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Friday, October 6, 2023

Volume 15 • Issue No. 10

King Challenge Ride for Brain Injury October 21

STRATHAM / PORTSMOUTH -

The 13th Annual King Challenge bike ride will take place on Saturday, October 21. The event is a fundraiser for the David Krempels Brain Injury Center (KBIC), a non-profit dedicated to improving the quality of life of people living with acquired brain injury.

Created in 2011 by pro-cycling legend and Brentwood-native Ted King and Arlon Chaffee of GRVL Cycling, proceeds from this event provide



scholarships for KBIC members who otherwise would not be able to participate in the high quality, therapeutic programs offered through the organization. Since its inception, the event has raised

nearly one million dollars for KBIC, significantly impacting the quality of life of brain injury survivors and their families in the community.

This year's ride includes

three scenic routes beginning and ending at Timberland, 200 Domain Drive, Stratham. 10-, 30-, and 60-Mile options accommodate a wide range of cycling abilities. Along the way, riders have access to friendly course support and lively rest stops for refueling. Riders will be treated to delicious food post-ride plus a beer garden. Fundraising minimums have been set at easily attainable levels and the focus is on camaraderie, fall-foliage, and supporting an important cause.

Family fun is available on

site in the expo area for those not riding while riders are on the course, including the ever-popular climbing wall. Also, occurring on site while the riders are out, is the DKAT, which stands for Dr. King Adaptive Tour, named in honor of King's father and brain injury survivor Ted Sr. In collaboration with Northeast Passage, adaptive cycles are provided so KBIC members can ride an additional loop on site which is wonderful to watch.

See RIDE on page 8 . . .

Colonial Market Fair and Militia Muster

ROLLINSFORD -

Travel back in time to the American Revolution at the historic Colonel Paul Wentworth House in Rollinsford on Saturday, October 21. From 10 a.m. to 4 p.m., the sights and sounds of the Revolutionary era will come to life at a colonial market fair with 18th century craftspeople at work, while the militia musters in preparation for joining General Washington's forces against the British.

Artisans in colonial dress

will demonstrate period crafts such as joinery, wood carving, smithing, basket weaving, shoemaking, spinning, lacemaking, millinery, and hearth cooking. The militiamen will perform musket and artillery drills and firings, and will explain their weapons and equipment. Tours of the Wentworth House will also be available.

Admission to the event is \$5 for the general public, and free for children and ARCH members. The circa 1701 Wentworth House is located on Water Street in Rollinsford. For more information, visit www.paulwentworthhouse.org or call 603-742-4747.

EXETER -

On Saturday, October 21, the American Independence Museum (AIM) will host "Ghosts of Winter Street Cemetery," an annual family-friendly event that takes visitors on a tour through Winter Street Cemetery in Exeter.

Led by a colonial tour guide, the tours provide insight into some of Exeter's most famous and infamous revolutionary residents. Primarily used from the 1740s to 1870s, the cemetery is the final resting place of many prominent members of Exeter, including governors, pioneering business women, Revolutionary



and Civil War veterans, politicians, and others.

"It's a wonderful and family-friendly way to spend a little bit of time learning about local history in this festive, Halloween-themed event," said AIM's Alena Shellenbean.

Held 4-5:30 p.m. every 30 minutes, with a family tour at 3 p.m., the tours are approximately 45 minutes. Guests are encouraged to bring flashlights for the last two tours.

See GHOSTS on page 8 . . .

Local Average Tide Chart

Date	High		Low	
	am	pm	am	pm
Sat 21	4:23	4:34	10:10	11:00
Sun 22	5:25	5:38	11:14	
Mon 23	6:30	6:46	12:05	12:23
Tue 24	7:36	7:55	1:10	1:32
Wed 25	8:37	8:59	2:13	2:38
Thu 26	9:33	9:57	3:10	3:38
Fri 27	10:24	10:52	4:02	4:32
Sat 28	11:12	11:44	4:51	5:24

Date	Sun Rise		Sun Set	
		am	pm	am
Sat 21	7:01	5:51		
Sun 22	7:03	5:50		
Mon 23	7:04	5:48		
Tue 24	7:05	5:47		
Wed 25	7:06	5:45		
Thu 26	7:08	5:44		
Fri 27	7:09	5:42		
Sat 28	7:10	5:41		

Seacoast Half Marathon Benefits Gather This Year

PORTSMOUTH -

The much-anticipated 18th Annual Seacoast Half Marathon is set to return to Portsmouth on Sunday, October 29, where over 900 runners and walkers will journey 13.1 miles through urban Portsmouth, rural Rye, and historic and quaint New Castle. This year's event announces Gather, a local non-profit organization that addresses hunger and food insecurity, as the designated beneficiary who will receive 100% of the net proceeds. M&T Bank will serve as the half marathon's Visionary Sponsor, supporting Gather's pantry market and mobile market programs

that serve over 8,000 residents each month.

Gather is renowned for its efforts in combating hunger and improving food security throughout the greater seacoast region. Each year, the organization distributes more



than two million pounds of fresh, healthy food to families and individuals in need. By partnering with Gather, the marathon aims to raise awareness and vital funds to support Gather's mission of ending hunger on the seacoast.

"At Gather, we believe that access to nutritious food is a fundamental human right. We are honored to be selected as the beneficiary for the 18th Annual Seacoast Half Marathon," said Anne Hayes, Gather's executive director.

See RUN on page 8 . . .

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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!



~ Arts & Entertainment ~

PSO Opens Season with World Premier of "At This Point"

PORTSMOUTH -

The Portsmouth Symphony Orchestra's (PSO) 26th season opens Sunday, November 5, at 3 p.m. at the Music Hall in Portsmouth, and will feature the world premiere of "At This Point," a commemorative commissioned piece in honor of Portsmouth NH 400.

"The PSO's season opener in November will bring Portsmouth's 400th anniversary celebrations to a pinnacle with 'At This Point,' which delves into the full range of Portsmouth's history by exploring the streets and stories of our time, while also reaching back to what Portsmouth may have looked and felt like before it was Portsmouth, before it was the homelands of the Abenaki people, or before man walked on this earth," said John Page, PSO music director. "Other season highlights include the French-themed Winter Con-

cert where we'll perform Saint-Saëns' 'Organ Symphony', and the Spring Concert that will include the energetic and celebratory symphonic overture from Dvorak's 'Carnival' and Tchaikovsky's ever-popular 'Symphony No. 5 in E minor.'"

In addition to the Fall Concert on November 5, PSO's schedule of performances at the Music Hall includes a 'New Year's Eve Champagne Pops!' performance on December 31 at 8 p.m.; the Winter Concert on March 10, 2024 at 3 p.m.; and the Spring Concert on June 2, 2024 at 3 p.m. The PSO's season also includes Holiday Family Pops! concerts on Sunday, December 17 at 3 p.m. at York High School in York, ME, and Wednesday, December 20 at 7:30 p.m. at Portsmouth High School.

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

Traux Named a Finalist in the NH Literary Awards

PORTSMOUTH & ELIOT, ME -

Tammi Truax, a Portsmouth elementary school librarian and resident of Eliot, ME, is a finalist in the 2023 Biennial NH Literary in the Children's Book category for "The Pearl of Portsmouth." The New Hampshire Writers' Project, host of the awards, announced the finalists earlier this month.

"The Pearl of Portsmouth" tells the story of Dr. Martin Luther King and Miss Coretta Scott's visit to Portsmouth on October 26, 1952. At the time, he

gave a sermon titled "Going Forward by Going Backward." This brightly illustrated picture book imagines that day, and gives a colorful picture of a special day in a small New England town.

"Writing 'The Pearl of Portsmouth' was a labor of love for me, and it is so gratifying if it touches others in a meaningful way," said Truax.

The winners of the NH Literary Awards will be announced at a ceremony on October 21, 5-7 p.m., at the Southern New Hampshire University's Hospitality Center. There is no admis-



sion fee, however reservations are required. You can learn more at www.nhwritersproject.org and www.tammitruax.com.

Show Features Women's Caucus for Art

DOVER -

The Art Center welcomes the Women's Caucus for Art (WCA) Northeast Regional Juried Exhibition, "Seen and Heard." Organized by the New Hampshire Chapter of WCA, this exhibit celebrates the creative accomplishments of self-identified women artists in the Northeastern United States.

Established in 1972 in affiliation with the College Art Asso-

ciation, WCA stands out as a national membership organization that embraces diverse artists, art historians, students, educators, and museum professionals. With fifteen active chapters across the United States, WCA is dedicated to fostering community through art, education, and social activism. Its core values include recognizing and celebrating women's contributions to the arts, providing avenues

for leadership development and professional growth for women, expanding networking and exhibition opportunities, supporting local and global art activism, and advocating for equity in the arts. As a non-governmental organization (NGO) affiliated with the United Nations, WCA actively supports Sustainable Development Goals by engaging with artists, NGOs, and civil society, using art to address issues like gender equity and environmental sustainability.

Participating artists include: Lisa Almeida, Cynthia Arieta, Liz Auffant, Sheila Nee Booth, Shari Boraz, Michelle Bowers, Betty Flournoy Brown, Judith Cassell, Donna Catanzaro, Pamela Chiasson, Hannah Jane Cole Dahar, Delaney Conner, Danielle Festa, Nicki French, Rebecca Hastings, Kate Higley, Sue Ann Hum, C.M. Judge, Jane Keddy, Valerie Long, Pep Manalang, Maundy Mitchell, Barbara Morse, Lucy Mueller, Amy Nolan, Ira Panc, Melanie Platt, Marcy Pope, Allyson Poulin, Kay Read, Colleen Rudolf, Maryellen Sakura, Marcia Santore, Ann Saunderson, Patricia Schappler, Sarah

See WOMEN on page 3 . . .

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~ Arts & Entertainment ~



“Ghosts on the Banke” Expands to Four Evenings

PORTSMOUTH -

Ghosts, wayward pirates, mysterious fortune tellers, and giant yarn spider webs return to Strawberry Banke Museum for “Ghosts on the Banke.” The museum’s family-friendly Halloween event occurs on Thursday, October 26 through Sunday, October 29, 5:30-7:30 p.m. Families are invited to trick-or-treat safely and enjoy various activities on the decorated grounds.

Wander along lanes eerily aglow with hundreds of carved pumpkins, past historic houses

lit with candles to light the darkness for poor wandering souls. While traveling from house to historic house, hear the haunting sounds of ghost ships forever lost in the river’s fog. Warm weary bones by the All Hallows Bonfire, listen to spooky ghost stories, and dare to knock on the witch’s door to ask for a treat. The event is spooky, not scary, and geared towards children under 12.

“After an overwhelming demand, Strawberry Banke expanded this year’s event to occur

for four evenings,” said Linnea Grim, president and CEO, Thomas W. Haas Endowed Chair.

“Ghosts on the Banke offers a safe outdoor and enclosed space for trick-or-treating and fun family-friendly activities,” said Alex Cave, museum events manager. “Don’t forget your costume and favorite trick-or-treat container!”

Tickets are available at www.strawberyanke.org. For more information, call the museum at 603-433-1100.

“And Then There Were None”

ROLLINSFORD -

Garrison Players Arts Center is performing Agatha Christie’s classic tale of murder and mystery, “And Then There Were None” through October 22, directed by Carol MacDon-ald.

Seven guests, a newly hired secretary, and two staff, are gathered at a manor house on an isolated island by an unknown absentee host and are killed off one-by-one. They work together to determine who the killer is before it’s too late. Each guest is accused of an unprovable murder. As the body count

rises, guests grapple with their personal feelings of guilt in different ways.

Show times are: Fridays at 7:30 p.m.; Saturdays at 2 p.m. and 7:30 p.m.; and Sundays at 2 p.m. Tickets are \$22 for adults, \$18 for seniors, \$15 for students, and are available at www.garrisonplayers.org.

The nonprofit, volunteer-based, community theatre group performs at the center, located at the corner of Roberts Road and Portland Ave. (Route 4) in Rollinsford. For more information, visit ch website above or call 603-750-4278.

The Music Hall Presents Rob Delaney with Bestseller “A Heart That Works”

PORTSMOUTH -

On Saturday, November 4, comedian, actor, and writer, Rob Delaney comes to the Music Hall to discuss his book, “A Heart That Works.” Delaney will be in conversation with actors Chris Cooper and Marianne Leone, discussing loss, love, and healing. The book is a visceral and deeply personal memoir about losing a child and everything that is discovered about life in the process.

In 2018, Delaney’s two-year-old son, Henry, died of a brain tumor. “A Heart That Works” is his intimate, unflinching, and at times fiercely funny exploration of Henry’s beautiful, bright life, and the devastation of his loss—from the harrowing illness to the vivid,

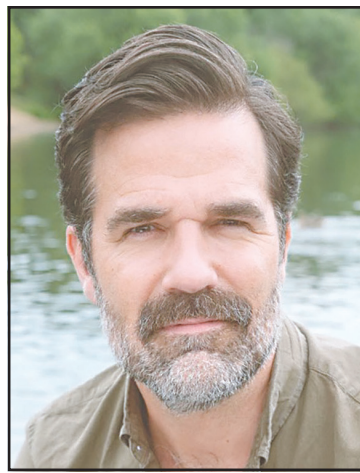
bodily impact of grief and the blind, furious rage that followed through to the forceful, unstoppable love that remains.

Rob Delaney is widely known as the award-winning co-creator and co-star of the critically acclaimed Amazon Prime comedy “Catastrophe.” He is also the author of the memoir “Rob Delaney: Mother. Wife. Sister. Human. Warrior. Falcon. Yardstick. Turban. Cabbage.”

Chris Cooper was recognized in 2003 with an Academy Award and a Golden Globe Award for Best Supporting Actor for his portrayal of John Laroche in “Adaptation.” Other notable films include “American Beauty,” “Seabiscuit,” “Breach,” “The Bourne Identity,” “Lone Star,” and “August: Osage County.”

Marianne Leone is an actress, screenwriter, and essayist. Her essays have appeared in the Boston Globe, Lithub, Ploughshares, and others. She is the author of two memoirs, “Jesse” and “Ma Speaks Up.” She had a recurring role on HBO’s “The Sopranos” as Joanne Moltisanti, Christopher’s mother.

The 7 p.m. author discussion, held at the Music Hall, 28 Chestnut Street, Portsmouth, will be followed by an audience Q&A. More information and tickets are available at www.themusichall.org, 603-436-2400, or



in person at the B2W box office at 28 Chestnut Street.

The Players Ring Presents “Gay Bride of Frankenstein”

PORTSMOUTH -

“Gay Bride of Frankenstein” first premiered at the The Players’ Ring in 2008 and went on to be an off-off Broadway cult hit. It’s a classic story of coming of age, coming out of the closet, and coming back from the dead. Love is never an abomination—not even when it’s between a woman and a blue, reanimated corpse of a woman!

The book was written by Dane Leeman and Billy Butler, music and lyrics by Billy Butler,

and choreography and direction by Adrienne Maitland.

The show runs October 20 through November 5, Fridays and Saturdays at 7:30 p.m., Saturdays and Sundays at 2:30 p.m., with a special performance on Tuesday, October 31 at 9 p.m. after the Portsmouth Halloween Parade!

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

... WOMEN from page 2

Schneiderman, Helen Obermeyer Simmons, Sophia Singer, Jill Snyder Wallace, Diane St. Jean, Jeanette Staley, Erin Starr, Joanne Stowell, Carol Van Loon, Elsa Voelcker, Julie Waltz-Stalker, and Marcia Wood Merton.

The exhibition will run through October 31 at The Art Center, located at 1 Washington St., Dover. For more information, visit www.theartcenteronlinegallery.com or call 603-241-2713, as well as www.national-wca.org and www.wcanh.org.

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Carl Safina with Book "Alfie & Me" in the Lounge

PORTSMOUTH -

On Sunday, October 29 at 3 p.m., MacArthur Fellowship recipient, ecologist, and author, Carl Safina will visit the Music Hall Lounge with his new book, "Alfie & Me." Interwoven with Safina's keen observations, insight, and reflections, the book is a moving account of raising, then freeing, an orphaned screech owl. The event includes an author conversation with Scott Weidensaul, author of "A World on the Wing," followed by an audience Q&A and post-show meet-and-greet.

"I'm excited to speak with Carl Safina about his most insightful and eloquent book yet," said Weidensaul, naturalist, author, and the evening's moderator. "Hopefully, we will all walk away with a little more insight into ourselves and our relationship with the world."

When Safina and his wife, Patricia, took in a near-death baby owl, they expected she would be a temporary presence like other wild orphans they'd rescued. But Alfie's feathers were not growing correctly, requiring prolonged care. As Alfie grew and gained strength, she became a part of the family, joining a menagerie of dogs and chickens, and making a home for herself in the backyard. This is a

story of the remarkable impact this little owl would have on their lives. The continuing bond of trust following her freedom – and the raising of her own wild brood – coincided with the onset of the pandemic. Witnessing all the fine details of their feathered friend's life offered a view of existence from Alfie's perspective. This made Safina want to better understand how people have viewed humanity's relationship with nature across cultures and throughout history.

Carl Safina, author of "Becoming Wild and Beyond Words," is the recipient of Pew, MacArthur, Guggenheim, and National Science Foundation fellowships and has written for the New York Times, Time, the Guardian, and National Geo-

graphic. He lives on Long Island, NY.

Scott Weidensaul is a writer and researcher specializing in birds and bird migration. He is the author of nearly thirty books on natural history, including "Living on the Wind: Across the Hemisphere with Migratory Birds," a Pulitzer Prize finalist, and "The Ghost with Trembling Wings," about the search for species that may or may not be extinct. A native of the Appalachians of eastern Pennsylvania, he now lives in New Hampshire.

The talk will be held at the Music Hall Lounge, 131 Congress St., Portsmouth. More information and tickets can be found at www.themusicHall.org, 603-436-2400, or in person at the B2W box office at 28 Chestnut Street.

Pontine Theatre Presents "We Love Trees"

PORTSMOUTH -

Pontine Theatre presents "We Love Trees," a toy theatre play created by John Bell and Trudi Cohen, members of New York City's Great Small Works, in collaboration with classical musicians, Marci Gerri and Daniel Sedgwick. It's the story of a copper beech tree in Somerville, MA, which once stood in front of the house of a 19th century composer and later became the anchor for a green oasis called Symphony Park.

Performances are scheduled for Friday, October 20 at 7



p.m., Saturday, October 21 at 3 p.m., and Sunday, October 22 at 2 p.m. at Pontine's 1845 Plains Schoolhouse theatre located at #1 Plains Ave., Portsmouth. For more information and tickets, visit www.pontine.org or call 603-436-6660.

Governor's Arts Awards and Ceremony Announced

STATEWIDE -

The NH State Council on the Arts is pleased to announce the individuals and organizations being honored as recipients of the 2023 Governor's Arts Awards. Winners of this year's awards represent the arts in many forms, from music, theatre, and sculpture to podcasts and multi-disciplinary projects.

The recipients are: Racial Unity Team of Stratham for Arts Education; Currier Museum of Art of Manchester for Arts in Health; Creative Guts of Epping for Creative Communities; John Weidman of Milford for Distinguished Arts Leadership; Fiddling Thomsons of Lee for Folk Heritage; The Labrie Family of Portsmouth for Individual Arts

Champion; and Greg Gathers of Portsmouth for Lotte Jacobi Living Treasure.

The awards ceremony will be live streamed via the council's Facebook and YouTube accounts from StudioLab in Derry, beginning at 5 p.m. on October 23. In addition to the award presentations, the event will include video profiles of each winner and live music. Several watch parties are being planned around the state as a way of expanding the celebration and community involvement.

The NH Governor's Arts Awards publicly recognize outstanding contributions to the

state's arts and cultural life made by individuals, organizations, and communities and are given every other year. Recipients receive a sculpture designed and created by André Belanger of Berlin that echoes the NH State House Eagle, widely considered the first piece of public art in the state.

To be eligible for nominations: Individuals must reside in New Hampshire or have made significant contributions to the arts while living in New Hampshire; Organizations, cities, and towns must be physically located in New Hampshire. Learn more at www.nh.gov/nharts/.

BUSINESS & FINANCE

NCU Welcomes Ryan Grace as VP of Brand

PORTSMOUTH -

Northeast Credit Union (NCU) is pleased to announce the hiring of Ryan Grace as Vice President of Brand. He will be responsible for leading the marketing team while developing brand strategies to promote growth and expansion. He will also ensure the broader marketing strategy supports the credit union's short- and long-term business objectives, and delivers on the mission to enrich and nourish the lives of NCU's members, employees, and communities they serve.

"As a strategic and creative leader, Ryan is already making an impact with our brand development and with the team he is leading," Chris Parker, president and CEO of NCU, shared. "We're excited to leverage his vast experience as we shape the future of the credit union."

Grace added, "I'm honored to step into this new role and lead a team that is essen-



tial to building Northeast's presence in the community. For me, the mission is also personal, and I'm excited for the opportunity to support the community where I grew up, and where I am now raising a family."

Grace brings more than 10 years of experience in building multinational brands in the consumer goods industry, including roles at Keurig, Dr. Pepper, Lindt, and Mars. Before working in the private sector, he proudly served in the U.S. Army as a military intelligence officer after graduating from Duke University. Ryan grew up on the New Hampshire seacoast and is a graduate of Phillips Exeter Academy. He now

SAA Awards Annual Scholarships

EXETER -

The Seacoast Artist Association (SAA) recently awarded ten art scholarships to high school seniors continuing with their art studies in college or university. For the last 35 years, the SAA scholarship committee has worked with local public high school teachers and guidance counselors to choose talented seniors from each school.

This year's recipients are as follows, along with schools and concentration of studies: Olivia Sousa of Epping High School will be studying fashion merchandising at Lasell University; Delaney McLynch of Exeter High, studying environmental engineering, and illustration and painting at Tufts University; Jameson Senesombath of Newmarket High School, studying industrial design at Wentworth Institute of Tech-

nology; Sofia Self of Oyster River High, studying studio arts at Syracuse University; Hermes Hoschek of Portsmouth High School, studying studio arts at New York University; Sarah Terlizzi of Sanborn Regional High, studying digital photography at NH University; Ken Liu of Spaulding High, studying graphic design at Rochester Institute of Technology; Allison Daigle of Timberlane Regional, studying animation at the Institute of Art and Design at New England College; Cameron Dunham of Winnacunnet High, studying photography, graphic design, and integrated lens-based media at Montana State University in Bozeman; and Sienna Hilbourne of York High School, in Maine, will study visual arts at Vassar.

lives in the area with his wife and two young sons.

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

program through art and design, painting murals in the middle and high schools, and making art with a purpose. I will continue to use and develop my artistic skills to make a greater impact late in my life, building empathy and community."

Scholarship Committee Chair Maryclare Heffernan added, "Creating and sharing art is, in a sense, an act of bravery. Our scholarship team worked with 14 seacoast area high schools in reviewing this year's award winners. We can assure you the future of art is vibrant with fresh, beautiful, and bold creations. Our gratitude and appreciation to the high school's faculty and staff is renewed again as the artistic talent they educate and nurture again surpasses our expectations, at times taking our breath away."

The SAA is an all-volunteer, non-profit organization. Donations are eligible for tax deductions. For more information, visit www.seacoastartist.org or call 603-778-8856.

~ Arts & Entertainment ~



“Acrylics Shine” at SAA

EXETER -

The Seacoast Artist Association (SAA) will feature two acrylic painting shows by gallery artists, Ann Brown and Jane Davis Copp, this October.

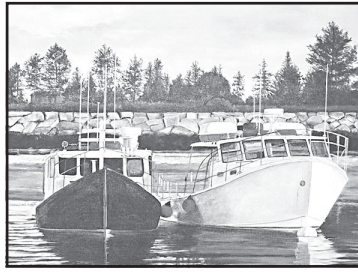
Many SAA collectors know Brown from her nature photography, so her exhibit “Reigniting the Spark” will surprise them with another side of her artistic talent.

“I was trained as a painter, but six years ago, I picked up a camera and discovered landscape and wildlife photography. Since I found myself spending an abundance of time sitting at beaches, marshes, and swamps waiting for wildlife, I began to really study, photograph, and sketch the surrounding landscapes. Then after experiencing some health issues last year that left me unable to hit

the trails, I found myself putting paint to canvas once again. But rather than go back to my classical oil painting training, I decided to venture into the medium of acrylics and palette knives. This body of work is the result of that spark.”

With her show “New England Boats,” artist and retired New Hampshire art teacher Jane Davis Copp shows how New England harbors with their ever-changing tides, seagulls, salty air, and working boats, have always delighted her.

“Painting the reflections of these vessels upon the ocean and their details has been a source of visual interest. Within these compositions, I endeavor to have some aspect of mystery... whether it is a shape that disappears or a shadow in the dis-



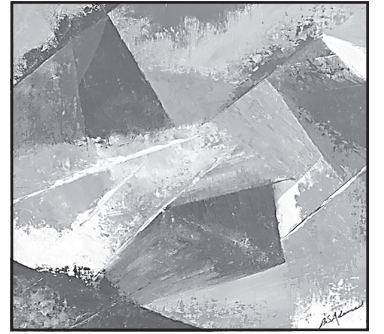
tance. I want the viewer to travel through the painting and enjoy the uniqueness of these boats in their locations. The paintings of the Hudson River School of Art have been an inspiration... The process of art creation and the physical reminder of the beauty of our natural world motivate my interest in painting.”

SAA is located at 130 Water Street, Exeter. For more information, visit www.seacoastartist.org or call 603-778-8856. Image shown above: “Drake’s Island Boats,” acrylic by Jane Davis Copp.

“Towards Abstraction: Then and Now” on Display

ROCHESTER -

The Franklin Gallery at RiverStones Custom Framing, 33 N. Main Street in Rochester, is host to an exhibit entitled “Towards Abstraction: Then and Now,” featuring the work of the Artists of Roger’s Point: Julie Serrano, Pamela Traver, Tracy Matheson, Inger Gregory, Susan Fried, Barbara Adams, Betsy Schulthess, and Deborah Cartright.



well-known and local seacoast artist. The work exhibited at the gallery, during the month of October, represents individual movement from earlier representational works towards abstraction.

The Artists of Roger’s Point are a group of artists who are interested in and love all forms of abstract art. They work in many mediums to express and explore abstract ideas. The group has been meeting monthly for nearly two years for critiques with mentor Tom Glover, a

For more information, call 603-812-1488, email riverstones-customframing@gmail.com, or find them on Facebook.

~ Library News ~

Dover Public Library

BeTWEEN the Pages Scary Book Group

Thursday, October 19 at 6 p.m. Kids in grades 4-6 who love spooky books are invited to a fun night talking about favorite scary books just in time for Halloween. Pizza will be provided too!

Polymer Clay Earrings Class

Thursday, October 19 at 6:30 p.m. Teens ages 16 and up and adults are welcome in the lecture hall for a session on making marbled polymer clay earrings. All supplies will be provided. Registration is required.

Ghost Tales & Spirit Speaks with Karen Tatro

Monday, October 23 at 6:30 p.m. in the lecture hall and virtually via Ring Central, join Medium Karen Tatro as she discussed her work in the paranormal world. This lecture features a slideshow presentation of evidence.

Series of the Month Club

Are you a fan of the “Kingdom of Wrenly” series by Jordan Quinn? If you are in second or third grade

and have read one or more books in the series, meet with other fans to talk about these popular books on Tuesday, October 24 at 3:30 p.m. Also make a craft related to the series. Please pre-register for this program.

Drop-In Halloween Craft

Stop into the Children’s Room anytime on Wednesday, October 25 to enjoy a fun, simple, Halloween craft to take home.

All Abilities Club Programs: Video Gaming

On Wednesday, October 25 at 11 a.m., adults with disabilities are invited for an hour of Wii gaming action with Just Dance, Wii Sports, Mario Kart, and more. Everyone will get a chance to play, and activities will be provided for the down time between turns. FMI: j.adams@dover.nh.gov.

Get Lit Book Group

Get Lit will be meeting in person on Wednesday, October 25 at 6:30 p.m. at Roost, 50 Pointe Place, Suite C5, Dover, to discuss “Fire-keeper’s Daughter” by Angeline Boulley.

Pumpkin Decorating Contest

Break out your best pumpkin embellishment skills for the pumpkin decorating contest! You may carve, paint, or dress your small- or medium-sized pumpkin or gourd. They will be displayed for public viewing and voting on Wednesday, October 25, 5-8 p.m. Contact library for more details and rules.

Friends of the Library Fall Book Sale

The Friends of the Dover Public Library are having a book sale on Friday, October 27 and Saturday, October 28, 9 a.m. to 5 p.m. and Sunday, October 29, 1-5 p.m. Hundreds of books and DVDs for sale in the lecture hall, priced at \$3 or under. Proceeds go to the Friends of the Dover Public Library to support programs and museum passes. On Monday, October 30, all leftovers will be free!

Cocheco River Writers

Meeting on Thursday, October 26 at 6:30 p.m. and welcoming all skill levels. Discuss ideas, get tips, and share your work with others in a

low-key, inviting atmosphere.

All Abilities Club Programs: Teen Programs

On Tuesday, October 31 at 6 p.m., teens in grades 6-12 are welcome to make a small Halloween-themed terrarium. All supplies will be provided, first come, first served, while supplies last.

Virtual Cookbook Club

Trying recipes from “Slow Cook Modern” by Liana Krisoff. Send photos of your dishes to e.ainaire@dover.nh.gov.

For More Information

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

Hampton Falls Free Library

For More Information

Call the library at 603-926-3682 or visit www.hamptonfallslibrary.org.

Lane Memorial Library

For More Information

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

North Hampton Public Library

We Have That!

We have... Telescopes, snowshoes, sewing machine, ukuleles, paper shredder, podcast green screen, games, bird watching kits, pickleball, knitting, tarot and oracle cards, photo scanner, fax machine, copier, public computers, museum and other passes, newspapers and magazines, creation station, and free notary service!

For More Information

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TASKER FUNERAL HOME

Garrison City Crematory Tasker Monument Co. 621 Central Ave., Dover, NH 03820 603-742-4961 • www.taskerfh.com

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

Portsmouth Public Library

For More Information

Call the library at 603-427-1540 or visit www.cityofportsmouth.com/library/.

Rollinsford Public Library

For More Information

Call the library at 603-516-2665 or visit www.rollinsfordlibrary.org.

Rye Public Library

For More Information

Call the library at 603-964-8401

or visit www.ryepubliclibrary.org.

Seabrook Library

For More Information

Call the library at 603-474-2044 or visit www.sealib.org.

Somersworth Public Library

Halloween Hoopla

Tuesday, October 31, 5:30-6:30 p.m. Cookie decorating, scavenger hunt, sensory boxes, story walk, games, music, and more.

For More Information

Call the library at 603-692-4587 or visit www.somersworthnh.gov/library.

PUZZLE ANSWERS

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1	7	6	4	3	5	8	2	9
2	8	5	9	7	1	6	4	3
4	3	9	6	8	2	7	5	1

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Health & Fitness

NHDES Seeks Fish for Mercury Analysis

STATEWIDE -

The New Hampshire Department of Environmental Services (NHDES) is asking fishermen to donate fish for mercury concentration analysis. To discover the mercury concentration in fish for a specific waterbody in New Hampshire, the NHDES Jody Connor Limnology Laboratory (JCLC) will process samples for free.

Once processed, the data will be added to the Lake Information Mapper at <https://nhdes.maps.arcgis.com> to help track trends and update advisories. The latest report on the status and trends of mercury in New Hampshire fish is available in the New Hampshire Mercury in Fish Tissue Report on www.des.nh.gov.

So far, NHDES has analyzed more than 4,000 fish to determine the amount and concentration of mercury they contain. Mercury is a highly

toxic heavy metal that has serious health risks if consumed in excessive amounts. These analyses have resulted in a statewide fish consumption advisory and waterbody-specific fish consumption advisories where necessary.

NHDES is looking for volunteers to submit at least five fish within a year from a single waterbody. Yellow perch, largemouth bass, and smallmouth bass are the species they are most interested in receiving; however, other consumed species are also accepted. For a list of fish species and collection procedures, see the Volunteers Collecting Fish For Mercury Analysis guide on www.des.nh.gov. All fish must be captured and retained following regulations established by the New Hampshire Fish and Game Department.

For more information, contact Max Maynard at maxwell.t.maynard@des.nh.gov or 603-271-2968.

Zebra Crossings Names New Executive Director

DOVER -

Seacoast area nonprofit Zebra Crossings is excited to introduce Debra Taylor as its next executive director as of January 2023. Taylor succeeded Aric Morrison, who left the position last September for personal health reasons. She is the third executive director for the organization that was founded in 2009, and has built a strong reputation as a valued provider of empowerment programs for youth with chronic medical conditions and their families.

Taylor brings strong credentials as a leader, growth strategist, and fundraiser to this position. She has been working with the staff and Board of Directors to continue and expand the camp program offerings and the positive, life-shaping adventures that are always part of the Zebra Crossings experiences.

"Deb is a dynamic and energetic leader with a clear passion for our mission. Her warmth, empathy for families facing adversity, and her excitement for what Zebra Crossings can become were evident during our search process," said Board President Eileen Sewall. "The board is excited to work with Deb as



our new executive director and confident that Zebra Crossings will continue to expand our presence in the seacoast area, and to expand our footprint beyond our current geographic reach."

Prior to joining Zebra Crossings, Taylor was President and CEO of Sweetser, one of Maine's oldest and most comprehensive behavioral health and developmental service organizations. She began her career in healthcare, working for nearly a decade with a home health agency. She joined Sweetser in 2000, holding positions of increasing responsibility during her 21 years there, spending 14 years as a member of the executive leadership team.

Taylor feels that becoming the leader of Zebra Crossings will be a rewarding next step

PORTSMOUTH & ROCHESTER -

Portsmouth Regional Hospital and Frisbie Memorial Hospital will host its annual Crush the Crisis prescription drug take-back day on Saturday, October 28 to help raise awareness about the dangers of prescription drug misuse, and the importance of safe and proper disposal of unused or expired medications. The event, which coincides with the Drug Enforcement Administration's National Prescription Drug Take Back Day, offers the community an opportunity to safely and anonymously dispose of medications that may be left over from previous procedures or other medical visits.

Law enforcement officers from the Portsmouth and Roch-

ester police departments will be collecting tablets, capsules, and patches of Hydrocodone (Norco, Lortab, Vicodin), oxycodone (Oxycontin, Percocet), tramadol (Ultram), codeine, fentanyl (Duragesic), morphine, hydromorphone (Dilaudid), and oxymorphone (Opana). Ointments, lotions, drops, liquid medication in leak-proof containers, vape cartridges without batteries, and pet medication, will also be accepted. Needles, syringes, lancets, or liquids, will not be accepted.

In 2022, there were more than 109,000 drug overdose deaths in the United States, according to the Centers for Disease Control and Prevention, an increase from 2021.

"We feel it is crucial to bring awareness to the dangers

of drug misuse and abuse as the nationwide drug overdose epidemic continues to grow," said Brian Sanders, MD, chief medical officer of Portsmouth Regional Hospital and Frisbie Memorial Hospital. "As a part of our commitment to the community, we are proud to support and help educate the community on the proper disposal of medications."

The drug-take back events will take place 10 a.m. - 2 p.m. on Saturday, October 28 at the Portsmouth Regional Hospital, 333 Borthwick Ave., Portsmouth, and the Rochester Police Department, 23 Wakefield St., Rochester. For more information, visit www.hca-healthcare.com/crushthecrisis or call 1-833-582-1970.

WDH Awards \$10K Grant for 'Art & Wellness in Recovery'

DOVER -

Wentworth-Douglass Hospital (WDH) has awarded a \$10,000 grant to Dover's Triangle Club to support a new art and wellness program for those in recovery or struggling with substance use disorder. Triangle Club, a local center for substance use disorder recovery programs, implemented a new program last fall entitled 'Arts & Wellness in Recovery,' which offers free weekly meditation, yoga, drawing, and painting classes.

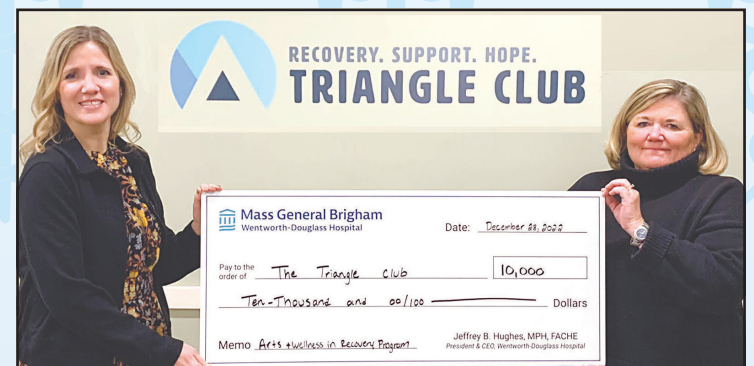
"Wentworth-Douglass is privileged to award these funds to assist our community in the continued fight against substance use disorders," said Michelle Hanson, director of Strategic Planning and Community Benefit at WDH. "Triangle Club has selflessly served the residents of Stafford, Rockingham, and York Counties, for 38 years and we're confident this program will once again make a difference."

The 'Arts & Wellness in

Recovery' program will offer 156 classes with a total of 1,500 slots available to patrons. The classes will be offered on a drop-in basis, with a cap of 20 attendees - all available at no cost.

"I'm extremely grateful to Wentworth-Douglass for both their generosity, and their recognition that substance use disorders can affect the whole person - including their body, mind, and spirit," said Heather Blumenfeld, executive director of Triangle Club. "These funds will go a long way to help us accomplish our goal of creating a holistic approach to recovery."

their families. A broad range of programs, family weekends and summer camps occur at various locations in the NH Seacoast and around the state. Visit www.zebra-crossings.org for more information.



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Triangle Club offers over 55 support groups each week, including Alcoholics, Narcotics, Crystal Meth, and Heroin Anonymous. The club also offers grief and peer support, serving more than 2,500 people annually.

WDH 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.wdhospital.org/wdh/about-wdh/giving-back and www.triangleclub-dovernh.org or 603-742-9803 (for Triangle Club).



We want to hear from you!

Please e-mail press releases, calendar of events, obituaries, special occasions, story ideas, and news tips to

editor@theweeklysentinel.com



Nursing Extern Program Launched for Current Nursing Students

PORTSMOUTH -

HCA Healthcare's New Hampshire hospitals - Portsmouth Regional Hospital in Portsmouth, Parkland Medical Center in Derry, and Frisbie Memorial Hospital in Rochester - are launching a nurse extern program, the first such program in the state of New Hampshire.

The externship program was designed to provide nursing students with the opportunity to develop their clinical skills and judgment, critical thinking, and professionalism, and to help improve and ease the transition from the classroom to the bedside. It also provides HCA Healthcare's hospitals with a pipeline for recruiting and retaining new nurses during a time when the nation is facing a severe nursing shortage.

"Thirty to 60 percent of new nurses leave within their first year, due in great part to being overwhelmed, and struggle with the transition to practice. This program will

give our future nurses the clinical experience they'll need to hit the ground running when they begin their careers," said Michelle Dodd, RN, chief nursing officer at Portsmouth Regional Hospital.

The pilot program is pathway-specific, providing each nursing extern with the opportunity to work alongside a licensed registered nurse preceptor to enhance their clinical education and skills, helping them to be better prepared when they transfer into the licensed practicing role. The program will allow nursing students to perform patient care under the preceptor's direct supervision based on a specific scope of practice, responsibilities, and competencies.

Nurses enrolled in an accredited nursing program, who are in good standing based on specific educational criteria and have successfully completed the fundamental clinical experience, will be eligible to apply for the nursing externship program. Those interested should visit <https://careers.hcahealthcare.com/>.

PRH Accepts 24 New Residents

PORTSMOUTH -

Portsmouth Regional Hospital (PRH) accepted 24 new residents to its family medicine, internal medicine, and psychiatry residencies recently on what is known in academic medicine as Match Day. The new residents will begin their programs on July 1.

"Each year, we receive more and more applicants for our residency programs, which demonstrates just how valuable our new program is for our future physicians," said Dean M. Carucci, market president of HCA New England Healthcare. "This is an especially exciting year as our first class of family medicine and internal medicine residents will graduate in June, and four of these residents were accepted into our fellowship programs to continue their training. It's well known that the country is facing a shortage of healthcare providers, and we're proud to have stepped up to help train and educate tomorrow's physicians and physician leaders."

The family and internal medicine residencies, which

are both three-year programs, received accreditation in 2020 from the Accreditation Council for Graduate Medical Education (ACGME). The first class will graduate this spring. The psychiatry residency's four-year program was accredited by the ACGME in 2021. The first class in the psychiatry residency will graduate in 2025.

The residents come from 22 medical schools, 12 states, and four countries outside the US, including Canada, Jordan, India, and Syria. Among the 24 residents accepted to the program in 2023, are locals: Erik Benotti, DO, of Portsmouth, who graduated from Kansas City University, College of Osteopathic Medicine, for the Family Medicine Residency; Anna Byrne, DO, of Portsmouth, who graduated from Idaho College of Osteopathic Medicine, for the Family Medicine Residency; and Samuel Brock, DO, of Rochester, who graduated from William Carey University, College of Osteopathic Medicine, for the Internal Medicine Residency.

For more information, visit www.portsmouthhospital.com or call 603-436-5110.

4th Grade Water Science Fair and Poetry Winners

NORTH HAMPTON -

More than 275 students from 14 different schools across New Hampshire recently gathered to learn about keeping water clean at this year's New Hampshire 4th Grade Drinking Water Festival, State Science Fair, and Poetry Contest.

Among the academic awards presented, students in North Hampton placed in the 3rd-5th Grade Water Poetry Contest. Students composed poems relating to the climate theme, "Water Rising." Competition was fierce as 237 students submitted thought-provoking poems. Congratulations to: First Place, Miriam Talcott, Durham, for her poem "World Warming;" Second Place, Phineas Mitchell, North Hampton, for his poem "Our Earth;" Third Place, Maksim Knezevic, Durham, for his poem "The Blues of the Ocean;" Honorable Mention, Abigail McNamara, North

Hampton, for her poem "Waters Ups and Downs;" and Honorable Mention, Kylie Sullivan, Keene, for her poem "Water Rising." To read the poems, visit www.nhwaterfestival.org/poetry-contest/.

The NH Drinking Water Festival celebrates National Drinking Water Week. In addition to the awards recognizing academic excellence, students learned about the complexities of keeping water clean and managing it equitably in our changing climate. Students explored dozens of water topics and current issues including plastics, water conservation, watersheds, dams, macroinvertebrates, and wastewater. Water experts from a broad range of nonprofit, higher education, and state and federal organizations, shared their expertise through hands-on activities and live performances.

Also awarded at this event is the Best Tasting Water Award. Several municipal water supply

systems compete for student votes to win this coveted award. This year, Concord Water Department was chosen by the students as having the best tasting water.

Through generous donations, all participating teachers won raffle awards of their choice of classroom science equipment, well water tests or gift basket prizes.

The annual event is sponsored by the New Hampshire Drinking Water Coalition in conjunction with the New Hampshire Department of Environmental Services to encourage future leaders and scientists to learn about one of the world's most precious resources – water!

For more information, contact Lara Hooper, NHDES Drinking Water & Groundwater Bureau at lara.hooper@des.nh.gov or 603-271-4071, or visit www.nhwaterfestival.org.

Expanded Garden at Chase Home Also Supports Gather

PORTSMOUTH -

For years, staff, youth residents, and volunteers have grown fresh produce from a garden located at the Chase Home. Previously benefiting not just kids at the home, but also residents served by Gather in Portsmouth, this garden has been planted and expand with assistance from LeMay Family Goodworks.

"We have discussed with Gather and LeMay Family Goodworks to see how we can enhance the garden and expand its scope," said Chase Home Executive Director Meme Wheeler.

"We want to work collaboratively to serve the community and to educate our young residents on the importance of growing food and the therapeutic value of gardening."

Current and past sponsors of the Chase Home's food program include Northeast Delta Dental and Rotary Club of Portsmouth.

"We are excited to see this garden literally grow," she added. To learn more, visit www.chase-home.org. Photo posted on the Chase Home Facebook page on June 23.



Community Partners and SENHS Sign Letter of Intent

STRAFFORD COUNTY -

Representatives of Community Partners of Strafford County and Southeastern New Hampshire Alcohol and Drug Abuse Services (SENHS) recently signed a non-binding letter of intent outlining a plan for SENHS to become part of Community Partners. With the addition of substance use disorder services, Community Partners looks to become a full community behavioral health center and SENHS looks to ensure the continued delivery of alcohol and drug abuse treatment in the community.

When the leadership at

the New Hampshire Charitable Foundation was approached about the integration of the two programs they were excited about the expansion of treatment for co-occurring disorders in Strafford County. To support the effort, they are funding the administrative due diligence review, after which the organizations hope to move forward.

According to SENHS Board Chairperson Mark Kennard, the board has been actively exploring ways to ensure the long-range delivery of alcohol and drug abuse services that the community relies on while supporting staff in continuing their

important work. Kennard said, "Becoming part of such a vital organization like Community Partners represents a wonderful opportunity to achieve both of these goals moving forward."

Covering all of Strafford County, Community Partners operates the community mental health center, Area Agency for individuals with developmental disabilities, and ServiceLink programs. The addition of SENHS and its substance use disorder (SUD) treatment programs will reduce barriers and improve

See PARTNERS on page 8 . . .

... RUN from page 1

As this year's Visionary Sponsor, M&T Bank reaffirms its commitment to New Hampshire's seacoast region through its support of local initiatives that make a meaningful impact. Known for its dedication to the communities it serves, the bank's partnership with the marathon underscores the importance and wide-ranging benefits of fostering healthy habits.

"At M&T Bank, we're proud to serve as the Visionary Sponsor of this year's Seacoast Half Marathon, supporting its mission of donating to local non-profits who are making a positive impact on our community," said Tim Wade, M&T Bank's regional president. "Supporting the work Gather does to help ensure our neighbors have access to healthy food in New Hampshire and Maine is critical to the region's continued success."

The 18th Annual Seacoast Half Marathon is an inspiring celebration of community, camaraderie, and compassion. Participants and supporters alike are encouraged to join this incredible event, as every stride taken and every donation made will contribute to a stronger, healthier, and more connected seacoast.

For more information, visit www.seacoasthalfmarathon.com, www.gathernh.org, and www.mtb.com.

NHDES Presents Source Water Protection Awards

PORTSMOUTH & RYE -

The New Hampshire Department of Environmental Services (NHDES) recently

... PARTNERS from page 7

outcomes for people dealing with co-occurring substances use and mental health issues.

Chris Kozak, CEO of Community Partners said, "Everyday our staff are seeing people with a co-occurring substance use disorder. Often times, the substance use is an attempt to self-medicate their mental illness. By bringing SENHS under the Community Partners umbrella it is our goal to draw on the experience and expertise of each agency to create and deliver a fully integrated co-occurring treatment program."

The two organizations are well-known to each other, cooperating for decades to serve dual clients. This move will enhance services and improve timely access to a wider array of services. With the signing of the letter of intent, the due diligence process will begin in earnest. Both agencies agree this move intends to strengthen the safety net for people dealing with diverse challenges.

For more information, visit www.communitypartnersnh.org and www.senhs.org.

presented several awards at its annual Source Water Protection Conference in May. This year's recipients recognized for their exemplary efforts to protect our drinking water resources included the City of Portsmouth as well as Arik Jones, superintendent of the Rye Water District, and the Town of Rye.

The 2023 Source Water Protection Award was presented to Portsmouth for the city's

... RIDE from page 1

For those unable to take part in the live event, participants can ride virtually anytime October 14-22. Riders are encouraged to share photos with the hashtag #RideForBrainInjury or #KingChallengeRide across social media platforms and stay connected in dedicated Facebook and Instagram pages.

Non-riders are welcomed and encouraged to support teams in reaching their fundraising goals via PledgeReg at www.pledgereg.com/king-challenge. To register or learn more, visit www.kingchallenge.org.

KBIC is located at 100 Campus Drive, Unit 24, Portsmouth. For more information, visit www.kbicenter.org or call 603-570-2026. Photo on front page by Duston Marshall.

multi-year effort to protect high-priority water supply lands around the Bellamy Reservoir. This effort stands out as a model in terms of protecting critical water supply lands that serve to protect the reservoir, a primary source of drinking water for the city. The award was received by the city's Public Works Director Brian Goetz, Water Resources Manager Allan Pratt, and Deputy City Manager and Attorney Suzanne Woodland.

The 2023 Source Sustainability Award, recognizing work to conserve water through reducing water use or waste was presented to both Superinten-

... GHOSTS from page 1

The cost is \$10 for non-members and \$7 for non-member children, ages 6-18. Members are \$5 and \$3 for members' children, aged 6-18. All children under 6 are free. The 3 p.m. tour is \$15 for a non-member family of up to four, while member families are \$10. Children are encouraged to dress for Halloween and will receive a special colonial treat. Ticket price includes a return pass to visit the museum.

For more information and to purchase tickets, visit www.independencemuseum.org or call 603-772-2622.

dent of the Rye Water District Arik Jones and the town of Rye, which was received by the town's Assistant Town Administrator Becky Bergeron. In 2021, Jones played an instrumental role in defining the impact large water users were having on the water system's wells during state-declared drought. He then worked with users, including irrigation companies, to reduce water demand significantly. In 2022, Bergeron worked with the Rye Board of Selectman to adopt a town-wide lawn watering restriction bylaw that limits lawn watering depending on the severity of the drought.

For more information, contact Pierce Rigrod, NHDES Drinking Water and Groundwater Supervisor, at pierce.a.laskey-rigrod@des.nh.gov or 603-271-0688.

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CLUES ACROSS

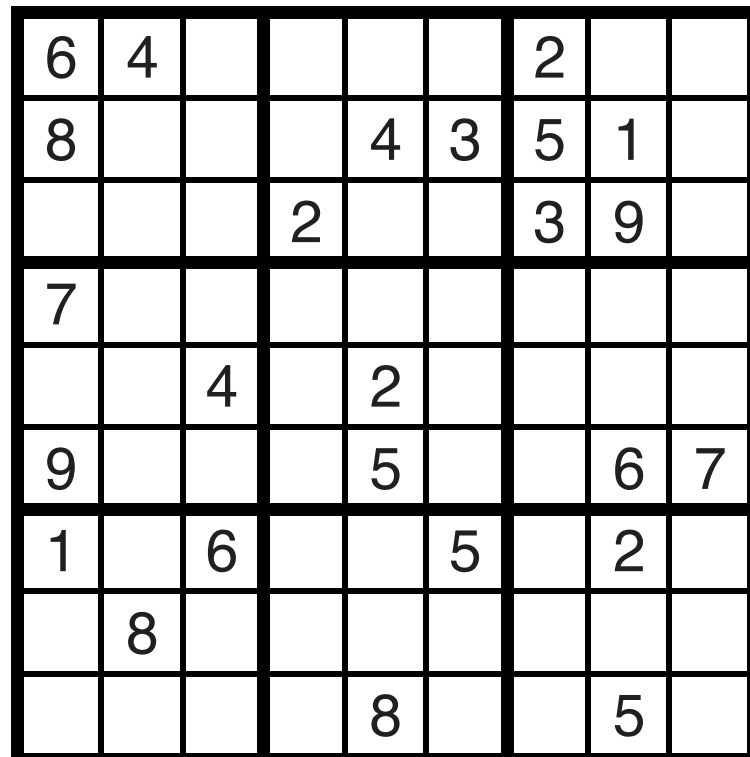
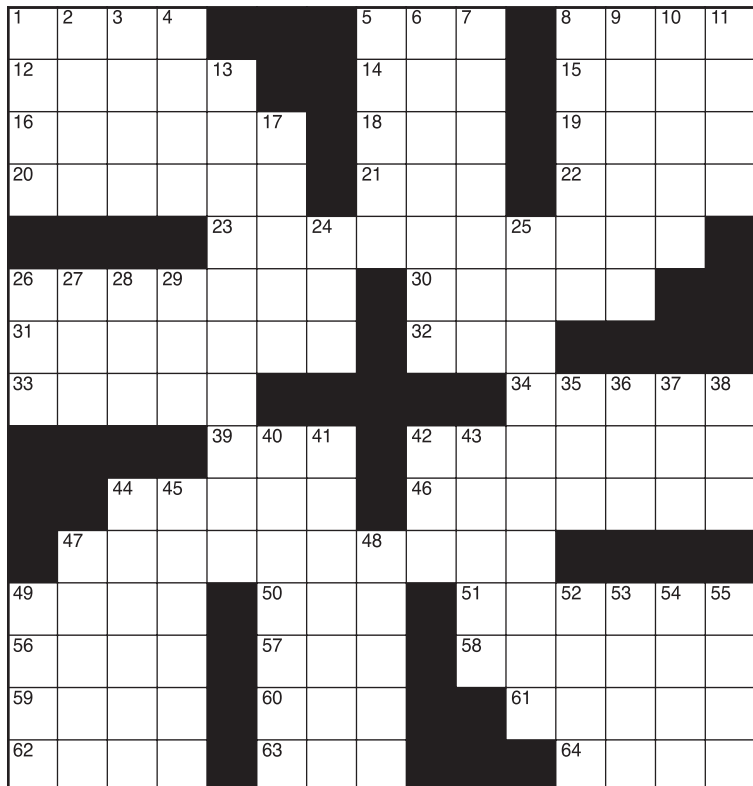
- 1. A device to disengage without a key
- 5. Subdivision
- 8. Network of nerves
- 12. Lounge chair
- 14. Ocean
- 15. C. European river
- 16. Bowl-shaped cavity
- 18. ___ Caesar, comedian
- 19. Lyric poems
- 20. Tia's sister
- 21. A way to develop

- 22. Cows collectively
- 23. Areas close by
- 26. Slightly disreputable
- 30. Made a mistake
- 31. One who cites
- 32. Food stall: ___ pai dong
- 33. Narrow valley between hills
- 34. Members of people living mainly in the Congo
- 39. More (Spanish)
- 42. Classroom implements
- 44. Cognizant of
- 46. One who tells on others

- 47. Free from slavery
- 49. Thick piece of something
- 50. Containing two nitrogen atoms between carbon atoms
- 51. Removed entirely
- 56. Late rocker Turner
- 57. Appreciated
- 58. Observation expedition
- 59. Opposite of subtracts
- 60. Unit of work
- 61. Wreckage on the sea bed
- 62. Affirmative! (slang)
- 63. Witness

- 64. River in England
- CLUES DOWN**
- 1. A dissenting clique
 - 2. Japanese city
 - 3. Spiritual leader
 - 4. Second letter of Greek alphabet
 - 5. Musical term
 - 6. Ruled over
 - 7. Fortified wine
 - 8. First year player
 - 9. Moved in a circular way

- 10. Adolescents
- 11. Scottish or Irish Gaelic language
- 13. Someone who serves in the armed forces
- 17. Bring up
- 24. Factual written account (abbr.)
- 25. Having three sides
- 26. Annoy
- 27. Hustle
- 28. American WW2 leader
- 29. Stale atmosphere
- 35. US Treasury
- 36. Sound unit
- 37. They ___
- 38. Soviet Socialist Republic
- 40. Places to play video games
- 41. Medical event
- 42. When you hope to arrive
- 43. Fixed prices
- 44. Popular Boston song
- 45. Valley in Indiana and Illinois
- 47. Omit when speaking
- 48. German explorer of the Congo Basin
- 49. Stick around
- 52. From a distance
- 53. Heroic tale
- 54. Amounts of time
- 55. Eat



Level: Intermediate

ANSWERS TO THIS WEEK'S PUZZLES ARE ON PAGE 6

~ Calendar of Events ~



Weekly

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.

Portsmouth Farmers Market

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

Thursday, October 19

Museum Zoom Session for Seniors

10 a.m., the American Independence Museum in Exeter will host a 60-minute Zoom session for older adults in an effort to expand its Creative Aging Advisory Group which allows them an opportunity to provide input on offerings at the museum. Free museum memberships will be given to any older adult that attends. To preregister or learn more, visit www.independencemuseum.org, email sarah@independencemuseum.org, or call 603-772-2622.

UNH Hospitality & Campus Hiring Events

1-6 p.m. at Greater Dover Chamber of Commerce, 550 Central Ave., Dover. An opportunity to meet hiring managers, apply, and interview on the spot. FMI: www.dovernh.org or 603-742-2218.

Saturday, October 21

Pumpkin Smash

8 a.m. - 12 p.m. at the Portsmouth Farmers' Market, at Portsmouth City Hall, 1 Junkins Ave. This annual Halloween tradition has become the October catharsis of choice for young and old alike. Smashing implements supplied and costumes encouraged! This is a fundraiser for the Portsmouth Halloween Parade, and all pumpkins are fed to pigs following the smash so there's no waste. \$5 per pumpkin. Rain date: October 28. FMI: Portsmouth Farmers' Market Facebook page.

Project Upcycle Runway

8 p.m. at 3S Artspace, 319 Vaughan St., Portsmouth. Can't attend Project Upcycle Runway this year? Livestream from home! Eight designers will compete to transform end-runs, deadstock, material, and excess inventory to create a fresh take on New England streetwear. FMI: 603-766-3330 or www.3sarts.org.

Sunday, October 22

Lore of the Jack-O'-Lantern

7 p.m. at 3S Artspace, 319 Vaughan St., Portsmouth. A theatrical book-reading celebrating the audiobook release of "Lore of the Jack-O'-Lantern," a horror novella set on Halloween night in a small

town in New Hampshire. Writer and narrator Brian Serven will be joined on stage by character voice actors, sound effects, a music score, projections of the pages illustrated by Dan Blakeslee, and more spooky surprises. FMI: 603-766-3330 or www.3sarts.org.

Monday, October 23

UNH Hospitality & Campus Hiring Event

3-5 p.m. at Greater Dover Chamber of Commerce, 550 Central Ave., Dover. An opportunity to meet hiring managers, apply, and interview on the spot. FMI: www.dovernh.org or 603-742-2218.

Wednesday, October 25

The Crossword Show

7:30 p.m. at 3S Artspace, 319 Vaughan St., Portsmouth. Host Zach Sherwin presides as guest comedians solve an actual crossword puzzle live onstage. Sherwin will take the show down rabbit holes of comedy, music, wordplay, and trivia, inspired by the answer words. FMI: 603-766-3330 or www.3sarts.org.

Thursday, October 26

UNH Hospitality & Campus Hiring Events

1-6 p.m. at Greater Dover Chamber of Commerce, 550 Central Ave., Dover. An opportunity to meet hiring managers, apply, and interview on the spot. FMI: www.dovernh.org or 603-742-2218.

Saturday, October 28

Thirsty Goblin 5K and 2 Mile Costume Walk

10 a.m. - 2 p.m. Dress up in your favorite Halloween costume and this fun-filled morning at Throwback Brewery, 7 Hobbs Rd., North Hampton. This year a 2-mile costume walk has been added to encourage non-runners and our canine friends to participate. Breakfast goodies will be provided by the brewery, entertainment provided by MC Michael Bernier and Evolverment Radio, pumpkin painting, a costume contest, and more. A portion of the proceeds will be donated to Seacoast Eat Local. FMI and to register: www.throwbackbrewery.com and www.seacoasteatlocal.org.

The Art Center Open Studios

6-9 p.m. at The Art Center, 1 Washington St., Dover. Meet the accomplished artists in their artistic community. Complimentary cheese and wine. FMI: www.theartcenteronlinegallery.com or 603-241-2713.

Saturday, October 28 - Sunday, October 29

Carol Kaye Project

7:30 p.m. at 3S Artspace, 319 Vaughan St., Portsmouth. Two performances of Boston Dance Theater's "The Carol Kaye Project,"

which celebrates seminal bassist Carol Kaye. FMI: 603-766-3330 or www.3sarts.org.

Sunday, October 29

Dover's Witches' Market

12-5 p.m. at Dover City Hall and Central Ave., Dover. An outdoors, local, community event featuring vendors and small businesses who specialize in witchcraft, magic, herbalism, spiritual readings, and handmade artisan goods. Rain or shine. Presented by The Groovy Witch. FMI: www.groovywitch.com.

Monday, October 30

UNH Hospitality & Campus Hiring Event

3-5 p.m. at Greater Dover Chamber of Commerce, 550 Central Ave., Dover. An opportunity to meet hiring managers, apply, and interview on the spot. FMI: www.dovernh.org or 603-742-2218.

Hampton Falls Trick-or-Treat

5-7 p.m. Throughout the town. FMI: www.hamptonfalls.org or 603-926-4618.

Newington Trick-or-Treat

5-7 p.m. Throughout the town. FMI: www.newington.nh.us or 603-436-7640.

Portsmouth Trick-or-Treat

5-7 p.m. Throughout the city. FMI: www.cityofportsmouth.com or 603-431-2000.

Rye Trick-or-Treat

5-7 p.m. Throughout the town. FMI: www.town.rye.nh.us or 603-964-5523.

Somersworth Trick-or-Treat

5:30-7:30 p.m. Throughout the city. FMI: www.somersworthnh.gov or 603-692-9508.

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Dover Trick-or-Treat

5-8 p.m. Throughout the city. FMI: www.dover.nh.gov or 603-516-6401.

Tuesday, October 31

Somersworth

Halloween Hoopla

5:30-6:30 p.m. at the Somersworth Public Library. Cookie decorating, scavenger hunt, sensory boxes, story walk, games, music, and more. FMI: www.somersworthnh.gov/library 603-692-4587.

Hampton Trick-or-Treat

5:30-8 p.m. Throughout the town. FMI: www.hamptonnh.gov.

Portsmouth

Halloween Parade

7 p.m. All are invited to dress up, gather at Pierce Island by Prescott Park, and march. No sign-up required. The parade is not a city-sponsored event. FMI: www.portsmouthhalloweenparade.org.

Friday, November 3 - Sunday, November 5

Holiday Village Fair

Formerly called "Winter Faire," at First Church Congregational, 63 S. Main St., Rochester. Friday, Nov. 3, 4-7 p.m. features a beef stew supper. Saturday, Nov. 4, 8 a.m. - 1 p.m. features a blueberry pancake breakfast. Sunday, Nov. 5, 11 a.m. - 1:30 p.m. followed by a "Four Shillings Short" concert, 2-4 p.m. in the sanctuary. Themed

gift baskets, raffles, handcrafts, bakery, Christmas, books, jewelry, and so much more. FMI: 603-332-1121 or firstucc@atlanticbbn.net.

Saturday, November 4

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.

HUMC Fall Rummage Sale

8:30 a.m. - 2 p.m. at the Hampton United Methodist Church (HUMC), 525 Lafayette Rd. (Route 1), Hampton. Featuring seasonal clothing, toys, books, games, furniture, shoes, small appliances, and household items. All proceeds support community missions: Seacoast Family Promise, St. Vincent's Community Kitchen, Families First, Operation Blessing, and more. FMI: 603-926-2702 or www.hamptonnhumc.org.

Saturday, November 4

Greek Taverna Night

6-10 p.m. at St. Nicholas Greek Orthodox Church, 40 Andrew Jarvis Dr., Portsmouth. An authentic Greek celebration with delicious food, music, and dancing! FMI and tickets at www.stnicholasportsmouthnh.org or 603-436-2733.

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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 ocean-front 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



OPEN HOUSES! FRI 4pm-5:30pm SAT 11am-1pm

YORK, ME: 30 Southside Road - Just Listed! A deep water dock to explore York River's enchanting coves and inlets leading to the Harbor and Atlantic Ocean is just an extended amenity to this brand new build. First floor bedroom suite, gourmet kitchen and an open dining area. Formal living room with cathedral ceilings, natural light & a gas fireplace. Large entertainment room above garage, unfinished walk-out basement. Everything is here from salt water access to a turn key home.
 Call Matt Sukeforth - cell: 207-776-8406 | Offered at \$1,550,000



THIS HOME HAS IT ALL!

SANFORD, ME: Outdoor enthusiasts, indoor dwellers, entertainers, hibernators and everything in-between will be able to call this oasis home. Natural light pours into the kitchen highlighting JennAir appliances, quartz countertops and the spacious island. Sunken sunroom w/ cathedral ceiling. First floor office/den. Spacious entertainment suite above the garage or enjoy the playground, heated saltwater pool, firepit and pergola. Roomy drive-thru garage and irrigated landscaping.
 Call Matt Sukeforth - cell: 207-776-8406 | Offered at \$749,000



SEBAGO LAKE WATER FRONT!

WINDHAM, ME: Perfectly balanced with luxury, amenities and affordability! This desirable end unit, one of the largest in the entire association, overlooking Jordan Bay boasts views from every lake facing window, as well as from the private deck, veranda and terrace off the primary bedroom. Enjoy the roaring association firepits, private grill areas, tennis court, gazebos AND the sandy beach and dock. Updated with gas heaters, built-ins for storage and a brand new glass slider.
 Call Kevin Erikson - cell: 603-321-9569 | Offered at \$575,000



ONE MILE TO CAPE NEDDICK BEACH!

YORK, ME: Located 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. Opportunity awaits the clever buyer in transforming the former Gallery building into their own magical space. An additional 4 acres is available, Call for additional details.
 Call Matt Sukeforth - cell: 207-776-8406 | Offered at \$649,000



JUST LISTED IN THE ROCKINGHAM!

PORTSMOUTH, NH: Unit J212 - Owner financing possible! Live in the heart of downtown at the iconic Rockingham Hotel, which is on the National Register of Historic Places! Lobby with adorned ornate ceilings, carved wood paneling, crown molding & marble fireplace. 2Bed/1Bath upscale townhouse in the annex & close to in-ground pool w/ private access. Modern features, high ceilings & wood flooring. Security system, roof-top deck, function hall, storage & laundry on-site.
 Call Judy Bodi - cell: 603-361-6343 | Offered at \$600,000



AFFORDABILITY MEETS CONVENIENCE!

WELLS, ME: PRICE IMPROVEMENT! Charming 3-bedroom home that offers a bonus suite on the lower level. Located less than 3 miles from downtown Kennebunk and 15 minutes from multiple area beaches, you are never too far from amenities. Count on privacy with 47 acres of conservation woodlands owned by the KK & Wells Water District directly to the rear. The attached deck above the extra storage offers plenty of space to grill and entertain friends and family.
 Call Matt Sukeforth - cell: 207-776-8406 | NOW \$419,000



RENOVATED MIDCOAST INVESTMENT!

ROCKLAND, ME: \$5K Sellers credit toward buyers cash due at closing! Wonderfully located for an easy walk to downtown. Fully renovated interior with new siding, roof, fence, shed, and gravel drive ways. The duplex consists of a 3 bedroom 1 bath and a 1 bedroom 1 bath with a separate entrance and driveway. Live in one side and have the other side pay towards your mortgage. Also a great investment opportunity with the huge demand for housing in the Midcoast area.
 Call Tristan Swanson - cell: 207-776-8406 | Offered at \$285,000



CHAUNCEY CREEK WINTER RENTAL!

KITTERY, ME: A rare opportunity to lease this delightful mid-century modern waterfront home sited at the end of a long private lane shared with four other homes and fronting a tidal creek with private dock for launching kayaks or paddle boards. 4 bedrooms, 3 full baths. Only a one mile walk to the beach near tidal Chauncey Creek.
 Winter rental from 12/15/23 to 5/31/24
 Call Patrick Carey - cell: 603-583-1000 | \$5,300/mo+utilities

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