projects under contract.

"It's really exciting! There

is tremendous interest from the building community to use CLT made from local species. This project will strengthen the supply chain and allow forest product entrepreneurs to scale up as demand for this product increases in the region," said Andrew Fast, forest industry state specialist for the UNH Cooperative Extension. "Once the demand grows strong enough, we hope that will be incentive for a manufacturer to build a facility here to use local species and serve the Northeast market."

"Mass timber" is an engineered wood panel that is typically up to 50-feet long, 2- to 10-feet wide, and up to 14-inches thick. To produce CLT, 2-inch boards are glued together with each layer turned 90 degrees from the adjacent layers. CLT is typically 3 to 9 layers thick depending on its application and required strength. The resulting panels are fastened together.

"CLT's strength, beauty, light weight, mechanical characteristics, and stored carbon make it a versatile building material that can displace fossil fuel-intensive building materials such as concrete and steel," said Fast.

"We get a double climate benefit when we use mass timber," agreed Joe Short, vice president of the Northern Forest Center. "The panels lock up and store carbon for their entire life, which could easily be 100 years or more, and they displace products that have much larger carbon footprints."

This is not the first project to qualify Northeastern species for CLT, but it will be the first to make SPFs CLT panels produced available to builders in the Northeast.

"There are many people and entities across the region that have contributed to the development of CLT here," noted Fast. "This effort is a continuation of their good work."

The University of Maine (UMaine) and University of Massachusetts have been leaders in research for developing CLT from the region's softwood species. UMaine has worked with SmartLam to qualify SPFs in Montana, and the North East State Foresters Association (NESFA) with financial support from the U.S. Forest Service has qualified eastern hemlock with SmartLam in Alabama.

In conjunction with the current project, UNH is collaborating with the U.S. Forest Service, State of Massachusetts, and

the NESFA to qualify eastern hemlock CLT at the Sterling Structural plant.

The Northern Forest Center (www.northernforest.org) is a regional innovation leader and investment partner creating rural vibrancy by connecting people and economy to the forested landscape.

The U.S. Endowment for Forestry & Communities (www.usendowment.org) is a not-for-profit public charity working collaboratively with partners in the public and private sectors to advance systemic, transformative, and sustainable change for the health and vitality of the nation's working forests and forest-reliant communities.

North East State Foresters Association (www.nefainfo.org) consists of the state foresters of Maine, New Hampshire, Vermont, and New York, cooperating with the USDA Forest Service State and Private Forestry, to assure the productivity and health of the forests, and to support the businesses and forest landowners that depend on them for their livelihood.

The UNH Cooperative Extension collaborates with county, state, and federal governments, in every New Hampshire county, focusing on topics such as community and economic development, education and 4-H youth development, food and agriculture, health and well-being, and natural resources. For more information, visit <https://extension.unh.edu/> or call 877-398-4769.

... TAXES from page 1

VITA strives to serve people who are underserved, such as those with disabilities, limited English language proficiency, grandparents raising their grandchildren, and people experiencing homelessness who are working, but not bringing in enough to put a roof over their heads. The VITA volunteers are trained on all of the latest tax preparation changes and they help thousands of individuals and families throughout New Hampshire.

The VITA program is a partnership with United Way, Citizens, the IRS, and AARP Foundation Tax Aide. For more information, visit www.graniteuw.org or call 603-380-9744.



GSS



People and Business Profiles



KSB Sponsors Award-Winning Racial Unity Team

SEACOAST -

Kennebunk Savings (KSB) is supporting the work of the Racial Unity Team with a \$10,000 sponsorship. The group, a 501(c)3 based in Stratham, works with schools, businesses, municipalities and communities to foster racial justice and broader cultural understanding. The organization's "Arts in Action" public school program recently received the 2023 Governor's Arts Education award.

"It's exciting to see the Racial Unity Team receive such deserved acclaim," said Will Hygh, chair of the bank's DE&I Council. "Here at the bank, we've worked to find ways to elevate and highlight different voices and experiences, and there's always so much to learn. We really value what the team does at schools and in the community, starting the conversation early and sustaining it, making us all more aware of each other and our lived experiences."

Ken Mendis, founding member of the team and current board chair, understands the importance of diversity and



Left to right: Kennebunk Savings Dover Branch Manager Dory Polanco, Racial Unity Team Board Chair Ken Mendis, Vice Chair Sylvia Foster, and Administrative Director Kelly Touhey-Childress.

inclusion efforts in workplaces like the bank. "Cultivating an inclusive work environment can actually reduce employee turnover," he explained. "It's a logical conclusion when you realize that staff who feel valued and that their voice is heard will stay with a company longer than those who don't. Inclusion, diversity, and equity empower your employees to take pride in their work and the company."

Dory Polanco, a branch manager with Kennebunk Savings, volunteers on the team's board of directors. "I came to the United States when I was four

years old," she said. "English was my second language, and it was really hard for me to find that inclusivity that I was missing. Growing up, I yearned to have a safe haven where I could go to relate to people who looked like me, sounded like me, shared my experiences. Now that I am in a position where I can be a part of an organization like the Racial Unity Team, I want to make sure that every kid has that opportunity. To express themselves, and feel like they belong."

For more information, visit www.racialunityteam.com or call 603-263-6511.

United Way Receives \$175K from Eversource Foundation and Employees



STATEWIDE -

United Ways across New Hampshire announced that Eversource Energy has provided them with a \$175,000 donation. This financial support will help allow United Way to continue providing critical health, education, and financial stability services directly to families in the area.

"We value our long-term relationship with Eversource and are continually impressed with the generosity of both the Eversource Foundation and the employees who give to United Way each year," said Patrick Tufts, president and CEO of Granite United Way. "These funds will be directly impact the lives of thousands of individuals who count on us."

"We are dedicated to supporting the United Way's mission and its local agencies that deliver life-changing services in the communities we serve every day," added Theresa Hopkins-Staten, Eversource Foundation president and vice president

for Corporate Citizenship and Equity. "Not only are our employees committed to making a direct impact through these local non-profits by reaching into their own pockets year after year, they volunteer thousands of hours annually to help make a difference for those in need."

Eversource transmits and delivers electricity and natural gas and supplies water to 1.8 million customers throughout Massachusetts. The company is empowering a clean energy future in the Northeast, with nationally recognized energy efficiency solutions and successful programs. For more information, visit www.eversource.com and www.aquarionwater.com.

Granite United Way serves the central region, Merrimack County, greater seacoast region, north country, northern and southern regions, and upper valley regions of New Hampshire as well as Windsor County, Vermont. For more information, visit www.graniteuw.org.

SUP Hires New Executive Director

PORTSMOUTH -

Step Up Parents (SUP), a nonprofit that provides financial assistance and other support to families caring for children whose parents suffer from substance use disorder, has hired a new executive director — one with big plans to help the organization grow!

Jessica Parker brings more than fifteen years of experience working with New Hampshire nonprofits to her new role, encompassing everything from fundraising and marketing to community outreach and organizational management. She most recently served as development and communications director for Hope on Haven Hill, a Rochester-based nonprofit committed to empowering women struggling with substance use disorder (SUD). Throughout her years in the nonprofit sector, Parker has seen firsthand the toll that SUD can take — on individuals, families, and communities alike. Now, she's determined to use her expertise to broaden SUP's impact in New Hampshire and Southern



Left to right: Jennifer DuChene, Jessica Parker, Denyse Richter.

Maine.

"I'm so honored to have the opportunity to apply my skills and experience to help the organization grow and continue to meet the needs of kinship caregivers," Parker said. "I want to make sure we're doing everything we can to provide a safe, supportive, and caring home environment for the children and families we serve. I can't wait to see what the future holds."

For Denyse Richter, SUP's founder and outgoing executive

director, Parker's hiring represents a watershed moment for her beloved organization.

"Over the past six years, I've been so touched by the amazing community of kinship caregivers we've had the honor to serve," said Richter, who will continue to serve on SUP's board of directors. "It's truly been a labor of love. SUD is a 'family' disease, but there's been too little focus on the collateral damage of addiction — especially the impacts on children. I truly believe our work is making a difference. It's about showing these kinship caregivers that they're not alone, and that we understand how difficult it is. I know that Jessica has the expertise, empathy, and passion to do this important work and I'm so excited to pass the torch to her."

Looking ahead, Parker said she's ready to hit the ground running: working closely with the board to bolster the organization's fundraising efforts, creating new community partnerships, and ensuring that SUP continues to make a positive impact.

For more information, visit www.stepupparents.org or call 603-319-4739.

WMEX-LP Named "Station of the Year"

ROCHESTER -

WMEX-LP 105.9-FM was named "LPFM Station of the Year" by the New Hampshire Association of Broadcasters (NHAB) at their annual convention held in Concord this past fall.

The NHAB awards "Granite Mikes" to the state's best radio and television stations in fifteen different categories. 2023 was the first year that WMEX-LP entered the annual awards competition, and came home as "New Hampshire's Best Radio Station" in the LPFM category, as judged by its radio peers.

WMEX-AM played the hit songs back when New Englanders wore bobby sox and poodle skirts, but today — WMEX-LP plays "The Most Amazing Oldies" from the 1950s through

the 1980s — sounding much better in FM stereo. The voice of the station's most popular air personality, and one of the most popular in New England, Arnie "Woo Woo" Ginsburg, can still be heard on WMEX-LP 105.9-FM.

WMEX-LP is a local nonprofit organization who's mission is to keep "The Heritage of WMEX" alive, as well as supporting all things local to Rochester. The station is financially supported by underwriting from local businesses and donations from its listeners. The station's air personalities are entirely volunteer, having retired from decades of working in professional radio.

For more information, visit www.1059WMEX.com or call 352-410-3999.



Health & Fitness

WDH Grant Provides \$50K to Alliance for Community Transportation



DOVER -

For the second straight year, Wentworth-Douglass Hospital (WDH) has awarded a \$10,000 community benefit grant to the Alliance for Community Transportation (ACT), a group that provides community transportation, largely for seniors and adults with disabilities, in Southeastern New Hampshire. Wentworth-Douglass awarded the same grant in 2022, which allows ACT to access an additional \$40,000 in federal funds.

“We know firsthand what a meaningful impact ACT’s programs had last year – and every year – on the health and wellbeing of our communities,” said Michelle Hanson, director of strategic planning and community benefit at WDH. “Our contribution, paired with the acquisition of federal dollars, will help ACT remove transportation and coordination barriers for so many of our neighbors.”

ACT’s lead agency and fiscal sponsor is the Cooperative Alliance for Seacoast Transportation (COAST), but its work is primarily funded by Federal Transit Administration funds that are passed through the NH Department of Transportation. ACT must provide non-USDOT funding to leverage the \$40,000 in federal money.

“I’m grateful once again to Wentworth-Douglass for funding this life-sustaining service throughout our region,” said Jeff Donald, regional mobility manager for ACT and TripLink, a regional transportation call center. “We booked more than 30,600 trips last year for 740 people, and we’re on track for 35,000 trips this year, so we’re confident our ridership will return to pre-pandemic levels.”

TripLink operated continuously throughout the pandemic, ensuring that the region’s most vulnerable residents continued to have access to medical care, grocery shopping, and other transportation needs. One of ACT’s goals is to

return ridership to pre-pandemic levels, which would equal 40,000 annual trips scheduled through TripLink. The organization has already smashed its goal of enrolling 25% of clients for more than one service by the end of the year. As of February, 59% are registered for multiple services.

“Our aging population creates an increased need for transportation, allowing seniors to receive regular medical care and “age in place,” said Donald, “Aging in place not only allows seniors the ability to continue to participate in their communities, but it’s also more cost-effective for tax-payers than institutional housing.”

Wentworth-Douglass conducts a Community Health Needs Assessment every three years to identify where the hospital should focus its programs and services to improve the overall health of the individuals and families it serves. The funds donated are approved by the hospital’s Community Benefit Funding Disbursement Committee and are not raised through any public or private donations.

For more information, visit www.communityrides.org or www.wdhospital.org, or call TripLink at 603-834-6010.

Lydia’s House of Hope Receives \$10K Grant to Expand Trauma-Informed Care, Hosts March Events

SOMERSWORTH -

Wentworth-Douglass Hospital (WDH) recently awarded a \$10,000 community benefit grant to Lydia’s House of Hope (LHOH) to assist in the expansion of trauma-informed clinical services provided to their in-house residents.

Since 2016, LHOH has offered a highly-structured, 365-day, residential program for homeless women and children, many of whom have experienced difficult circumstances, such as extreme poverty, domestic violence, and substance use disorder. The goal is to break the cycle of generational homelessness and transition families into wholeness and healing.

“We are pleased to support Lydia’s as they continue to grow their trauma-informed care services, and we feel that the ongoing development of these services is well-aligned with needs identified in our most recent Community Health Needs Assessment,” said Meaghan Heusler, WDH community benefits manager.

LHOH will use this funding to expand their in-house nurse advocacy and trauma therapy programs. The board-certified patient advocate and registered nurse helps residents address factors which impact health equity, well-being, and quality of life. Grant funding will also support the expansion of in-house trauma therapy focused on mind-body connection and healing in a safe and supportive environment.

“Over the past two years,



Left to right: Meaghan Heusler, community benefits manager at WDH; Theresa Tozier, executive director and founder of LHOH; and Maria Benzekri, administrator at LHOH.

our residents are arriving with more complicated medical and trauma histories, an extensive list of medications, gaps in their medical history, and a lengthy list of co-morbidities. Our nurse advocacy and trauma therapy programs are vital to the wellbeing of our residents, and the expansion will have a lasting positive effect on the mental, emotional, and physical health of these families. Services like this would not be possible without support from partners like Wentworth-Douglass,” said Theresa Tozier, founder and director of Seeds of Faith Ministries and LHOH.

Lydia’s accommodates up to 25 residents (12 families) at a time, and regularly provides the residents with case management, occupational therapy, substance use counseling, and referrals based on individual needs. Residents participate

in classes focused on parenting, computer skills, budgeting and finance, cooking and nutrition, art therapy, organization, time management, communication, and more. Upon completion of the program, residents graduate with employment, an educational certificate, a savings account, a vehicle, safe and affordable housing, and support from staff and the community.

Lydia’s House of Hope has recently announced a spring art show and open house on Friday, March 22, 4-8 p.m. on site at 21 Grand St., Somersworth. Visitors can tour the beautiful 33-room historic home, purchase artwork made by creative residents, and enjoy refreshments.

For more information, visit www.lydiashousenh.org, call 603-692-3100, and find them on Facebook.

Ruru Appointed COO at PRH

PORTSMOUTH -

Portsmouth Regional Hospital (PRH) has appointed Michelle Ruru as chief operating officer as of August 1. Ruru comes to PRH from HCA Healthcare’s Ogden Regional Medical Center, a 238-bed level-2 trauma center in Utah, where she served as vice president of operations.

“Michelle is coming to us with exceptional experience on both the clinical and operational sides of the business, which will be a great asset to her, and to our

colleagues, as she transitions into her new role,” said Dean M. Carucci, chief executive officer of PRH and market president of HCA Healthcare - New England. “We’re confident that Michelle’s skills, enthusiasm, and energy will be a great addition to our team.”


As vice president of operations at Ogden Regional Medical Center, Ruru was responsible for numerous clinical, ancillary, and facility departments including plant operations, imaging

services, laboratory, physical therapy, and more. She started her healthcare career at HCA Healthcare’s Cache Valley Hospital in Logan, Utah, in 2008 where she worked in a range of progressively responsible roles from director of wound care, hyperbaric medicine and infusion therapy, to director of ancillary services, which included oversight of nearly a dozen departments throughout the hospital.

Ruru earned both her master of business administration in healthcare management and her bachelor’s in business and healthcare management at



Western Governors University, and is a member of the American College of Healthcare Executives.



People & Business Profiles

Greg West Photography Now Offers 3D

SOMERSWORTH -

For 30 years, photographer Greg West has been transforming pictures of buildings into compelling images. Whether shooting interiors or exteriors, West's skill conveys the artistry, history, or significance of the location being shot. Now West is broadening his scope, offering revolutionary 3D virtual tours! The "Open Walls 3D Virtual Tour" is like x-ray vision for builders and building owners, allowing them to document the construction progress of a building project while capturing all of the mechanicals inside the walls before the walls are sealed up.

"Mapping the location of piping, electrical services, and other key elements provides an invaluable resource for the future maintenance of the building," explained West. "Subcontractors find it an invaluable tool in helping them hit their marks when installing cabinet and fixtures. Home-owners also benefit as they can change or confirm building specs before drywall is installed. It also confirms progress on the job and is a great resource for troubleshooting."

West noted that senior living facilities, hospitality venues, and

retailers have also been taking advantage of this new service. "A 3D virtual tour allows anyone with internet access to take a tour of a retirement facility, visit a wedding venue or shop a store, without leaving home," he said. "A 3D tour makes a wealth of places accessible and helps both the business and the customer."

The tours also come with special features such as embedded tags that allow you to insert customized PDF files, links to other resources, text, and videos.

West moved to the Granite State in 2001, and soon became a popular photographer for regional design magazines such as "Accent," "Coastal Home," "Coastal Design," and "New Hampshire Home." His work may look effortless but in reality, the finished product may have taken hours or even days of pre-planning. "Certain subjects can require some research, such as modern buildings with lots of glass, gleaming white kitchens, or subjects with metallic surfaces or tricky light angles. My job is to figure out how to get the shot before I trigger the shutter."

To learn more, visit www.gregwestphotography.com or call 603-740-9451.

PSO Welcomes New Board Members

PORTSMOUTH -

The Portsmouth Symphony Orchestra (PSO) recently welcomed Paul Lanzoni and David J. Murray to its board of directors.

Paul Lanzoni (left photo) is a New England native with more than 30 years of professional experience, most recently as the owner of a strategy execution company, InventaEQ, which focuses on accelerating the growth of early-stage companies. Prior to that, Lanzoni spent more than 25 years in technology at Salesforce, Snowflake, HP, IBM, and various early-stage organizations. He started his career as an aerospace engineer at Pratt & Whitney and helped pioneer NASA's supersonic engine designs. Lanzoni lives in Portsmouth with his wife Janice and daughter Tess.

David Murray (right photo) is an award-winning photographer, videographer, and FAA certified drone operator based in New Castle. He has done commercial photography and videography for hundreds of businesses, agencies, and production companies



across the country, as well as for many Portsmouth-area nonprofits including The Music Hall and Strawberry Banke. Murray started ClearEyePhoto in 2008 after retiring from a 30-year career as a Silicon Valley executive, computer scientist, and entrepreneur. Among many career highlights, Murray co-founded Frame Technology Corporation, a San Jose, CA-based provider of technical publishing software that went public in 1992 and was acquired by Adobe Systems in 1995. Murray is currently on the boards of Ice Dance International and Adjela Learning Corporation, and is a member of the National Advisory Council for Strawberry Banke Museum. Previously, he served as Trustee

of the New Hampshire Institute of Art, board member for the New Hampshire Society of Photographic Artists, and on the New Hampshire Charitable Foundation Advisory Board.

The Portsmouth Symphony Orchestra is committed to contributing high-quality symphonic music to the seacoast community, and educating, entertaining, and encouraging the audiences of today and tomorrow. Founded in 1997, the orchestra is comprised of more than 65 local professionals, educators, dedicated amateurs, and advanced students. For more information, visit www.portsmouthsymphony.org or call 603-686-8133. David Murray photo by Ron St. Jean.

~ Puzzles ~

CLUES ACROSS

- Chaps
- Currently fashionable
- Collision
- More slim
- European city
- Implicitly
- The side of something that is sheltered from the wind
- The Mount Rushmore State
- Gold or silver wire cord
- Muscles along insects'

diaphragm

- Trent Reznor's band
- Sweet juicy gritty-textured fruit
- Broken branch
- Indicates ten
- Expression of annoyance
- Brings together
- Ancient city in Thrace
- Sailors' spirit
- Looked into
- Muckraking woman

journalist Rheta

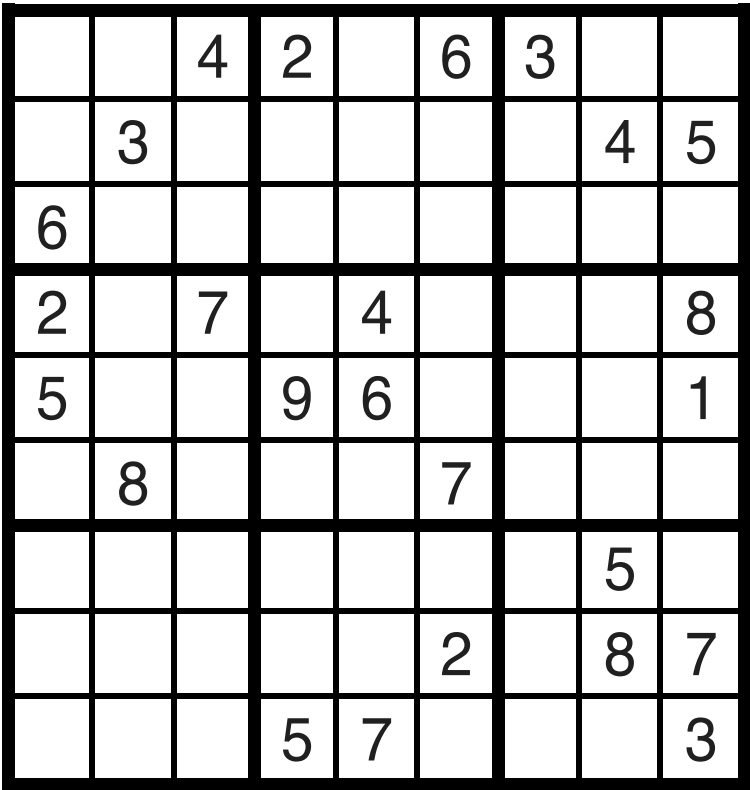
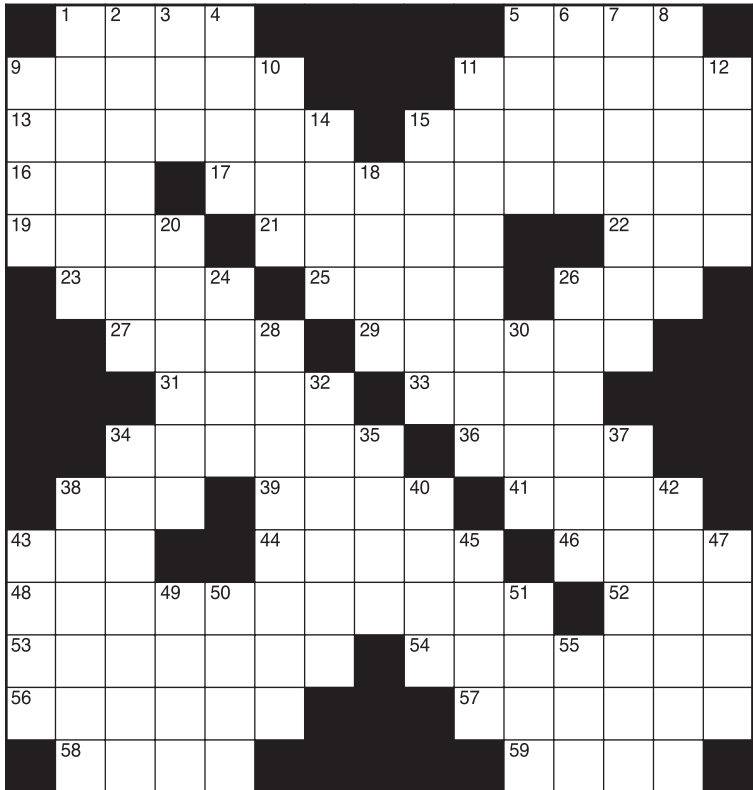
- A type of cast
- One's responsibility
- Where golfers begin
- Make a mistake
- Semitic Sun god
- Ancient Italian-Greek colony
- Beheaded
- A place to stay
- Unwise
- Most supernatural

- "Dennis" is a famous one
- Ointments
- Exam
- Leaked blood

CLUES DOWN

- Baseball managers assemble it
- Revised
- Mountain is a popular kind
- Takes to civil court
- Pouches

- A type of veil
- Chants
- Boston hoopster
- Elongated appendage
- Sailboat
- 2017 Oscar-winning film
- Actor Gosling
- Monetary units
- Assembly
- Russian pop duo
- Embellished with expressions
- Infrequent
- Temperature unit
- Hydrophilic amino acid
- Honk
- Legislative body
- Swinish
- Russian assembly
- Take over for
- Put in advance
- Satisfy
- Felt
- Dutch cheese
- Witnesses
- Strong insects
- Gasteyer and de Armas are two
- Ancient people of Scotland
- Cheerless
- Sick



ANSWERS TO THIS
WEEK'S PUZZLES
ARE ON PAGE 7

~ Calendar of Events ~



Wednesdays

Cribbage for a Cause
6:30-9 p.m. every Wednesday at WHYM Craft Pub & Brewery, 853 Lafayette Rd., Hampton, benefiting the Annie's Angels Memorial Fund. \$10 per person. FMI: www.anniesangels.org or 603-686-4224.

Sunday, March 3

CLUB 3S: Old School Hip-Hop Dance Party
9 p.m. at 3S Artspace, 319 Vaughan St., Portsmouth. DJ Skooch and DJ MAM will transport dancers back in time with the best hip-hop tracks from the golden era. FMI: 603-766-3330 or www.3sarts.org.

Tuesday, March 5

Charity Night at Flatbread Pizza
5-9 p.m. at Flatbread Pizza, 138 Congress St., Portsmouth. The Friends of the Earth, Sea & Space Center will receive a percentage of sales from pizzas sold, both dine-in and take-out. Also selling raffle tickets. FMI: www.earthseaspace-museum.org or 603-436-7778.

Understanding Behaviors through a Sensory Lens: Touch
7-8 p.m. Is getting your child dressed a struggle everyday? Could their actions – or lack of – be a result of sensory issues associated with the sense of touch? Danielle Heaton is the director and a coach at Twenty-One Senses, and a special needs parent. She will examine common behavior struggles associated with the sense of touch and provide strategies to support a positive outcome during this webinar. FMI: www.dovernh.org or 603-742-2218.

Wednesday, March 6

Power Biz Hour: 401k For Small Business
12-1 p.m. at the Chamber Collaborative of Greater Portsmouth, 500 Market St. Unit 16, Portsmouth, and by Zoom. Featuring John Barron, ChFC, president of Barron Benefit Advisors, Inc. who will discuss types of 401K plans and how to implement them. FMI: www.portsmouthchamber.org or 603-610-5510.

Ladies Night
5:30 p.m. Join the ladies of White Birch Armory on the first Wednesday of each month to network with like-minded women, ask questions in a non-judgmental environment, improve your shooting skills, and create a community around women in shooting sports. Each month our female instructors will review products within the industry and highlight what they love the most. FMI: www.dovernh.org or 603-742-2218.

Thursday, March 7

CelebrateHER Educational Series: How to Harness Your Own Agency
10 a.m. - 12 p.m. at the Press Room, 77 Daniel St., Portsmouth. Local panelists will speak on the challenges they have faced in their career, and lessons they learned along the way. Time available for questions and networking. FMI: www.portsmouthchamber.org or 603-610-5510.

Saturday, March 9

Nature as My Muse with The Center for Wildlife
10-11 a.m. at the Children's Museum of New Hampshire, 6 Washington St., Dover. Learn about wild animals with The Center for Wildlife in Cape Neddick, ME, and their animal ambassadors. Afterwards, take inspiration from nature to create some fun artwork to take home. FMI: www.dovernh.org or 603-742-2218.

Sunday, March 10

Marbled Paper Demo
11:30 a.m. - 1 p.m. at Seacoast Artist Association, 130 Water St., Exeter. Featuring fabric-artist Sarah Shea Smith of Newmarket. Sarah has been marbling paper and fabric for two decades. Free to attend, but the donations welcome. FMI: www.seacoastartist.org or 603-778-8856.

Monday, March 11

Be Connected to the Elected
4:30-6:30 p.m. at 110 Grill Portsmouth, 103 Hanover St., Portsmouth. Featured speakers include Portsmouth Mayor Deaglan McEachern and State Senator Rebecca Perkins Kwoka. Enjoy complimentary appetizers and a cash bar. FMI: www.portsmouthchamber.org or 603-610-5510.

Tuesday, March 12

State of the State Address
8-9:30 a.m. at Atlantic Grill, 5 Pioneer Rd., Portsmouth. Governor Sununu will address the greater Portsmouth business community. Presented by the Chamber Collaborative of Greater Portsmouth, this event is open to the public, and includes breakfast and time

for questions and answers. Tickets are \$25 for chamber members, \$30 for community members, and available at <http://tinyurl.com/StateoftheState2024>.

Wednesday, March 13

Power Biz Hour: Employee or Independent Contractor?
12-1 p.m. at Chamber Collaborative of Greater Portsmouth, 500 Market St. Unit 16, Portsmouth, and by Zoom. Featuring Brian Bouchard, Esq. of Sheehan Phinney, who will discuss the worker classification conundrum, and New Hampshire-specific rules to mitigate compliance risks. FMI: www.portsmouthchamber.org or 603-610-5510.

Long Story Short: Going Solo
7 p.m. at 3S Artspace, 319 Vaughan St., Portsmouth. Whether making a difficult decision, processing grief, or trying to reconnect with who we are, solitude can be a catalyst for big ideas and transitions. Hear stories about bucket-list trips, life-altering decisions, and managing our inner monologues! FMI: 603-766-3330 or www.3sarts.org.

Thursday, March 14

Downsizing Made Easy
12 p.m. Maple Suites has partnered with Moves for Seniors to share helpful information on how to decrease the stress of decluttering and organizing while downsizing. FMI: www.dovernh.org or 603-742-2218.

Saturday, March 16

Rollinsford Farmers Market
10 a.m. - 2 p.m. at Wentworth Greenhouses, 141 Rollins Rd., Rollinsford. Saturdays until April. FMI: www.seacoateatlocal.org.

Tuesday, March 19

You're Welcome: A Safe Space for Queer and Ally Networking

8:30-9:30 a.m. at Cup of Joe, 31 Market St., Portsmouth. Join Seacoast Outright and the Chamber Collaborative of Greater Portsmouth over coffee and treats for networking. FMI: www.portsmouthchamber.org or 603-610-5510.

Friday, March 22

Scarlet Keys Book Release and Concert
8 p.m. at 3S Artspace, 319 Vaughan St., Portsmouth. Author, Berklee College of Music professor, and award-winning songwriter, Scarlet Keys will read excerpts from her new book "What if it All Goes Right: Practicing Hope in the Hardest Times." She'll also perform songs composed for the book, and speak about hope. FMI: 603-766-3330 or www.3sarts.org.

Wednesday, March 27

"Women on the Water" Film Screening and Discussion
7 p.m. at 3S Artspace, 319 Vaughan St., Portsmouth. Listen to the stories of six women who overcame personal and societal challenges to establish themselves in lobstering, seafood distribution, oyster farming, and tuna fishing. FMI: 603-766-3330 or www.3sarts.org.

Saturday, March 30

Community Food Drive
9 a.m. - 3 p.m. at the Market Basket, 60 Tri-City Rd., Somersworth to benefit the Community Food Pantry in Somersworth and Seeds of Faith Food Pantry in Rollinsford.

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An Inconceivable Evening with Cary Elwes
7 p.m. at the Music Hall, 28 Chestnut St., Portsmouth. Join Cary Elwes for a behind-the-scenes look at life on and off the set of the classic film, "The Princess Bride." After a screening of the iconic movie, Elwes (Westley) will engage in a discussion, moderated by Dan Hannon, and reveal never-before-shared secrets and tales of inconceivable antics. FMI: www.themusichall.org or 603-436-2400.

Saturday, April 6

Time For Joy Fellowship
First Saturday of every month at the First United Methodist Church, 129 Miller Ave., Portsmouth. 8:30-9 a.m. Complimentary fruit, pastries, and coffee. 9-10 a.m. Speaker and/or discussion. FMI: www.igotbridged.com or 1-866-274-3433.

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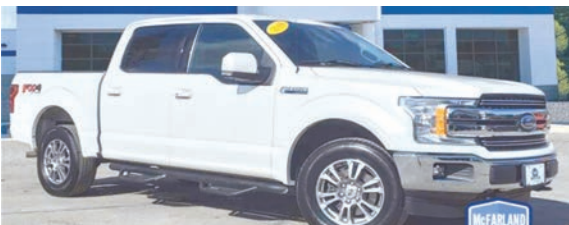
**1 Year Complimentary
Maintenance**



2018 FORD F-150 LARIAT 4X4
#RP1213
\$32,899



2024 FORD BRONCO BIG BEND 4X4
#R8428A
\$30,999



2019 FORD F-150 LARIAT 4X4
#RP1224
\$28,994