



**Weekly Public Affairs Program**

Call Letters: WTPL-FM

**QUARTERLY ISSUES REPORT, OCTOBER-DECEMBER, 2021**

Show # 2021-40

Date aired: 10/03/2021 Time Aired: 11:05AM

Jack Kosakowski, President and CEO, Junior Achievement USA

Mr. Kosakowski discussed a Junior Achievement USA survey that found that 77 percent of parents are concerned about their children's ability to have a successful job or career as adults, in light of global competition and automation. He talked about the rapidly changing career environment, and how Junior Achievement is adapting to today's tech environment to help teenagers.

**Issues covered:**

Youth Concerns

Careers

Parenting

**Length: 8:04**

Dale Bredesen, MD, NIH Postdoctoral Fellow at the University of California, San Francisco, author of "The End of Alzheimer's: The First Program to Prevent and Reverse Cognitive Decline"

Dr. Bredesen said his research has determined that Alzheimer's disease is not a single condition, but three similar ones--each with a different cause. He said new research is giving hope that the disease can be prevented and, under certain circumstances, even reversed. He said every American should get a cognitive and genetic test at age 45, to determine their likelihood of developing Alzheimer's.

**Issues covered:**

Alzheimer's Disease

Aging

**Length: 9:15**

Show # 2021-41

Date aired: 10/10/2021 Time Aired: 11:05AM

Roby Greenwald, PhD, Assistant Professor from the School of Public Health, Georgia State University

Traffic pollution research has traditionally been conducted with outdoor roadside sensors. Dr. Greenwald led a study with sensors mounted inside the passenger compartments of cars, and found that interior pollution levels were twice as high as previously thought. He talked about the various forms of pollution he found and their potential health effects.

**Issues covered:**

Pollution

Personal Health

**Length: 8:54**

**Rebekah H. Nagler, PhD**, Assistant Professor in the Hubbard School of Journalism & Mass Communication, University of Minnesota

Dr. Nagler led a study that found that most American women aren't aware of the risks of overdiagnosis and overtreatment in regards to breast cancer screening. She discussed the challenges of educating women about these risks so they can make informed decisions about mammograms and breast cancer screening.

Issues covered:  
Cancer  
Women's Issues

Length: 8:18

Show # 2021-42

Date aired: 10/17/2021 Time Aired: 11:05AM

**David Mazer, MD**, anesthesiologist at St. Michael's Hospital and Professor in the Departments of Anesthesia and Physiology at the University of Toronto

Dr. Mazer was the co-author of a study that found that adults under 45 years old, who consumed cannabis within the last 30 days, suffered from nearly double the number of heart attacks than adults who didn't use the drug. He said the trend was evident whether cannabis was smoked, vaped or eaten as an edible. He outlined the lessons that can be learned from the research.

Issues covered:  
Drug Abuse  
Personal Health

Length: 7:00

**Joanna Quinn, M.Ed.**, former middle school teacher, founder of Super Empowered One, an organization dedicated to building confidence in kids, author of "*Greta Grace*," a book focused on bullying and self-esteem

According to StopBullying.gov, one in five kids between the ages of 12 and 18 have experienced bullying. Ms. Quinn outlined the typical signs of bullying and what parents should do if their child is either a victim or a bully. She talked about the increasing role that schools play in the prevention of bullying.

Issues covered:  
Bullying  
Youth at Risk  
Parenting

Length: 10:00

Show # 2021-43

Date aired: 10/24/2021 Time Aired: 11:05AM

**Manny Centeno**, Program Manager of the Integrated Public Alert and Warning System, part of the Federal Emergency Management Agency

Mr. Centeno outlined what the public needs to know about the Emergency Alert System, and provided real-life examples to illustrate why EAS is so important to public safety. He also discussed the purpose of "Primary Entry Point" radio stations and details of the all-hazards upgrades at those 77 stations, to add special air scrubbing for chemical, biological and radiological protection, EMP resistance and emergency power generation. He also mentioned the role played by satellite, cable systems and the internet via desktop and mobile phone alerts.



**Issues covered:**  
Disaster Preparedness  
Public Safety  
Government

**Length:** 9:27

**Amanda Paluch, PhD**, Physical Activity Epidemiologist at the University of Massachusetts, Amherst

Prof. Paluch led a study that found that walking at least 7,000 steps a day--about 3-4 miles--reduced middle-aged people's risk of premature death from all causes by 50% to 70%, compared to those who took fewer daily steps. She found that 7000-10,000 steps range was the "sweet spot," because walking more than 10,000 steps per day, or walking faster, did not further reduce the risk.

**Issues covered:**  
Personal Health  
Physical Fitness

**Length:** 7:47

Show # 2021-44

Date aired: 10/31/2021 Time Aired: 11:05AM

**Eric Garcia**, journalist, author of "*We're Not Broken: Changing the Autism Conversation*"

Mr. Garcia shared his story of living with autism, to explain the social and policy gaps that often fail to help Americans across the autism spectrum. He said society has not listened to the needs of the autistic community. He outlined several misconceptions, including the belief that there is an autism epidemic, because diagnostic criteria were expanded in the 1990s.

**Issues covered:**  
Autism  
Government Policies

**Length:** 9:05

**Sarah Foster**, Bankrate.com analyst

Higher education is one of the most important financial decisions most young people make, and Bankrate.com recently completed a study that ranked the most and least valuable college majors. Ms. Foster shared the rankings, as well as what crucial factors college students should consider when deciding on a major.

**Issues covered:**  
Higher Education  
Career

**Length:** 8:05

Show # 2021-45

Date aired: 11/07/2021 Time Aired: 11:05AM

**Jen Fisher**, US Chief Well-being Officer at Deloitte, a multinational professional services network, author of "*Work Better Together: How to Cultivate Strong Relationships to Maximize Well-Being and Boost Bottom Lines*"

1 in 4 adults struggle with mental health challenges, and those suffering often hide it at work for fear of discrimination from peers or bosses. Ms. Fisher explained how companies can encourage open and honest conversations to remove the stigma surrounding mental health. She also said companies need to redefine the concept of sick days, to improve mental as well as physical health.



**Issues covered:**  
Mental Health  
Workplace Matters

**Length: 8:59**

**Patty Alper**, President of the Alper Portfolio Group, author of "*Teach to Work: How a Mentor, a Mentee, and a Project Can Close the Skills Gap in America*"

Millions of Americans are looking for new jobs right now, largely because they're simply not satisfied with where they are. Ms. Alper explained why mentors are important for the success of both employees and a company overall. She also outlined the questions an applicant can ask to determine the accessibility to mentors throughout a company. She also discussed her work in recruiting CEOs to mentor inner-city youth.

**Issues covered:**  
Career  
Mentoring

**Length: 8:11**

Show # 2021-46

Date aired: 11/14/2021 Time Aired: 11:05AM

**Gary Zimmerman**, founder and CEO of the web site MaxMyInterest.com

Today, the average US savings account pays 0.06 percent interest annually, an annual return of just \$6 in interest on a \$10,000 nest egg. Mr. Zimmerman's company aims to help consumers holding high amounts of cash automatically find the best available interest rate. He talked about reasons behind rising inflation and the current economic conditions. He explained why banks are paying such low rates, and when the trend may change.

**Issues covered:**  
Economy  
Personal Finance

**Length: 8:24**

**Carl Hanson, PhD**, Professor of Public Health, Brigham Young University

Researchers from Brigham Young University, Johns Hopkins and Harvard have created an algorithm that can predict suicidal thoughts and behavior among adolescents with 91% accuracy. Prof. Hanson was one of the co-authors of the study, and he said the two primary risk factors related to personal connections: family relationships, and friendships with peers.

**Issues covered:**  
Suicide  
Youth at Risk  
Mental Health  
Substance Abuse

**Length: 8:57**

Show # 2021-47

Date aired: 11/21/2021 Time Aired: 11:05AM

**Hua Cai, PhD**, Associate Professor of Environmental and Ecological Engineering, and Industrial Engineering at Purdue University

Most consumers want to make food purchases that are smart for their wallets, their health and the environment. Prof. Cai led a study that examined grocery purchase records of over 57,000 U.S. households, finding that 71% of homes surveyed could decrease their food carbon footprint, via three simple changes in their shopping habits.



**Issues covered:**  
Climate Change  
Consumer Matters

**Length: 8:40**

**Daniel Laroche, MD**, glaucoma specialist, Director of Glaucoma Services and President of Advanced Eyecare of New York, Clinical Assistant Professor of Ophthalmology with the Icahn School of Medicine at Mount Sinai Medical Center

Dr. Laroche explained why a yearly eye exam is so critical. He outlined the most common symptoms of glaucoma, who is at greatest risk, and why people of color are in the highest risk category. He also discussed the latest treatment options to lower eye pressure and eliminate the need for medication.

**Issues covered:**  
Glaucoma  
Personal Health  
Minority Concerns

**Length: 8:37**

Show # 2021-48

Date aired: 11/28/2021 Time Aired: 11:05AM

**Suzanne Bouffard, PhD**, expert in child development and education, author of "*The Most Important Year: Pre-Kindergarten and the Future of Our Children*"

Dr. Bouffard discussed the critical importance of pre-school programs. She noted that children who attend quality pre-K programs have a host of positive outcomes including better language, literacy, problem-solving and math skills later in school. She said also they have a leg up on the most essential skill: self-control. She offered advice for parents on how to choose a quality pre-school.

**Issues covered:**  
Education  
Parenting

**Length: 8:41**

**Robert Stern, Ph.D.**, Professor of Neurology, Neurosurgery, and Anatomy and Neurobiology at Boston University School of Medicine, Director of the Clinical Core of the Boston University Alzheimer's Disease Center, Director of Clinical Research for the Boston University Chronic Traumatic Encephalopathy (CTE) Center

Dr. Stern led a study that found that athletes who began playing tackle football before the age of 12 had more behavioral and cognitive problems later in life than those who started playing after they turned 12. He outlined the symptoms of CTE, and discussed the factors that parents should consider before allowing their child to participate in contact sports.

**Issues covered:**  
Youth at Risk  
Personal Health  
Parenting

**Length: 8:32**



Show # 2021-49

Date aired: 12/05/2021 Time Aired: 11:05AM

**Elliott Haut, MD, FACS**, Associate Professor of Surgery and Anesthesiology & Critical Care Medicine, Johns Hopkins University School of Medicine

Dr. Haut led a study that found that victims of gunshots or stabbings taken to a trauma center by private vehicle were 62% less likely to die compared to victims transported by an ambulance or EMS vehicle. He talked about the possible reasons behind this finding. He also explained why it is so important for the average person to be taught how to use direct pressure to stop bleeding.

**Issues covered:**

Emergency Preparedness  
First Aid  
Personal Health

**Length: 9:00**

**Vicki Bogan, PhD**, Associate Professor at the Charles H. Dyson School of Applied Economics and Management at Cornell University, Director of the Institute for Behavioral and Household Finance

Mental health problems can have a large negative effect on retirement savings, according to Dr. Bogan's research. She discussed her study, which found that people with anxiety and depression are nearly 25 percent less likely to have a retirement savings account, and their savings are dramatically smaller than those without psychological distress.

**Issues covered:**

Mental Health  
Retirement Planning

**Length: 8:08**

Show # 2021-50

Date aired: 12/12/21 Time Aired: 11:05AM

**Alison Gemmill, PhD, MPH**, Assistant Professor in the Department of Population, Family and Reproductive Health at Johns Hopkins Bloomberg School of Public Health

2020 saw the fewest babies born relative to the population of women between 15 and 44 of any year in American history. Prof. Gemmill discussed the most significant reasons behind the drop in US birthrates, the social effects a declining population may cause, and what steps in public policy may change the trend.

**Issues covered:**

Population  
Government Policies  
Parenting

**Length: 8:48**

**Grant Donnelly, PhD**, Assistant Professor of Marketing at The Ohio State University's Fisher College of Business

Several US cities have instituted taxes on drinks with added sugar, in order to reduce consumption. Prof. Donnelly led a study that examined whether price tags that specifically mentioned the tax would change consumers' buying decisions. He said the tax falls harder on low-income consumers.

**Issues covered:**

Taxes  
Consumer Matters  
Personal Health

**Length: 8:13**



Show # 2021-51

Date aired: 12/19/2021 Time Aired: 11:05AM

**Tim Larkin**, self-defense expert, author of "*When Violence Is the Answer: Learning How to Do What It Takes When Your Life Is at Stake*"

Mr. Larkin discussed the use of violence in self-defensive situations. He discussed ways to prevent, prepare for, and survive violent encounters with criminals. He said that violence is a tool equally effective in the hands of the "bad guy" or the "good guy" and that that the person who acts first, fastest and with the full force of their body is the one who typically survives a violent incident.

**Issues covered:**

Personal Defense  
Crime

**Length: 9:21**

**Gail Heyman, PhD**, Professor of Psychology, University of California, San Diego

Dr. Heyman led a study that sought to find ways to reduce racial bias in children. She noted that racial bias can be measured in children as young as age 3. She said the key to her research was in repetitively teaching kids to identify people of another race as individuals. She hopes to develop a consumer-friendly version of her findings for eventual use in schools and at home.

**Issues covered:**

Racial Bias  
Diversity

**Length: 7:50**

Show # 2021-52

Date aired: 12/25/2021 Time Aired: 11:05AM

**Scott Galloway, PhD**, Professor of Marketing in the Stern School of Business, New York University, author of "*The Four: The Hidden DNA of Amazon, Apple, Facebook, and Google*"

Amazon, Apple, Facebook, and Google are the four most influential companies on the planet. Dr. Galloway discussed the concerns in allowing individual companies to have such dominance over American consumers and whether these companies are playing by the rules applied to other businesses.

**Issues covered:**

Government Regulations  
Consumer Matters  
Economy

**Length: 8:56**

**Katreena Scott, PhD**, Associate Professor in the Department of Applied Psychology and Human Development, University of Toronto

Dr. Scott led a study that examined how the workplace is affected by an employee who is involved in domestic violence. She said not only does it result in lowered productivity, but 1/3 of the men reported that they used workplace time and resources to continue to engage in emotionally abusive behavior. She explained how employers can offer assistance for employees with domestic violence issues.

**Issues covered:**

Domestic Violence  
Workplace Matters  
Mental Health

**Length: 8:17**

WTPL - 107.7 - PUBLIC SERVICE ANNOUNCEMENTS AND INTERVIEWS,  
 AS FEATURED ON **NH IN THE MORNING WITH JACK HEATH**

Date Aired	Event	Length of segment
10/1	Fmr. Congressman Pete King, World Events/Terrorism	10 min
10/4	Peter Navarro/Trump Administration/Author	10 min
10/6	Don Bolduc/U.S. Candidate NH Politics	10 min
10/7	Eddie Edwards/Commissioner of Dept. Safety	10 min
10/11	Gov. Chris Sununu/ Will he run for U.S. Senate	10 min
10/13	Matt Mowers/2 <sup>nd</sup> District Candidate/ NH Politics	10 min
10/13	Karoline Levitt/2 <sup>nd</sup> District Candidate /NHPolitics	10 min
10/14	Lois Harois/ Dir.NH Tourism/ Covid & Leaf Peeping	10 min
10/14	Frank Edelblut/ NH School & Covid Protocols	10 Min
11/9	Gail Huff/2 <sup>nd</sup> District Candidate Announcement to Run	10 Min
11/12	Hal Shurleff/U.S. Constitution Teaching children history	10 Min
11/15	Tim Baxter/ Congress NH Politics/2022	10 Min
11/17	Chris Pappas /Candidate Building Back Better	10 Min
12/6	Corkey Messner/ Former U.S. Senate Candidate/ Looking head to 2022	10 min
12/7	Jim Courtvich/ Former Bob Dole Aide/ Death of Bob Dole	10 min
12/7	Former VP Mike Pence/ Visit to NH	10 min
12/10	Pete Buttigug/ Dept of Transportation Visit to NH	10 min



The Wells Maine Chamber of Commerce will hold their Annual Family Jamboree on Saturday October 2<sup>nd</sup> from 11am to 3pm at Wells Harbor Park. The family friendly event will include games, crafts, sand art drawing workshops and a junior fire obstacle course.

**KILL: 10/2**

Wentworth Douglass Hospital in Dover is presenting the Seacoast Cancer 5K, one of the largest road races in the region, which has gone exclusively virtual for the second consecutive year due to the rise in COVID-19 cases, and the Hospital's commitment to the health and safety of its community. You can choose your day to run or walk from now until October 3<sup>rd</sup>, anytime and anywhere. Register at [seacoastcancer5k.org](http://seacoastcancer5k.org) now.

**KILL: 10/3**

The 18<sup>th</sup> annual Somersworth Festival Association Pumpkin Festival will take place in the Somersworth Plaza on Main Street from 10 a.m. to 3 p.m. on Saturday October 9<sup>th</sup>. With the purchase of a \$10 bracelet, kids can participate in all activities, including pumpkin decorating, scarecrow making, pumpkin crafts, and hayrides. Any child who attends in costume will get a \$1 discount on the bracelet. There is no charge for adults accompanying children.

**KILL: 10/9**

ONE THING MORE PRODUCTIONS PRESENTS " PRESCRIPTION: MURDER THIS FRIDAY, SATURDAY AND SUNDAY AT THE NEWMARKET MILLSPACE ON MAIN STREET IN NEWMARKET. PERFORMANCES ARE FRI AND SATURDAY NIGHTS AT 7:30 AND SUNDAY AFTERNOON AT 2. CHECK OUT [MILLSPACE.DOT.ORG](http://MILLSPACE.DOT.ORG) FOR MORE INFORMATION.

**KILL: 10/3**

THE GREATER DOVER CHAMBER OF COMMERCE WILL HOLD THEIR NEXT BUSINESS AFTER HOURS ON TUESDAY OCTOBER 19<sup>TH</sup> FROM 5-7PM AT THE [Pope Memorial Humane Society Cochecho Valley](http://Pope.Memorial.Humane.Society.Cochecho.Valley) LOCATED ON COUNTY FARM ROAD IN DOVER.

**KILL: 10/19**

Dover400, a committee of residents organizing Dover's 400<sup>th</sup> Anniversary will host a family fun day on Saturday, October 9<sup>th</sup> at Tendercrop Farm at the Red Barn on Dover Point Road in Dover. The free event will run outdoors from 11:00am to 4:00pm and will include a pumpkin carving contest, corn hole competition, corn mazes, food trucks, beer and wine garden, and games. For more information, log on to [Dover400.org](http://Dover400.org).

**KILL: 10/9**

THE OGUNQUIT PLAYHOUSE PERFORMS THE MEL BROOKS MUSICAL COMEDY, YOUNG FRANKENSTEIN STARRING JOHN BOLTON AND SALLY STRUTHERS OCTOBER 6<sup>TH</sup> THROUGH THE 31<sup>ST</sup> OUTSIDE AT THE LEARY PAVILION ADJACENT TO THE PLAYHOUSE ON ROUTE 1 IN OGUNQUIT MAINE. LOG ON TO [OGUNQUIT PLAYHOUSE.DOT.ORG](http://OGUNQUITPLAYHOUSE.DOT.ORG) FOR TICKET INFORMATION.

**KILL: 10/31**

NEW WORLD THEATER PRESENTS A NEW DRAMA ENTITLED " 9/12 PERFORMING OCTOBER 8TH THROUGH THE 17<sup>TH</sup> AT THE PLAYERS RING THEATER ON MARCY STREET IN PORTSMOUTH. SHOWTIMES ARE FRI AND SATURDAY NIGHTS AT 7:30PM WITH MATINEES ON SATURDAY AND SUNDAYS AT 2:30. LOG ON TO [PLAYERS RING.DOT.ORG](http://PLAYERSRING.DOT.ORG) FOR MORE INFORMATION.

**KILL: 10/17**

The Woodman Museum Fall Lecture Series continues this Wednesday evening at 7pm with Terry Nelson, author of his book, Hidden History of New Hampshire. General admission is \$10 and free for Woodman Museum Members. The museum is located at 182 Central Ave in Dover. Tickets can be purchased at the event.

**KILL: 10/13**

THE NEW HAMPSHIRE DEPT OF TRANSPORTATION HAS RESCHEDULED THE DRAFT TEN YEAR TRANSPORTATION PLAN PUBLIC HEARING IN KINGSTON FOR THURSDAY OCTOBER 21<sup>ST</sup> AT 7PM IN THE KINGSTON TOWN OFFICE ALONG MAIN STREET IN KINGSTON. THE MEETING WAS ORIGINALLY SCHEDULED FOR OCTOBER 6<sup>TH</sup>.

**KILL: 10/21**

THE GREATER ROCHESTER CHAMBER OF COMMERCE WILL HOLD A MEET THE CANDIDATE NIGHT FOR MAYORAL AND CITY COUNCIL CANDIDATES COMING UP ON MONDAY OCTOBER 25<sup>TH</sup> FROM 6:30 TO 9PM AT THE ROCHESTER CITY HALL ON WAKEFIELD STREET IN DOWNTOWN ROCHESTER. THE CITY-WIDE ELECTION IS TUESDAY NOVEMBER 2<sup>ND</sup>.

**KILL: 10/25**

THE GARRISON PLAYERS WILL HOLD AUDITIONS FOR THE BRITISH FARCE " RUN FOR YOUR WIFE" ON TUESDAY NOVEMBER 2<sup>ND</sup> FROM 6:30-8:30PM AND ON SATURDAY NOV. 6<sup>TH</sup> FROM 10A-NOON AT THE GARRISON PLAYERS ARTS CENTER IN ROLLINSFORD. PERFORMANCES OF THE SHOW WILL BE IN MARCH AND APRIL.

**KILL: 11/2**

New Hampshire Listens, in conjunction with the Greater Dover Chamber of Commerce, will host Candidate Forums for the Dover City Council and Dover School Board on October 18<sup>th</sup>, 20<sup>th</sup> and 25<sup>th</sup>. The forums will be held at the McConnell Center and will start at 6:30 p.m. The forums will also be livestreamed via Zoom and broadcast live on Channel 22.

- **Monday, October 18:** Dover City Council at-large and all wards
- **Wednesday, October 20:** Dover School Board at-large and wards 1, 2 and 3
- **Monday, October 25:** Dover School Board wards 4, 5 and 6
- The City of Dover Municipal Election is Tuesday, Nov. 2.

Cornestone VNA, your local non-profit visiting nurse association, will host a community drive-through flu clinic on Friday October 22<sup>nd</sup> from 10a-1pm at their facility at 178 Farmington Road in Rochester. The cost is \$40 without insurance or \$70 for the high dose. Most flu vaccines are covered by most insurance companies. For more information, log on to Cornestone vna dot org.

**KILL: 10/22**

THE WOODMAN MUSEUM OF DOVER IS SEEKING VOLUNTEERS, ACTORS, TOUR GUIDES AND TICKET TAKERS FOR THE WOODMAN MUSEUM ANNUAL " VOICES FROM THE CEMETERY" EVENT SATURDAY AND SUNDAY OCTOBER 23<sup>RD</sup> AND 24<sup>TH</sup> FROM 10A-4PM AT THE PINE HILL CEMETARY IN DOVER. TO SIGN UP CALL THE MUSEUM AT 603-742-1038.

**KILL: 10/23**

THE FRIENDS OF THE DOVER PUBLIC LIBRARY WILL HOLD ITS ANNUAL FALL BOOK SALE FOR ONE WEEKEND ONLY ON FRIDAY OCTOBER 29<sup>TH</sup> , SATURDAY OCTOBER 30<sup>TH</sup> AND SUNDAY OCTOBER 31<sup>ST</sup>.

**KILL: 10/29**

THE OLD BERWICK HISTORICAL SOCIETY WILL PRESENT AN ONLINE LECTURE THURSDAY OCTOBER 28<sup>TH</sup> AT 7:30PM ABOUT THE HISTORY OF RAILROADS IN MAINE. PARTICIPANTS CAN REGISTER FOR THE ONLINE LECTURE THROUGH THE WEBSITE OLD BERWICK DOT ORG. ADMISSION IS FREE TO MEMBERS WITH A \$5 SUGGESTED DONATION FOR NON-MEMBERS.

**KILL: 10/28**

THE OLD YORK HISTORICAL SOCIETY WILL HOLD A HAUNTED HALLOWEEN ON SATURDAY OCTOBER 30<sup>TH</sup> TO COINCIDE WITH THE TOWN OF YORK'S ANNUAL TRICK OR TREATING. CHILDREN ARE INVITED TO TRICK OR TREAT FROM 3:30 TO 6PM AT THE OLD YORK'S HISTORIC BUILDINGS IN YORK VILLAGE. IN ADDITION, THE 3<sup>RD</sup> ANNUAL LIGHTING OF THE PUMPKINS WILL TAKE PLACE AT 5 THAT EVENING AT THE OLD BURYING GROUND IN YORK VILLAGE.

**KILL: 10/30**



The 7th ANNUAL JAMES W. FOLEY FREEDOM RUN is this Saturday where thousands of runners globally will turn out to "Run for Jim". Runners and walkers from all over the world will participate in this one of a kind road race to support the James W. Foley Legacy Foundation, in remembrance of James W. Foley, a native of New Hampshire, and of all Americans who have made the ultimate sacrifice to protect our freedoms.

Now in its seventh year, The Foley Freedom Run is a traditional 5K Run/Walk held at the newly named [James W. Foley Community Center](#) in Rochester, and a "Virtual" Run/Walk, bringing the event to a national and worldwide audience.

Registration in Rochester, starts this Saturday on site at 8:00 AM, with the official run kick off at 10:00 AM! For more information, log on to [Foley Run dot org](#).

**KILL: 10/23**

THE PLAYERS RING THEATER IN ASSOCIATION WITH FIREHOUSE CENTER FOR THE ARTS PRESENT "FRANKENSTEIN OCTOBER 29<sup>TH</sup> THROUGH NOVEMBER 14<sup>TH</sup> AT THE RING THEATER ON MARCY STREET IN PORTSMOUTH. PERFORMANCES ARE Fridays and Saturdays at 7:30pm WITH Saturday and Sunday MATINEES AT 2:30pm. FOR MORE INFORMATION, LOG ON TO PLAYERS RING DOT ORG.

**KILL: 11/14**

**THE SEACOAST CHAMBER ALLIANCE WILL PRESENT** The Mental Health, Wellness & Recovery SUMMIT THIS THURSDAY MORNING FROM 8:30A TO 11AM IN A VIRTUAL FORMAT. LEARN ABOUT "The 4 Pillars of Creating and Sustaining a Mentally Healthy Workplace Culture". THE EVENT IS FREE TO ATTEND VIRTUALLY. REGISTER AT [dovernh.org/Wellness Summit](#).

**KILL: 10/28**

Hampton artist Ethel Hills will have an exhibit of original artwork at the Lane House Arts Center for the month of November. "Ethel Hills – an Artist's Journey" gives a glimpse into one artist's journey and her creative process. The "Ethel Hills – an Artist's Journey" exhibit runs November 3<sup>rd</sup> through the 30<sup>th</sup> at the Lane House Arts Center at 380 Lafayette Road in Hampton

**KILL: 11/30**

The Woodman Museum in Dover will hold their annual Veterans Day ceremony on Sunday, November 7th from 12pm-4pm.

Reenactors of various wars, from the Revolutionary War to modern conflicts, will gather at the Woodman to honor our nation's veterans and those military men and women still engaged in active service across the world. The event will be held on the grounds of the Woodman Museum 182 Central Ave in Dover, Veterans, currently deployed Military and their families, and Gold Star families receive free admission.

Tickets are only available at the Museum in person or at the event. visit [woodman museum dot org](#).

**KILL: 11/7**

In Dover, the Greater Dover Chamber of Commerce city lights committee is seeking volunteers to help hang the holiday lights in downtown Dover this Friday. Volunteers will be assisting the companies with bucket trucks, hanging lights on poles, and/or removing any dead lights/ extension cords. The activity will be from 7am to 3pm in downtown Dover. Anybody interested in helping, even just for an hour or two, should reach out to Morgan at the Greater Dover Chamber of Commerce.

**KILL: 11/5**

THE GREATER DOVER CHAMBER OF COMMERCE WILL HOLD THEIR NEXT BUSINESS OPEN HOUSE ON TUESDAY NOVEMBER 16<sup>TH</sup> FROM 5-7PM AT 1 WASHINGTON STREET IN THE MILL BUILDING TO VISIT MULTIPLE CHAMBER MEMBERS FOR A COLLABORATIVE BUSINESS OPEN HOUSE. REGISTRATION WILL OPEN AT 5PM AT THE SEH STUDIOS IN THE MILL BUILDING.

**KILL: 11/16**

THE GARRISON PLAYERS OF DOVER IS OFFERING A FREE BROADWAY CONCERT TO WELCOME BACK THE PUBLIC TO THE THEATER. ITS THE GARRISON PLAYERS SHOWSTOPPERS PERFORMING BROADWAY SHOW TUNES THIS SATURDAY NIGHT AT 7PM AT THE GARRISON PLAYERS ARTS CENTER ON ROUTE 4 IN ROLLINSFORD. AT THE REQUEST OF THE PERFORMERS, PROOF OF VACCINATION WILL BE REQUIRED. CHECK OUT GARRISON PLAYERS DOT ORG.

**KILL: 11/13**

THE NEWINGTON TOWN CHURCH WILL HOLD THEIR ANNUAL HOLIDAY CRAFT FAIR THIS SATURDAY FROM 9 TO 2PM AT THE NEWINGTON TOWN HALL ON NIMBLE HILL ROAD IN NEWINGTON.

**KILL: 11/13**

THE GARRISON PLAYERS OF DOVER WILL PRESENT THE PRODUCTION OF CHARLES DICKENS' " A CHRISTMAS CAROL" DECEMBER 2<sup>ND</sup> THROUGH THE 19<sup>TH</sup> AT THE GARRISON PLAYERS ARTS CENTER ON ROUTE 4 IN ROLLINSFORD. TICKETS ARE ON SALE NOW AT \$20 FOR ADULTS AND \$15 FOR STUDENTS WITH PERFORMANCES THURSDAY, FRI AND SATURDAY NIGHTS AT 8PM AND SUNDAY AFTERNOON MATINEES AT 2P FOR THOSE THREE WEEKS. VISIT GARRISON PLAYERS DOT ORG FOR TICKET INFORMATION AND COVID -19 POLICY.

**KILL: 12/19**

THE DOVER 400 ORGANIZATION WILL PRESENT A WEBINAR THIS TUESDAY EVENING AT 7PM ABOUT DOVER'S SERVICE DURING TWO WORLD WARS. LEARN ABOUT HOW DOVER AND ITS CITIZENS SERVED AMERICAN DURING THE TWO WORLD WARS. TO LEARN MORE LOG ON TO DOVER 400 DOT ORG.

**KILL: 11/9**

IN DOVER, A VETERAN'S DAY CEREMONY WILL BE HELD THIS THURSDAY MORNING AT 11AM AT DOVER VETERANS PARK THE CEREMONY WILL INCLUDE AN OPENING PRAYER, POSTING OF COLORS, THE LAYING OF THE WREATH, THE DOVER HIGH SCHOOL BAND AND DOVER HIGH SCHOOL'S NAVY JUNIOR ROTC PLUS REMARKS FROM DOVER OFFICIALS.

**KILL: 11/11**

Dover Recreation has limited spots available for residents in its youth basketball programs for kindergarten through 12<sup>th</sup> grade. Only Dover residents will be allowed to participate in this season's youth basketball. Masks will be required at all times for participants in kindergarten through sixth grades and for all spectators. Sign-up online or in-person at the McConnell Center.

**KILL: 12/1**

THE GREATER ROCHESTER CHAMBER OF COMMERCE WILL HOLD THEIR NEXT BUSINESS AFTER HOURS ON WEDNESDAY NOVEMBER 17<sup>TH</sup> FROM 5:30PM TO 7PM AT MITCHELL HILL AT THE ROBERGE LOCATED 6 BRIDGE STREET IN ROCHESTER. Come and see this great event facility where catered events can be held.

**KILL: 11/17**

THE CITY OF ROCHESTER WILL HOLD ITS ANNUAL HOLIDAY TREE LIGHTING CEREMONY ON FRIDAY EVENING DECEMBER 3<sup>RD</sup> AT 5:30PM IN CENTRAL SSQUARE IN DOWNTOWN ROCHESTER. THE EVENT WILL FEATURING CAROLLING AND SPECIAL DANCE PERFORMANCES.

**KILL: 12/3**

The New Hampshire Department of Health and Human Services Mobile Vaccine Van will be in Dover this Sunday, from 12:30 to 3 p.m., at the First Parish Church parking lot, 218 Central Avenue. All three FDA authorized vaccines will be available (Pfizer, Moderna and Johnson & Johnson). Booster shots and vaccines for children 5 to 11 years old will also be available. Vaccines administered at the van are free and available to anyone 5 and older. Parental consent is required for children ages 5-17.

**KILL: 11/21**

THE PLAYERS RING THEATER IN PORTSMOUTH PRESENTS A NEW THANKSGIVING MUSICAL BY MILES BURNS AND BASED ON THE CHILDRENS BOOK BY DAINE MAYR. CALLED "**RUN TURKEY RUN**" THIS SATURDAY AND SUNDAY AT THE RING THEATER ON MARCY STREET IN PORTSMOUTH. SHOWTIMES ARE SATURDAY AND SUNDAY MORNINGS AT 10 WITH AN ADDITIONAL PERFORMANCE AT NOON. TICKETS ARE \$18 GENERAL ADMISSION AND \$15 FOR KIDS UNDER 12. PROOF OF VACCINATION OR A NEGATIVE COVID-19 TEST ARE REQUIRED FOR PATRONS 12 AND OLDER. FOR MORE INFORMATION AND TO PURCHASE TICKETS, LOG ON TO PLAYERS RING DOT ORG.

**KILL: 11/21**



SEACOAST ARTISANS WILL HOLD THEIR 22<sup>ND</sup> ANNUAL HOLIDAY FINE ARTS AND CRAFT SHOW THIS SATURDAY FROM 10A-4PM AT 35 LAFAYETTE ROAD IN NORTH HAMPTON. OVER 70 ARTISTS WILL BE ON HAND AND THE ENTRANCE FEE TO THE SHOW IS \$5.

**KILL: 11/20**

THE PLAYERS RING THEATER PRESENTS ANDREW PANARD AND DISCOVERING MAGIC THANKSGIVING WEEKEND FRIDAY NOV. 26<sup>TH</sup>, SATURDAY NOV. 27<sup>TH</sup> AND SUNDAY NOV. 28<sup>TH</sup> AT THE RING THEATER LOCATED AT 105 MARCY ST IN PORTSMOUTH ACROSS FROM STRAWBERRY BANKE. SHOWTIMES ARE FRI AND SATURDAY AT 2:30 AND 7:30 AND A SUNDAY MATINEE AT 2:30. TICKETS AND COVID-19 POLICY AVAILABLE AT PLAYERS RING DOT ORG.

**KILL: 11/27**

St. Mary Parish of Rollinsford is hosting their annual holiday fair at the American Legion, Foundry Street, Rollinsford this Saturday, from 9am-3pm. Large white elephant section, apple pie, salmon pie and pork pies, cookie carousel and lots of activities for kids including a Candy Wheel and letters to Santa.

**KILL: 11/20**

**St Thomas' Episcopal Church "Concerts in the Castle" presents "It's a Jazzy Holiday!" featuring The Fourth Street Jazz Choir**, conducted by Wendell S Purrington and accompanied by pianist, Kathy Fink, and drummer, Mark Adams on Saturday, December 4th at 7:00 PM at **St Thomas Episcopal Church** on the corner of Locust Street and Hale Street in downtown Dover, NH. Suggested donation is \$12 for adults and \$10 for seniors and students, and will be accepted at the door. Masks are required for all who attend.

**KILL: 12/4**

TICKETS ARE ON SALE FOR THE BIG HOLIDAY EVENT AT THE CHILDRENS MUSEUM OF NEW HAMPSHIRE IN DOVER.ITS THE JINGLE BELL EXTRAVAGANZA ON SUNDAY DECEMBER 5<sup>TH</sup>AND SUNDAY DECEMBER 12<sup>TH</sup> FROM 1-2:30PM OR 3-4:30 AT THE MUSEUM IN DOWNTOWN DOVER. Cost is \$15/Members or \$20/Non-members per person and children under 12 months of age are free.

**KILL: 12/12**

[My Friends Place](#) in Dover is looking for companies and individuals to help make Christmas morning special for their shelter residents. They currently have 4 families, 2 single females and 4 single males to shop for.

There are many ways to donate including adopting a family, shopping for specific items for an individual or make a donation. For information log on to my friends place NH dot org.

**KILL: 12/20**

STRAWBERRY BANK MUSEUM IN PORTSMOUTH WILL HOLD THEIR ANNUAL CANDLELIGHT STROLL UNDER THE STARS THIS SATURDAY FROM 5-9PM AND THIS SUNDAY FROM 4-8PM AT THE MUSEUM ALONG MARCY STREET IN PORTSMOUTH. CHECK OUT STRAWBERRY BANKE DOT ORG FOR MORE INFORMATION.

**KILL: 12/5**

STRAWBERRY BANK MUSEUM IN PORTSMOUTH WILL HOLD THEIR ANNUAL CANDLELIGHT STROLL UNDER THE STARS THIS SATURDAY FROM 5-9PM AND THIS SUNDAY FROM 4-8PM AT THE MUSEUM ALONG MARCY STREET IN PORTSMOUTH. CHECK OUT STRAWBERRY BANKE DOT ORG FOR MORE INFORMATION.

**KILL: 12/12**

STRAWBERRY BANK MUSEUM IN PORTSMOUTH WILL HOLD THEIR ANNUAL CANDLELIGHT STROLL UNDER THE STARS THIS SATURDAY FROM 5-9PM AND THIS SUNDAY FROM 4-8PM AT THE MUSEUM ALONG MARCY STREET IN PORTSMOUTH. CHECK OUT STRAWBERRY BANKE DOT ORG FOR MORE INFORMATION.

**KILL: 12/19**

The City of Portsmouth will hold their annual holiday tree lighting and illuminated holiday parade on Saturday December 4<sup>th</sup> starting with the tree-lighting in Market Square at 5:30 with the parade set to step off at 6 with the Portsmouth Clipper Band and a special visit from Santa.

**KILL: 12/4**

THE ANNUAL HOLIDAY ARTISAN FAIR AT THE WOODMAN MUSEUM IN DOVER WILL BE PRESENTED DEC 8<sup>TH</sup> THROUGH THE 23<sup>RD</sup> WEDNESDAY THRU SUNDAYS IN THE THOM HINDLE GALLERY IN THE MUSEUM'S KEEFE HOUSE ON SUMMER STREET IN DOVER. THE SHOW WILL BE OPEN THOSE DAYS FROM 10AM TO 4PM.

**KILL: 12/23.**

Cornerstone VNA will be hosting a Virtual Holiday Grief Support Group for adults. The goal of the group is to help individuals cope with feelings of grief, loss, and sadness, which can be especially challenging during the holiday season. The Holiday Grief Support Group will take place on Wednesdays, December 8th, 15<sup>TH</sup> AND 22nd, from 3:00 pm until 4:30 pm. For more information, log on to [cornerstonevna.org](http://cornerstonevna.org).

**Kill: 12/15**

Mark your calendar for Saturday, December 4th for the 2021 Exeter Holiday Parade. Unlike the pandemic-necessitated drive-thru parade held in 2020, plans call for Santa Claus to come back to town in his usual fashion. The parade will step off from Osram on Portsmouth Avenue at 5:30 PM and wind its way to High Street, passing the Bandstand on Water Street before dispersing along Swasey Parkway. Awards for various parade units will be given out in front of the Bandstand

**KILL: 12/4**

THE GREATER ROCHESTER CHAMBER OF COMMERCE WILL PRESENT THEIR COMIC BOOK CHRISTMAS PARADE THIS SUNDAY AFTERNOON STARTING AT 3PM AT SPAULDING HIGH SCHOOL IN ROCHESTER AND WILL GO DOWN WAKEFIELD STREET, UNION STREET, NORTH MAIN STREET AND THEN FOLLOW ALONG SOUTH MAIN STREET ENDING AT THE ROCHESTER COMMONS.

KILL: 12/5

Dover Youth to Youth is hosting its 14th annual Santa's Castle at the McConnell Center in downtown Dover for three days during the Christmas season. Each night children and their families will be able to tour several rooms in Santa's Castle and meet Santa and many of his elves. The event will be held this Friday from 4:30 to 7:30 p.m., and Saturday between the hours of 2 and 6:30 p.m. The Castle will conclude on Thursday, Dec. 23, from 4:30 to 7:30 p.m. This year Santa's Castle will be a little different. In order to attend, pre-registration is required. To make a reservation visit [DoverY2Y.org](http://DoverY2Y.org).

**KILL: 12/18**

Dover400, a committee of residents organizing Dover's 400th Anniversary, concludes its monthly virtual lecture series this Tuesday, at 7 p.m. with an online showing of the film "Voices From the Cemetery", an historical and entertaining montage which visits with two dozen prominent and provocative citizens from Dover's past. Each Dover400 presentation is free and open to the public, but pre-registration is required. To sign up for the Tuesday lecture, log on to [Dover400.org](http://Dover400.org)

**KILL: 12/14**



**Monday Oct 4 – 8:10a – DR. TASHA WILSON,**  
OWNER & OPERATOR OF ACUPETVET in Somersworth– Vet  
Burnout and Mental Health Issues

7:40a- Author Matt Seigel – The Secret History of Food

**Tuesday October 5 – 10:30 Authors for “ Eruption”**

7:40a – On Golden Pond playwright Ernest Thompson

8:40a – Mike Schevenel from Net Works - Networking and WiFi  
in your home and business

**Wednesday October 6 - 7:15a – Fugitive of the Week –**  
Marshall Jeff White and Pat Kelly

8:10A - Eruptions – Conversations with Eddie Van Halen with  
Brad Tolinski and Chris Gill

**Thursday October 7 – 10a - Tape Tom Torr**

8:10a – Dover 400 preparing for Dover’s 400<sup>th</sup> Anniversary in  
2023

8:35a – NH Governor Chris Sununu

7:40a - Temple B’nai Israel are getting ready for the return of  
their We Care Concerts, to benefit local non-profits.

**Friday October 8 – 8:20a - 8:20a – Skip Kelly from the Financial**  
*Game Plan*

**Monday Oct 11 – NH Race announcer Andy Schachat live from**  
the 125<sup>th</sup> Boston Marathon

**Tuesday Oct 12** – 9:30a – Erika from Cornerstone on the Flu clinic this season

12:15P – CBS Travel Editor/Consultant Peter Greenberg on the real reason behind the Southwest delays and cancellations

**Wednesday October 13 – 11:10A – Comedian Chelsea Handler**

9:45A – Huey from Eliot Small Engine to record

7:15a – Fugitive of the Week – Pat Kelly and U.S. Marshall Jeff White

**Thursday October 14 –10:20a – Actor Aidin Quinn**

**10a - Tape Tom Torr**

**7:10a** – NH Governor Chris Sununu

7:40a – Thomas Dick from Fiddle Head Farms Marketplace

**Friday October 15** – 7:40a – Actor Aidan Quinn, star of THE AMERICAN GUEST on HBO MAX

**8:20a** – Skip Kelly from the Financial Game Plan

**8:40a** – NH Federal Credit Union with Meghan Noone – Center for Finance and Education

**Monday October 18** – 8:15a – CBS Reporter Stacy Lynn – Covid Boosters are almost ready

8:40a – Brandon Bronaugh of A & E's Hoarders

**Tuesday October 19** –

**Wednesday October 20** – 8:10A & 8:40a – Diane Foley regarding the 2021 Foley Freedom Run

7:40a – Collin O’Mara - Pres and CEO of the National Wildlife Federation

7:15a – Fugitive of the Week – Pat Kelly and U.S. Marshall Jeff White

**Thursday October 21** – 9:30a - DR. IAN SMITH, former host of THE DOCTORS on COVID as well as his new book WOLF POINT

PUT IN REPEAT FOR LEGALLY SPEAKING with Tom Torr

**Friday October 22 - 10:30A -**

8:20a – (NO SKIP THIS WEEK) Skip Kelly from the Financial Game Plan

8:45a – CBS Correspondent Linda Kenyon on Covid Boosters approval

7:40a - ERIC VETRO, legendary vocal coach to the stars and host of new podcast BACKSTAGE PASS -

**Monday October 25- 8:10a and 8:40a** - Actress Sally Struthers from “ Young Frankenstein”

**Tuesday October 26** - 8:35a – NH Governor Chris Sununu with a NH Covid update

8:10A – Jennie Halstead – October is Breast Cancer Awareness Month from My Breast Cancer Support



**7:40a** - DR. IAN SMITH, former host of THE DOCTORS on COVID as well as his new book WOLF POINT

**Wednesday Oct 27 –**

8:10a - Mary Brant - Regional Communications Manager  
**American Red Cross** Northern New England Region

8:40a - Cindy Dobson, mother of James Dobson.

**7:15A - 7:15a** – Fugitive of the Week – Pat Kelly and U.S. Marshall Jeff White

**Thursday October 28 – 8:40A** – Nick and Erin from Loud Canvas Media discussing the importance of a business digital presence.

**8:10** – Music Critic for the New York Times and Rolling Stone Magazine ANTHONY DeCURTIS and author of “THE ROLLING STONES: UNZIPPED”

10a - Tape Tom Torr

**Friday October 29 – 8:20a** – Skip Kelly (OFF TODAY)

8:10a – Mary Brant on the Out For Blood Red Cross Blood Drive

**8:40a** – New Hampshire Federal Credit Union with Meghan Noone

**Monday November 1 – 8:45a - 8:40A** – Former Senator Blanche Lincoln concerned about tax hikes and the impact on business.

**C & S Interviews**

**Tuesday Nov. 2 - 8:15A** - Greenpeace Report: If World's Largest Consumer Goods Companies Pivot From Plastic - Impact on Climate & Plastic Pollution Would Make Real Solutions Possible

**Wednesday Nov. 3 - 7:15a** – Fugitive of the Week with Marshall Jeff White and Pat Kelly

7:45a - Gunstock Ski Club on their annual Ski and Snowboard sale.

8:45a – CBS Political Correspondent Leonard Steinhorn on the 2021 National Elections and the impact moving forward.

**Thursday Nov. 4 – 10a** – Tape Tom Torr

7:40A – Deb Anthony – Ex Dir of Gather Food Pantry and Caring & Sharing

**Friday November 5 – 8:20a** – Skip Kelly from the Financial Game Plan

8:40a – Maggie from Pintuck and Pearl

7:40a – Mike Ouelette from York County Shelter Program and Caring & Sharing

**Monday November 8 – 8:40a** – Betsy Andrews Parker – Ex Dir of Community Action Program of Strafford County – Caring & Sharing

**Tuesday November 9 – 8:15a** - Senator Jeanne Shaheen

8:40A - Betsy Andrews Parker – Ex Dir of Community Action Program of Strafford County regarding the Tri-City homeless encampment

9:15A - JEFF PLATE of TRANS-SIBERIAN ORCHESTRA 9:15am ET. He will be calling you.

**Wednesday November 10 - 9:10A - Jesse Moss** - director of new documentary *MAYOR PETE*, about Pete Buttigieg's Presidential campaign,

8:15a – Tammy Joslyn – Ex Director with Operation Blessing and Seacoast Adopt-A- Block – for Caring & Sharing

7:35a – NH Governor Chris Sununu

7:15A – Fugitive of the Week with Jeff White and Pat Kelly (None)

10a – TC Hafford Basement Systems – C & S – Mike Morin

**Thursday November 11** – 9:48a - Comedian George Wallace

10a – Tape Tom Torr

7:45A – CBS Military and National Security Expert Jeff McCausland

8:15a - Jeff Plate from TSO regarding the new 2021 Winter Tour coming to NH

**Friday November 12** – 9:15a - JAKE SHIMABUKURO - "*the Jimi Hendrix of the Ukulele*,

7:45a – Patricia Vachon – Ex Dir of the Community Food Pantry in Somersworth and the need for food this season with Caring and Sharing

7:15a - **Jesse Moss** - director of new documentary *MAYOR PETE*, about Pete Buttigieg's Presidential campaign,

8:20a – Skip Kelly from the Financial Gameplan

8:40a – Meghan Noone from the NHFCU Center for Finance and Education

**Monday November 15** –7:45A – Homeless Center for Strafford County with Tracy Hardekof – Caring & Sharing

8:40a – Jake Shimabukuro - “ Jimi Hendrix of the Ukulele



9AM Seacoast Dermatology - Caring & Sharing - Pre-Recorded Interview with Mike Pomp

**Tuesday November 16 – 10a- Caring and Sharing Interview with WD Hospital**

8:15a – Legendary Comedian George Wallace

8:45 – U.S. Senator Maggie Hassan

**Wednesday November 17 –10:10 – Comedian Chelsea Handler (CANCELLED)**

**9:30A - New Hampshire Federal Credit Union - Caring and Sharing**

**10:30a - Abundant Life Stoves and Spas with owner Ryan Brown - Caring and Sharing**

7:15a – Fugitive of the week with US Marshall Jeff White and Pat Kelly

**6:45a – Mike Hennesey – Ex Director House of Hope in Berwick for Caring and Sharing**

**Thursday November 18 – 10a – Tape Tom Torr**

7:15A – Laconia Salvation Army and the needs this holiday season

**8:15a – Caring and Sharing Interview – Operation Blessing**

**Friday November 19 – 8:20a – Skip Kelly from the Financial Game Plan**

8:45a - Actor Layla Crawford from the movie “King Richard”

**SATURDAY AND SUNDAY- NOV 20 & 21 - CARING AND**

**Tuesday November 23 - 8:35a – NH Governor Chris Sununu**

**Wednesday November 24 – 7:40a – Fugitive of the Week with Pat Kelly and Jeff White**

7:15a – Thomas Dick from Fiddlehead Farms Marketplace with Thanksgiving late minute specials

**Monday November 29 – 8:15a – Erika Lee from Cornerstone and Lights of Love benefit**

8:40a – Matt Mayberry – Wreaths Across NH

**Tuesday November 30 -**

**Wednesday Dec. 1 – 9:40A - CHRISTOPHER ANDERSEN, author of BROTHERS & WIVES: THE PRIVATE LIVES OF WILLIAM, KATE, HARRY & MEGHAN**

8:40a – Maggie from Pintuck and Pearl

8:15a – Meghan Noone from NH Federal Credit Union

7:15A – Fugitive of the Week with Pat Kelly and US Marshall Jeff White

7:35a – NH Governor Chris Sununu

**Thursday Dec. 2 – 10a – Tape Tom Torr**

8:15a – Author Christopher Anderson on the Royal Family

**Friday Dec. 3 -**

**Wednesday Dec 9 - 7:15A – Fugitive of the Week with Pat Kelly and US Marshall Jeff White**

**Tuesday Dec 14** – 8:40a – NHFCU – Meghan Noone from Center for Finance and Education

**Wednesday December 15** - 7:15A – Fugitive of the Week with Pat Kelly and US Marshall Jeff White

8:40a – Service Credit Union – Geoff Gilton – Senior VP of Technology for Service Credit Union

**Thursday December 16** – 10a – Tape Tom Torr

**Friday Dec 17** – 8:20 – Skip Kelly from the Financial Game Plan

7:15A – NH Governor Chris Sununu on the state’s response to Covid-19

**Monday December 20** – Tape 10:04 –Girl Named Tom – winner of the Voice Season 21

**Tuesday Dec 21** – 8:40a – NHFCU – Meghan Noone from Center for Finance and Education

8:10A – Russ Grazier – CEO of Portsmouth Music and Arts Center

7:40a –The winners of The Voice 21<sup>st</sup> Season – Girl Named Tom

**Wednesday Dec. 22** – 8:40a - Jodi Clary  
Elements Massage – Somersworth

7:15a - Fugitive of the Week with Pat Kelly and US Marshall Jeff White