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# The Granite State Sentinel

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Friday, November 3, 2023

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## ARCH to Honor Jessie Aikman with Heritage Award



### ROLLINSFORD & SOUTH BERWICK, ME -

The Association for Rollinsford Culture and History (ARCH) will honor a longtime supporter, the late Jessie Aikman of Rollinsford, with the 2023 ARCH Heritage Award, given annually to recognize those who have made significant contributions to the preservation of the history, heritage, and culture of Rollinsford and the lower Salmon Falls region. The award will be presented to her family at the ARCH dinner and auction on Saturday, November 18 at Spring Hill in South Berwick, ME.

ARCH and the Rollinsford com-

munity were stunned and saddened by the untimely passing a few months ago of Aikman, who died from injuries received in a riding accident. Personally and as the owner of Back Channel Canvas, a business located in Eliot, ME, Aikman was a steadfast supporter of ARCH and the historic Colonel Paul Wentworth House. She was a significant donor to the initial capital campaign to return the Wentworth House to Rollinsford, and also sponsored the organization's annual fundraising event every year since 2009. A resident of the Sligo area of Rollinsford and, like her mother Robin who passed just two weeks after Jessie, she was a strong

advocate for conserving Rollinsford's rural and agricultural heritage.

"We will miss Jessie's friendship and support, but more importantly, her spirit which was an inspiration to us all," said Nancy Dickinson, co-president of the ARCH Board of Directors.

A nonprofit organization dedicated to preserving the history and heritage of Rollinsford and the lower Salmon Falls region, ARCH maintains the circa 1701 Wentworth House as an educational and cultural center for the community. For more information, visit [www.paulwentworthhouse.org](http://www.paulwentworthhouse.org) or email [paulwentworthhouse@gmail.com](mailto:paulwentworthhouse@gmail.com).

## WDH Opens New Center for Heart Health in Somersworth

### SOMERSWORTH -

Wentworth Douglass Hospital's Center for Heart Health is pleased to announce the opening of their newest location 3 Terrascape Parkway in Somersworth. The Center for Heart Health also has locations at the Portsmouth Outpatient Center, Building A, in Portsmouth, and at 19 Old Rollinsford Road in Dover.

The new practice, which opened in October, currently offers echocardiogram services four days per week and

a device clinic, for those with pacemakers, one day per week. The hospital plans to grow its diagnostic services in this new location soon, with the addition of stress testing and expanded device clinic and echocardiogram services.

Dr. Michael Metzger, Dr.

Sachin Saksena, and advanced practice registered nurse Sunny-Fenn McNally have joined the medical staff there in Somersworth.

For more information, call 603-609-6726 or visit [www.wd-hospital.org/wdh/services-and-specialties/cardiac-care](http://www.wd-hospital.org/wdh/services-and-specialties/cardiac-care).



## Portsmouth Restores Phone Booth Gifted in 1984

### PORTSMOUTH -

Since 1984 a British phone booth, or 'phone box' as the iconic structure is known in the UK, has stood at the back door of what is now the home of the Portsmouth Historical Society. A gift from Portsmouth, NH's Friendship City of Portsmouth, England, delivered by the HMS Sirius, the phone box had deteriorated from the effects of weather and vandalism over the past 39 years. It seemed appropriate in 2023, as Portsmouth is celebrating the 400th anniversary of European settlement, to spruce up the reminder of Portsmouth, England's friendship.

The city considered sending the phone box back to Unicorn Manufacturing, Ltd., the UK manufacturer of the traditional cast iron structures. Rather than incur the signifi-

cant shipping costs and delay, the Department of Public Works (DPW) decided to order the needed authentic parts and to restore the box here. A completely new phone box from England was considered, but the city wanted to preserve whatever historical provenance it could in the original gift. The phone box was carefully wrapped in plastic and transported to the DPW shop where many hours of dedicated craftsmanship and original parts have gone into the restoration.

The scope of work, according to the proposal, included preserving the original HMS Sirius ship's crest on the interior wall, removing glass and remaining fittings, sandblasting, multiple coats of paint, reglazing the booth with safety glass in glazing frames, installing a push/pull safety glass panel, and re-

storing the hinges and door pull handle.

The Portsmouth Historical Society will be responsible for posting the arts and culture information that will be displayed in the restored, lighted, phone box at its new location in front of the historical society, at 10 Middle Street, instead of at the back - where it is much more visible and secure.

A ribbon-cutting ceremony was held in October to unveil the repaired box, and included remarks from Mayor Deaglan McEachern and Assistant Mayor Joanna Kelley. The historical society invited attendees to light refreshments, special footage from the 1984 delivery of the phone booth, and a curator tour of "A Sense of Place: an exhibition to accompany a 'History of Portsmouth NH in 101



Objects'."

For more information, visit [www.portsmouthhistory.org](http://www.portsmouthhistory.org) or call 603-436-8433.

### Local Average Tide Chart

Date	High		Low	
	am	pm	am	pm
Sat 25	9:04	9:39	2:41	3:20
Sun 26	9:53	10:30	3:31	4:10
Mon 27	10:39	11:19	4:18	4:58
Tue 28	11:25		5:04	5:45
Wed 29	12:06	12:09	5:49	6:31
Thu 30	12:51	12:54	6:34	7:16
Fri 1	1:37	1:39	7:20	8:03
Sat 2	2:23	2:26	8:08	8:51

Date	Sun Rise		Sun Set	
	am	pm	am	pm
Sat 25	6:46	4:12		
Sun 26	6:47	4:11		
Mon 27	6:48	4:11		
Tue 28	6:49	4:10		
Wed 29	6:50	4:10		
Thu 30	6:51	4:09		
Fri 1	6:53	4:09		
Sat 2	6:54	4:09		

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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!

**33rd Annual Gingerbread House Contest & Exhibit**

**PORTSMOUTH -**

The 33rd Annual Gingerbread House Contest & Exhibition will have the theme "Portsmouth Past, Present and Future" to celebrate more than 400 years of Portsmouth's history. The gingerbread committee at Portsmouth Historical Society invites the public make gingerbread incarnations of the people, places, and events of Portsmouth yesterday and today, or a vision of futuristic Portsmouth!

It is free to participate but

houses must be dropped off at the Portsmouth Historical Society, 10 Middle Street, Portsmouth, during the following times: Saturday, November 18, 12-5 p.m.; Sunday, November 19, 12- 5 p.m.; or Monday, November 20, 10 a.m. - 7 p.m.

The gingerbread exhibition will then be on display from November 24 to December 30, 10 a.m. - 5 p.m. daily, and until 7 p.m. on Fridays in December.

The Community Judges' Awards are decided by a select group of community members

who vote for the best in each entry category. Winners will receive their prize ribbon and bragging rights at the society's "Vintage Christmas in Portsmouth" kickoff celebration on December 1, 5:30-7:30 p.m.

The People's Choice Awards invites the public to vote for a favorite! Between November 24 and December 13, visitors can fill out a ballot and vote for the Most Whimsical, the Most Creative Building Materials, Most Attention to Detail, and Best in Show. Winners will be



announced on December 15.

Win a gingerbread creation to take home through the Gingerbread House Raffle! Tickets are \$1. Raffle winners will be notified on December 19,

and they may pick up the house won on December 22-23.

For more information, call 603-436-8433 or visit [www.portsmouthhistory.org/exhibitions/gingerbread2023/](http://www.portsmouthhistory.org/exhibitions/gingerbread2023/).

**Clothing Library Kicks Off with a Fashion Show**

**DOVER -**

The Clothing Library at the Dover Public Library provides clothing to borrow for free, just like a traditional library, but instead of books you can check out fashion! Partnering with the library as their pilot, the Clothing Library serves the community's

unique needs and aims to address the negative ecological and social impacts of overproduction of the fashion industry by keeping existing clothing circulation longer. Less is more, so "borrow not buy!"

Join the launch on Friday, December 1 at 6 p.m. for a fash-

ion show featuring librarians who will strut their stuff in second-hand clothing! Pre-registration is required to attend.

The Clothing Library will be held in the lecture hall at Dover Public Library, 73 Locust Street, on Sundays, December 3, 10, 17 and January 7, 14, 21, 1-5 p.m. and Mondays, December 4, 11, 18 and January 8, 22, 9 a.m. - 12 p.m. For details, call 603-516-6050 or visit <http://library.dover.nh.gov>.

**Rockingham Choral Society to Perform "A Star Still Shines"**

**EXETER -**

The Rockingham Choral Society (RCS) will perform two holiday concerts at 3 p.m. on Saturday, December 2 and Sunday, December 3, at Christ Church Episcopal, 43 Pine St., Exeter.

The program will feature "A Winter Day" by Sarah Quartel; "Carols and Lullabies: Christmas in the Southwest" by Conrad Susa; "O Come all Ye Faithful" arranged by Dan For-

rest; "Hark the Herald Angels Sing" arranged by Dan Forrest; and "What Sweeter Music" by Michael Fink. The choir will also perform a selection of short early-American pieces including some first published in Exeter, including "Lovely Vine" by Benjamin Parker, and "Slow Traveler" by Jeremiah Ingalls.

"A Winter Day" celebrates the long Canadian winter and features sumptuous writing for choir, cello, and piano, while carols and lullabies have an accompanying ensemble of harp, classical guitar, and marimba," said Kristofer Johnson, RCS director. "It's particularly exciting to be able to perform a selection of pieces with roots in Exeter."

Since 1957, the RCS has expanded cultural experiences by performing choral masterpieces, and is comprised of more than 95 members from the seacoast. Director Johnson is also the director of choirs at Phillips Exeter Academy. Accompanying the choir is Jeannie Goodwin, a professional accompanist who maintains an active piano studio.

Tickets are \$20 for adults, \$18 for seniors and students, and available at [www.rockingham-choral.org](http://www.rockingham-choral.org). Day-of tickets are subject to availability.

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~ Arts & Entertainment ~



**Button Factory Open Studios**



**PORTSMOUTH -**

Only once a year, the Button Factory Studios invites the community to meet their local artists. These artists and craftsmen have earned prominence and awards in their fields: painting, photography, printmaking, jewelry, fiber arts, floor cloths, pottery, sculpture, stained glass, handcrafted furniture, custom framing, and handmade garments. Explore their private studios and discover each artist's creative vision and

process.

The Friday, December 1, 5-8 p.m. opening showcases resident Button Factory artists only, while Saturday, December 2 and Sunday, December 3, 11 a.m. - 5 p.m. hosts visiting guest artists as well.

The Button Factory Studios are located at 855 Islington St., Portsmouth, across from Plaza 800, Hannaford Supermarket, and Bank of America. For more information, visit [www.buttonfactorystudios.com](http://www.buttonfactorystudios.com).

**"Art for the Holidays" Exhibit, Bazaar, Open House**

**HAMPTON -**

The Lane House Arts Center (LHAC) in Hampton is hosting their 4th annual "Art for the Holidays" exhibit, gift bazaar, and open house, featuring local artists and fine crafts people.

The holiday exhibit and gallery will feature more than 35 artists in a wide range of mediums and styles, from paintings and photography to woodwork, ceramics and jewelry, leather work and fiber arts, as well as handmade ornaments and holiday cards.

Hampton artist Ethel Hills has a solo exhibit hanging and is holding a studio sale. Her work features contemporary landscapes in watercolor, acrylic, and mixed media. A portion of her sales will go to support the Hampton Community Coalition at Hobbs House.

The open house and open studios will run November 24-26, 10 a.m. - 5 p.m. while the exhibit and expanded gallery continues until December 22.

The public is also invited to a reception on Thursday, December 7, 4-7 p.m., for the December group exhibit, "Magical Mystery Tour."



LHAC is simultaneously hosting a food and item drive, as well as a fundraiser, to support the Hampton Community Coalition at Hobbs House, which is an all-volunteer, grass-roots program supporting families in need in the Hampton area. The fundraiser will continue until December 21.

LHAC is located in the historic Lane House at 380 Lafayette Road, Hampton. For more information, call 603-926-1111 or visit [www.lanehousearts.com](http://www.lanehousearts.com) and

**'Granite State Proud' Comes to the Ring**

**PORTSMOUTH -**

An original thought-provoking play, "Granite State Proud," written and directed by Bretton Reis, is performing at the Players' Ring Theatre through November 19.

Reis is not new to the Players' Ring, where in recent years, he premiered his acclaimed adaptation of Mary Shelley's "Frankenstein" and starred as Paul in "Barefoot in the Park." His production of "Marat/Sade" won Spotlight Awards for Best Play and Best Director.

"Granite State Proud" chronicles one man's slide into extremism in northern New Hampshire against the backdrop of a labor strike, and aims to inspire deep, and perhaps difficult, conversations about the roots of hate.

This world-premiere drama is a complex story woven of strained loyalties, crumbling households, and rage, building

to a stirring climax. The play features a superlative seven-member cast of Seacoast-based artists: Taryn Herman, Sam Smith, Matthew Schofield, Jacob Zentis, Christian Arnold, Griffinn Gower and Billy Butler.

"This has been the most mentally taxing project I've ever worked on," Reis said. "It has kept me awake most nights for the past year. I've agonized over everything from comma placements and word choices to ethical dilemmas and the implementation of particular modes of political theatre theory."

As to the "why," Reis said that two pivotal questions demanded exploration: "How do we learn politics? That is, what determining factors herd us to our particular sets of sociopolitical beliefs?" he posed. "And, what does effective political theatre look like in 2023? How can it avoid 'preaching to the choir' in an increasingly divided society?"



Reis went on to cite morbid curiosity, a craving for radical empathy, and his own experiences with anti-Semitism as motivations.

"Granite State Proud" is only suitable for mature audiences. It includes violence, racist, homophobic, transphobic, ableist language, pervasive strong language, and adult themes.

"The play dives into the live-wire world of right-wing extremism. Our list of content warnings is long, so attend with care," Reis said. "We expect disparate reactions: it may make you laugh or cry, it may upset you, or be discomfiting at times. This is scary for us artists, too, but we feel compelled to investigate. We tell the story; we don't know the answers to the questions it may pose; and if the piece is effective, the audience won't leave with any answers either."

Set and lighting design is by Reis himself; costume design is by Emma Cashman; intimacy coordination as well as equity, diversion, and inclusion context by Maddie Roth; and stage management by Sara Martin.

There will be an optional talk-back with the audience after each performance. Shows are held Fridays at 7:30 p.m., Saturdays at 2:30 p.m. and 7:30 p.m., and Sundays at 2:30 p.m. Tickets are \$28 for general admission, and \$25 for seniors (over 65) and students. The Players' Ring is located at 105 Marcy St., Portsmouth. For more information, visit [www.playersring.org](http://www.playersring.org) or call 603-436-8123.

**Amare Cantare Presents "More Love" at Two Fall Concerts**

**PORTSMOUTH & DURHAM -**

The seacoast's auditioned chamber chorus, Amare Cantare, presents its fall concert, "More Love," on Saturday, November 18 in Portsmouth and Sunday, November 19 in Durham.

The program explores various facets of love, ranging from Haydn's humorous depiction of "Harmony in Marriage" to Gwyneth Walker's energetic arrangement of "How Can I Keep from Singing?" and Elaine Hagenburg's eloquent "When We Love." The centerpiece of the program is "Five Hebrew Love Songs" by Eric Whitacre, which

features guest artists, Ryan Shannon on violin and Catherine York on piano.

The Saturday performance will be held at 7:30 p.m. at the Middle Street Baptist Church, 18 Court St., Portsmouth, while Sunday's will take place at 3 p.m. at the Oyster River Middle School Concert Hall, 1 Coe Dr., Durham,

Advance tickets are \$18 and can be purchased at [www.amarecantare.org](http://www.amarecantare.org). A limited number of tickets may be available at the door.

Since 1977, Amare Cantare's singers from across the seacoast have performed masterworks and choral music from six centuries. They have also produced several digital albums of their performances. For more information, visit [www.amarecantare.org](http://www.amarecantare.org).

[www.hamptoncommunitycoalition.org](http://www.hamptoncommunitycoalition.org). Photo above: "Scuba Bell" by Sandra Lupoli, repurposed scuba tank and acrylic.

**The Pease Greeters are back and active!**

Please join us to welcome the troops at Portsmouth International Airport at Pease.

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# GSS

## ~ Arts & Entertainment ~

### Pontine Theatre Presents "A New England Christmas"

**PORTSMOUTH -**

Each season, Pontine Theatre's artistic directors ring in the holiday season by staging a selection of stories and poems by New England authors. This year, they have chosen an original adaptation of Frank Stockton's "Captain Eli's Best Ear," the story of a widowed sea captain who cleverly engineers his Christmas celebrations to get him his heart's desire – a new family!

The production is performed by Artistic Directors Marguerite Mathews and Greg Gathers, and features a cast of Bunraku-style puppets created by Gathers. Live seasonal music

is also provided by Ellen Carlson and Melissa Caron, directors of the New Hampshire Fiddle Ensemble.

Following the performance, the audience is invited to sample homemade Christmas cookies donated by friends and supporters of Pontine Theatre.

Shows run through December 3, and are offered at 7 p.m. on Fridays, 3 p.m. on Saturdays, and 2 p.m. on Sundays. Tickets are available at [www.pontine.org](http://www.pontine.org) and the 1845 Plains Schoolhouse Theatre, 1 Plains Ave., Portsmouth. For more information, call 603-436-6660 or email [info@pontine.org](mailto:info@pontine.org).



### 100 Market Gallery's Winter Artists

**PORTSMOUTH -**

100 Market Gallery is currently featuring artists, Carson Jackson, William Turner, and Corey Cain, through mid-April.

Carson Jackson is an abstract painter who creates vibrant blues and imaginative shapes with soulful colors and distinctive lines. Oil painter William Turner creates fall and winter scenes of snow, horse-drawn carriages, and antique trucks in colorful foliage. Corey Cain is a photographer showing a limited number of framed fine-art photographs from the fall season.

Gallery curator, artist, and photographer Annette Brennan

shows her work throughout the year as well. Her present work is a variety of seaside and nautical photographs on canvas, some highlighting the fall and winter seasons.

The gallery, located at 100 Market St., Portsmouth, is a commission-free gallery devoted to expanding the public's awareness of the high caliber of artists and artwork that reside and thrive within New England. Artists are chosen through a juried process with seasonal exhibitions rotating every three months. For more information, visit [www.100market.com](http://www.100market.com) or call 207-361-7600.

## ~ Library News ~

#### Dover Public Library

**Virtual Cookbook Club**

The club will be trying recipes from "Open Kitchen" by Susan Spungen. Please send photos of your dishes to [e.ainaire@dover.nh.gov](mailto:e.ainaire@dover.nh.gov).

**NaNoWriMo: Write In**

Sunday, November 19, 2-4 p.m. Come join a National Novel Writing Month Write In, featuring games and challenges to inspire your novel. You can unlock squares on your NaNoWriMo bingo card for a chance to win writing-related prizes!

**STEM Story Time**

Mondays, November 20 & 27 at 10 a.m. Children ages 3-5 can participate in a STEM-based story time including books, songs, and activities. This preschool program

is designed for children to learn independence from their caregivers, therefore children attend without an adult. Registration is required.

**Afternoon/Evening Book Group**

Monday, November 20 at 3 p.m. and 6:30 p.m. in the trustees room, to discuss "Varina" by Charles Frazier.

**An Evening with Authors**

**Tess Gerritsen & Paul Doiron**  
Monday, November 20 at 7 p.m. virtually. Bestselling author Tess Gerritsen will discuss her brand new book, "The Spy Coast," in conversation with bestselling author Paul Doiron in this virtual presentation. A retired CIA operative in small-town Maine tackles the ghosts of her past in this fresh take on the spy thriller.

This program is brought to you in partnership with Tewksbury Public Library.

**Mother Goose on the Loose**

Tuesday, November 21 & 28 at 10 a.m. Babies through 2 years and their parents/caregivers are invited to this 30-minute program with nursery rhymes, songs, puppets, and short stories. A joyful and fun gathering that promotes early literacy skills. No registration is required.

**Dungeons & Dragons: 18 & Older Group**

6-8 p.m. on Tuesdays, November 21 & 28, in the trustees room. The 18 and older group is for new and veteran role-playing gamers to join for adventure, strategy, and imagination.

**Family Story Time**

Wednesdays, November 22 & 29 at 10 a.m. Children of all ages with caregivers are invited to enjoy stories, finger-plays, songs, and puppets. No registration is required.

**Morning Movie**

On Wednesday, November 22 at 11 a.m. Join a free showing of "Elemental" (rated PG) in the lecture hall. Disney and Pixar's "Elemental" is set in Element City, where fire-, water-, land- and air residents live together. The story introduces Ember, a tough, quick-witted, and fiery young woman, whose friendship with a fun, sappy, go-with-the-flow guy named Wade challenges her beliefs about the world they live in.

**Dungeons & Dragons: 14 & Older Group**

6-8 p.m. on November 27, in the trustees room. The 14 and older group is for new and veteran role-playing gamers to join for adventure, strategy, and imagination.

**Series of the Month Club**

Tuesday, November 28 at 3:30

p.m. Second and third graders who have read one or more books in the Kingdom of Wrenly series, by Callie Barkley, can meet with other fans to talk about these popular books, and make a craft related to the series. Please pre-register for this program.

**Arts & Crafts Story Time**

Thursday, November 30 at 10 a.m. Children ages 3-6 who are ready to attend story time independently, without a caregiver, are invited to this program. Each session will focus on a different theme. Books, songs, rhymes, and an art activity will all be part of the fun! Please register for this Thursday series.

**Multilingual Book Group**

Thursday, November 30 at 4 p.m. Join this multilingual book club for children in grades K-3 and families to explore language and literature together. Educators from the UNH Community Literacy Center will lead and feature a different language each week. There will also be an art activity based on the theme.

**Magic the Gathering Group**

Thursday, November 30, 5-8 p.m. Play Magic the Gathering! Collect cards, build decks, and duel other players. All ages and skill levels are welcome. No materials required.

**Origami Gift Box Class**

Thursday, November 30 at 6 p.m. Learn how to make origami gift boxes from festive seasonal paper. No experience is necessary. All supplies will be provided. Registration is required.

**Get Lit**

This club will meet in person on Wednesday, December 6 at 6:30 p.m. at Blue Latitudes, 431 Central Ave., Dover, to discuss "Small Things Like These" by Claire Keegan.

**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](http://www.hamptonfallslibrary.org).

#### Lane Memorial Library

**For More Information**

Call the library at 603-926-3368 or visit [www.lanememoriallibrary.org](http://www.lanememoriallibrary.org).

#### North Hampton Public Library

**For More Information**

Call the library at 603-964-6326 or visit [www.nhplib.org](http://www.nhplib.org).

#### Portsmouth Public Library

**For More Information**

Call the library at 603-427-1540 or visit [www.cityofportsmouth.com/library/](http://www.cityofportsmouth.com/library/).

#### Rollinsford Public Library

**For More Information**

Call the library at 603-516-2665 or visit [www.rollinsfordlibrary.org](http://www.rollinsfordlibrary.org).

#### Rye Public Library

**For More Information**

Call the library at 603-964-8401 or visit [www.ryepubliclibrary.org](http://www.ryepubliclibrary.org).

#### Seabrook Library

**For More Information**

Call the library at 603-474-2044 or visit [www.sealib.org](http://www.sealib.org).

#### Somersworth Public Library

**For More Information**

Call the library at 603-692-4587 or visit [www.somersworthnh.gov/library](http://www.somersworthnh.gov/library).

### PUZZLE ANSWERS

7	9	1	6	8	3	2	4	5
8	4	3	2	5	9	7	6	1
5	2	6	4	7	1	9	8	3
2	5	7	9	1	4	6	3	8
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## ~ Arts & Entertainment ~

# GSS

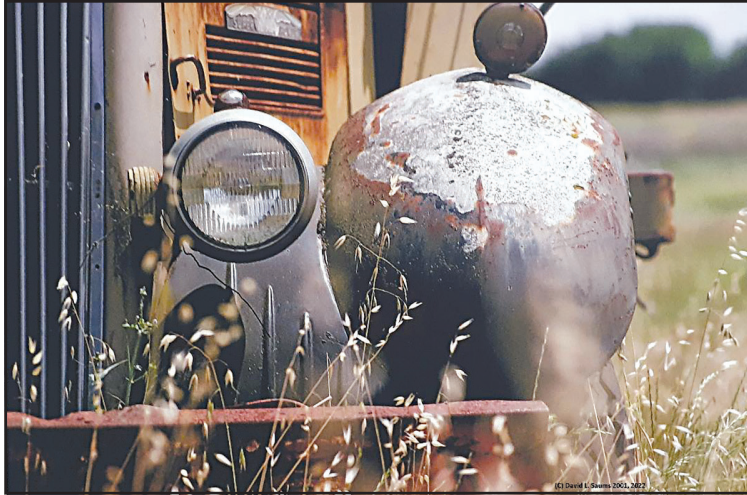
### Winners Announced at SAA Members Awards Show

#### EXETER -

The Seacoast Artist Association (SAA) has announced the winners of their Annual Awards show held at the town hall in Exeter. These were chosen from more than 100 entries.

This year's juror was architect Tom Emerson of StudioB-E Architecture, a small design firm in Kittery, ME. He is a graduate of the School of Architecture & Planning at the Catholic University of America in Washington, DC. In addition to practicing architecture, Emerson has been a guest lecturer, design studio critic, and thesis advisor at several university architectural schools.

First place went to photographer Dave Saums for his photograph on canvas, "Super Power Retired, Napa Valley." His winning shot was taken with Kodachrome 25 transparency film. Saums has been a member



of the SAA since 2010 and is the proprietor of Mountains-of-the-Sky Photography Gallery in Amesbury, MA.

Second place went to Laura Cassinari King, of North Hampton, for her oil and cold wax painting, "Summer Sizzle." Bill Mensching, of Exeter, won third place for his oil, "Morning Reflection." Two honorable

mentions awards went to Lynn Krumholz, of Chester, for her oil and cold wax painting, "Quiet Moment," and to Doris Rice, of North Hampton, for her saturated watercolor, "Bouquet in Red."

Seacoast Artist Association is located at 130 Water St., Exeter. For more information, visit [www.seacoastartist.org](http://www.seacoastartist.org) or call 603-778-8856.

### Annual Contemporary Abstract Exhibition at The Art Center

#### DOVER -

The Art Center is thrilled to announce the opening of its highly anticipated Annual Contemporary Abstract Exhibition, featuring a dynamic collection of works by more than 40 talented artists. The exhibit, on display through December 31, includes paintings, collages, mixed media, printmaking, photography, and sculptures.

The showcase highlights the extraordinary talents of both emerging and established artists, focusing on seacoast favorites who have significantly contributed to the local art scene. Among the featured artists are Tim Gilbert, Joe Flaherty, Beth Wittenberg, Dawn Boyer, Rebecca Klementovich, Maria "Pep" Manalang, Brian Wagoner, aka Bunkt, and Brooke Lambert.

To mark the opening of the exhibition, The Art Center



invites the community to join a "Celebration for the Arts" on Saturday, December 2, 6-9 p.m. This event offers an opportunity to engage with the artists, gain insight into their creative process, and celebrate the thriving arts community.

The Art Center is located at 1 Washington St., Suite 1177, Dover. For more information, visit [www.theartcenteronlinegallery.com](http://www.theartcenteronlinegallery.com) or call 603-241-2713. Image above by Peter Cady.

## BUSINESS & FINANCE

### Disaster Loans Available for Freeze

#### STATEWIDE -

The U.S. Small Business Administration (SBA) recently announced that Economic Injury Disaster Loans (EIDLs) are available in New Hampshire for small businesses, small agricultural cooperatives, small businesses engaged in aquaculture, and most private nonprofit organizations affected by the freeze that occurred on May 17-18.

The declaration covers the primary counties of Belknap, Cheshire, Grafton, Hillsborough, Merrimack, Rockingham, Strafford, and Sullivan; and the contiguous counties of Carroll and Coos in New Hampshire; York in Maine; and a few in Massachusetts and Vermont.

"When the Secretary of Agriculture issues a disaster declaration to help farmers recover from damages and losses to crops, the Small Business Administration issues a declaration to eligible entities, affected by the same disaster," said Kem Fleming, director of SBA's Field Operations Center

#### East.

Under this declaration, the SBA's Economic Injury Disaster Loan program is available to eligible farm-related and nonfarm-related entities that suffered financial losses as a direct result of this disaster. Apart from aquaculture enterprises, SBA cannot provide disaster loans to agricultural producers, farmers, and ranchers.

The loan amount can be up to \$2 million with interest rates of 4% for small businesses and 2.375% for private nonprofit organizations, with terms up to 30 years. These working capital loans may be used to pay fixed debts, payroll, accounts payable, and other bills that could have been paid had the disaster not occurred. The loans are not intended to replace lost sales or profits.

Applicants may apply online using the Electronic Loan Application via the secure website at <https://disasterloanassistance.sba.gov/ela/s/> and should apply under SBA declaration #18031. Disaster loan information and application forms

### HRCU Awards \$13,000 in Scholarships to Area Students

#### ROCHESTER -

HRCU announced the winners of its 2023 HRCU Annual Scholarship Program. The credit union gave thirteen outstanding area students a total of \$13,000 in scholarship awards. Each year, this program recognizes members of HRCU who are pursuing higher education as either full- or part-time students. HRCU has awarded 264 scholarships worth more than \$266,000 since the program's inception in 1996.

may also be obtained by calling the customer service center at 1-800-659-2955 (to access telecommunications relay services, dial 7-1-1), or emailing [disastercustomerservice@sba.gov](mailto:disastercustomerservice@sba.gov). Loan applications can also be downloaded from [www.sba.gov/disaster](http://www.sba.gov/disaster). Completed applications should be mailed to: U.S. Small Business Administration, Processing and Disbursement Center, 14925 Kingsport Road, Fort Worth, TX 76155. Submit completed loan applications no later than March 25, 2024.

"Each year we receive applications from many deserving young members and it is always a challenge for our scholarship committee to make the selections among such impressive students," said Brian Hughes, president and CEO of HRCU. "We have no doubt this year's award recipients have bright futures ahead of them, and we are proud that HRCU can play a role in their education."

HRCU was honored to award scholarships to the following exceptional students: Anilise Brooks, Dover High School, University of New Hampshire; Haley Faucher, Spaulding High School, University of New Hampshire; Sebastian Gannon, St. Thomas Aquinas High School, Emory University; Theo Grandmison, Somersworth High School, Gordon College; Timothy Grosky, Spaulding High School, University of New Hampshire; Rhegan Hart, Spaulding High School, University of New Hampshire; Ryan Hilliard, Somersworth High School, University of New Hampshire; Emalie Johnson, Spaulding High School, University of New Hampshire; Anderson Pickard, Berwick Academy, Rice University; Jadyn Stevens, Spaulding High School, University of New England; and Jennalyn Williamson, Spaulding High School, Syracuse University.

This year, HRCU added a new scholarship award for the children of employees. The 2023 recipients were Samantha Dunton and Colin Bissonnette, who were each awarded \$1,000. Dunton is the daughter of Carlyne Pouliot, AVP of Financial Services. She graduated from Coe Brown High School and will attend Colby-Sawyer College in the fall. Bissonnette is the son of Travis Bissonnette, SVP of Lending. He is a 2023 Spaulding High School graduate and will attend the University of New England.

To learn more about the scholarship program, visit [www.hrcu.org/youth/annual-scholarship-program/](http://www.hrcu.org/youth/annual-scholarship-program/).



## Gibb Elected President of the Chase Home Board of Directors



### PORTSMOUTH -

A semi-retired corporate executive, Portsmouth resident Brian Gibb has been elected president of the board of directors at the Chase Home in Portsmouth.

"As I transition from my career as a corporate executive, I am seeking ways to 'give back' through volunteering to serve Portsmouth and the seacoast community," Gibb said.

Most recently, Gibb served as CEO in the health-care industry, an experience he said has led him to become even more interested in causes

that better humanity.

"I have also been fortunate to have a very satisfying career with leadership positions that have helped me learn about service offerings, finances, marketing, business development, and strategic planning," he added.

Noting that he joined the Chase Home board in May 2022, Gibb said he looks forward to growing and diversifying the board while leveraging its currently strong fiscal position to evolve and broaden the Chase Home's programs. To learn more, visit [www.chase-home.org](http://www.chase-home.org).

## Center for Asthma, Allergy & Respiratory Disease Adds Staff



### NORTH HAMPTON -

Sharon Lever and Will Sherman have recently joined the Center for Asthma, Allergy & Respiratory Disease (CAARD) in North Hampton.

Lever is a Family Nurse Practitioner (FNP) who specializes in pulmonary medicine and has more than 22 years of pulmonary medicine experience. She holds multiple national board certifications, including as an FNP from the American Association of Nurse Practitioners, as a certified medical-surgical nurse from the American Nurses Association, and as an adult critical-care specialist, registered respiratory therapist, and certified asthma educator from the National Board for Respiratory Care. She received her Bachelor of Science in nursing from the Massa-



achusetts College of Pharmacy & Health Sciences and earned her Master of Science in nursing at Rivier University. At CAARD, Lever will be working with Dr. Mark Windt, medical director, whose practice is one of the few conducting research on pulmonary rehab and its impacts on Long COVID.

Sherman will oversee the pulmonary rehab program at CAARD. He is a graduate of the University of New Hampshire with a Bachelor's Degree in exercise science and a double minor in nutrition and psychology. He received his National Academy of Sports Medicine certification in 2021. He has experience working with different rehabilitation needs, including patients with paralysis and nerve damage. In addition to working with patients with asthma, COPD, and other respi-

## Nonprofit 'Stepping Up' with Holiday Help

### PORTSMOUTH -

Since 2019, Step Up Parents has provided financial assistance and other support to more than 500 families caring for children whose parents are struggling with substance use disorder. Now, the Portsmouth-based nonprofit is once again stepping up to lend a hand, delivering a \$50 Walmart gift card to every family it served in 2023 – just in time for the holidays.

"Sometimes it's the little gestures that mean the most to these families. Especially this time of year," said Denyse Richter, founder and executive director of Step Up Parents. "They're so appreciative for being remembered. If they can buy a few more presents for the children in their care, that can make a huge difference."

Launched in 2019, the organization's gift-card program has generated more than \$27,000 for caregiver families – many of which are taking on a significant financial burden.

"For a lot of these kids, the holiday season can be a very difficult time without their biological parents," said Richter, who was inspired to start the organization after seeing close personal friends struggle to raise their grandchild while caring for a daughter suffering from substance use disorder. "There can be additional stress for the caregivers as well. This is all about sparking a little cheer, creating fond memories, and providing a sense of peace."

This year's sponsors include Service Credit Union (SCU) in Portsmouth, Bangor

Savings Bank in Portsmouth, Meredith Village Savings Bank in Portsmouth and Rochester, NH Trust, Lexi Leddi Real Estate, and St. Mary's Bank. Looking ahead, Richter says Step Up Parents is poised to make an even bigger impact in 2024—and that these partnerships are key to that endeavor.

"We're so grateful to our sponsors for making this all possible," Richter said. "Sadly, the epidemic of substance use disorder is only growing, which means services like ours are needed more than ever. Whether it's sponsoring our holiday gift card program or making a small monthly donation, every little bit helps these families."

For more information, visit [www.stepupparents.org](http://www.stepupparents.org) or call 603-319-4739.

## Seacoast Cancer 5K Raises \$300K for Cancer Center

### DOVER -

The Seacoast Cancer 5K celebrated its 10th annual event in style, raising more than \$324,165 for the Mass General Cancer Center at Wentworth-Douglass Hospital. More than 1,800 runners and walkers participated in the race, which was held in late September. Jacob Dowman and Nicole Toye were the top male and female finishers, respectively.

The event also recognized two employees personally impacted by cancer. Becky Sherburne, Wentworth-Douglass' di-

rector of inpatient services, was named "honorary patient." Her daughter Kendra, who is also a nurse at the hospital, founded the year's top fundraising team. "Team BS" raised more than \$25,800, and has raised more than \$80,000 for the cancer center over the last three years.

The funds raised are critical to underwrite the cancer center's supportive and wellness services, which offer 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, and patient navigators, as well as supporting basic needs for those who cannot afford transportation, gas cards, groceries, or other necessities during treatment.

For more information, visit [www.seacoastcancer5k.org](http://www.seacoastcancer5k.org) or call 603-609-6678.

## Imaging Director Wins President's Award

### DOVER -

Kevin Sweeney, Wentworth-Douglass Hospital's Director of Imaging, was recently awarded the 2022 President's Award – the organization's highest honor. Sweeney has worked at Wentworth-Douglass (WDH) for more than 14 years, leading the medical imaging team that conducts diagnostic scans for patients.

"Kevin is a long-serving leader with a tremendous and consistent record of success," said Jeff Hughes, president and CEO of WDH. "He is patient, understanding, a good listener,

and exemplifies all aspects of an amazing leader. Not only does Kevin juggle a busy and growing department, but he also cares for his staff and is genuinely concerned about their happiness.

Sweeney, who was surprised during the ceremony by his wife Maria, said he was in a state of shock. "It's so extraordinary just to be nominated. The thought of winning it never would have come into my imagination," he said. "We talk about values all the time. That's something that we press ever single day. And I have to tell you that makes a difference."

In addition to his leadership responsibilities, Hughes mentioned that Sweeney can often be seen talking to patients while they anxiously await their exams, offering comfort, and even transporting them to other



departments if needed.

"His kindness, compassion, and knowledge really make him stand out," said Hughes.

Sweeney also promotes the field of radiology in the community, partnering with Dover High School and NHTI to showcase imaging technology.

See **SWEENEY** on page 9 . . .



## New Certified Therapy Dog at Cornerstone VNA

### ROCHESTER -

Maureen E. Steer MDiv, Holistic Disciplines Manager at Cornerstone VNA, is proud to share that her beloved Australian Shepherd, Lucy, has recently achieved certification as a therapy dog. Lucy's training was comprehensive, and she graduated with great reports. Starting as a puppy, she trained for over a year and became certified as a K-9 Good Citizen by Inspire K-9 in Barnstead. She was officially certified as a therapy dog by Love on a Leash, a national program.

According to Love on a Leash, "A therapy pet is trained and certified with its owner as a team to provide comfort and stress relief to others in a variety of situations."

Lucy will now be lending her compassionate presence and unwavering support to hospice patients. Moreover, she will play a special role in bereavement sessions and group grief support meetings, offering comfort and solace to those in need. Cornerstone VNA is proud of the response they've received from this wonderful volunteer duo of Maureen and Lucy.

Katherine Michaud MS, OTR/L, Cornerstone VNA



Behavioral Health Coordinator explains, "Pet therapy dogs provide comfort, encourage communication, decrease stress, and reduce loneliness. A visit from a dog can really brighten someone's day."

The pet companion volunteer opportunity is a way to provide support and friendship to patients and community members. For more information about the team, contact Ann Vennard at 603-994-6941 or [avennard@cornerstonevna.org](mailto:avennard@cornerstonevna.org).

## PRH Honors Employees with Awards of Distinction

### PORTSMOUTH -

Portsmouth Regional Hospital (PRH) recently honored several colleagues for their outstanding commitment to patient care, the patient experience, their colleagues and communities, as well as their dedication to humanitarian and volunteer activities. Each winner was nominated by their hospital peers.

Among the Awards of Distinction presented to the employees were three Frist Humanitarian Awards to: (Physician) Caroline Scoones, MD, of Portsmouth, as chief of staff of Women & Children's Services; (Employee) Mark Mailoux, of Kittery Point, ME, as director of Outpatient Therapy & Occupational Health; (Volunteer) Jillian Richmond, of Portsmouth, as a high school volunteer assistant. The award was created in 1971 to honor outstanding individuals for

their humanitarian and volunteer activities. Named in honor of HCA Healthcare founder, Dr. Thomas F. Frist Sr., this award recognizes hospital employees, physicians, and volunteers who serve the community and those in need, and whose daily dedication and caregiving epitomize the highest standards of quality and personal commitment.

"These employees represent the best of the best at Portsmouth Regional Hospital," said Dean M. Carucci, market president of HCA New England Healthcare, and CEO of PRH. "Being nominated by their peers is a testament to their commitment to care for their communities, as well as their leadership and teamwork. They all have made outstanding contributions to improving the patient experience, and we're proud to have them on our team."

Additional awards of distinction given out include: In-

## Report About Lead in Water at Schools, Child Care Facilities

### STATEWIDE -

Under New Hampshire's "Get The Lead Out of Drinking Water" program, all K-12 schools and licensed child care facilities must test all drinking water outlets available for consumption by children, including drinking fountains, classroom sinks, and kitchen sinks. A revision to the state law in July 2022 lowered the action level for this program from 15 parts per billion (ppb) to 5 ppb, and changed the timing of the testing such that three rounds must be completed by June 30, 2024. The New Hampshire Department of Environmental Services (NHDES) has released a report on the first of three rounds of lead in drinking water testing at New Hampshire K-12 schools and licensed child care facilities.

During the first round of testing, sample results from more than 23,000 drinking water outlets from 625 schools and 594 licensed child care facilities were processed. Results show that one out of five child care facilities and three out of five schools had at least one drinking water outlet that tested at or above the 5 ppb action level. Overall, 14% of all water outlets sampled had a result at or above the 5 ppb action level, 25% had a result between 1 and 5 ppb, and 61% showed no lead detected.

Lead does not occur naturally in New Hampshire's drinking water sources, but can enter drinking water due to the wearing away of piping, plumbing fixtures, or solder. Lead is harmful to humans and animals, causing health problems from high blood

pressure to nervous system disorders. Children under the age of 6, including unborn babies, are the most at risk because their growing bodies absorb more lead than adults' bodies.

Facilities must remediate, eliminate, or reduce lead levels at all drinking water outlets that test at or above 5 ppb. Remediation information was collected for 92% of drinking water outlets that require remediation. The most common methods of remediation were permanently removing the water outlet from service, posting "no drinking" or "hand wash only" signage (51%), or replacing the outlet with a new fixture (16%).

The "New Hampshire Lead in School and Child Care Drinking Water Findings from Round 1 of Testing and Remediation (2016-2023)", found at [www.des.nh.gov/sites/g/files/ehbemt341/files/documents/glo-round1-data-brief.pdf](http://www.des.nh.gov/sites/g/files/ehbemt341/files/documents/glo-round1-data-brief.pdf), provides a summary of the sampling results since a 2018 law was passed that required the testing. This is the first of three data briefs to be issued once those additional sampling rounds are completed. The most up-to-date test results and remediation information are available at [www.des.nh.gov/water/drinking-water/lead/schools-and-child-care-programs/view-results](http://www.des.nh.gov/water/drinking-water/lead/schools-and-child-care-programs/view-results).

Facilities that have not started their "Round 2" sampling must do so as soon as possible to make the deadline for completing the required three rounds of sampling by June 30, 2024. Select "Enroll in the Program"

at [www.gettheleadoutnh.org](http://www.gettheleadoutnh.org), which is free for all child cares and public schools.

To support schools and child care facilities in meeting the testing and remediation requirements, the "Get the Lead Out of Drinking Water" program provides resources and technical support during normal business hours at [info@gettheleadoutnh.org](mailto:info@gettheleadoutnh.org) and 603-506-6469. Funding for the program is provided by the U.S. Environmental Protection Agency Water Infrastructure Improvements for the Nation (WIIN) Act and includes free testing for all child care facilities and public schools. In addition, the New Hampshire Drinking Water and Groundwater Trust Fund has awarded \$1.6 million for remediation grants for public and private schools, and is working with NH Department of Health and Human Services (NH DHHS) to establish a grant program for child care facilities. Information about the remediation grant is posted at [www.des.nh.gov/water/drinking-water/lead/schools-and-child-care-programs/available-funding](http://www.des.nh.gov/water/drinking-water/lead/schools-and-child-care-programs/available-funding).

NHDES is also collaborating with multiple state agencies, including the DHHS, the Department of Education, and an extensive network of stakeholders to raise awareness about lead exposure in children, and to encourage water testing and remediation.

For more information, call 603-506-6469 or email [info@gettheleadoutnh.org](mailto:info@gettheleadoutnh.org).

## Community Partners and SENHS Sign Letter of Intent

### PORTSMOUTH -

The 13th Annual King Challenge bike ride, a much-anticipated fundraiser for the David Krempels Brain Injury Center (KBIC), defied the odds and overcame inclement weather conditions, with more than 100 dedicated riders participating in this year's event in October. The event underscored the community's steadfast dedication to the cause, demonstrating re-

markable resilience in the face of challenging weather conditions.

The King Challenge, created in 2011 by Ted King and Arlon Chaffee, has always been a symbol of unity and generosity. The event features three scenic routes starting and ending at Timberland's Stratham, NH campus, offering 10-, 30-, and 60-mile options to accommodate riders of all abilities. While the weather may have been cold and

rainy, the spirit of camaraderie and the collective goal of supporting brain injury survivors remained undiminished, and most riders opted to do the 30-mile option.

The event managed to raise almost \$85,000 toward its \$125,000 goal. Anyone can continue to give at [www.pledgereg.com/king-challenge](http://www.pledgereg.com/king-challenge) to help reach their goal!

The King Challenge continues to exemplify the enduring spirit of community and support for KBIC, which is dedicated to improving the quality of life for individuals living with acquired brain injuries. For more information, visit [www.kingchallenge.org](http://www.kingchallenge.org) and [www.kbiccenter.org](http://www.kbiccenter.org).

novator of the Year to Amy Lester, of Durham, as Director of Volunteer Services; Nursing Excellence, Compassionate Care to Graham Phelps, RN, of Durham, in the Intensive Care Unit; Nursing Excellence, Professional Mentoring to Donna

Marie Everett, RN, of Dover, in Case Management; Colleague of the Year to Rebecca Cain, RN, of Dover, as a Stroke Coordinator and Nursing Support Specialist; and Nurse of the Year to Chelsie Portlock, RN, of Hampton, in Surgical Services.



~ News ~

**\$2.9M Awarded to Resilient Tidal Crossings Project**

**SEACOAST -**

The New Hampshire Department of Environmental Services (NHDES) announced recently that the Governor and Executive Council approved \$2,876,442 of grant funding from the National Oceanic and Atmospheric Administration (NOAA) that will enable the New Hampshire Department of Transportation (NHDOT) to replace three undersized tidal culverts on state roads in the towns of Stratham and Rye. The construction below is planned for 2025:

For NH Route 1A at Awcomin Salt Marsh, Rye Harbor, Rye. Route 1A is a vital north-south transportation corridor on the immediate coast and is the primary access to New Hampshire's most popular beaches, tourist amenities, active working waterfronts, as well as tourist lodging, local businesses, and residential neighborhoods. The selected alternative at Route 1A at Rye Harbor will replace the existing 3.5 ft. wide x 7 ft. high granite block culvert with a 15 ft. wide x 7 ft. high, three-sided concrete box on footings.

For Squamscott Road at Chapman's Landing Salt Marsh, Stratham. Squamscott Road is a local connector between Route 33 and Route 108 in Stratham. Within a 0.3 mile segment, Squamscott Road crosses three separate wetland tributaries of

the Chapman's Landing Salt Marsh. The project will restore tidal wetlands by replacing two tidal culverts along Squamscott Road as part of a single construction project. At each site, the existing 18-inch round pipes will be replaced with 8 ft. wide x 7 ft. high concrete box culverts.

The selected projects were identified by the NH Resilient Tidal Crossings Project as the highest priority tidal crossings for replacement based on a coast-wide field assessment and prioritization process that evaluated 120 tidal stream crossings in 2018 for ecosystem compatibility, flood resilience, and structure condition.

A tidal crossing is a culvert, bridge, or tide gate associated with a road or other form of crossing infrastructure that conveys tidal flow or is located at the head of tide. There are relatively few tidal crossings in the state when compared to the estimated 21,000 freshwater crossings, but they play a critical role for the ecological integrity of aquatic systems. These crossings often restrict tidal flows which alters hydrology, sediment movement, salinity, and plant species composition of tidal marshes. Tidal restrictions ultimately affect the ability for salt marsh systems to build in elevation and migrate upstream with rising sea levels. Tidal crossings can also

block migratory fish from accessing critical upstream habitats. From a community resiliency perspective, tidal crossings are necessary to safely and reliably convey people, goods and services throughout coastal communities; however, this infrastructure is increasingly at risk from flooding and erosion with rising sea levels and more frequent and intense storm events.

In 2019, a unique partnership between NHDES Coastal Program and NHDOT was initiated and facilitated by The Nature Conservancy (TNC) to advance a "pipeline" of high priority culvert replacement projects. With grant funding from the National Fish and Wildlife Foundation - National Coastal Resilience Fund and NOAA, the team worked with engineering consultant CMA Engineers to conduct alternative analysis, design, engineering, and permitting at three of the highest priority state-owned tidal crossing sites. The tidal culvert design process followed the "New Hampshire Coastal Flood Risk Summary, Part II: Guidance for Using Scientific Projections" and adhered to new NHDES permitting rules that are specific to tidal culvert replacement.

"By considering the [guidance] early in the planning process, the projects incorporated coastal resilience principals into

**CelebrateHER Award Winners**

**RYE -**

A full house of enthusiastic souls greeted winners at the November 8 luncheon honoring women in business at Atlantic Grill in Rye. CelebrateHER was held by the Chamber Collaborative of Greater Portsmouth in partnership with the Women's Business League (WBL) and presented by WIN Waste Innovations. Amy Pocsik, one of the co-founders of the WBL, was an energetic emcee.

The Big Business Award, presented by Kennebunk Savings, was given to a woman who succeeds in time management, work and life balance, and has inspiring stories of thriving in companies larger than 50 people.

the design by identifying project goals, the design life of the project, and the project's tolerance to flood risk from increases in sea level, coastal storms, and extreme precipitation," said Kevin Lucey, habitat coordinator for the NHDES Coastal Program.

Lucey further described how the design process showed that 'right sizing' tidal culverts not only mitigates flood risk, but it can also restore the functions that sustain healthy and thriving coastal habitats. For more information, contact Lucey at kevin.p.lucey@des.nh.gov or 603-603-559-0026.

She displays leadership, tenacity, and super strength. The winner was Jaime Yates of Service Credit Union.

The Small Business Award, presented by First Seacoast Bank, went to a woman known for her management skills, innovation, and ability to harness her own agency. She has courage, an entrepreneurial spirit, and passion. The winner was Stacy Moore of Stroll Cafe.

The Outside the Box Award, presented by Colliers International of New Hampshire and Maine, was given to a woman with an unconventional career and plenty of smash, splash, and sass. The winner was Danielle Wieler of Vent LLC.

The Non-Profit Award, presented by Service Credit Union, went to a woman who works in the non-profit sector and displays exemplary empathy, leadership, and the desire to seek change in her community. The winner was Latonya Wallace of New Hampshire Community Loan Fund.

Three "Rising Stars" from Portsmouth High School were also honored: Amiah Duddy, Isha Shah, and Evy Douglass.

Attendees networked, connected, and celebrated each other's achievements. Additional support was provided by The Nvest Group, Aileen Dugan State Farm Insurance, Centrus Digital, and Portsmouth Soap Company.

~ Puzzles ~

**CLUES ACROSS**

- 1. Beats per minute
- 4. Hindu deity
- 10. Polynesian garland of flowers
- 11. Not chained to
- 12. Metric ton
- 14. Tall, rounded vase
- 15. Musical composition
- 16. St. Francis of \_\_\_
- 18. Discover the location of
- 22. Compact group of

mountains

- 23. Mend
- 24. Not current
- 26. Atomic #64
- 27. Young hawk
- 28. Or \_\_\_
- 30. Pouches
- 31. Southern Thailand isthmus
- 34. Mends with yarn
- 36. Downwinds
- 37. One of two equal parts of a divisible whole

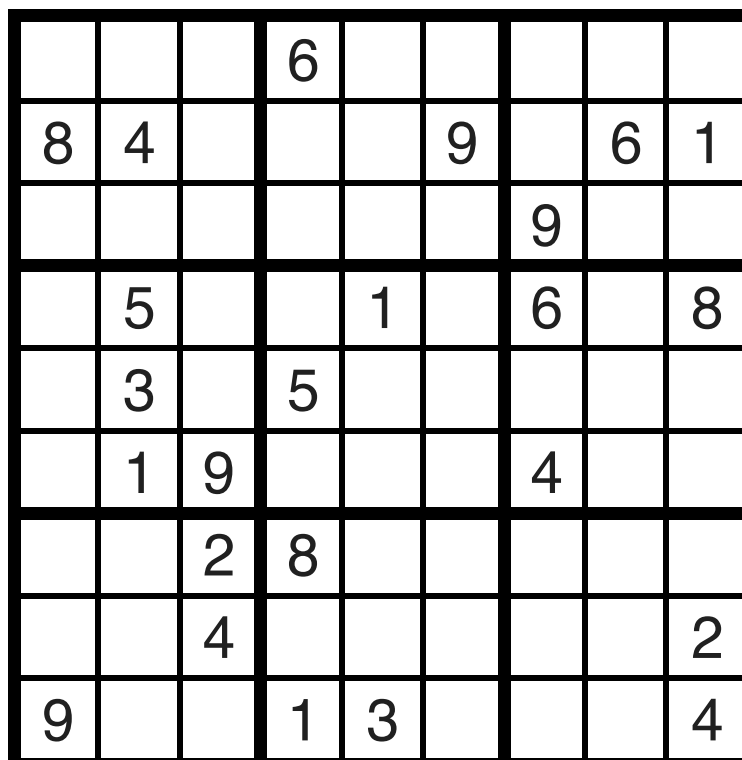
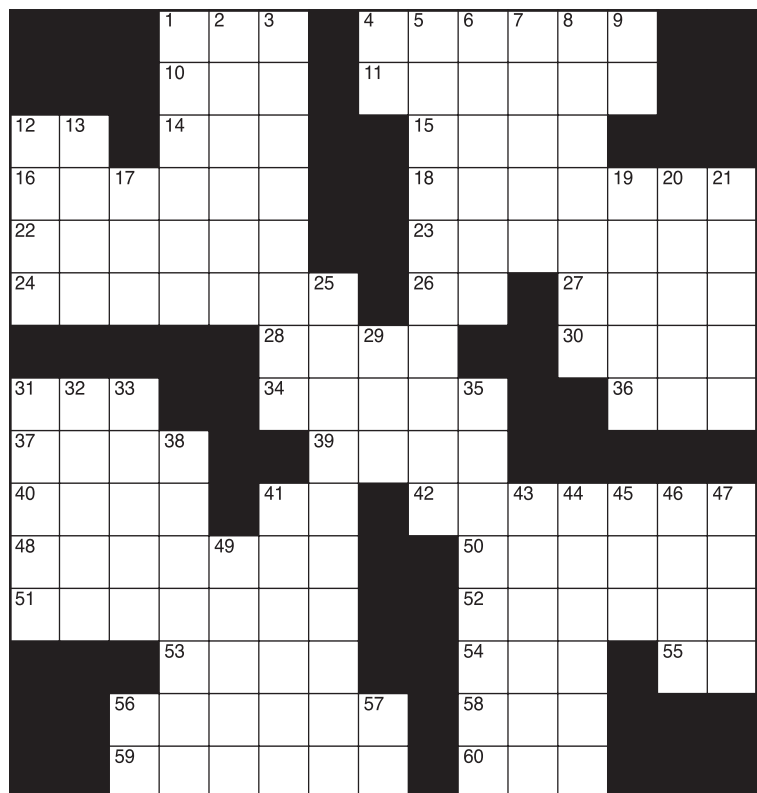
- 39. Italian archaeological site
- 40. Cold appetizer
- 41. Yes
- 42. Peninsula
- 48. Of that
- 50. A way to divide
- 51. Relating to the physical senses
- 52. One who makes money
- 53. \_\_\_ Spumante (Italian wine)
- 54. Inconvenience (abbr.)
- 55. South Dakota

- 56. Snow sport
- 58. The products of human creativity
- 59. Change mind
- 60. Born of

**CLUES DOWN**

- 1. Similar to the color of a clear unclouded sky
- 2. Former name of Iran
- 3. Made smaller
- 4. Type of meter

- 5. Revolt
- 6. Killed with rocks
- 7. Gregory \_\_\_, US dancer
- 8. Nullifies
- 9. Home to the Flyers
- 12. Female parent
- 13. Pre-1917 Russian emperor
- 17. Outsourcing (abbr.)
- 19. Regal
- 20. Line
- 21. Hermann \_\_\_, author of "Siddhartha"
- 25. Clearing up
- 29. No seats available
- 31. Leaves of an Arabian shrub
- 32. Groove in organ or tissue
- 33. Not of this world
- 35. Cooking device
- 38. Forget
- 41. Operational flight
- 43. Actress Danes
- 44. Poke holes in
- 45. A way to discolor
- 46. Shouts of welcome or farewell
- 47. Pharrell's group
- 49. Red fluorescent dye
- 56. Jr.'s dad
- 57. Electronics firm



Level: Advanced

**ANSWERS TO THIS WEEK'S PUZZLES ARE ON PAGE 4**



# ~ Calendar of Events & News ~



Saturday, November 18 –  
Sunday, November 19

**Form & Function Artisan Fair**  
11 a.m. - 6 p.m. on Saturday 18  
and 11 a.m. - 4 p.m. on Sunday  
at 3S Artspace, 319 Vaughan St.,  
Portsmouth. Curated showcase  
of unique, hand-crafted work by  
skilled artisans and makers. Free  
to attend. FMI: 603-766-3330 or  
www.3sarts.org.

**“The Flick”**

**Play by Annie Baker**

4 p.m. on Saturday and 2:30 p.m.  
on Sunday, at New Hampshire  
Theatre Project, 959 Islington St.,  
Portsmouth. The Pulitzer prize-  
winning play “The Flick” by Annie  
Baker is about three theatre em-  
ployees, in a rundown art-house  
movie theatre in Massachusetts,  
who share their own stories as they  
clean up at the end of the night  
and attend to one of the last 35mm  
projectors in the state. Their story  
together is a heart-rending, hilari-  
ous cry for authenticity in a fast-  
changing world. Directed by NHTP  
Company Artist and Executive  
Team member Amy Desrosiers.  
FMI: www.nhtheatreproject.org or  
603-431-6644.

Monday, November 20

**SCORE Workshop: Business  
Finance for Beginners**

6-8 p.m. online. SCORE Seacoast  
is offering a free online workshop  
to understand the confusing finan-  
cial terms that all small business  
owners need to know. The goal is  
to strip away the mystery surround-  
ing business finance. FMI: www.  
sba.gov/event/38106.

Wednesdays,  
November 22 & 29

**Cribbage for a Cause**

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

Thursday, November 23

**Dover Turkey Trot 5K**

8:30 a.m. at Garrison Elementary  
School, Shaw’s Lane, Dover. De-  
signed to be a fun event for run-  
ners, walkers, families, and people  
of all ages and abilities. The mis-  
sion of this race is to promote a  
healthy lifestyle and provide a  
sense of community, while raising  
money for the Garrison School  
PTA. Come wearing a favorite  
turkey-themed outfit to have some  
fun before the feast! FMI: www.  
doverturkeytrot.com.

**Free Community Grab ‘N Go  
Thanksgiving Dinner**

12-1:30 p.m. at Hampton United  
Methodist Church, 525 Lafayette  
Rd. (Route 1). Includes roasted  
turkey, stuffing, mashed potatoes,  
vegetables, rolls, cranberry sauce,

and dessert. Pick-up times are  
in 30-minute increments, in the  
church parking lot at the back of  
the building. Delivery is available  
if unable to attend, please indicate  
this when ordering. Register via  
www.hamptonnhumc.org, 603-  
926-2702, or hamptonumc@  
myfairpoint.com.

Friday, November 24

**Model Airplane’s**

**Funksgiving**

8 p.m. at 3S Artspace, 319  
Vaughan St., Portsmouth. For  
over a decade, Model Airplane  
has come together from all over  
the country to deliver nonstop funk  
and soul. Comprised of members  
of The Motet, Marcus King, Sister  
Sparrow, Rustic Overtones, Gina  
& The Red Eye Flight Crew, and  
more. FMI: 603-766-3330 or  
www.3sarts.org.

Saturday, November 25

**Small Business Fair**

9 a.m. - 3 p.m. at Restoration  
Church, 80 Rutland St., Dover.  
Center of Hope is holding this fair  
to provide the opportunity to shop  
local from local vendors selling  
unique and handcrafted items.  
A raffle will also raise funds for  
the Center of Hope Orphanage in  
Africa. FMI: www.centerofhope.cc/  
event-details/small-business-fair.

**Rollinsford Farmers Market**

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

**“What the Dickens,” An  
Improvised Christmas Carol**

2:30 p.m. and 7:30 p.m. at the  
Players’ Ring, 105 Marcy St.,  
Portsmouth. Ebenezer Scrooge  
will be visited by the ghosts of  
Christmas past, present, and  
future - only this time the audience  
decides how the story goes! Pro-  
duced by Stranger than Fiction.  
FMI: www.playersring.org or 603-  
436-8123.

Friday, December 1

**Wintry Mix Dance  
& Karaoke Party**

8 p.m. - 12 a.m. at 3S Artspace,  
319 Vaughan St., Portsmouth.  
DJ Skooch will spin a flurry of  
chill holiday tunes, while taking  
song requests and sign-ups for  
karaoke. FMI: 603-766-3330 or  
www.3sarts.org.

Friday, December 1 –  
Saturday, December 2

**Showstoppers Performance**

7 p.m. at Garrison Players Arts  
Center, 449 Roberts Rd., Rol-  
linsford. Showstoppers presents  
“Once Upon A Time – A Fairy Tale  
and Fantasy Broadway Musical  
Revue,” \$22 tickets. Also a 2 p.m.  
family matinee on December 2  
for free but suggested donation is  
\$10. FMI: 603-750-4278 or www.

## Hot Sauce Festival Raises \$12K+ for Non-Profits

**HAMPTON -**

Despite the threat of  
storms, the fiery spirit of the 2nd  
annual New England Hot Sauce  
Fest, presented by The Spicy  
Shark, prevailed with mostly  
clear skies this summer at Smut-  
tynose Brewery in Hampton.  
Raising a remarkable \$12,274  
for two seacoast organizations  
dedicated to preserving oceanic  
ecosystems and education, the  
festival drew crowds upwards  
of 2,400 people. Over 35 hot  
sauce companies showcased  
their spiciest products while at-  
tendees savored diverse culinary  
creations.

A heart-pounding high-  
light was the Pepper-X Duel  
Chip Challenge, featuring five  
hot sauce celebrities locked in a  
spicy showdown. Kris Fragale  
(AKA The Scoville Unit) set a  
new world record by devouring  
163 Pepper X Duel Chips in one  
hour. These chips, fueled by the  
world’s hottest pepper, Pepper  
X, left everyone astonished at



their audacious heat.

The majority of proceeds  
were donated to Blue Ocean  
Society and the Seacoast Sci-  
ence Center: Blue Ocean Soci-  
ety for Marine Conservation is a  
Portsmouth-based nonprofit or-  
ganization that works to protect  
marine life in the Gulf of Maine;  
Seacoast Science Center is a  
non-profit coastal and marine  
science education institution  
located in Odiorne Point State  
Park in Rye.

“We’re so grateful to have  
been a part of this hugely suc-  
cessful event,” said Jen Ken-  
nedy, Blue Ocean Society ex-  
ecutive director. “As we have

learned all too well in recent  
years, a healthy ocean is impor-  
tant for us all to thrive.”

For more information, visit  
www.newenglandhotsaucefest.  
com or call 617-233-7172.

... SWEENEY from page 6

gy, and partner on clinical place-  
ment for additional training on  
state-of-the art equipment.

This was the first time an  
individual has received the award  
since Stacey Savage in 2020. The  
award was given, for the first  
time, to all employees in 2021 in  
recognition of their contributions  
throughout the pandemic.

garrisonplayers.org.

Saturday, December 2

**Time for Joy Fellowship**

First Saturday of every month  
at the First United Methodist  
Church, 129 Miller Ave., Ports-  
mouth. 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.

**ITEMS WANTED**

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One Item or Entire Estate. Cash paid  
for all antiques. Antique jewelry, coins,  
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tical items, weathervanes, dolls & toys,  
pottery, photography, military items,  
swords, advertising signs, fountain  
pens, bottles, tools, books & much  
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GSS



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November 17-26

# HOLIDAY HEADQUARTERS!

Storewide Sale & Events!

## FREE EVENTS & GIVEAWAYS!

**LOCAL AUTHOR BOOK SIGNINGS**

**Fri, Nov 24**  
11am-2pm  
**Andrew Vietze**  
This Wild Land, White Pine, Boon Island, Becoming Teddy Roosevelt

**Sat, Nov 25**  
11am-2pm  
**Brenda Goodale**  
The Pride of Perkins Cove, Mermaid Under the Bridge, Jefferey Prince of Perkins Cove

**Sun, Nov 26**  
11am-2pm  
**Shannon Butler**  
All is Calm - A Maine Christmas Reader

**REINDEER VISIT!**  
by Pony Express  
Nov 25 & 26 · Dec 2 & 3  
Dec 9 & 10 · Dec 16 & 17  
Sat 10am-12pm & Sun 10am-1pm

*Great gift idea*  
**CUSTOM LASER ENGRAVING**  
by 2A Engraving  
Dec 9 & 10 · Dec 16 & 17  
Sat 10am-4pm / Sun 11:30am-4pm  
High quality engraving customized for almost every hard surface - drinkware, firearms, knives, frames & more! Starting at \$15.

**WICKED TUNA**  
MEET & GREET!  
Sat, Dec 2 / 11am-2pm  
Stop by & say hello to NO LIMITS Capt. Michelle Bancewicz, first in an all-female crew!

**Black Diamond GIVEAWAY EVENT!**  
Tues, Nov 21 · 9am-1pm  
Receive a FREE GIFT with your purchase of \$85 or more of Black Diamond product!  
Limit first 50 customers, 1 per person.

**FREE KIDS' COOKIE DECORATING!**  
Sat & Sun Dec 2 & 3  
10am-3pm

**DARN TOUGH SOCK GIVEAWAYS!**  
Wed, Nov 22

**SOREL**  
\$25 KTP Gift Card with SOREL Purchase over \$50  
Limit first 136 customers. Gift card to be used on future purchases.

**SOREL DAY**  
SAT, NOV 18  
Free Gift with purchase!

**Carhartt**  
\$20 KTP Gift Card with Carhartt Purchase of \$100  
While supplies last! Excludes footwear. One per customer. In-store only.

**STANLEY**  
SINCE 1913  
**STANLEY DAY**  
WED, NOV 22  
9am-2pm  
Free Gift with any Stanley purchase!  
Limit first 80 customers. Main Lobby

**20% OFF**  
One FOOTWEAR Item\*

NOVEMBER 17-26, 2023  
Must present this coupon for redemption.  
\*NON-SALE, IN-STOCK ITEM ONLY

Excludes gift cards, non-merchandise items, previous purchases, special orders. Not valid on products by Asolo, Brooks, Carhartt, Chaco, Dansko, Dr. Martens, Hoka OneOne, Merrell, New Balance, Taos, The North Face or UGG.  
No copies. One per customer. Can't combine with another offer.  
Additional restrictions apply online.  
Visit [KTP.COM/COUPONS](http://KTP.COM/COUPONS) for online offer details & code.

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**20% OFF**  
One CLOTHING Item\*

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**15% OFF**  
One Camping, Fishing, Watersports, Wintersports, Archery or Shooting Sports Item\*

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\*NON-SALE, IN-STOCK ITEM ONLY

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Excludes gift cards, non-merchandise items, previous purchases, special orders. Not valid on boats, SUPs, racks, bikes, firearms, bows, electronics, trolling motors, products by Avet, G. Loomis, Hoyt, Mathews, Megabass, Mountain Hardwear, Oakley, Patagonia, Pura Vida, Randall Made Knives, Redington, RIO, Sage, Shimano, St. Croix, The North Face or Van Staal. No copies. One per customer.  
Can't combine with another offer. Additional restrictions apply online.  
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