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Friday, September 1, 2023

Volume 15 • Issue No. 9

Thunder Over NH Returns for 2023

PORTSMOUTH -

The 2023 Thunder Over New Hampshire Air Show will be thundering over the seacoast on Saturday, September 9 and Sunday, September 10. Produced by Herb Gillen Airshows, the annual event benefits the New Hampshire Military Assistance Foundation, a non-profit established in 2014 to support New Hampshire's military members and their families, particularly those of the National Guard. On each day, the Pease Air National Guard Base will open parking lots at 8 a.m., gates and ground displays at 9 a.m., with perfor-



mances 12-4 p.m., closing all at 5 p.m.

General admission for the show is free and does not require a ticket. However, every vehicle parking on site is required to obtain a free or paid parking pass in advance of the show (not avail-



able at the gate). A few premium parking passes are still available in the south lots. All free parking in the north lots has been sold out. New this year is a rideshare drop-off and bicycle parking location near the south gate in front of the Pease terminal building. A lim-



ited number of club memberships are also still available, providing a top-shelf show experience.

With more than 51 acres of space, "Patriot Plaza," presented by Service Credit Union, will host dozens of aircraft displays, hands-on educational activities

for kids of all ages, dining, concessions, souvenirs, commercial exhibits, and a Kidz Zone play area.

Among the performers are the U.S. Air Force F-16 Viper Demo Team, New Hampshire ANG KC-46A, Vermont Air National Guard F-35A Lightning II, Massachusetts ANG F-15 Eagle, KC-135 Demo Team of the Fairchild AFB, U.S. Special Operations Command Para Commandos, Rob Holland, Kent Pietsch, Lou Horschel with the P-51C "Mad Max," Smoke-N-Thunder Jet Truck, as well as Maverick and Iceman impersonators from the movie, "Top Gun."

See THUNDER on page 3...

Registration Open for 10th Annual Seacoast Cancer 5K

DOVER -

Registration is open for the 10th Annual Seacoast Cancer 5K, one of the largest road races in New Hampshire, which benefits the Mass General Cancer Center at Wentworth-Douglass Hospital (formerly the Seacoast Cancer Center). The race is presented by Somersworth Nissan, who is serving as title sponsor for the third consecutive year.

The in-person event will be held on Sunday, September 24 at the hospital's Portsmouth Outpa-

tient Center in the Pease Tradeport, 121 Corporate Drive, Portsmouth. There is also an option to run or walk a one-mile loop, or participate virtually from September 16-23. Runners and walkers of all ages can register online at www.seacoastcancer5k.org.

For the fifth consecutive year, NBC Sports color analyst and former Boston hoops favorite, Brian Scalabrine will be in attendance, serving as "Honorary Team Captain."

The funds raised are critical to underwrite the cancer center's

supportive and wellness services, which offers integrative therapies and support that are often not covered by insurance. The program includes acupuncture, reiki, massage therapy, and exercise classes, as well as physical therapy, occupational therapy, and speech-language pathology.

The program also allows patients to meet with oncology social workers, nutritionists, patient navigators, supports basic needs for those who cannot afford transportation, gas cards, groceries, or other necessities



during treatment.

"Our ambitious goal to raise \$450,000 tops all previous race totals," said Judy Pinkham, development officer for corpo-

rate and foundations philanthropy at Wentworth-Douglass. "We have seen a dramatic increase in

See RACE on page 5...

Local Average Tide Chart

Date	High		Low	
	am	pm	am	pm
Sat 9	7:58	8:10	1:38	1:48
Sun 10	8:57	9:07	2:38	2:47
Mon 11	9:48	9:56	3:31	3:38
Tue 12	10:31	10:39	4:16	4:23
Wed 13	11:09	11:18	4:55	5:03
Thu 14	11:44	11:55	5:31	5:41
Fri 15		12:17	6:03	6:16

Date	Sun Rise		Sun Set	
	am	pm	am	pm
Sat 9	6:13	7:05		
Sun 10	6:14	7:03		
Mon 11	6:15	7:01		
Tue 12	6:17	7:00		
Wed 13	6:18	6:58		
Thu 14	6:19	6:56		
Fri 15	6:20	6:54		

3rd Annual Bridge-A-Thon and Super Raffle

PORTSMOUTH -

On Sunday, September 10, the 3rd Annual Bridge-A-Thon and Super Raffle will be held from 10 a.m. to 12 p.m. at Four Tree Island, Peirce Island Road in Portsmouth. Join nonprofit "I Got Bridged" (IGB) by walking across the Memorial Bridge into Kittery, ME, to help bridge the gap for those in need on the seacoast. Enjoy live music from Unnamed Colors, refreshments, face painting, and a super raffle with \$30,000 worth in prizes. This event is free to attend but raffle tickets can be purchased

online.

IGB Founder Freddy Petrone, of Portsmouth, went blind in 2018 at the age of 45 due to Leber's Hereditary Optic Neuropathy, a rare genetic disorder. It was originally a devastating blow which was exacerbated by

his drug and alcohol addiction. After several years of struggling, he was forced to look deeper into himself, at existence, purpose, and spirituality.

"The loss of my vision quite literally made me walk by faith and not by sight, and forced me

to reevaluate my life," he wrote. He is now three years sober and proud to be part of the 2019 graduating class of the Carroll Center for the Blind. He also learned that by helping others, we take the focus off ourselves.

He wrote, "My long daily walks have helped me cope by clearing my mind and restoring some sense of freedom. Often, though, I'm stopped in my tracks before crossing Portsmouth's Memorial Bridge when it lifts for passing boats. I've dubbed

See BRIDGE on page 7...



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Health & Fitness
A section concerning your health!

Puzzles
Challenge your brain on our puzzles!

Arts & Entertainment
Check out the creativity in our communities!

Museum to Display Original Drafts of U.S. Constitution

EXETER -

Generally stored in a special climate-controlled environment and not available for public viewing, two original working drafts of the U.S. Constitution will be on display at the American Independence Museum (AIM) on Saturday, September 16.

"These drafts have not been on public view since before the pandemic, so we are thrilled to bring them back to celebrate Constitution Day," said Jennifer Carr, executive director of AIM.

The first draft contains handwritten notes in the margins and is a copy of the initial version. The second draft, a seven-page document resembling a broadside, includes corrections and amendments made in iron gall ink by Captain Nicholas Gilman, who was a delegate to the Constitutional Convention in 1787.

"The notes on the drafts reveal the thought process of the people who wrote the Constitution," said Carr. "This is an extraordinary opportunity to literally see history unfold before your eyes."

In addition to the public viewing of the drafts on September 16 from 10 a.m. to 4 p.m. at the Ladd-Gilman House, AIM will also host Constitution Comic Workshops. Sponsored

by Ed and Barbara Wilson, the workshops begin at 10 a.m. for educators, and 11:30 a.m. and 1:30 p.m. for families and children.

All events on that day are free, although a \$10 donation is encouraged. The museum is located at 1 Governor's Lane, Exeter. For more information or to pre-register for the workshops, visit www.independencemuseum.org or call 603-772-2622.

Star Island Gosport Regatta

PORTSMOUTH -

The 2023 Star Island Gosport Regatta promises a spectacular event on the water on Sunday, September 17. The historic sailing race is organized by the Piscataqua Sailing Association (PSA) in conjunction with Star Island to benefit both nonprofits.

The public is welcome to purchase spectator tickets to watch the race from the deck of the M/V Thomas Loughton out of Portsmouth as it follows the regatta from Portsmouth Harbor en route to Star Island for family-friendly festivities including food, live music, a kite display, and an awards ceremony honoring the regatta participants.

Star Island CEO Joe Watts said, "We welcome spectators and sailors to join us for this wonderful seafaring tradition, which we revived in 2009 in partnership with the Piscataqua Sailing Association. There's

nothing quite like this historical race that ends with a memorable festival on Star Island. It's a perfect family event!"

The event certainly had a colorful start in July of 1874, when it was organized by John Poor, president of the Stickney & Poor Spice Trading Co., to celebrate the grand opening of his Star Island Oceanic Hotel. It attracted more than 50 boats, among them "America," the yacht for which the legendary America's Cup is named. It was America's first race under the ownership of the most colorful General Benjamin Franklin Butler of Ipswich, MA, who had served as a top-ranking general through most of the Civil War. The New York Times reported that special trains and excursion steamers brought thousands to the region to watch.

For more information, visit www.starisland.org/regatta and www.sailpsa.org. Photo by Sean D. Elliot.



Telluride by the Sea Film Festival

PORTSMOUTH -

The Music Hall is excited to announce the Telluride by the Sea Film Festival 2023 showing Friday, September 15 through Sunday, September 17. The following films are fresh from their debuts at the Colorado's Telluride Film Festival:

"The Holdovers" will be shown on Friday, September 15 at 7 p.m. by David Hemingson and Director Alexander Payne;

"The Teachers' Lounge" will be shown on Saturday, September 16 at 12:30 p.m. with subtitles, by Ilker Çatak and Johannes Duncker, and

Director of Photography Judith Kaufmann;

"The Promised Land" will be shown on Saturday, September 16 at 3 p.m. with subtitles, by Nikolaj Arcel, based on Ida Jessen's best-selling novel "The Captain and Ann Barbara";

"Poor Things" will be shown on Saturday, September 16 at 7 p.m. by Tony McNamara and Director Yorgos Lanthimos;

"Fallen Leaves" will be shown on Sunday, September 17 at 12 p.m. with subtitles, by Aki Kaurismäki and Cinematographer Timo Salminen;

"Anatomy of a Fall" will be shown on Sunday, September 17 at 2 p.m. with subtitles, by Justine Triet and Arthur Harari;

"American Symphony" will be shown on Sunday, September 17 at 6:30 p.m. by Mat-

thew Heineman and Jon Batiste - For passholders only.

Some events will be held at the Historic Theater, 28 Chestnut St., Portsmouth, and some at the Music Hall Lounge, 131 Congress St., Portsmouth. For further details, visit www.themusichall.org or call 603-436-2400.

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~ Arts & Entertainment ~



Pontine Theatre Kicks Off Its 47th Season

PORTSMOUTH -

Pontine Theatre's 47th season kicks off on the September 15-17 weekend with performances by Sarah Frechette, founding director of Vermont's PuppetKabob. Her latest creation, "Dirty Gerts," is a paper pop-up extravaganza – a groovy blend of historical fiction, '60s pop culture, and colorful confetti.

The show, entirely made out of re-purposed paper products, is about the growing pains of middle-schooler Carol Lee Bell. Join her as she tries to find the fold to fitting in – and discovers the best way is to not actually fit in at all.

Sarah Frechette is a graduate of the University of Connecticut's Puppetry Arts Program. She studied puppetry in Germany with legendary Master Puppeteer Albrecht Roser. She has performed across the USA, Canada, Germany, Austria, and China.

Performances are scheduled for Friday, September 15 at 7 p.m., Saturday, September 16 at 3 p.m., and Sunday, September 17 at 2 p.m. Pontine Theatre's venue, the 1845 Plains Schoolhouse theater, is located at 1 Plains Avenue, Portsmouth. Tickets and more information can be found at www.pontine.org or 603-436-6660.



The Ring Presents "Deathtrap"

PORTSMOUTH -

The Players' Ring Theatre presents "Deathtrap," a comedy thriller by Ira Levin and directed by Jack Neary. The show runs September 8-24 with a special talk-back matinee on Sunday, September 10, where attendees can meet the artists and ask questions.

Comfortably ensconced in his charming Connecticut home, Sidney Bruhl, a successful writer of Broadway thrillers, is struggling to overcome a dry spell which has resulted in a string of failures and a shortage of funds. A possible break in his fortunes occurs when he receives a script from a student in the seminar he has been conducting at a nearby college – a thriller that Sidney recognizes immediately as a potential Broadway smash. Sidney's plan, devised with his wife's help, is to offer collaboration to the stu-



dent for co-credit. Or is it?

"Two-thirds a thriller and one-third a devilishly clever comedy... Suspend your disbelief and be delighted. Scream a little. It's good for you," wrote Cue Magazine.

Also in September is "Outside Mullingstar," a romantic comedy by John Patrick Shanley, directed by Matthew Parent, and running September 29 - October 15.

The Players' Ring is located at 105 Marcy St., Portsmouth. For more information, visit www.playersring.org or call 603-436-8123.

PSO "Family Matinees" Chamber Series Returns

PORTSMOUTH -

The Portsmouth Symphony Orchestra's (PSO) "Family Matinees" chamber music series returns Saturday, September 30, at 3 p.m. with "Carnival of the Animals" performed by the Principal Winds (pictured) at St. John's Episcopal Church, 101 Chapel St., Portsmouth.

"The matinees series is part of the PSO's ongoing mission to encourage the audiences and musicians of today and tomorrow," said Aubrie Dionne, PSO outreach director. "The chamber music repertoire is widely varied and is the perfect way for music lovers of all ages to experience classical music."

The September 30 concert will take audiences on a whim-

sical journey as the melodies of Saint-Saens' "Carnival of the Animals" come to life. Principal Winds are comprised of Aubrie Dionne, flute; Sarah Krebs, oboe; John Ferraro, clarinet; Melissa Grady, bassoon; and Orlando Pandolfi, horn. The quintet will be joined by a young musician from the area.

Subsequent concerts in the "Family Matinees" series include "Masterpiece Transcriptions for Brass Quintet," on November 11; "Bach's Toccata and More!" on January 27, 2024; and "Fables in Harmony: A Musical Journey with the Tortoise and the Hare" on April 27, 2024.

There is a \$15 suggested donation at the door per family. Concerts are free for PSO season

subscribers. For more information, visit www.portsmouthsymphony.org or call 603-686-8133.



... THUNDER from page 1

Pease Air National Guard Base, located at the Portsmouth International Airport, 36 Airline Ave., Portsmouth, is the home of the 157th Air Refueling Wing and the KC-46A Pegasus. The Wing's tankers have been an emblem in the skies over New Hampshire since the base first became an Airlift Group in 1966. The airmen play key roles in disaster response missions in-

cluding medical evacuation and humanitarian support.

Traffic is expected to be heavy; visitors are advised to allow plenty of time to arrive before the show. For details and updates, visit www.thunderovernewhampshire.com. For more information about the New Hampshire Military Assistance Foundation, visit www.nhmaf.org.



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PHOTOS JEREMY DANIEL

OGUNQUIT PLAYHOUSE

Museum to Host Constitution Comic Workshops

EXETER -

On Saturday, September 16, the American Independence Museum (AIM) will host a series of free Constitution Comic Workshops designed for educators and families.

The workshops begin at 10 a.m. for educators where well-known, NH-based cartoonist Marek Bennett will instruct participants on how to integrate the use of comic-making into the classroom to explore primary sources. Educators will receive 1 CEU for attendance.

At 11:30 a.m. and 1:30 p.m., participants will instruct families and kids (ages 7+) on basic techniques of cartooning.

"It will be fun and free!" said AIM Executive Director Jennifer Carr.

Bennett's comics work includes the graphic novel series, "The Civil War Diary of Freeman Colby," as well as drawing, translating, and editing for "The Most Costly Journey" (2021) with the bilingual El Viaje Project. In September 2022, both books were featured at the National Book Festival in Washington DC. He is also the recipient of the 2021 New Hampshire Governor's Arts Award for Art Education.

Space is limited and pre-registration is encouraged. To preregister and for more infor-



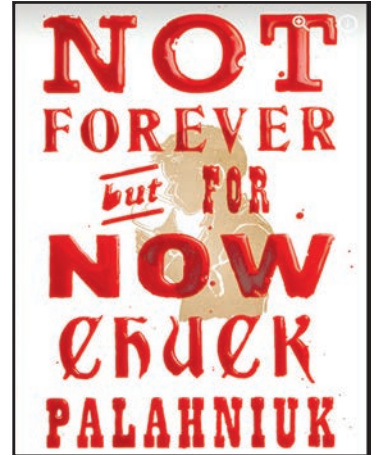
mation, visit www.independencemuseum.org and www.marekbennett.com.

Writers on a New England Stage with Chuck Palahniuk

PORTSMOUTH -

On Tuesday, September 12, bestselling author Chuck Palahniuk will be at the Music Hall as part of the "Writers on a New England Stage" series to discuss his newest book "Not Forever, But For Now," a hilarious horror satire about a family of professional killers responsible for the most atrocious events in history and the young brothers that are destined to take over. The 7 p.m. event will include an on-stage interview by NHPR's Rick Ganley, host of "Morning Edition."

Palahniuk's fourteen novels include the bestselling "Snuff," "Rant," "Haunted," "Lullaby," "Fight Club" which was made into a film by director David Fincher, "Diary," "Survivor," "Invisible Monsters," and "Choke" which was made into a film by director Clark Gregg. He is also the author of the non-fiction profile of Portland, "Fu-



gitives and Refugees," and the nonfiction collection "Stranger Than Fiction." His story collection "Make Something Up" was a widely-banned bestseller. His graphic novel "Fight Club II" hit #1 on the New York Times list.

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.

Great Portsmouth NH 400 Community Picnic

PORTSMOUTH -

Portsmouth NH 400th, Inc. has announced The Great Portsmouth NH 400 Community Picnic on Sunday, October 1, 12-3 p.m. at Leary and Central fields on Parrott Avenue. The event is free and open to everyone in the Portsmouth community, providing food, entertainment, and lawn games for kids and families.

Picnic-goers are encouraged to bring their own lawn chairs or blankets, coolers, side dishes, and beverages (but no alcohol is allowed on city property). In the event of rain, the picnic will be held inside the Connie Bean Center at 155 Parrott Avenue.

The PNH400 team has enlisted the support of members of

the city council to grill and serve hamburgers, hot dogs, and veggie burgers (contingent on health department requirements). The Flatbread Company will offer free pizza; Pease Development Authority is sponsoring free ice cream; and free snacks will be available. All food will be served first come, first served, while supplies last.

The entertainment includes two bands on Leary Field. Councilor Rich Blalock is organizing a pickup wiffle-ball game to take place on Central Field.

"The goal of Portsmouth NH 400 is to make the celebration of the city's 400th anniversary as fun and inclusive as possible," said PNH400 Managing Director Valerie Rochon. "We

have designed each of our signature events to be as safe and welcoming as their venues have permitted, which can be a challenge when excitement grows and the spaces cannot. We have planned the Great Portsmouth NH 400 Community Picnic to take place in one of the city's largest and most accessible places - Leary and Central Fields - in the middle of downtown Portsmouth. We look forward to seeing everyone who can make it on October first!"

The picnic is presented by AC Hotel/ Envio/Rooftop, Residence Inn/Venue, Hampton Inn, and Residences at Portwalk (Opus and Aria). For more information, visit www.portsmouthnh400.org.

Celebration of The Shaw Brothers

PORTSMOUTH -

Prescott Park Arts Festival (PPAF) is proud to present "A Celebration of The Shaw Brothers, Featuring Livingston Taylor," on Saturday, September 9, at 6 p.m.

For many years, twin brothers Rick and Ron Shaw, performed as The Shaw Brothers nationally and internationally. Their travels often took them from the place where they grew

up, and where they loved to be the most - New Hampshire.

New Hampshire was their favorite place to perform, in particular Prescott Park, where they performed live for 22 consecutive summers. Their album, "Concert in the Park" was recorded live in 1982. In 1992, The Shaw Brothers and Livingston Taylor were both part of the PPAF's season.

See SHAW on page 6...

BUSINESS & FINANCE

NCU Promotes Koch, Saucier, and Lipari

PORTSMOUTH - Northeast Credit Union (NCU) is pleased to announce the promotion of three employees, Stephanie Koch, Chris Saucier, and Rich Lipari. Each brings extensive experience to their respective roles which will further position NCU for continued growth and accelerate the credit union's mission to enrich and nourish the lives of their members, employees, and community.

"We are thrilled to promote these experienced leaders to vital roles within the organization. Each of these team members supports our mission and business objectives in critical ways," said NCU President and CEO Chris Parker. "Their well-deserved progression is a testament to their commitment to developing both themselves and their team members."

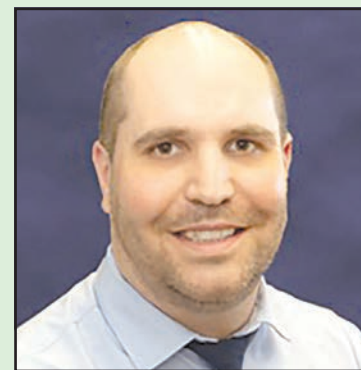
Stephanie Koch was promoted to vice president of risk management. In this role, Koch will develop and execute enterprise risk management strategy to assess and prepare for dangers and losses, protecting both members and the credit union as a whole. She will build risk management capabilities within the organization, and lead the compliance, financial crimes, and the business risk offices. Prior to her promotion, she was assistance vice president (AVP) of risk management where she provided outstanding service to the enterprise, internal customers, and members. Stephanie said, "I look forward to continuing to grow and develop our risk function while collaborating with every department as consultant and partner."

Chris Saucier, vice president of mortgage lending and payment resolution, is now



leading the payment resolutions team, as well as the mortgage lending team. His focus will be on optimizing efficiencies, automating processes, and continuing to elevate the member experience. Saucier said, "I am thrilled for this opportunity to expand my overall knowledge and continue to grow. I look forward to providing support and guidance to the payment resolution department while learning more from the team's expertise."

Rich Lipari was promoted



to vice president of operations and business intelligence and automation. In this new role, Lipari will continue to work with the operations leadership team to execute operations strategy which oversees card and ATM operations, deposit processing, support operations, and the addition of business insights in partnership with the AVPf data analytics on data strategy and execution. He will also develop and execute an automation strategy with key stakeholders through-



out the credit union. "I am excited about the opportunities that the expanded focus on business insights, data, and automation bring in facilitating and bridging the gaps in accomplishing our strategic initiatives throughout the organization. These efforts will allow us to positively impact our mission, members, and communities," he said.

For more information, visit www.necu.org or call 1-888-436-1847.



People and Business Profiles



GSS

Gundalow Company Introduces Simoniello as Program Manager

PORTSMOUTH -

The Gundalow Company welcomed Michael Simoniello as its new program manager, earlier this year. He previously worked at the Connecticut River Museum as an educator and camp director, and as an AmeriCorps educator in Vermont, before pursuing an Environmental Law degree.

The previous program manager, Jess Ohrenberger, has moved to the UK with her husband for their next life adventure.



For more information, visit www.gundalow.org or call 603-433-9505.

Grim Announced as Next President and CEO of Strawberry Banke Museum

PORTSMOUTH -

Strawbery Banke Museum announced recently that the board of trustees has appointed Linnea Grim as president and CEO, Thomas W. Haas Endowed Chair. Grim currently serves as vice president of guest experiences for the Thomas Jefferson Foundation, a private nonprofit that owns and operates Monticello, a UNESCO World Heritage Site. She will take over on March 6, succeeding Lawrence J. Yerdon, who is retiring after 18 years in the position.

"I am truly honored to be the next leader of Strawberry Banke Museum, following Lawrence J. Yerdon's remarkable tenure," said Grim. "The board of trustees and the staff have already impressed me with their commitment to bringing more than 300 years of history to life in the Puddle Dock neighborhood and being a vibrant part of the Portsmouth community. I can't imagine a more exciting time to join the team than during the city's 400th anniversary."

Grim has 23 years of experience working in leadership positions at nationally relevant historic sites, history organizations, and in the Office of the Curator at the Supreme Court of the United States. She spent the last 16 years at Monticello serving as Hunter J. Smith director of Education & Visitor Programs and manager of Interpretive Programs prior to joining Monticello's executive team in 2021. She has a bachelor of arts degree, magna cum laude, from the College of William & Mary, and a master's degree in history museum studies from the Co-



perstown Graduate Program.

"I'm delighted to announce Linnea Grim as my successor and am confident in her capabilities to lead Strawberry Banke," said Yerdon. "Linnea's substantial experience at prestigious institutions will be invaluable in moving the museum forward into its next chapter and continuing to engage visitors in innovative and exciting ways with local history in the Puddle Dock neighborhood."

A search committee, chaired by Cynthia Fenneman, chair of the board of trustees and CEO of American Public Television, worked with Scott Stevens of Museum Search & Reference (MS&R) of Londonderry, who led the nationwide search.

In addition to Fenneman, search committee members included two former museum board chairs, Jeff Gilbert, current board secretary and managing director of W.J.P. Development, LLC; and Martha Fuller Clark, current trustee, recently-retired state senator and historic preservation activist; current trustee Matt McFarland, vice chair of the board and principal and portfolio manager of R.M. Davis; current trustee Kathy Kane, treasurer

Seacoast Eat Local Moves into New Space

SEACOAST -

Seacoast Eat Local (SEL) now resides in an office space at the working Tuckaway Farm in Lee. The three full-time and three part-time staff members primarily worked remotely or from a very small office in the Dover Mills.

Executive Director Shawn Menard had hopes for a larger space where the organization could park the Seacoast Area Mobile Market van (which brings local food to local people in need), store food and supplies, and meet in-person as a team and with food system partners.

The Cox family, who own Tuckaway Farm, were quick to offer space at the farm, especially since they had long envisioned being part of an ever-expanding food hub network across the state and region, including a farm store, commercial kitchen, grain mill, food handling and storage area, and a place where food and agricultural organizations could work together.

Menard research his options but finally decided the to-be-converted 1750s farmhouse at Tuckaway Farm would best suit the work they do in the local food system. The majority of 2022 was spent planning and accomplishing the renovations.

The new office is roughly 900 square feet of space, has exposed beams, a view of ducks in a pond and DeMeritt Hill Farm across the street. The ground floor of the house contains a large meeting room and kitchen for groups of 5-35 to collaborate or network. The foyer leads up to a second floor office.

Aside from the character of the building itself, there is much to admire about the surrounding property. There are event fields with parking for 100+ cars, and 300 acres of conservation land in active community agriculture. Volunteers of Gather can be seen in the fields, and Three River Farmers Alliance delivers regularly to the farm store.

Menard wrote in a recent update, "It's going to take some time for us, and the Cox Family, to fully utilize the potential of shared use at Tuckaway Farm, but I'm glad we're part of the process from day one ... The 'kind of place SEL should be' that I pictured in my head during my first few weeks at the job is now exactly where we are."

Seacoast Eat Local, a 501(c)3 nonprofit organization, cultivates a thriving food economy by building bridges between regional food producers and consumers which includes four primary programs: Farmers' markets, the Seacoast Harvest Local Food Guide, SNAP/EBT and incentives services, and consumer education programs.

For more information, call 603-241-4400 or visit www.seacoasteatlocal.org. The new office is located at 36 Captain Smith Emerson Road, Lee. This article is edited down from a full report written by Shawn Menard.

Shellenbean Joins AIM Staff

EXETER -

In 2023, the American Independence Museum (AIM) is enhancing its program and event offerings to attract and engage a wider audience, an effort exemplified in recently hiring Alena Shellenbean as events-and-marketing manager. "One of my

goals is to bring AIM to so many more folks that would enjoy it," she said.

"My prior event experience was running events at Strawberry Banke Museum for seven years, and being production manager and stage manager at various renaissance faires for the past 15 years," Shellenbean explained.

Shellenbean also boasts 25 years of experience in reenacting and living history experience herself, "I've been dressing in the clothes, performing the skills, and teaching visitors about life in various eras of history."

She also operates Tentsmiths, makers of historical canvas tents, with her partner. They have spent the last three years bringing the business into



the 21st century with an e-commerce website, manufacturing software to reduce error, and updated social media.

With her partner running their well-oiled business, Shellenbean is enthusiastic about her new role at AIM, "I am excited for the opportunity to use all my skills at such a worthy institution."

To learn more, visit www.independencemuseum.org or call 603-772-2622.

... RACE from page 1

the number of patients turning to the Mass General Cancer Center at Wentworth-Douglass for their cancer care."

For Danielle Erwin, senior administrative assistant for Health Partners of New Hampshire, participating in the Seacoast Cancer 5K is personal. "For me, it's about letting a patient at their lowest point know they are far from alone in this fight, that a whole community of

people are helping them, so that they can get through this," she said. "As a patient, I do this 5K because I see the amazing energy the cancer center has as soon as you walk in the door, it means so much to me in my journey."

Organizers expect the event to draw a record of more than 1,800 participants. Last year's roster saw representatives from 161 cities and towns, 18 states, and seven countries.

GSS

~ Library News ~

Dover Public Library

Cookbook Club

Join the library for a virtual exploration of "Everyday Dinners" by Jessica Merchant. Throughout the month of September, send in pictures of your dishes created with recipes from the book and a small description of your cooking process, how you felt about the recipe, and/or your thoughts on the book. We will share your creations on our social media pages throughout the month. Photos can be sent to Emily at e.ainaire@dover.nh.gov, or tag us on Instagram @doverpubliclibrary.

Kokedama Workshop with Wentworth Greenhouse

Saturday, September 9 at 10 a.m. learn about Kokedama, the Japanese art of growing plants in a moss ball. Bring your own gloves if desired, but all other supplies, including specially-selected plants, will be provided. Appropriate for ages 10 and up.

Tween Knitting Class:

Session 1

Saturday, September 9 at 2 p.m. Sign up for this two-session knitting class for tweens in grades 4-6. Make a Hogwarts House Cozy for your bottle or mug! All materials will be provided. Second session is Saturday, September 23 at 2 p.m. Learn to Knit a Holiday Stocking Monday, September 11, September 25, and October 16, 1-3 p.m. This three-week class is for intermediate knitters. You must be comfortable casting on, knitting, purling, and working with two colors of yarn. Bring your own knitting needles (single set of size 6, 7, or 8), but all other supplies will be provided.

Crafternoon: Shrinky Dinks

Tuesday, September 12 at 3:30 p.m., kids in grades 1 and up are invited to the Activity Room to make "Shrinky Dink" charms to

hang on a backpack or key ring. Please pre-register.

Friends of the Library

Tuesday, September 12 at 6:30 p.m. in the Trustees Rooms. This organization funds all the museum passes the library offers, a large portion of the summer reading activities, and many cultural events for the community. Attend in-person, or online by emailing Denise LaFrance at d.lafrance@dover.nh.gov.

Art For All

On Wednesday, September 13 at 11 a.m. This inclusive program for adults welcomes those with special needs as we create art and craft projects. This program meets on the second Wednesday of each month. FMI: Marilyn at m.gray@dover.nh.gov.

Spirits of the Granite State

Wednesday, September 13 at 6:30 p.m. in the Lecture Hall. Explore the legends and ghosts of New Hampshire with published author and tour guide Roxie Zwicker of New England Curiosities. Follow the peaceful dirt roads to long forgotten ghost stories, you'll hear superstitions from some of the quaint, small towns and learn of unusual occurrences that still can't be explained today. This is an in-person program but with a virtual option.

The Great Regeneration: A Living On Earth Book Club

Thursday, September 14 at 6 p.m. in the Lecture Hall. Author Dorn Cox and host Steve Curwood discuss the new book, "The Great Regeneration," by Dorn Cox and Courtney White. The book delves into a transformative vision for global agriculture, uniting open-source technology and regenerative farming to combat climate change and food scarcity. The Living on Earth Book Club, New Hampshire Public Radio, Dover Public Library, and UMass Boston

School for the Environment, proudly present this free, live conversation. This event is in-person with a virtual option.

Reading Rainbow:

Queer Book Club

Thursday, September 14 at 6:30 p.m. Discuss "As I Descended" by Robin Talley. All are welcome at this inclusive book group.

"The Bear" New Hampshire's Big Read Book Discussion

Monday, September 18 at 6:30 p.m. in the Lecture Hall. A discussion of "The Bear" by Andrew Krivak will be led by NH Humanities scholar Dr. Kiki Berk, who is an Associate Professor of Philosophy at Southern New Hampshire University.

Caregiver Cafe

Wednesday, September 20 at 10:30 a.m. Join Cornerstone VNA as we host our monthly Caregiver Café to support Dover area family caregivers. Come for a morning of support, education and conversation. No registration is required.

Advance Care Directives

Wednesday, September 20, 1-4 p.m. in the Lecture Hall. Wentworth-Douglass Hospital is hosting a free event to assist those interested in drafting an advanced directive. Attendees will receive a 30-minute appointment with a social worker. Open to people ages 18 and older who reside in New Hampshire or Maine. An advanced directive, commonly referred to as a living will, is a legal document that specifies what actions should be taken if a person is no longer able to make decisions for themselves – often because they have become seriously ill or otherwise incapacitated. To schedule an appointment or inquire further, call the hospital's social work office at 603-740-2826.

Autumn STEM Event

Wednesday, September 20 at 3:30 p.m. This fun STEM event will focus on the science of apples and the colors of the season, for kids aged 3-10 with their caregivers. No registration is required.

Teen Programs

Wednesday, September 20 at 6 p.m. Teens in grades 7-12 are invited to our first TAB meeting of the school year to share their ideas, help plan future events and services for teens, and work toward making the library a teen-friendly space in the community. FMI: Emily at e.ainaire@dover.nh.gov. Making No-Sew Pop-Tart Pillows Monday, September 25 at 6 p.m. in the Lecture Hall. Celebrate the breakfast snack Pop-Tarts by sampling different kinds as well as making a no-sew, pop-tart pillow! Materials will be available first come, first serve, while supplies last. FMI: Emily at e.ainaire@dover.nh.gov.

Series of the Month Club

Tuesday, September 26 at 3:30 p.m. Is your second- or third-

grader a fan of the Heidi or Henry Heckelbeck series by Wanda Coven? Come meet with other fans to talk about these popular books, and make a craft related to the series. Please pre-register for this program.

Video Gaming

Wednesday, September 27 at 11 a.m. Adults with disabilities are invited for an hour of Wii gaming action! Just Dance, Wii Sports, Mario Kart, and more. FMI: j.adams@dover.nh.gov.

Medicare Basics

Wednesday, September 27, 1-2:30 p.m. Take the mystery out of Medicare and get all your questions answered with Tim Harrigan, a Senior Benefits Specialist for Harrigan Insurance Services, Inc. No registration is required.

National Good Neighbor Day

Thursday, September 28, 5-6:30 p.m. All Dover neighbors are invited to join us at this celebration of community! Food will be provided by Red's Good Vibes food truck. There will be music, lawn games, and activities to enjoy with your neighbors. "Good Neighbors make great neighborhoods!"

No-Sew Book Binding Class

Thursday, September 28 at 6 p.m. in the Lecture Hall. We'll be taking old, worn out books and repurpose them into blank journals. All supplies will be provided and no previous experience is necessary. If you have paper ephemera or other flat decorations to use on the cover, feel free to bring them. A selection of papers, scissors, wash tape, scrapbook paper, and some magazines will be available. This program is suitable for teens and adults.

Cochecho River Writers

Thursday, September 28 at 6:30 p.m. Join a community of local writers at all skill levels. Discuss ideas, get tips, and share your work with others in a low-key, inviting atmosphere.

"Champions" Movie Showing with Panel Discussion

Saturday, September 30 at 1 p.m. in the Lecture Hall. Join ABLE NH for a viewing of the movie "Champions" (PG-13) starring Woody Harrelson. Following the movie will be a panel discussion featuring ABLE NH staff and individuals with experience in the disability community.

For More Information

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

North Hampton Public Library

Photographing Wildlife

Wednesday, September 6 at 6:30 p.m. Wildlife photographer Martin Culppepper will talk about how to take successful wildlife shots, about cameras and gear needed, how to find animals to photograph, and how to observe them in their environment.

1623: The Untold Story of NH's Founding Family

Wednesday, September 20 at 6:30 p.m. Author J. Dennis Robinson will talk about David and Amias Thompson who settled in Rye in 1623.

Cook Book Club

Thursday, September 21 @ 6 p.m. Bring an item to share from the book or blog "Two Peas and Their Pod" by Maria Lichty. RSVP to srijana.craine@gmail.com or call the library.

Networking for the Environment in NH

Tuesday, September 26 at 6:30 p.m. NH Network for Environment, Energy, Climate and Citizens Climate Lobby members Susan Richman and Matt Stein will talk about offshore wind, carbon-cashback and energy permitting, recyclables, local energy policies, and more.

For More Information

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

... SHAW from page 4

Taylor's career as a professional musician has spanned over 50 years, encompassing performance, songwriting, and teaching. He has written top-40 hits recorded by his brother James Taylor and has appeared with Joni Mitchell, Linda Ronstadt, Fleetwood Mac, and Jimmy Buffet.

Other friends performing and helping to celebrate The Shaw Brothers are Todd Hearon, Jonathan Sarty, Taylor White-side, Woody Woodward, and Julie Dougherty.

This concert is also a fundraiser for the "Music is Magic Fund," created to honor Ron and Rick's memory. The fund provides therapeutic music and entertainment at the Edgewood Center in Portsmouth, but the hope is to expand to other senior living facilities. The Shaw family is also planning to work with the city on establishing a permanent memorial in honor of The Shaw Brothers in Prescott Park.

The winner of the "Key Auto Group Pick Your Path Raffle" will be drawn at this concert, with the prize of \$25,000 cash or \$40,000 toward the car of the winner's choice from over 20 Key Auto Dealerships. Raffle tickets are \$20 each, or three for \$50, and the funds raised support PPAF's mission of accessibility.

In case of rain, the concert will be rescheduled for Sunday, September 10. For more information, visit www.prescottpark.org.

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PUZZLE ANSWERS

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Health & Fitness

WDH to Host Advance Directive Event

DOVER -

Wentworth-Douglass Hospital (WDH) is hosting a free event to assist those interested in drafting an advanced directive. It will be held on Wednesday, September 20, 1-4 p.m. at the Dover Public Library, 73 Locust St., Dover. Attendees will receive a 30-minute appointment with a social worker, who will assist in creating the document.

An advanced directive, commonly referred to as a living will, is a legal document

that specifies what actions should be taken if a person is no longer able to make decisions for themselves – often because they have become seriously ill or otherwise incapacitated.

Those attending should bring their license, a list of proxies they would like to represent them, and contact information for all parties involved.

There is a limit of twenty appointments. To schedule or inquire further, call the hospital's social work office at 603-740-2826 or visit www.wdhospital.org.

Nurse and Author Uses Improv to Improve Healthcare

SEACOAST -

Patient safety, patient experience, workforce health, and cost-effectiveness are critical outcomes that have an important common root: effective and respectful communication!

Seacoast consultant, author, and medical improv pioneer, Beth Boynton, RN, MS, CP, has been researching, writing, and teaching about communication-related skills for healthcare professionals for about two decades. And she has a unique way of teaching them – with medical improv!

"I can lecture about listening and assertiveness skills ad nauseam," said Boynton, "but what really works is giving people experiences where they can practice the skills with their peers outside high-stake, high-stress, clinical work environments.

In a recent article published on www.kevinmd.com, "Empowering Health Care Professionals in the Art of Saying No," she explained how a simple improv conversation can be used to build skills related to listening and speaking up, as well as how challenges with individual skills and organizational cultures contribute to problems such as

burnout, bullying, mistakes, and more.

Healthcare or mental health care professional are invited to learn more about this training modality at free, introductory, online sessions: Thursday, September 21, 4-5:30 p.m. (visit <https://sutra.co/space/vb9vfb>) and Friday, October 20, 1-2:30 p.m. (visit <https://sutra.co/space/7hh7g4>). The session is titled, "Yes And" 101 for Healthcare and Mental Health Care Visionaries," and looks at communication, emotional intelligence, teamwork, stress management, presence, and attunement.

As she approaches the later part of her career, including more than 35 years as a registered nurse, Boynton is excited to help health care and mental health care leaders use these simple activities in their practice. "At this point," she said, "I know how complex the problems we face are and how helpful simple 'yes and' activities can be!"

The revised reprint of Boynton's groundbreaking textbook, "Successful Nurse Communication: Safe Care, Healthy Workplaces, and Rewarding Careers" was published by F.A. Davis in December 2022. New features include a powerful prologue



entitled, "Successful Nurse Communication in the Wake of COVID," compelling essays about resilience from experts in mindfulness, humor, baseball, and economics, and facilitation instructions for experiential skill-building activities for faculty. Other books written by her include "Confident Voices: The Nurses' Guide to Improving Communication and Creating Positive Workplaces" (CreateSpace 2009), "Medical Improv: A New Way to Improve Communication" (CreateSpace 2017), and co-authored with Diana Crowell, RN, PhD, is "Complexity Leadership: Nursing's Role in Healthcare Delivery" (F.A. Davis 2020).

For more information, visit www.bethboynton.com or call 603-205-3509.

Public Pools and Spas Must Be Registered with State

STATEWIDE -

The New Hampshire Department of Environmental Services (NHDES) is reminding owners and operators of public bathing facilities (PBFs) they are required by New Hampshire law to register all existing and new public pools or spas with the state, conduct an annual fee-based self-certification of each existing facility, and certify that the PBF is operated under the supervision of a certified pool operator.

The NHDES Public Pool and Spa Program uses the information provided in the mandatory registration to establish a database of PBFs, documenting contact information, basic physical specifications and circulation system details for each facility. An online registration form is now available at www.des.nh.gov/water/healthy-swimming/pools-and-spas.

The annual self-certification fee is \$250 per PBF (regardless of size) up to a maximum of \$1,500 annually for any facility that has more than six PBFs. It includes an annual compliance declaration that focuses on the practical aspects of public pool and spa operation such as: circulation, filter and disinfection system performance, daily water quality testing and record-keeping, presence of critical life-safety equipment, and facility maintenance. For seasonal facilities, the annual self-certification must be completed annually prior to reopening. The online form and payment instructions are also available (at website above).

All PBFs must operate

under the supervision of a certified pool operator (CPO). A CPO may be the owner or designee, an employee of the establishment where the PBF is located, or a contracted vendor. The CPO is responsible for training on-site personnel in the basics of daily operation, including but not limited to, water testing and record keeping, documenting operational issues, maintaining water quality/clarity, handling sanitizers and pool closure procedures. The CPO must personally visit the PBF at least once a week to ensure the pool is being operated in a safe and sanitary manner, and the CPO must be available by telephone to on-site personnel whenever not personally present. Certifications can be obtained from an approved training program dedicated to the operation of PBFs. To find an in-person or virtual training course offering in New Hampshire, visit the Pool & Hot Tub Alliance's website, www.phta.org.

Operation of a PBF by an owner/operator that has not met the three requirements outlined above (registration, self-certification and operation under supervision of a CPO) is a violation of state law. NHDES has initiated an outreach campaign to PBF owners and operators to educate them on the applicable laws and assist them with coming into compliance for 2023. NHDES encourages PBF owners and operators to complete this process as soon as possible. The Public Pool and Spa program will conduct inspections throughout the summer and fall to confirm compliance with the requirements outlined above.

State regulations and codes

are developed to make sure that treated recreational water facilities (for example, pools, hot tubs and water parks) provide a clean, healthy, and safe environment for the public. These regulations set minimum standards to decrease the public's risk of illness and injury. Industries and organizations that should take notice of these requirements include, but are not limited to, campgrounds, colleges, condominium associations, fitness centers, hotels, motels and municipalities. Private residential pools are exempt.

For more information, visit www.des.nh.gov/water/healthy-swimming/pools-and-spas or contact Tim Wilson, NHDES Public Pool and Spa Program Manager, at 603-271-7108 and despools@des.nh.gov.

... BRIDGE from page 7

this experience 'getting bridged' which has become a metaphor for the unexpected obstacles life throws at us. But the metaphor doesn't end there." He then explained that 'getting bridged' doesn't mean you're stuck necessarily, but that you can instead use the time as an opportunity to pause.

IGB was created for people from all walks of life to ultimately help each other. The mission for the 501(c)3 nonprofit organization is to seek out and help those in need by utilizing a network of volunteers, sponsors, and contributors, recognizing that everyone is fighting a battle.

Petrone and IGB raise funds through the annual walk-a-thon (renamed the bridge-a-thon), sponsors, donors, con-

tributors, and through the sale of merchandise (smile.amazon.com, www.igotbridged.com/shop-local, and local markets). In turn, they provide free transportation to and from Gather Portsmouth via the Bridgemobile, assist in errands and the care of area seniors, gift foster children through the First United Methodist Church, collaborate with Gather Food Pantry, organize a coat drive during the winter, partner with Safe Harbor Recovery Center, deliver care packages to those in need, and provide hair cuts to those in need through the Paul Mitchell School.

For more information, call 1-866-BRIDGED (274-3433) or visit www.igotbridged.com.



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~ News ~

Inaugural Ecumenical Cornhole Championship

HAMPTON -

The Hampton clergy will hold an Inaugural Ecumenical Cornhole Championship at Tuck Field, 34 Park Ave., Hampton, at 11:30 a.m. on Sunday, September 24. They hope to foster community spirit among the local churches.

Each church is encouraged to bring two representative teams (four people) of any age to compete for a trophy. Attendees may be asked to donate \$1 toward a local charity that will be chosen by the winning team. The winning team will also get to play an exhibition game against the

clergy.

Each church is also encouraged to bring guests and cheerleaders with creative cheers. Costumes or team uniforms are also welcome! Attendees should also bring a picnic lunch, beverage, and a dessert to share.

A special cornhole song will be performed as part of the brief opening ceremony – visit www.youtube.com/watch?v=Io8X4pz_QJ0&t=18s to learn the words.

For more information, call the Hampton United Methodist Church at 603-926-2702 or visit www.hamptonnhumc.org.

\$10M in New Granite State Clean Fleets Program

STATEWIDE -

The New Hampshire Department of Environmental Services (NHDES) is pleased to announce a new funding opportunity for the replacement of municipally-owned, old diesel vehicles, engines, or equipment, with new diesel and electric vehicle (EV) models. The new program, Granite State Clean Fleets (GSCF), has made \$10 million available, and project proposals will be accepted through October 13.

GSCF is funded through the portion of money in the New Hampshire Volkswagen

Trust that was allocated for local government projects. Once these funds are spent, NHDES does not anticipate further funding for this program. To learn more about GSCF and how to apply, watch the recording of the NHDES Mobile Sources webinar at www.youtube.com/watch?v=R-23gMio5ns.

A second funding opportunity is available through the New Hampshire Clean Diesel Grant Program (DERA), with project proposals accepted through September 15. While GSCF funding is only open to local government entities, the DERA funding does

not have that restriction; it can be awarded to businesses, non-profits, state agencies, and more. DERA-funded projects must reduce diesel emissions, often through replacement of heavy-duty vehicles or non-road equipment.

For more information, visit this article at www.des.nh.gov/news-and-media/10-million-available-new-granite-state-clean-fleets-program which includes a comparison chart and live links to the necessary resources. Questions can be emailed to ms-grants@des.nh.gov.

Third Annual Golf Scramble in Memory of Keagan Mac O'Connor

PORTSMOUTH -

Continuum Arts Collective (CAC) presents its Third Annual Charitable Golf Scramble to help support local student artists and musicians. The event will be held on Saturday, September 16 at the Pease Golf Course, 200 Grafton Road, Portsmouth. Last year, 119 golfers attended and raised more than \$12,000!

Contests with prizes include: First place foursome (\$1,000); closest to the pin (\$100); hole in one (\$10,000 cash); lon-

gest drive (\$100); most honest/worst score (\$25); chipping (\$100); and putting (\$10,000 possible prize).

The event also features lunch, cocktails, an auction, and an after party with live music by Truffle. To register or for more information, visit www.birdease.com/cacscramble.

CAC is a 501(c)3 working-class arts organization that assists underserved, school-aged artists and musicians in Maine and New Hampshire. The non-

Every Wednesday

Dover Farmers Market

2:30-6 p.m. Guppy Park, 110 Portland Ave. Wednesdays until October 4. FMI: www.seacoast-eatlocal.org.

Cribbage for a Cause

6:30-9 p.m. every Wednesday at

profit provides these students and their families with musical instruments, art supplies, art and music lessons, experiential opportunities to flourish as creators, and most of all – hope. Learn more at www.continuumarts.org.

WHYM Craft Pub & Brewery, 853 Lafayette Rd., Hampton, benefiting the Annie's Angels Memorial Fund. FMI: www.anniesangels.org or 603-686-4224.

Every Saturday

Portsmouth Farmers Market

8-12 p.m. at Portsmouth City Hall, 1 Junkins Ave. Saturdays until November 4. FMI: www.seacoast-eatlocal.org.

Every Sunday

Granite State Choral Society Invites New Members

The Granite State Choral Society (GSCS) is recruiting new members for the fall concert season with no audition required. The existing

members range from young to old, and are hailing from both Hampshire and Maine. New members are welcome to attend rehearsals starting at the beginning of each season – September and January – and held on Sundays 4-6:30 p.m. at the First Church Congregational, 63 South Main St., Rochester. FMI: www.gschoralsociety.org.

Saturday, September 9

Robert Sullivan: Encontra Opening

5-8 p.m. at Aplomb Gallery, 15 Mechanic St., Suite 117, Dover, A solo exhibition featuring oil paintings by contemporary artist Robert Sullivan, artist's opening and then

See SEPT 9 on page 9...

~ Puzzles ~

CLUES ACROSS

1. Type of crayon
7. Fashion accessory
10. Most cerebral
12. Incline from vertical
13. Dependent on
14. Broken in
15. Strongly desires
16. Mounted soldier
17. Ad __: when necessary
18. Cattle

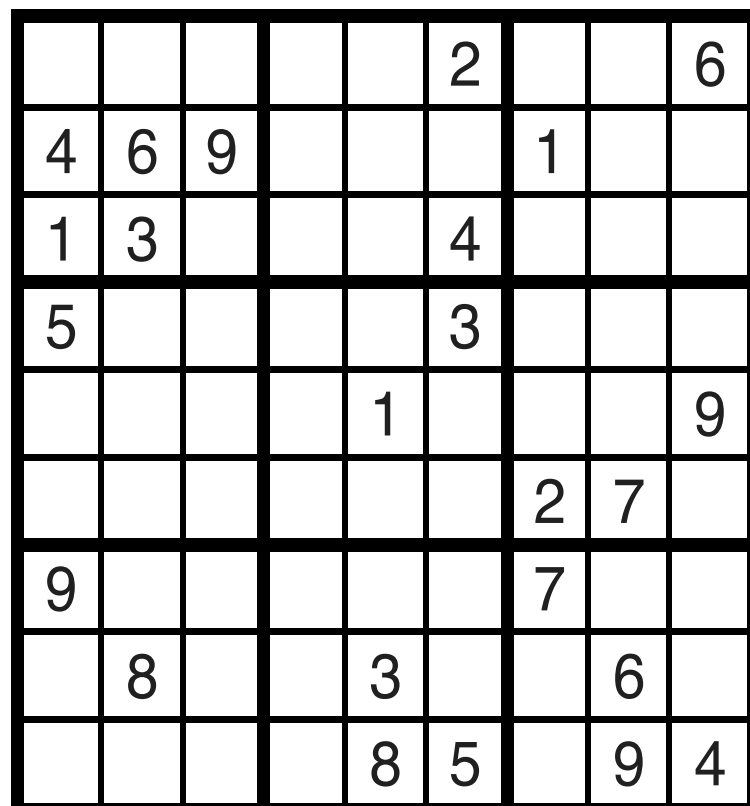
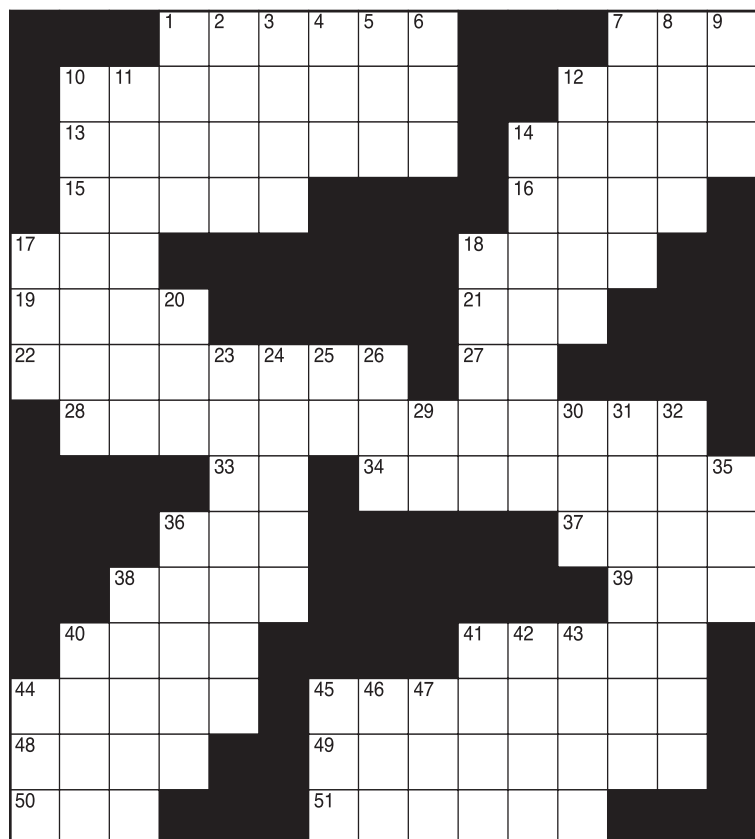
19. Ottoman military commanders
21. __ student, learns healing
22. Composed in poetic meter
27. Promotional material
28. Where people live
33. Sodium
34. Embarrassing
36. Medical man
37. Mother of Hermes
38. One who saves the day

39. Tooth caregiver
40. Not clothed
41. Slope covered with loose stones
44. Used to cook
45. Praises enthusiastically
48. Rooney is a famous one
49. Beekeeper
50. Pigeon
51. Potato chip brand

CLUES DOWN

1. Living quarters
2. Horizontal passage
3. Attacks
4. Vietnamese offensive
5. Midway between east and southeast
6. Confined (abbr.)
7. Book of Esther antagonist
8. Port in Yemen
9. CNN's founder

10. Type of bulb
11. Prepare
12. Promoted
14. Dinner jackets
17. Partner to cheese
18. Nebraska city
20. Human gene
23. Pays no attention to
24. Lowland South American plain
25. Blood group
26. Mauna __, Hawaiian volcano
29. Atomic #37
30. Unit of electrical resistance
31. Jeweled crowns
32. Nastiest
35. Traditional cars need it
36. Bowler hat
38. Robust
40. Not straight
41. Stony waste matter
42. Have an interest in
43. Jacob __, journalist
44. Maintains possession of
45. Swiss river
46. Average cost of market goods
47. Spanish soldier: El __



Level: Intermediate

ANSWERS TO THIS WEEK'S PUZZLES ARE ON PAGE 6

~ Calendar of Events ~



... SEPT 9 from page 8

on view through October 28. FMI: www.aplombgallery.com or 603-208-3300.

Vintage & Vine Wine Festival
5:30-7 p.m. at Strawberry Banke, 14 Hancock St., Portsmouth. Sample wines and appetizers while strolling the museum grounds. FMI: www.strawberrybake.org.

Radio Flashback
7-10 p.m. at the The Strand, 20 Third St., Dover, for the ultimate throwback dance party. Radio Flashback is a classic rock tribute band, joined by Peregrine Dream and Novakoi. FMI: www.thestrand-dover.com or 603-343-1899.

Sunday, September 10

Lydia's Benefit Run
10 a.m. at in the parking lot of Tri City Dealership, 195 Route 108, Somersworth. This 5K raises funds for Lydia's House of Hope in Somersworth, a transitional housing program for homeless women and children. The event, named after 9-year-old Lydia Valdez who passed away from cancer, is professionally timed and announced, with awards presented afterwards. FMI: www.runsignup.com/race/nh/somersworth/lydiasrun, www.lydiashouse.org, 603-692-3100.

"Gay" Old Times Tour
Second Sundays of each month at 2:30 p.m., Portsmouth Historical Society, 10 Middle St., Portsmouth. Tour guide Tom Kaufhold will talk about the hidden history of LGBT clubs, organizations, and people who impacted the seacoast of New Hampshire, on this 90-minute walking tour. \$15 for society members, \$20 for non-members, \$15 for discounted groups, and free for children 5 and under. Online reservations close 30 minutes prior to tour departure. Call 603-436-8433 for last minute bookings. FMI: www.portsmouthhistory.org/event/lgbtq-walking-tour-6-24/.

Monday, September 11

Business Finance for Beginners
6-8 p.m. Seacoast SCORE is hosting a free, online workshop on business finance, starting at square one. FMI: www.score.org.

Tuesday, September 12

Rockingham Choral Society to Hold Open Rehearsals
7-9 p.m. at Exeter High School, 1 Blue Hawk Dr., Exeter. The Rockingham Choral Society is holding open rehearsals for its winter concert and is looking for new members. The group is open to singers age 16 and older. There is a brief audition which do not require any advance preparation. FMI: www.rockinghamchoral.org.

Wednesday, September 13

Long Story Short "Second Wind"
7 p.m. at 3S Artspace, 319 Vaughan St., Portsmouth. In the midst of a tough hike, ten miles away from finishing a marathon, or during a health struggle, at some point, we hope for a second wind to help us through. Join for stories of persevering through challenges despite the odds. FMI: 603-766-3330 or www.3Sarts.org.

Friday, September 15 – Sunday, September 17

Free Gundalow Sails for Veterans
The Gundalow Company at 60 Marcy St., Portsmouth, is offering free midday sails to veterans, sponsored by Service Credit Union. FMI: 603-433-9505 or www.gundalow.org.

Saturday, September 16

Small Boat Regatta
Great Bay Yacht Club is hosting a small boat sailing regatta at Hilton State Park in Dover. Spend time with sailors, participate in races with awards, and enjoy a BBQ and storytelling at the Great Bay Yacht Club on Wentworth Terrace. FMI: www.greatbayyachtclub.org.

Sunday, September 17

Lumen Printing Workshop
10 a.m. - 3 p.m. at 3S Artspace, 319 Vaughan St., Portsmouth. Create lumen prints on silver gelatin paper, guided by artist Shaina Gates. This experimental photographic technique produces unexpectedly colorful images using only black and white photographic paper, the sun, and salt. Gates will share a variety of techniques including the use of photographic sources, found objects, and painterly manipulations. No prior experience necessary. FMI: 603-766-3330 or www.3Sarts.org.

Tuesday, September 19

4th Annual Small But Mighty Business Expo
5-7 p.m. at Cisco Brewers, 35 Corporate Dr., Portsmouth. A showcase of the seacoast's small but mighty businesses at a one-of-a-kind expo and networking evening, with the Chamber Collaborative of Greater Portsmouth. Free to attend for chamber members, \$10 for future-members. FMI: www.portsmouthchamber.org.

Friday, September 22

Family Dance Party "Taylor Swift"
7 p.m. at 3S Artspace, 319 Vaughan St., Portsmouth. 3S Artspace and the Portsmouth Recreation Department present a special edition of Club 3S for families and teens featuring DJ Skooch. Get ready to shake it off at this Taylor Swift-themed, video dance party! Themed costumes

are encouraged. FMI: 603-766-3330 or www.3Sarts.org.

Saturday, September 23

A Benefit Murder Mystery
7 p.m. at the Music Hall Lounge, 131 Congress St., Portsmouth. Inspired by historic murders on Smuttynose Island in 1873, this interactive evening will invite participants to solve one of Portsmouth's most infamous crimes. Interrogate the witnesses, and dress in your finest historic fashion! Proceeds benefit the preservation of the Portsmouth Historical Society. FMI: www.themusichall.org or 603-436-2400.

Sunday, September 24

Connor's Climb Foundation 5K & Family Walk
Walk or run to support the prevention of youth suicide, as one of the Seacoast Mental Health Center's largest fundraisers. Register at the Seacoast School of Technology, 40 Linden St., Exeter. FMI: www.smhc-nh.org or 603-772-2710.

Thursday, September 28

Rochester Chamber's 49th Annual Golf Tournament
9 a.m. - 3 p.m. at the Oaks Golf Links, 100 Hide-Away Place, Somersworth. The Greater Rochester Chamber of Commerce's 49th Annual Golf Tournament includes contests, greens fees, cart, a continental breakfast, bagged lunch, appetizers after the tournament, clambake dinner with choice of lobster, steak or chicken, goody bag, and many great prizes. The event also features an awards ceremony and great raffle prizes with a grand prize of a golf-and-stay package. FMI and to register: www.rochesternh.org.

Can't Drag Us Down Fundraiser
6 p.m. at 3S Artspace, 319 Vaughan St., Portsmouth. Join the Reproductive Freedom Fund of New Hampshire for a spectacular evening with food, a silent art auction, amateur drag performances by local celebs, followed by performances by local drag queens and kings, and a dance party with DJ Skooch. FMI: 603-766-3330 or www.3Sarts.org.

Saturday, September 30

Harvest Fest at First Church Congregational
8 a.m. - 2 p.m. at the First Church Congregational, 63 South Main St., Rochester. Bring an already-carved jack-o-lantern to be judged for first, second, and third place gift-card prizes. Witch's Stew luncheon served 11 a.m. - 1 p.m. Fall and Halloween items, including costumes, handcrafts, baking, themed gift baskets, raffle for a handmade braided rug, and free coffee and hot-mulled cider.

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Lantern Festival Fundraiser

Alliance for Greater Good is hosting a Lantern Festival Fundraiser to benefit the Seacoast Mental Health Center. Starting at 5 p.m. with a brief ceremony, the lighting and launching of the lanterns will start at 6 p.m. at the South Mill Pond on the corner of Parrott Ave. and Rogers St., Portsmouth. Music by DJ Skooch. (Rain date is Sunday, October 1). FMI: www.

smhc-nh.org or 603-431-6703.

Wednesday, October 4

Napoleon Dynamite Live
7 p.m. at The Music Hall, 28 Chestnut St., Portsmouth. A screening of the movie followed by a lively discussion with cast members, Jon Heder, Efrén Ramirez, and Jon Gries. FMI: www.themusichall.org or 603-436-2400.

Thursday, October 5

40th Annual Chamber Classic
8:30 a.m. The Chamber Collaborative of Greater Portsmouth's Classic at Pease Golf Course include the 4th Annual Fancy Pants Competition! There is also a non-golfer option, lunch, networking, raffles, silent auctions, and awards given. FMI: www.portsmouthchamber.org or 603-610-5510.

Turkey Dinner Deadline

The Hampton United Methodist Church (HUMC) at 525 Lafayette Rd. (Route 1), Hampton will be offering a curbside pickup turkey dinner on Saturday, October 7, but deadline to place orders is Thursday, October 5. Pickup times run 4:30-6 p.m. in the church parking lot. Dinner includes roasted turkey, stuffing, mashed potatoes, squash, peas, rolls, cranberry sauce, and dessert. Adults \$15, seniors \$12, and children 12 and under \$6. FMI: www.hamptonnumc.org, 603-926-2702, or hamptonumc@myfairpoint.com.

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YORK, ME: Navigating along the back roads of bucolic Western Point (York) you'll pass country homes, open pasture horse farms and preserved woodlands creating a peaceful and private escape to this profound ocean estate. Surrounded by the sounds of the waves against a pebbly shore this panoramic property sits on just over an acre of oceanfront land consisting of 190' of rocky coastline. The year-round home is architecturally designed to stand among the terrain and environment.

Call Kevin Erikson - cell: 603-321-9569 | Offered at \$5,200,000



WALLIS SANDS BEACH FRONT HOME!

RYE, NH: Experience beachfront living at Wallis Sands Beach in Rye. Renovated in 2016/2017, the interior boasts high-end finishes that elevate it to the ultimate beach house. Enjoy breathtaking sunrises over the Atlantic Ocean and admiring the scenic Isle of Shoals. As the sun sets, venture to the other deck and enjoy the beauty of the salt marsh. The 2nd floor open living area provides captivating views from every angle and warmth of a fireplace

Call Nick Ponte - cell: 603-918-7593 | Offered at \$4,950,000



MAKE MEMORIES HERE!

SEABROOK BEACH, NH: Rare opportunity to buy on the beachfront with this shingle-clad, 1997 custom-built waterfront home sited in the exclusive Atlantic Avenue neighborhood of custom homes and multi-million dollar estates. Delightful open concept design features an epicurean-inspired custom-island kitchen open to both the formal dining room area and the formal living room area with beach-stone gas fireplace. Central air, radiant heating and not in a flood zone!

Call Patrick Carey - cell: 603-583-1000 | New Price! - \$3,495,000



JUST LISTED WATERFRONT!

SEABROOK BEACH, NH: Quintessential New England oceanfront cottage replete with original period detailing still intact sited at the end of a much desired dead end street overlooking the ocean and beach. Nine rooms including four bedrooms, a bunk room, 2.5 baths, living room with fireplace and a newly updated oceanfront sunroom. Enjoy the home as your casual beach getaway from life or plan the custom home build of your dreams.

Call Patrick Carey or Jim Giampa at 603-964-7000
Offered at \$2,489,000



DISCOVER LUXURY ON OVER 28 ACRES!

NORTH HAMPTON, NH: This 5600+ sq ft property features an open layout, formal dining & living, chef's kitchen, & family room w/ stone fireplace. Upstairs, find a master suite, guest rooms, and great room w/ wet bar. 1stFL hosts a rec room, private gym, and impressive 4000+ bottle wine cellar. Outside, enjoy hardscaped patios, fireplace, & heated gunite pool with a unique Wisteria Canopy. A 3-car heated garage, central AC, and more. Elegance, functionality, and outdoor beauty!

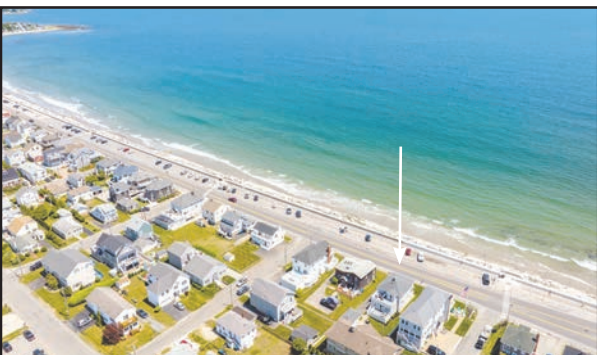
Call Jim Giampa - cell: 603-235-5887 | Offered at \$2,995,000



QUINTESSENTIAL ON THE WATERFRONT

NEW CASTLE, NH: A beautifully restored piece of history, seamlessly blending original charm with modern amenities. Features 2 ensuite bedrooms w/ working fireplaces. The third floor offers a versatile bonus area. The property's waterfront lot at the mouth of Portsmouth Harbor provides breathtaking pastoral views of Spruce Creek, Kittery. Includes rights to a boat mooring. Located within the historic district offering a rich social and cultural scene. Easy access to major airports.

Call Jim Giampa - cell: 603-235-5887 | Offered at \$2,900,000



PRICE IMPROVEMENT ON NORTH BEACH!

HAMPTON, NH: Sweeping water views fill almost every room. Front-to-back open-concept design of this home allows for effortless entertaining. Step off the beach and into your welcoming heated front porch w/ plush new carpeting. Cozy living room and new kitchen addition. Take in the salt air on one of two new AZEK decks. Updates include a new roof, energy-star windows and doors, a new kitchen & bathroom remodel, WiFi irrigation, Ecobee thermostats, and 1-car garage.

Call Hillary Barrett - cell: 603-918-0761 | Now \$1,389,000



UNDER CONTRACT!

YORK, ME: Set back from Route 1 in the charming Village of Cape Neddick sits this welcoming and well-maintained cape on 4 acres. Offering first floor living with a primary bedroom or flexibility of having it on the second floor. An office or den on the first floor could also be used as a fourth bedroom. Opportunity awaits the clever buyer in transforming the former Gallery building into their own magical space. Additional 4 acres of land may be included for package price \$825,000.

Call Matt Sukeforth - cell: 207-776-8406 | Offered at \$649,000



UNDER CONTRACT!

KITTERY, ME: Developers, entrepreneurs & dreamers take notice of the 13.77 acres with virtually unlimited potential in the Residential - Rural (R-RL) zone in Kittery. This unique property gives you a rural feel and a sense of "the way life should be" and conveniently within walking distance of the Kittery Outlets. Town water on Wilson Road allows anyone to take advantage of the OPEN fields as they choose. Many possibilities await with the 60'x30' barn already in place.

Call Matt Sukeforth - cell: 207-776-8406 | Offered at \$725,000

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