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## Restaurateurs, Chefs Work with Gather to Tackle Food Waste

### PORTSMOUTH -

Gather, a nonprofit that has developed innovative programs to address food insecurity, has announced an initiative to utilize excess food from the hospitality industry – “Seacoast Waste Not” (SWN). The coalition is comprised of chefs and food industry leaders who are committed to reducing food waste by donating their surplus ingredients to Gather.

Gather has created a system of picking up the food from participating caterers, restaurants, and clubs, and preparing healthy meals that will be available to those in need at Gather’s food



Chefs, Mark Segal and Evan Mallet, with Gather Culinary Director Tania Marino and Gather Community Engagement Manager Kate Constantine. Photo by Barbara MacLeod.

pantry in Portsmouth. SWN addresses hunger while also diverting excess food from landfills.

“It’s estimated that in the

U.S., almost 40% of food produced goes to waste and 10% of our households don’t have enough healthy food to eat. In

many cases, food tossed into landfills is wholesome and fresh, so this initiative is a win-win. We are excited and grateful to the hospitality community for their commitment to Seacoast Waste Not,” said Gather’s Culinary Director Tania Marino, who is spearheading the program.

Acclaimed restaurateur Evan Mallet said Black Trumpet has been composting for 17 years but it’s not enough. “Our seacoast community is going to set an example for others to follow. We, as chefs, are often working with really good-quality ingredients and we discard more than we should, so this is an opportu-

nity to get the food out there into the Gather community.”

They accept a wide array of donations, including perishable and nonperishable foods, fresh or frozen items, single ingredients, or fully-prepared offerings. Fold’d Community Diner’s Executive Chef Mark Segal said, “The scale of this is going to make it enticing for restaurants to participate. I don’t know anyone who enjoys throwing away good food, and chefs often feel like they don’t have large enough quantities to participate in a meaningful way. With this

See WASTE on page 6 . . .

## Room for Love Creates Dream Bedrooms for Children

### HAMPTON -

Karen Kulberg, founder and chair of the organization “Room for Love,” knows how transformative a room makeover can be. When she turned 13, her mom redesigned her room while she was at school, changing it from a child’s space to that of a young woman. Kulberg never forgot how that made her feel. “I felt seen,” she said. “I was lucky to have a mom who understood that I was changing and growing up. Having a space that reflected

the real me gave me confidence, and helped me during those challenging teen years ahead.”

Room for Love, based in Hampton, gives the gift of a bedroom makeover to children in need. Their services are donated to children ages 3-13 who live within 30 miles of Portsmouth, which includes southern Maine – but they hope to expand. The charity works with various social service agencies such as Big Brother Big Sister, Cross Roads House, Seacoast Family Promise, New Generation, and Step-

Up Parents, to get the names of children who would benefit from the makeover, as well as the child’s needs, ages, and interests.

“Redoing a room is about much more than changing paint colors and putting on new bedspreads,” said Kulberg. “It’s about making a child feel special. It shows that someone sees them and cares about them as an individual. For the rest of their lives, they’ll remember that time when a dream came true.”

See ROOM on page 4 . . .



This child’s room was nominated by Hope on Haven Hill and sponsored by Dover Chevrolet and Dover Honda.

### Local Average Tide Chart

| Date   | High  |       | Low  |      |
|--------|-------|-------|------|------|
|        | am    | pm    | am   | pm   |
| Sat 4  | 8:20  | 8:54  | 2:00 | 2:30 |
| Sun 5  | 9:21  | 9:48  | 3:02 | 3:25 |
| Mon 6  | 10:18 | 10:38 | 3:59 | 4:17 |
| Tue 7  | 11:13 | 11:28 | 4:53 | 5:07 |
| Wed 8  |       | 12:06 | 5:45 | 5:56 |
| Thu 9  | 12:17 | 12:57 | 6:35 | 6:45 |
| Fri 10 | 1:05  | 1:48  | 7:25 | 7:34 |
| Sat 11 | 1:55  | 2:39  | 8:16 | 8:24 |

### Sun Rise Sun Set

|        |      |      |
|--------|------|------|
| Sat 4  | 5:28 | 7:49 |
| Sun 5  | 5:27 | 7:50 |
| Mon 6  | 5:26 | 7:51 |
| Tue 7  | 5:24 | 7:52 |
| Wed 8  | 5:23 | 7:53 |
| Thu 9  | 5:22 | 7:55 |
| Fri 10 | 5:21 | 7:56 |
| Sat 11 | 5:19 | 7:27 |

## Seacoast Chamber Alliance Mental Health Summit

### DOVER -

The third annual Mental Health, Wellness and Recovery in the Workplace Summit, underwritten by Wentworth-Douglass Hospital (WDH) and sponsored by Kennebunk Savings, will take place Tuesday, May 21, at Cochecho Country Club, 145 Gulf Rd., Dover. The summit is designed to help employers explore stigma around mental health and substance use disorder in the workplace. Topics include how to recognize potential issues, provide a safe environment for

employees to seek help, and find resources available for employers.



Keynote speaker Mickey Wiles is the founder and chief executive officer of Vermont-based Working Fields, a mission-driven staffing agency that helps individuals overcome barriers to employment and build stable futures. He has had a long career in the private-sector business community where he held various leadership roles including a stint as chief operating officer at Ben & Jerry’s. He is in long-term recovery and was provided a second chance after spending time in federal prison. For the last 19 years,

Wiles has worked to help others seeking a second chance after living with substance use disorder and/or having experience with justice involvement.

Additional panelists include LDI Solutions President and Founder Josh Dame, WDH Assistant Vice President Behavioral Health Services Kellie Mueller, and Cornerstone VNA Vice President of Operations Jennifer Ufkin. Forward Merch, a local entertainment merchandiser, will

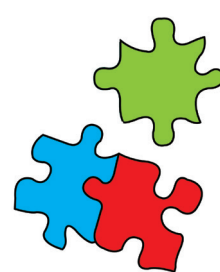
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**Health & Fitness**  
A section concerning your health!

### Puzzles

Challenge your brain on our puzzles!



### Arts & Entertainment

Check out the creativity in our communities!



**1st NH Regiment for Living History Encampment**

**PORTSMOUTH -**

Strawbery Banke is thrilled to announce the arrival of the 1st New Hampshire Regiment for a Living History Encampment weekend, May 18-19. This event promises an immersive journey back in time as visitors witness the daily life of soldiers during the Revolutionary War era. The event activities are included with daily museum admission tickets.

The 1st New Hampshire Regiment, a vital part of the Continental Army, played a

significant role in the fight for American independence. The reenacted unit was chartered in 1973 and continues to honor their legacy by bringing the spirit of the Revolutionary War to life through authentic portrayals and historical interpretations in parades, honor guards, encampments, battle reenactments, and similar activities.

Throughout the weekend, guests will have the opportunity to observe the regiment as they perform drills, showcasing

the precise movements and formations practiced by soldiers of the period. Additionally, the encampment will feature camping demonstrations, offering insight into soldiers' equipment, shelter, and routines during this pivotal period in American history. Attendees will also experience firsthand the culinary traditions of Revolutionary War soldiers including open-fire cooking demonstrations of period-appropriate recipes.

Tickets and more information are available at the Lawrence J. Yerdon Visitors Center, 14 Hancock St., Portsmouth, or online at [www.strawberybanke.org](http://www.strawberybanke.org). To learn more about the 1st NH Regiment for Living History, visit [www.firstnhregiment.org](http://www.firstnhregiment.org).

**8th Annual Ukulele Festival**

**DOVER -**

The Southern New Hampshire Ukulele Group (SNHUG) is holding their 8th annual ukulele picnic "SNHUGfest" on Saturday, May 11, on the Rotary Arts Pavilion Stage at Henry Law Park in Dover. This free, all-day festival features ukulele performances, food vendors, raffle prizes, and more. The popular Grand Finale Jamalong will be led by Mark Anderson of Austin 17 House.

The fun starts at 11 a.m., rain or shine, with play-along jams all day, so bring your uke! All of the proceeds support the Ukulele Kids Club (UKC). To date, SNHUG has raised more than \$100,000 for the UKC, which provides music therapy

and instruments to hospitalized children in New Hampshire and nationwide.

June Pinkham, one of the organizers of this event, said, "This is a team effort, and we are all very proud of what we have accomplished to date. Bringing this joyful instrument, along with music therapy sessions, to a sick child brings smiles and provides comfort to both patients, caregivers, and families."

SNHUG is an all-volunteer, non-profit group of ukulele enthusiasts, that meet twice-a-month to jam, practice, play open mics, and generally have fun. They're open to any and all levels of ability, and can be found on Facebook or Meetup.com.

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**Return of the Chowder Festival**

**PORTSMOUTH -**

Prescott Park Arts Festival (PPAF) announces the return of the 97.5 WOKQ Chowder Festival, presented by Avery Insurance, for the 37th year in Prescott Park. This official commencement of the 50th Anniversary of PPAF is scheduled for Saturday, June 1 (rain date: June 2).

The festival celebrates the rich culinary heritage of the region while fostering a sense of community and camaraderie. The event promises an array of mouthwatering chowders prepared by local restaurants and chefs, each vying for the coveted Golden Ladle. Guests can also enjoy complimentary live music

featuring local talent, kid-friendly activities, and delicious favorites like ice cream, fresh squeezed lemonade, hush puppies, and more. The chowder competition attracts special judges, like well-known NH Chef Bobby "the butcher" Marcotte of Tuckaway Tavern and two-time Guy's Grocery Games Champion.

Tickets are \$20 per person, free for season passholders, and required to participate in the tasting. However, the Summer Kick-Off side of the park with live music and family-friendly activities is free. Ticket are available at [www.portsmouthnhntickets.com](http://www.portsmouthnhntickets.com). For more information, visit [www.prescottpark.org](http://www.prescottpark.org).



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~ Arts & Entertainment ~



**NH Renaissance Faire Held Two Weekends**

**ROCKINGHAM COUNTY -**

On the weekends of May 11-12 and May 18-19, visitors can attend the “Second Best Renaissance Faire in the Northeast” (2024 Renaissance Festival Awards), “One of the Best Events” (Hippo Magazine), and the “Best in New Hampshire” (New Hampshire Magazine). The non-profit New Hampshire Renaissance Faire (NHRF) will be celebrating its 20th anniversary this year!

NHRF is a family-friendly, educational, theatrical, and fantastical event held on the fields of Brookvale Pines Farm in Fremont. The merchants are local artisans with an emphasis on handmade items, including costumes, jewelry, pottery, herbals, and weaponry. Some

may demonstrate their craft. From fully-armored fighting knights to flitting fairies, musicians, magicians, belly dancers, freshly-prepared food, and so much more – NHRF truly has something for everyone.

Proceeds are donated directly to charities each year. This year’s recipients are New Hampshire Food Bank, Rockingham Nutrition, and Meals on Wheels. Over the many years, the faire has contributed more than \$350,000 in total. Come have fun while helping provide support to friends and neighbors in need!

NHRF will be held from 10 a.m. to 5 p.m. on May 11-12 and May 18-19 (rain or shine) at 80 Martin Road, Fremont. Tickets are \$20 for adults, \$15 for kids 5-12, while kids 4 and under are



free. Veterans and seniors receive a discount. There is plenty of free parking and the site is handicap accessible. For more information, visit [www.nhrenfaire.com](http://www.nhrenfaire.com) or find them on Facebook. Photo above: The Queen shows a young admirer how to use a quill pen.

**“Dover Reads: One Book, One Community” Project**

**DOVER -**

The City of Dover has unveiled “Dover Reads: One Book, One Community,” the first major project orchestrated by the city’s inaugural Literary Laureate Steve Bargdill. This city-wide reading campaign celebrates Linnea Hartsuyker’s “The Half Drowned King,” a tale of ambition and survival in Viking-age Norway.

The Dover Arts Commission’s Literary Laureate Program is dedicated to building community through the written word by appointing and supporting an outstanding local poet or author as literary laureate for the city. The laureate is an ambassador for all writers in Dover, and works to heighten the visibility and value of the written word in the community, driving projects that enrich Dover’s cultural and intellectual life.

“I’m thrilled to launch ‘Dover Reads: One Book, One Community,’” Bargdill said. “We get to celebrate a local author, and connect through the

power of storytelling and shared dialogue.”

“I’m looking forward to sharing my books with the Dover community, not only through reading and discussion, but collaborating with community businesses and organizations, like Spinning Yarns and Great Bay Rowing, and connecting ancient history to Dover’s history,” Hartsuyker said.

In conjunction with reading “The Half Drowned King,” several events are planned to foster a collective literary experience: May 11 presents Viking fiber arts – spinning, nalbinding, and Viking-inspired knits at Spinning Yarns at 1 p.m.; May 15 provides a book discussion at Dover Public Library at 6:30 p.m.; May 29 offers an evening with Linnea Hartsuyker at the library at 6:30 p.m.; and June 1 provides an opportunity to learn rowing by Great Bay Rowing, all day at the community trail entrance by the transportation center. Hartsuyker will also speak, 10-11 a.m., on Viking ships and rowing, and Cathy Beaudoin will speak on 19th century shipping in the port of Dover.

Copies of “The Half Drowned King” are available for free in various Dover businesses, promoting widespread access and participation. For more information, reach out to Bargdill at 603-617 6018 or [stevebargdill@gmail.com](mailto:stevebargdill@gmail.com), or the library at 603-516-6050.

**Wang Takes Top Prize in Young Artist Competition**

**PORTSMOUTH -**

The Portsmouth Symphony Orchestra (PSO) recently awarded pianist Benny Wang (pictured) first prize in its annual Young Artist Competition. Wang will perform his winning solo concerto, Prokofiev’s “Piano Concerto No. 2 in G minor, Op. 16,” at the final mainstage performance of the season on June 2 at 3 p.m. at the Music Hall in Portsmouth.



was also a finalist in this year’s competition.

Wang is a tenth grader at Phillips Exeter Academy in Exeter, has been studying piano for 11 years, and was the second place finisher in the 2023 Young Artist Competition. He has also

received top prizes at numerous other competitions, including first places in 2023 at the Elite International Music Competition, the American Protégé International Piano & Strings Competition, and the Lakes Region Symphony Orchestra Student Concerto Competition. Wang has twice performed as a soloist with the Chicago Arts Orchestra, in Carnegie Weill Recital Hall, Buntrock Hall of Chicago Symphony Center, and the Harpa Hall of Reykjavik in Iceland. Outside of music, Benny is passionate about competition math, computer programming, and running with his school’s cross-country team.

**“Ona Judge Day” Tour Kicks Off the 2024 Season**

**PORTSMOUTH -**

Portsmouth Black History tours have been going on for 30 years, but the Black Heritage Trail of New Hampshire (BHTNH) expanded these tours state-wide seven years ago. Known for sharing a truer, more inclusive history of New Hampshire, BHTNH’s 2024 tour season kicks off with a special “Ona Judge Day” tour on Tuesday, May 21 at 222 Court St., Portsmouth.

After this event, the guided tours will be held on Saturdays and Sundays at 2 p.m. from May 25 through November 3. Two other new “Living History Tours” will feature Prince Whipple and the 1779 Petition for Freedom, and Jack Staines, the “blackjack” seafarer who married Ona Judge. A Dover Tour has also been added to the lineup.

“We’re thrilled to be expanding our popular warm-weather tours this year,” said JerriAnne Boggis, BHTNH executive director. “We’re starting off strong with our special ‘Ona

Judge Day’ tour as part of New Hampshire’s celebration of the day in 1796 on which Ona Maria Judge Staines left the residence of George and Martha Washington in Philadelphia and boarded a ship to Portsmouth, where she lived the remainder of her life in New Hampshire as a free woman.”

The 2024 series includes 17 different tours with topics including New Hampshire’s involvement in slave trade, the early Black community and economy, Black soldiers in the Revolutionary War, and Harriet Wilson, the first African American novelist who published in 1859. Beyond Portsmouth, guided walking tours will take place in Exeter, Milford, Dover, Hancock, Warner, and Kittery in Maine. They are led by expert guides who are trained in BHTNH’s Sankofa approach – literally “reaching back to get it.” Sankofa Scholars are well versed on the history and culture of African Americans, and pursue a deeper understanding of racism grounded in historical research.

Boggis said, “Our themed, guided tours explore our rich and often forgotten African-American history. This nuanced and shared history continues to shape our collective present and future. Our tours offer visitors an opportunity to visualize and share a truer more inclusive history of New Hampshire. Learn this history, connect to ancestors and ancestral roots, or simply explore and see for yourself the intricately woven cultural cloth that is New Hampshire.”

For more information, visit [www.blackheritagetrailnh.org/sankofa-guided-walking-tours-2/](http://www.blackheritagetrailnh.org/sankofa-guided-walking-tours-2/).

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## The Pre-Dead Social Club Hosts Two May Events

### PORTSMOUTH -

The Pre-Dead Social Club will host two events in May: "Death Over Drinks: A Die-a-logue" on Monday, May 13, 5:30-7 p.m. at Stroll Cafe, 75 Portsmouth Blvd., Portsmouth; and "We Wish We Knew That! Insights and Ideas for Saying What Matters When it Matters Most," on Monday, May 20, 6-8p.m. at 3S Artspace, 319 Vaughan St., Portsmouth.

The mission of the Pre-Dead Social Club, which recently celebrated its one-year anniversary, is to cultivate multi-generational communities interested in having compassionate conversations about death, dying, and end-of-life, making it a bit easier and more tenderhearted long before a life-limiting or terminal diagnosis arises.

"Death Over Drinks: A Die-a-logue" is a facilitated event that occurs monthly and offers a

chance to explore topics related to death, dying, and our eventual end-of-life. Participants discuss, and share stories and various points of view, in response to an ice-breaker question in order to gain a wider view of one topic at a time. While the events are free and open to all, space is limited to 30 people so that pre-registration is required.

"We Wish We Knew That!" is a thought-provoking roundtable discussion between healthcare professionals and caregivers about the roles each play in whole-person care. Individuals and their families find it increasingly challenging to navigate a fractured medical care delivery system that includes a myriad of specialists with incomplete records and splintered communication. During this event, real-life stories and personal insights revealed by attendees will illuminate the things they wish they



had known during healthcare conversations. They will also encourage an active role in one's own care and strategies for clear discussions about what is important. Tickets are \$10 per person and advanced purchase is recommended.

### PORTSMOUTH -

Registration is filling up for the 27th annual Cisco Brewers Portsmouth 5K on May 26. Since 2004, this popular race/walk has benefited the David Krempels Brain Injury Center (KBIC), a local nonprofit whose mission is to improve the quality of life of people living with brain injury.

Located at Cisco Brewers Portsmouth on Pease, the race starts at 11 a.m. on the Sunday of Memorial Day Weekend, and attracts over a thousand runners and walkers, as well as a hearty crew for the kids' fun run at 10:15 a.m. The race is

part of the Seacoast Road Race Series and the course, adjusted for 2024 road work, is USATF Certified, flat, and fast: great for runner's intent on setting their personal record. Participants will be treated to lunch and drinks, catered by Cisco Brewers Portsmouth, along with live music, kids' activities, and more. BBQ tickets for non-racers are also available to purchase. An exciting new fundraising incentive for 2024 is the chance to win one of five race-branded Stanley 40 oz. Cups. Every \$25 raised is one entry to win. The impact of every racer entering just once, could mean more than \$20,000 raised to support brain injury survivors! To register, fundraise, and for more information, visit [www.kbicenter.org/help/community-events](http://www.kbicenter.org/help/community-events), or call 603-570-2026.

For tickets, registration, and more information, visit [www.predeadsocialclub.com](http://www.predeadsocialclub.com). Photo above: Laura Cleminson, death doula and founder of the Pre-Dead Social Club.

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... ROOM from page 1

The makeovers also provide the children a space to pursue their interests. "With the redesign, they have a place to pursue their dreams, to paint or draw, play music, read, use a computer, or just think about their future," explained Kulberg. "This is their personal space and having somewhere to call their own is empowering."

A network of interior designers, builders, craftsmen, artisans, and furniture and home goods suppliers, support Room for Love by donating their time and products. Specialists like muralists have also donated fabulous creations, including life-like paintings of sports heroes.

Other companies and individuals help by underwriting renovation costs.

The benefits of the makeovers go far beyond the physical. Kulberg noted that the children's families report improvements in schoolwork, confidence, and initiative, as a result of the room transformations. "A personal space gives them wings," she said. "They can see other dreams coming true. They can envision a future."

The organization averages about four renovations per year but are eager to do more. To learn more or get involved, visit [www.roomforlove.net](http://www.roomforlove.net) or call 603-502-0241.

## Spectrum Connection Moves to Somersworth

### SOMERSWORTH -

Community Partners' Spectrum Connection program provides intensive Applied Behavior Analysis (ABA) services for children ages 2-8 with autism spectrum disorder, behavioral challenges, or other developmental needs. A ribbon-cutting recently celebrated the program's relocated from Rochester to 353 High Street in Somersworth. After acquiring the former Appledore Primary Care building and renovations were complete, the new clinic opened its doors in April.

"Year after year we aid an increasing number of families whose children have autism spectrum disorder or other di-



agnoses that can benefit from ABA services. Our new space allows us to expand our program to provide these life enhancing services to more families, meeting a growing community need," said Chris Kozak, CEO of Community Partners.

Currently, Spectrum Connection serves about 20 children weekly who work with a Board-Certified Behavior Analyst (BCBA) and a Registered Behav-

ior Technician (RBT). Staff work intensively with the children on developing skills for daily living such as independence at mealtime, dressing, functional communication, cooperative play, and following routines. The families also learn techniques to support their child.

For more information, visit [www.communitypartnersnh.org/applied-behavioral-services/](http://www.communitypartnersnh.org/applied-behavioral-services/) or call 603-948-1440.

## ~ Finance & Career ~

### James P. Carolan Endowment Fund

#### ROCHESTER -

The Monarch School of New England is proud to announce the establishment of the James P. Carolan Endowment Fund – a first of its kind for the organization.

James Carolan served for more than ten years on the school's board of directors, and as president for many of those years. He passed away in 2017, shortly after the opening of the school's high school and vocational center campus. His leadership and guidance were instrumental in establishing those facilities, which allowed the school to expand its enrollment and services.

Carolan was a mentor to Executive Director Diane Bessey who said, "Jim strongly believed that an endowment was essential to ensuring the school



Gail Vanhoy Carolan (left) and Diane Bessey, Monarch School of New England's executive director.

will always be there to support the students who need the type of education that only Monarch can provide. I'm so proud that we were able to create this fund before my retirement, and to name it in Jim's memory." Bessey retired in June 2023, after 25 years with the school.

A recent gift to the school from Gail Vanhoy Carolan,

Jim's widow, continues the dedication to helping students with special needs reach their greatest potential. She said, "Jim often said his time with Monarch was the most meaningful work of his career. He was inspired by each student's individuality and the opportunity to realize, in a holistic way, their greatest potential. Helping the school build a

### Free Program for Business Owners

#### STATEWIDE -

The Goldman Sachs "10,000 Small Businesses" program is accepting applications for the Fall 2024 Cohort. Since 2019, this free program has helped business owners from all across the state strategize and create business growth for their companies. The program is funded by the Goldman Sachs Foundation, a not-for-profit organization, and hosted by the Community College System of New Hampshire. The program includes the

sustainable model, and supporting Diane and her staff in their vision was a labor of love. Jim would be so enormously proud of all that they have accomplished and aspire to."

Monarch School of New England, located at 105 Eastern

support of the program faculty and a 1:1 business advisor who helps the scholars work on their business growth plans. The multi-week program is mostly virtual with only two weeks required onsite at Manchester Community College. Hotel accommodations and meals are provided for the required onsite days, so there is never any cost to the business owners.

Deadline to apply is May 28. For more information, visit [www.10ksbapply.com](http://www.10ksbapply.com).

Avenue, Rochester, is a school for individuals with intellectual, physical, medical, and behavioral disabilities to help them enter the mainstream of everyday life. For more information, visit [www.monarchschoollne.org](http://www.monarchschoollne.org) or call 603-332-2848.





~ News ~

### Sarah Silverman Dress Donated to NHPBS Auction

**STRAFFORD COUNTY -** New Hampshire PBS (NHPBS) is thrilled to announce a one-of-a-kind item that will be included in its upcoming Spring Auction – a dress donated by iconic New Hampshire comedian and actress Sarah Silverman.

Silverman, a long-time resident of New Hampshire, is a renowned stand-up comedian, actress, and writer. She recently took to Instagram to share a photo of herself in a Miu Miu dress, fondly reminiscing about the many years she's worn it. In a playful exchange on social media with NHPBS, Silverman confirmed that the dress would be included in the Spring Auction which runs until June 7.

"I bought it specifically to wear at the Emmys when I was nominated for 'I Love You America,'" Silverman said about the dress. "Then I wore it to some other things, including the 2024 Vanity Fair Oscars after party... I'm very happy to support New Hampshire PBS with this lil' sartorial sacrifice. Sure, this dress has seen better days, but hey, she's got character! Bid high, and together we can help keep NHPBS bringing the quality content I grew up on!"

"We are incredibly grateful to Sarah Silverman for her generosity and support of NHPBS,"

said Diane LaRochelle, auction manager. "This is a fantastic opportunity to not only raise vital funds for our local programming and educational services, but to also share a bit of New Hampshire charm with the winning bidder. We hope that this unique item will bring attention to the important work we do here at NHPBS."

The Spring Auction is a major fundraising event that helps support the station's mission of providing high-quality educational and entertainment programming to viewers across New Hampshire. The auction features a wide variety of items, including vacations, gift certificates and unique experiences. To register to bid and for more information, visit [www.nhpbs.org/auction](http://www.nhpbs.org/auction).

... **SUMMIT** from page 1

present a case study about how it successfully draws from the recovery community to fill vacant positions.

The summit is presented by the Seacoast Chamber Alliance, the Dover Mental Health Alliance, and the Recovery Friendly Workplace Initiative. The alliance consists of the Exeter Area, Greater Dover, Greater Rochester, Hampton Area, and the Falls Chambers of Commerce, as well as the Chamber Collaborative of Greater Portsmouth.

The schedule runs 8-10:30 a.m. and includes refreshments, networking, presentation, and an optional Narcan training. Registration is \$15 for chamber members and \$20 for not-yet members. To register, visit [www.dovernh.org/wellness](http://www.dovernh.org/wellness). For more information, visit [www.recoveryfriendly-workplace.com](http://www.recoveryfriendly-workplace.com).

### New Leadership Summit

**PORTSMOUTH -** Leadership Seacoast, a non-profit organization committed to developing informed and engaged citizens, is pleased to announce its inaugural Leadership Summit, which will be held on Tuesday, May 14, at Jimmy's Jazz Club, 135 Congress St., Portsmouth. This is a transformative event aimed at fostering inclusivity and collaboration.

The summit focuses on empowering diverse voices and promoting community engagement as a means to bridge gaps and create belonging. Attendees can expect insightful discussions, workshops, and networking opportunities that will inspire and equip them to make a positive impact.

The day-long summit will run 8:30 a.m. - 4 p.m. and include keynote speakers: Kevin

Pajara-Marinez, the 2023 Kid Governor Haydin Simmons, and DEI Consultant Angel Simone. Attendees will participate in morning and afternoon breakout sessions entitled: Allyship and the LGBTQ Community, Understanding Bias and Cultivating Belonging, Community Leadership and Why it is Important, Community Policing, How the BIPOC Fest Started, and Accessible Housing.

"We are thrilled to launch this new event as part of Leadership Seacoast's offerings, and to focus on diversity, equity, and inclusion (DEI) in our community felt like the best topic to encompass our mission and goals," said Lori Waltz, Leadership Seacoast's executive director.

Tickets include breakfast and lunch and can be found at [www.leadershipseacoast.org](http://www.leadershipseacoast.org) along with more information.

... **WASTE** from page 6

initiative, it doesn't need to be 50 pounds of this or a case of that. If you have a few deli containers that Gather can help turn into a sauce – fantastic – let them know and they'll come get it!"

Marino and her team of volunteers organize the pickup and create the recipes to repurpose the food into delicious and nutritious meals prepared at Gather's "Cooking 4 Commu-

nity" kitchens. The meals are then packaged for delivery to the food pantry. "Maintaining food safety through all the processes is a priority," said Marino.

Nina Parrott of Fifth Flavor Catering is a founding member of the coalition. She said, "Reducing food waste in my kitchen saves money and the planet, feeds hungry people, and forces me to be a more creative chef. It's easy

to cook with expensive, high-end ingredients, but I think some of my best dishes have come from challenging myself to use the seeds, roots, stalks, and leaves in interesting ways. I'm so excited to be a part of this coalition; not only to teach, but to learn from the other amazing seacoast chefs dedicated to the same cause."

The ten founding members of SWN include Mallett, Segal,

Parrott, Vida Cantina's David Vargas, Ore Nell's Tim Barr, Jumpin' Jay's Harley Smith, Favorite Foods' Chris Barstow, Jennifer Desrosiers from Altitude Companies, Sarah Cox from Tuckaway Farms, and Paul Simbliaris from Tuckaway Tavern.

For more information and to join, visit [www.seacoastwastenot.org](http://www.seacoastwastenot.org) and [www.gathernh.org](http://www.gathernh.org).

~ Puzzles ~

**CLUES ACROSS**

- 1. Lions do it
- 5. In favor of
- 8. Rest here please (abbr.)
- 11. Pulpits
- 13. Leisure activity
- 14. Fertility god
- 15. Financial obligations
- 16. When you anticipate getting somewhere
- 17. Spanish river
- 18. Sporting events
- 20. Type of tree

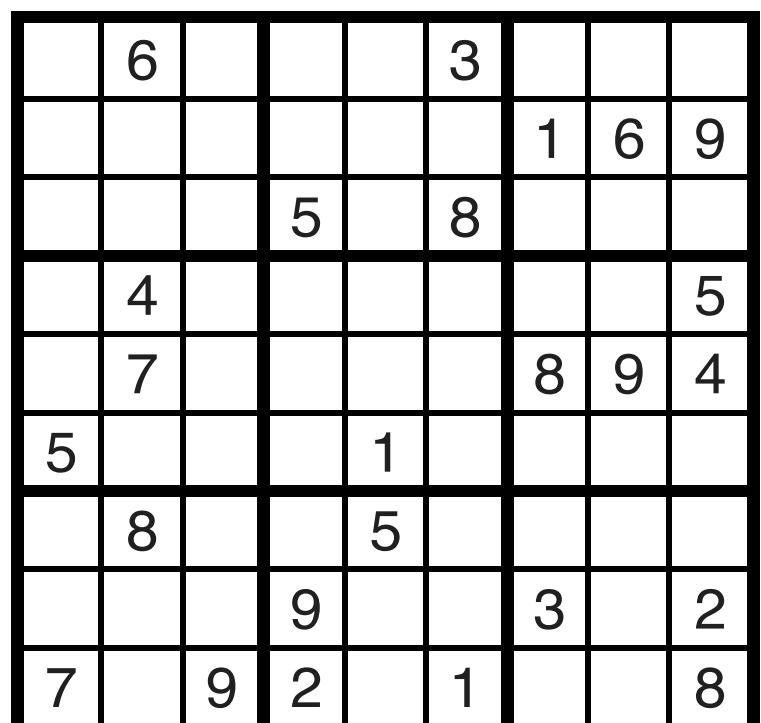
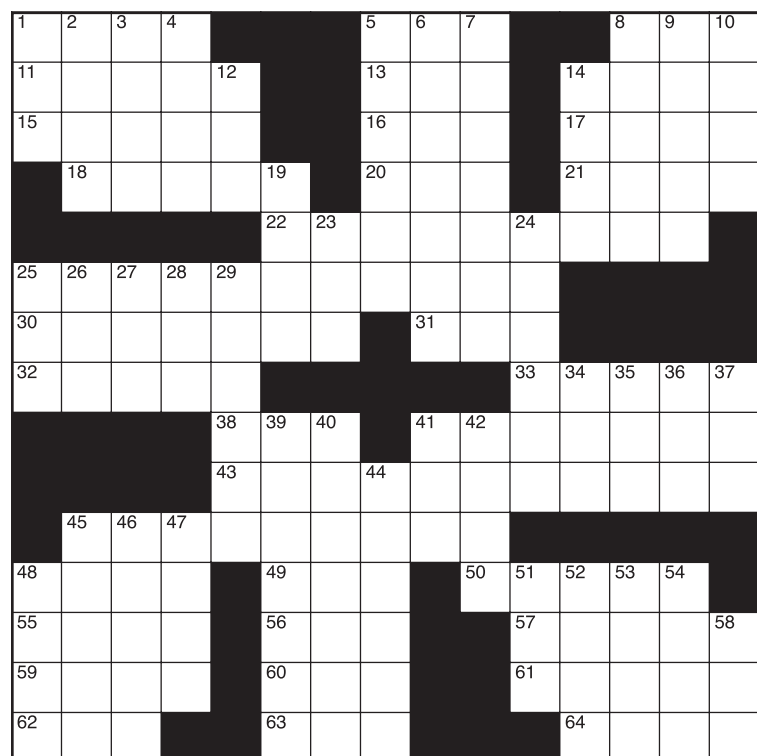
- 21. Ceased to be
- 22. Persons
- 25. Synthetic resin
- 30. Relates to photochemical reactions
- 31. Father
- 32. Former Cowboys coach
- 33. City in Finland
- 38. Run batted in
- 41. Got through
- 43. They darken skin
- 45. In a harmful way
- 48. Form of weaving

- 49. City of Angels hoopster
- 50. Caucasian language
- 55. Syngman \_\_\_, Korean president
- 56. Sun up in New York
- 57. Paddled
- 59. Fishes
- 60. Affirmative
- 61. Nimble
- 62. Doctor of Education
- 63. Soviet Socialist Republic
- 64. A small island

**CLUES DOWN**

- 1. Cool!
- 2. Hebrew unit of measure
- 3. Swedish rock group
- 4. College army
- 5. Favor over another
- 6. Called it a career
- 7. Egg-shaped wind instrument
- 8. Israeli statesman
- 9. Hurries
- 10. Slog
- 12. Midway between south and southeast

- 14. Benedictine monk
- 19. Self-immolation by fire ritual
- 23. Family of regulator genes
- 24. Surrendering
- 25. Political action committee
- 26. S. American plant
- 27. Long-term memory
- 28. Bark
- 29. Breathes in
- 34. Take hold of
- 35. Everyone has one
- 36. Valentine's Day color
- 37. Drivers' licenses and passports
- 39. Outer walls of castles
- 40. Enters with force
- 41. One thousandth of an inch
- 42. Deceased Chinese politician
- 44. Sugary secretion of plants
- 45. Expressed pleasure
- 46. Shelter
- 47. Utilizes
- 48. Forest resident
- 51. Fashion accessory
- 52. A sharply directional antenna
- 53. \_\_\_ Kristofferson, actor
- 54. A bad place to end up
- 58. MLBer Gordon



Level: Advanced

**ANSWERS TO THIS WEEK'S PUZZLES ARE ON PAGE 5**

# ~ Calendar of Events ~



## Saturdays

**Portsmouth Farmers Market**  
Saturdays, 8-12 p.m. at Portsmouth City Hall, 1 Junkins Ave. May 4 to October 26. FMI: [www.seacoastlocal.org](http://www.seacoastlocal.org).

## Wednesdays

**Dover Farmers Market**  
Wednesdays, 3-7 p.m. Jenny Thompson Pool Lot, 140 Portland Ave. June 5 to October 2. FMI: [www.seacoastlocal.org](http://www.seacoastlocal.org).

**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](http://www.anniesangels.org) or 603-686-4224.

## Through May 26

**"Spring Awakening" Performances**  
Wednesdays-Sundays at Seacoast Repertory Theatre, 125 Bow St., Portsmouth. The Tony award-winning musical explores the tempestuous landscape of adolescence. FMI: [www.seacoastrep.org](http://www.seacoastrep.org).

## Tuesday, May 7

**Driving the Future of Transportation Event**  
5-6 p.m. at Green Wave Electric Vehicles, 25 Lafayette Rd., North Hampton. Join an electrifying evening of fun, EV insights, test drives, and "Electric Jeopardy!" Free to attend but space is limited. Tickets required at [www.eventbrite.com/e/driving-the-future-of-transportation-tickets-880455194187](http://www.eventbrite.com/e/driving-the-future-of-transportation-tickets-880455194187).

## Wednesday, May 8

**CVNA's Caregiver Connect**  
1:30-4:30 p.m. at the Comfort Inn & Suites, 10 Hotel Dr., Dover, Cornerstone VNA's (CVNA) eighth annual Caregivers Connect is a special event for family caregivers. Guest speaker is Adrienne Cress, LCMHC, REAT, registered expressive arts therapist, and licensed clinical mental health counselor. Free to attend by registration required at 1-800-691-1133 x 1109 or [www.cornerstonevna.org/event/caregivers-connect-2024/](http://www.cornerstonevna.org/event/caregivers-connect-2024/).

**"The Philadelphia Eleven" Documentary**  
7 p.m. at St. Thomas' Episcopal Church, 5 Hale St., Dover. "The Philadelphia Eleven," a documentary about the first women ordained in the Episcopal Church, will be shown in Ervin Hall, followed by a Zoom Q&A with Carter Heyward. FMI: [www.stdover.org](http://www.stdover.org).

## Thursday, May 9

**"No To Patterns"**  
7 p.m. at 3S Artspace, 319 Vaughan St., Portsmouth. Courtney Daniel will host a conversation

on "Learning to Lean on Community" with featured panelists, Kaylee Donovan of The Gallery, and Gene Martin of the NH Fiscal Policy Institute. FMI: 603-766-3330 or [www.3sarts.org](http://www.3sarts.org).

## Friday, May 10

**PHS Fine Arts Night**  
5-8 p.m. at 3S Artspace, 319 Vaughan St., Portsmouth. Portsmouth High School student artists showcase their work in an art exhibit with performances by student musicians and writers, and catering by culinary students. FMI: 603-766-3330 or [www.3sarts.org](http://www.3sarts.org).

## Friday, May 10

**Gala to Benefit Housing**  
5 p.m. at Jimmy's Jazz & Blues Club, 135 Congress St., Portsmouth. The Service CU Impact Foundation is hosting its third-annual Spring Gala, "Imagine the Possibilities," to raise funds towards housing and homelessness in NH. FMI: [www.servicecuimpactfoundation.org](http://www.servicecuimpactfoundation.org).

## Saturday, May 11

**Annual PMAC Jazz Night**  
7 p.m. and 9 p.m. at The Music Hall Lounge, 131 Congress St., Portsmouth. A vibrant tapestry of jazz with the faculty of the PMAC Jazz Institute at their 17th annual concert! FMI: [www.themusichall.org](http://www.themusichall.org) or 603-436-2400.

## Sunday, May 12

**Moms on the Run 5K**  
9-11 a.m. at the Dover High School, 25 Alumni Dr., Dover. Join Zebra Crossings for their annual fundraiser, whose camp programs support children with chronic medical conditions. FMI and register at [www.zebra-crossings.org/run/](http://www.zebra-crossings.org/run/).

## Monday, May 13

**Reading and Discussion of "Scrambled Eggs"**  
7 p.m. at The Players' Ring, 105 Marcy St., Portsmouth. A play by Maya Gelting, moderated by Christopher Savage. Inspired by "The Great Gatsby," this play follows the life of Nick Carroway after the death of his parents. Free but registration encouraged. FMI: [www.3sarts.org](http://www.3sarts.org).

playersring.org or 603-436-8123.

## Tuesday, May 14

**Talk with Jessica Shattuck**  
7 p.m. at the Music Hall Lounge, 131 Congress St., Portsmouth. New York Times bestselling author Jessica Shattuck will visit with her new book, "Last House." FMI: [www.themusichall.org](http://www.themusichall.org) or 603-436-2400.

## Wednesday, May 15

**Veterans Count Make 12 Hours Count Radiothon**  
6 a.m. - 6 p.m. Dial in to 1-844-650-VETS (8387) to donate! Tune into The Pulse of NH stations News Talk 107.3 WPTL, 98.1 WTSN, and 107.3 WEMJ, as well as Frank FM, 105.5 JYY, Country 93.3 The Wolf, and Country 95.3 and 107.1 The Wolf. A day of programming to support the local military community. FMI: [www.vetscount.org/events/make-12-hours-count-radiothon/](http://www.vetscount.org/events/make-12-hours-count-radiothon/).

## Saturday, May 18

**"The Sound of All of Us"**  
7:30 p.m. at the South Church, 292 State St., Portsmouth. Performance by local chorus Con Tutti featuring songs from Scotland, South Africa, and Cameroon, plus some swing, gospel, and pop hits. FMI: [www.contutti.org](http://www.contutti.org).

## SCC Spring Concert

7 p.m. at Holy Trinity Lutheran Church, 22 Fox Run Rd., Newington. The Seacoast Community Chorus's (SCC) spring concert, "All Nature Sings... The Music of the Spheres," features selections by Hyden, Holst, Rutter, Pinkham, Thompson, and a salute to the U.S. Armed Forces. In the second half "Prayers from the Ark" by Ivor B. Davies. Performance also Sunday, May 20, 3 p.m., at First Parish Church in York. For tickets and FMI: [www.sccsings.org](http://www.sccsings.org).

## Sunday, May 19

**Deadline for Project Upcycle**

3S Artspace, in partnership with Recovergirl, once again invites applications to the sixth annual sustainable design challenge. FMI: <https://recovergirl.wordpress.com/category/project-upcycle/>.

**Last Performance of "The Legend of Georgia McBride"**  
Fridays-Sundays through May 19 at The Players' Ring, 105 Marcy St., Portsmouth. Play by Matthew Lopez. Casey is "The King," an Elvis impersonator, who must transform into an all-out "Queen." FMI: [www.playersring.org](http://www.playersring.org) or 603-436-8123.

## Thursday, May 23

**NH's New Privacy Law**  
11 a.m. - 12 p.m. online. The Chamber Collaborative of Greater Portsmouth is partnering with the BIA of New Hampshire on this webinar about the new law governing privacy and cybersecurity for personal information. Free but registration required at [www.portsmouthchamber.org](http://www.portsmouthchamber.org) or 603-610-5510.

## Friday, May 24

**Talk with Richard Dreyfuss**  
7 p.m. at The Historic Theater, 28 Chestnut St., Portsmouth. Spend an evening with the award-winning actor and stay for a screening of "Jaws." FMI: [www.themusichall.org](http://www.themusichall.org) or 603-436-2400.

## May 24 - June 2

**"Alice" Performances**  
Fridays-Sundays at The Players' Ring, 105 Marcy St., Portsmouth. A whimsical musical in Wonderland, based on the books by Lewis Carroll, and co-produced by Upside Arts. FMI: [www.playersring.org](http://www.playersring.org) or 603-436-8123.

## May 25 - June 2

**"Winnie-the-Pooh at the End of the Woods" Performances**  
Saturdays and Sundays at The Players' Ring, 105 Marcy St.,

Portsmouth. This new musical, produced by Upside Arts, is based on the beloved A.A. Milne stories. It is a workshop production for kids, and is the culmination of six weeks of rehearsals. FMI: [www.playersring.org](http://www.playersring.org) or 603-436-8123.

## Wednesday, May 29

**State of the City (Portsmouth)**  
4:30-5:30 p.m. at the Players' Ring Theatre, 105 Marcy St., Portsmouth. Hear about the economic health of Portsmouth and future plans from Mayor Deaglan McEachern and City Manager Karen Conard. Register at [www.portsmouthchamber.org](http://www.portsmouthchamber.org) or 603-610-5510.

## Saturday, June 1

**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](http://www.igotbridged.com) or 1-866-274-3433.

## Monday, June 3

**Veterans Count Seacoast Golf Tournament**  
7 a.m. - 2 p.m. at Abenaki Country Club, 731 Central Rd., Rye Beach. FMI: [www.vetscount.org/events/guyton-group-golf-tournament/](http://www.vetscount.org/events/guyton-group-golf-tournament/).

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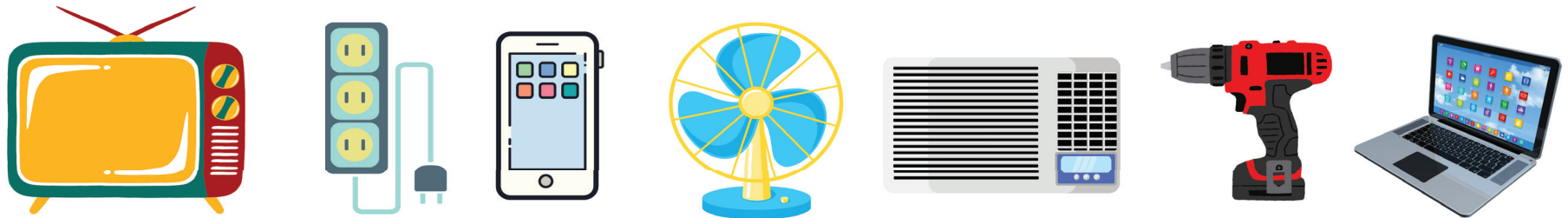
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# THANK YOU!



What a weekend! Thank you to everyone who attended the **Haven Homes & Lifestyle Earth Day E-Waste Recycling Event!** Over 4 Tons of E-waste was kept out of the landfill! We collected over \$2,000 for Mainspring Collective and 292 pounds of food for Footprints Food Pantry! Your generosity filled our e-waste bins to max capacity earlier than we ever could have anticipated - in under 2 hours! We promise next year we'll double our efforts! Well done, Seacoast!! 🌍

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