

Marshall Allen, reporter for ProPublica, where he covers the health care industry, author of *“Never Pay the First Bill: And Other Ways to Fight the Health Care System and Win”*

Americans pay about twice as much per person for healthcare than the citizens of other developed nations, and about 1 in 6 has medical debt in collections. Mr. Allen advised consumers to make sure each medical bill is itemized, and to check the billing codes to make sure the bill is accurate and priced fairly, before paying it. He also explained how doctors are incentivized to perform many treatments and tests whether they are needed or not.

Issues covered:
Consumer Matters
Personal Health

Length: 8:11

Show # 2021-29

Date aired: 07/18/2021 **Time Aired:** 11:05AM

Carmen Piernas, MSc, PhD, University Research Lecturer at the Nuffield Department of Primary Care Health Sciences at the University of Oxford

Dr. Piernas was part of a group of British researchers that examined the strong connection between COVID 19 and obesity. She said they found that younger people with a Body Mass Index of 30 or more, which is considered obese, are at a significantly higher risk of being hospitalized or dying of COVID-19, while those with a BMI of 23 are at the lowest risk. Interestingly, they found that obesity made no difference at all in COVID risks for the elderly.

Issues covered:
COVID-19
Obesity
Public Health

Length: 9:17

Rebecca Johnson, PhD, Co-Director of Citizen Science and Research Associate in the Department of Invertebrate Zoology and Geology at the California Academy of Sciences

In recent years, community science--also known as citizen science--has become a global phenomenon, as millions of amateurs with an interest in science contribute unparalleled amounts of data on the natural world. Ms. Johnson said community science data remains widely underutilized by the scientific community due to its perception as being less reliable than expert-collected data. She said community science may be the only practical way to answer important questions about our planet's biodiversity and how it is changing.

Issues covered:
Science
Climate Change

Length: 7:58

Show # 2021-30

Date aired: 07/25/2021 **Time Aired:** 11:05AM

Elizabeth Rosenthal, MD, former reporter and senior writer at The New York Times, Editor in Chief of Kaiser Health News, former ER physician, author of *“An American Sickness: How Healthcare Became Big Business and How You Can Take It Back”*

Dr. Rosenthal discussed the rapidly rising costs of healthcare in the past few decades and the reasons behind them. She gave examples of some of the more egregious differences in healthcare costs in the US, compared to other countries. She explained how healthcare consumers can learn to negotiate with hospitals and doctors.

Issues covered:
Personal Health
Consumer Matters

Length: 8:39

Jodie Plumert, PhD, Professor in the Department of Psychological and Brain Sciences at the University of Iowa

For adults, crossing the street by foot seems easy. Yet it is anything but simple for a child. Dr. Plumert led a study that found that perceptual judgment and motor skills are not fully developed in most kids until age 14. She explained what parents can do to help children learn these life and death skills as early as possible.

Issues covered:
Traffic Safety
Parenting
Children's Issues

Length: 8:27

Show # 2021-31

Date aired: 08/01/2021 **Time Aired:** 11:05AM

Sally Erny, National Stakeholder Engagement Officer of the National Court Appointed Special Advocate Association

Ms. Erny explained how court-appointed special advocates (CASAs) look out for the interests of abused or neglected children. She discussed how CASA volunteers work with attorneys and other court officers to ensure the youngsters are in safe and healthy foster care, and eventually, permanent homes. She also outlined the training that these volunteers receive, and how someone can volunteer.

Issues covered:
Child Abuse
Foster Care
Volunteerism

Length: 8:26

Clint Emerson, retired Navy Seal, author of "*100 Deadly Skills: Survival Edition: The SEAL Operative's Guide to Surviving in the Wild and Being Prepared for Any Disaster*"

Mr. Emerson offered numerous tips on how to crime-proof a house and how to avoid becoming a victim of crime in other environments, as well. He explained the importance of being aware of your environment, in order to react to dangerous situations or avoid them in the first place. He also talked about the options available to people caught in active shooter incidents or terrorist attacks.

Issues covered:
Crime Prevention
Terrorism

Length: 8:46

Show # 2021-32

Date aired: _____08/08/2021_____ Time Aired: _____11:05AM_____

Helen Horyza, career coach, founder of the Career Coach Entrepreneur Academy certificate programs, author of "*Elevate Your Career: Live a Life You're Truly Proud Of*"

Nearly 60% of middle-income workers are asking the question: Am I really where I want to be? Ms. Horyza explained why so many people stay in unrewarding careers and how to find a happier path. She shared real-world examples of people who found their true passion in life and created a career that perfectly suited their interests and talents.

Issues covered:

Length: 7:50

Career
Unemployment

Maria J. Prados, PhD, Economist at the University of Southern California's Center for Economic and Social Research

Social Security benefits are a critical component in planning and saving for retirement. Prof. Prados co-authored a study that found that the average American overestimates their future monthly Social Security check by more than \$300. She explained why this is a serious problem and how consumers can find out how much their future Social Security benefit will be.

Issues covered:

Length: 9:19

Retirement Planning
Personal Finance

Show # 2021-33

Date aired: _____08/15/2021_____ Time Aired: _____11:05AM_____

Loretta Alkalay, former FAA eastern regional counsel, Adjunct Professor at Vaughn College of Aeronautics & Technology, a private college in East Elmhurst, New York, specializing in aviation and engineering education

Incidents of violence at airports and during flights have been on the rise in recent months. Prof. Alkalay discussed the problem and how the increasingly stressful experience of flying has fueled it. When an aircraft's doors are closed, any criminal activity falls under federal jurisdiction, but she believes changes are needed to allow local authorities to make arrests and prosecute.

Issues covered:

Length: 8:53

Transportation
Law Enforcement
Mental Health

Jenn Donahue, leadership coach, engineer, entrepreneur

The leadership gender gap in American business is glaring; even today, women fill just 6% of CEO positions at Fortune 500 companies. Ms. Donahue explained how those women who have broken the glass ceiling can determine their leadership style, and also seek ways to bring other women up through mentoring.

Issues covered:

Length: 8:26

Women's Concerns
Career

Show # 2021-34

Date aired: _____ **08/22/2021** _____ **Time Aired:** _____ **11:05AM** _____

Clifford Bassett, M.D., FAAAAI, FAAAAI, Founder and Medical Director of Allergy and Asthma Care of New York, author of "*The New Allergy Solution: Supercharge Resistance, Slash Medication, Stop Suffering*"

Allergies are on the rise. Dr. Bassett explained why the problem and its underlying causes are quite complex. He believes in many cases, allergic reactions can be prevented, with proper medical advice that examines the interplay of diet, mindset, and environment.

Issues covered:
Personal Health

Length: 7:28

Cornelius N. Grove, Ed.D., education expert, author of "*The Drive to Learn: What the East Asian Experience Tells Us About Raising Students Who Excel*"

American students are currently ranked #25 in education globally, significantly behind countries such as Singapore, China and Japan. He believes that American children are less receptive to classroom learning, compared to East Asian children. He said a different approach to parenting is a major factor.

Issues covered:
Education
Parenting

Length: 9:51

Show # 2021-35

Date aired: _____ **08/29/2021** _____ **Time Aired:** _____ **11:05AM** _____

Gal Wettstein, PhD, Senior Research Economist at the Center for Retirement Research at Boston College

Dr. Wettstein co-authored a report entitled "*Are Older Workers Capable of Working Longer?*" He explained why recent worsening health trends raise the question of how long people will be able to work, and why it matters. He noted that gains in "working life expectancy" have slowed in the past 15 years. He said many black workers, as well as whites with less education, may not be capable of working to Social Security's full retirement age of 67.

Issues covered:
Retirement Planning
Poverty

Length: 7:49

Glenn N Levine, MD, Master Clinician and Professor of Medicine at Baylor College of Medicine, Chief of the cardiology section at the Michael E. DeBakey VA Medical Center, both in Houston

Dr. Levine was chair of the writing committee for a new American Heart Association Scientific Statement, entitled "*Psychological Health, Well-Being, and the Mind-Heart-Body Connection.*" He outlined the latest research that examines why and how psychological health can positively or negatively impact a person's physical health, and risk factors for heart disease and stroke.

Issues covered:
Mental Health
Personal Health

Length: 9:22

Show # 2021-36

Date aired: 09/05/2021 Time Aired: 11:05AM

Rachael Stickland, Co-Founder and Co-Chair of the Parent Coalition for Student Privacy

Schools and third-party vendors collect and share an astonishing amount of personal data on nearly every student in America. Ms. Stickland explained why parents should be concerned and what they can do about it. She believes laws protecting student privacy need to be strengthened.

Issues covered:

Length: 8:56

Parenting
Privacy Concerns
Education

Vijay R. Varma, PhD, researcher and post-doctoral fellow at the National Institute on Aging, part of the National Institutes of Health

Dr. Varma recently co-authored a study that found an alarming decrease in physical activity in youngsters at every age. 19 year olds now get as much exercise and activity as 60 year olds. Dr. Varma explained why this is a major problem. He offered suggestions of ways to encourage both younger and older Americans to become more physically active.

Issues covered:

Length: 8:02

Physical Fitness
Personal Health
Aging

Show # 2021-37

Date aired: 09/12/2021 Time Aired: 11:05AM

Susan Stark, PhD, Associate Professor of Occupational Therapy, of Neurology and of Social Work at Washington University School of Medicine in St Louis

Falls are the leading cause of injury, accidental death and premature placement in a nursing home among older adults in the United States. Dr. Stark shared the results of her study that suggested that in-home falls can be reduced by nearly 40% with a community-based program that helps older adults make modifications to their homes such as adding grab bars, shower seating and slip-resistant surfaces in the bathroom.

Issues covered:

Length: 8:23

Elder Care
Aging

Frank Pega, PhD, epidemiologist, health economist, Technical Officer in the Environment, Climate Change and Health Department at the World Health Organization in Geneva, Switzerland

Long working hours are killing 745,000 people a year, according to a new report from the World Health Organization. Dr. Pega was the lead author of the study, which found that working more than 55 hours a week is a health hazard that leads to stroke and heart disease. He said the pandemic may have accelerated this trend.

Issues covered:

Length: 8:55

Personal Health
Workplace Matters

Show # 2021-38

Date aired: 09/19/2021 Time Aired: 11:05AM

Benjamin H. Barton, Helen and Charles Lockett Distinguished Professor of Law at the University of Tennessee, author of *“Rebooting Justice: More Technology, Fewer Lawyers, and the Future of Law”*

Professor Barton discussed what he sees are longstanding problems in our judicial system. He said that laws are too complex and legal advice is far more expensive than necessary. He outlined a series of reforms which he believes would make the courts much fairer and more accessible for poor and middle-class Americans.

Issues covered:

Length: 8:31

Legal Reform

Poverty

Steve Casner, PhD, research psychologist, NASA scientist, author of *“Careful: A User’s Guide to Our Injury-Prone Minds”*

Dr. Casner has devoted his career to studying the psychology of safety. He said after a hundred years of steady decline, the rate at which people are being injured or killed in everyday accidents, such as car crashes, pedestrian fatalities, home-improvement projects gone wrong, medical mistakes and home fires, is increasing. He explained why few of us are as careful as we think we are, and what we can do about it.

Issues covered:

Length: 8:36

Accident Prevention

Personal Health

Show # 2021-39

Date aired: 09/26/2021 Time Aired: 11:05AM

William Lastrapes, PhD, Professor of Economics, Bernard B. and Eugenia A. Ramsey Chair of Private Enterprise in the Terry College of Business at the University of Georgia

Professor Lastrapes led a study that suggests that eliminating \$20, \$50 and \$100 denominations of physical currency might benefit average US families. He explained that although cash is popular, transactions are largely untraceable by the government and are sometimes used to pay for under the table or illegal goods or services. He believes that less cash means less tax evasion and that the government could theoretically reduce other taxes.

Issues covered:

Length: 8:17

Government Policies

Economy

Nora Volkow, MD, Director of the National Institute on Drug Abuse, part of the National Institutes of Health

Marijuana use continued to rise among college students over the past five years, and remained at historically high levels even among same-aged peers who were not in college, according to survey results from the 2020 Monitoring the Future panel study. Dr. Volkow, who has led the National Institute on Drug Abuse since 2003, discussed the potential reasons for the trend. She added that the survey found that there was also a significant increase in the annual use of hallucinogens such as LSD, and a significant drop in current alcohol use among college students.

Issues covered:
Substance Abuse
Government Policies

Length: 9:01

Thursday July 1 – Tom Torr – Elder Law Attorney

7:40a – Fiddlehead Farms with Thomas and Holiday specials

8:45 – CBS Legal Analyst Thane Rosenbaum on Cosby

Friday July 2 – 7:45a – CBS's Jeff McCausland from Gettysburg

8:20 a- Skip Kelly – Financial Game Plan

Wednesday July 7 – 7:15a – Fugitive of the Week – US Marshall Jeff White with Pat Kelly

7:45a – Red Cross Blood Drive with Caroline Racine

8:40a – Curt Menefee from Fox NFL Sunday and the new Dog shows on A and E

Thursday July 8 – 8:45a – CBS Correspondent Wendy Gillette on Florida Condo Tragedy

10a – Tape Tom Torr

Friday July 9 – 8:20a – Skip Kelly from Financial Game Plan

8:40a – NH Federal Credit Union with Polly Saltmarsh

7:40A - Keith Dockham from Dockham Builders

7:20a – CBS Correspondent Lucy Craft from Tokyo on the Olympics

Wayne Nelson of the Little River Band

Tuesday July 13 – 8:35a - NH Gov Chris Sununu

Wednesday July 14 – 7:15A – Fugitive of the week with Pat Kelly

8:15a – Winni Playhouse with Pat Kelly

8:40a - **The NetWorks LLC (Mike Shevenell)**

Thursday July 15 FANS: How Watching Sports Makes Us Happier, Healthier and More Understanding author Larry Olmsted

Friday July 16 – 8:20a – Skip Kelly from the Financial Game Plan

Tuesday July 27 - 8:40a - Hannah from Coppal House Farm.

Wednesday July 28 – 7:15a – Fugitive of the Week with Pat Kelly and U.S. Marshall Jeff White

8:15a – CBS Correspondent Jim Krasula on New CDC Guidelines

8:40- Actor and Author Mike O’ Malley from “Escape from Margaritaville”

Thursday July 29 – 9:56a – 10:03a - Comedian and actor ROBERT KLEIN, co-star of new film BEFORE I GO, available now via streaming and DVD

Friday July 30 – 8:20a – Skip Kelly from the Financial Game Plan

7:40A – Comedian and Actor Robert Klein

8:40a – NHFCU

Monday August 2 - 8:15a – Miriam Carter from League of NH Craftsmen

7:45A – Olympic Historian David Wallechinsky

Tuesday August 3 - 8:40A – Red Cross Blood Drive

10a - Lenroy from Paddy's American Grille restaurant

Wednesday August 4 – 8:40A – CBS Legal Analyst Thane Rosenbaum on Governor Cuomo

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

Thursday August 5 – 9:10a - Boxing Hall of Famer RAY BOOM-BOOM MANCINI, co-star and executive producer of new film 6:45, in theaters August 6th -

Friday August 6 – 8:20a – Skip Kelly from the Financial Game Plan

8:40a – Meghan Noone from NHFCU

Monday August 7 – 7:45a – CBS Jim Krasula on the Canadian Border opening up to Americans

Tuesday August 10 - Tape - Wayne Nelson of the Little River Band on Friday at 9:10 AM ET

9:30a - WTSN Interview: C.G. Esperanza, "Boogie Boogie, Y'All,"

Wednesday August 11 – 8:15a - Whats happening at the Winnepesaukee Playhouse with Pat Kelly

7:40a – NH Telephone Museum with Graham Gifford

7:15a – Fugitive of the Week

8:40a – Charles Esperanza from Bronx NY – Art Teacher inspiring young artists

Thursday August 12 – Tom Torr - Elder Law Attorney

7:40a – Wayne Nelson from the Little River Band

8:15a – Lenroy – GM from Paddy’s American Grille

8:40a – Jen Sabine (Darin’s wife) - Sabine Strong 5k Charity Run

Friday August 13 – 8:45A – Steven Singer with the Gail Singer Memorial Blood Drive

8:20a – Skip Kelly from the Financial Gameplan

Monday August 16 – 8:40a - Jessica Martin, the executive director of Intown Concord for Market Days

Tuesday August 17 – 8:40A - Jon and Scott from NH Rocks! Regarding Harvest Fest in October in the Seacoast at Cisco Brewers

8:20a – NH Governor Chris Sununu

Wednesday August 18 – 8:15A – CBS Military and National Security analyst Jeff McCausland

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

Thursday August 19 - 7:15A – CBS Correspondent Linda Kenyon on the Covid –19 Booster Shots

8:40 am Dr. Valerie Patrick, When Bad Teams Happen to Good People

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

8:40a - NHFCU

Wednesday August 25 – 7:15a – Fugitive of the Week with Pat Kelly and U.S Marshall Jeff White

Monday August 30 – 8:40a - Margaret Joyce President Greater Dover Chamber of Commerce (Apple Harvest Day)and Morgan Faustino - Event Coordinator

Tuesday August 31 - 8:45A - CBS Military Consultant Jeff McCausland on the final days in Afghanistan

Wednesday Sept 1 - 11am - Joe Santoro about the Pickleball craze and is the director of The NH Lakes Pickleball Association.

8:10A – Matt Mayberry – Thank You to Vets

7:40a – Fugitive of the Week with Pat Kelly and U.S Marshall Jeff White

7:15 – NH Governor Chris Sununu

Thursday Sept 2 – 8:40a – Pickleball Craze with Joe Santoro – Director of the NH Lakes Region Pickleball Club

8:15a – Steve Pugsley – Monster Trucks at the Hopkinton State Fair Labor Day weekend

Friday Sept 3 - 8:40a - NH Federal Credit Union (Meghan)

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

Tuesday Sept 7 –7:40A - Tom Taylor at Sig Sauer and the current Job Market

Wednesday Sept 8 – 7:15am – Fugitive of the Week with Pat Kelly and Marshall Jeff White

7:40A – Joe Pratt from the Raymond Area Rotary Club and the 8th Annual Thunder Run Obstacle Race

8:10a - **Kris Neilsen** Communications Manager Division of Travel and Tourism Development – Summer /Fall Tourism Report

8:40a – Author Saadia Faruqi, "Yusuf Azeem Is Not a Hero – 20th Anniversary of 9/11

Thursday Sept 9 – 8:35A – NH Gov Chris Sununu

8:10A – Beverly Jones – Author of Find Your Happy at Work

7:40a – Thomas Dick from Fiddlehead Farms Marketplace – what does Fall bring to FiddleHead

7:15a – Hillsborough Community Center and their latest campaign to build a new center

Monday September 13 - 8:40am - Paul Sexton - Author of PRINCE: A PORTRAIT OF THE ARTIST IN MEMORIES AND MEMORABILIA

Tuesday Sept 14 – 10:15a Jeff Plate (Trans-Siberian Orchestra) - Back on Tour this Holiday Season

7:40a - CEO of Lakes Region Community Services on the workforce shortage (Pat Kelly)

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

7:40A – Ed Simeone – Artistic Director for the Players’ Ring Theater in Portsmouth re-opening for its 30th Season

8:40a – Erika Lee from Cornerstone

Thursday September 16 – 8:40a – Jeff Plate from Trans-Siberian Orchestra (TSO) - Back in concert live

8:10a – Jennie Halstead – My Breast Cancer Support Benefit Race

7:40A – Hannah from Coppal House Farm (Nighttime Corn Maze Fun)

Friday Sept 17 – 8:20 – Skip Kelly from the Financial GamePlan

7:40a - Actress Renee Taylor from “The Nanny” in a new movie – Tango Shalom

Monday September 20 –8:40a – Krystina Alabado from the Ogunquit Playhouse and the production of Mystic Pizza-The New Musical

8:10a - STEVEN WEBER of Wings, joining the cast of NBC'S CHICAGO MED this season

Tuesday September 21 - 9:40a – Author Candace Buford, "Kneel,"

Wednesday Sept 22 – 7:15A – Fugitive of the Week with Pat Kelly and Marshall Jeff White

8:15a – NH Governor Chris Sununu

8:40a – Mark Patrick seminars interview on Weight Loss and Stop Smoking

Thursday Sept 23 – 8:40A – Author Candace Buford - “Kneel”

Friday Sept 24 – 7:15a – NH Now Photography Exhibit from the Belknap Mill (Focus on the Arts)

7:40a – WD Hospital with Brian Scalabrino - Seacoast Cancer 5k (Virtual) - Christine More from WDH (In Studio)

8:10A – Matt Mayberry - Ex Dir of NH Home Builders Association regarding NH State Home Show this weekend

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

8:40 – Meghan Noone from NH Federal Credit Union

Monday Sept 27 – 8:10a – Partners Bank (in studio)

8:40a- SCOTT GARRIOLA – FORMER FBI SPECIAL AGENT - True Crime Discovery+ Original Four-Part Docuseries, "CURSE OF THE CHIPPENDALES

Tuesday Sept 28 - 8:10a - “Catch Us When We Fall” - USA TODAY Bestselling author Juliette Fay

Jennifer Lynn Pryor –Widow of Comedian Richard Pryor at 10:04 AM ET

Wednesday Sept 29 – 8:40a - Margaret Joyce President Greater Dover Chamber of Commerce and Morgan Faustino Community Events Manager – Apple Harvest Day

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

Thursday Sept 30 – 10a – Tom Torr - Elder Law Attorney

6:45a – NH Governor Chris Sununu

THE OGUNQUIT PLAYHOUSE IS BACK WITH LIVE THEATER THIS SEASON AND OPENING WITH MONTY PYTHON'S "SPAMALOT" JUNE 16TH THROUGH JULY 10TH AT THE BRAND NEW OPEN AIR LEARY PAVILION ON ROUTE 1 IN OGUNQUIT. FOR TICKETS, VISIT OGUNQUIT PLAYHOUSE DOT ORG.

KILL: 7/10

THE GARRISON PLAYERS ARTS CENTER WILL HOLD THEIR YOUTH EDUCATION PROGRAM SUMMER SERIES. EACH WEEK OF THE SUMMER SERIES WILL BE BASED ON A CHILDREN'S BOOK WHICH IS INCLUDED IN THE TUITION. CAMP COMMITMENT IS PER WEEK, GIVING YOU THE OPTION TO CHOOSE THE WEEK OR WEEKS IN WHICH THE CAMPER WANTS TO PARTICIPATE. FOR MORE INFO OR TO REGISTER LOG ON TO GARRISON PLAYERS DOT ORG.

KILL: 7/4

THE SEACOAST REPERTORY THEATER IN PORTSMOUTH PRESENTS THE MUSICAL **PIPPIN** NOW THRU JULY 18TH AT THEIR THEATER IN PORTSMOUTH. TICKETS ARE AVAILABLE ONLINE AT SEACOAST REP DOT ORG SLASH TICKETS.

KILL: 7/18

THE YORK CHAMBER WILL HOLD THEIR GATEWAY YORK FARMER'S MARKET EVERY SATURDAY THROUGHOUT THE SUMMER AND EARLY FALL FROM 9A TO 1PM BEHIND THE YORK REGION CHAMBER OF COMMERCE VISITOR'S CENTER ON STONEWALL LANE IN YORK. THE FARMER'S MARKET IN YORK RUNS UNTIL OCTOBER 9TH.

KILL: 10/9

THE GREATER ROCHESTER CHAMBER OF COMMERCE WILL HOLD ITS 47TH ANNUAL BENEFIT GOLF TOURNAMENT ON THURSDAY SEPTEMBER 30TH AT THE OAKS GOLF COURSE IN SOMERSWORTH. THE FORMAT FOR THE TOURNAMENT IS A SCRAMBLE WITH A

SHOTGUN START TIME OF 9AM. THE FEE TO PLAY IS \$145. MORE INFORMATION IS AVAILABLE AT ROCHESTER NH DOT ORG BACKSLASH GOLF.

KILL: 9/25

The Dover Rotary will celebrate their annual Open house to celebrate Rotary's Community Projects and their history on Wednesday July 7th from 4:30-6:30pm at the Woodman Museum at 182 Central Ave in Dover.

KILL: 7/7

THE COCHECO ARTS FESTIVAL IN DOVER PRESENTS THEIR CHILDREN'S SERIES AGAIN THIS SUMMER ON TUESDAY MORNINGS AT 10:30 AT THE ROTARY ARTS PAVILION AT HENRY LAW PARK IN DOVER. JUGGLER BRYSON LANG WILL BE THIS TUESDAY'S ENTERTAINMENT

Kill: 7/6

THE COCHECO ARTS FESTIVAL IN DOVER PRESENTS THEIR FRIDAY NIGHT HEADLINER SERIES STARTING JULY 9TH FROM 6:30 TO 8:30 AT THE ROTARY ARTS PAVILION AT HENRY LAW PARK IN DOVER. THE HEADLINER SERIES KICKS OFF WITH THE MUSIC OF THE ROCKINGHAM GROOVE.

KILL: 7/9

The Seacoast Wind Ensemble is excited to announce the return of their summer concerts **starting** on Saturday, July 10 at 6:30-8:30pm at Short Sands beach in York, Maine. The concerts are free and open to the public. The Seacoast Wind Ensemble is a 50-piece concert band and performs under the direction of Dr. Mark Stickney.

KILL: 7/10

THE GARRISON PLAYERS ARTS CENTER IN ROLLINSFORD PRESENTS THEIR OUTDOOR LIVE MUSIC SUMMER SERIES STARTING FRIDAY NIGHT JULY 16TH FROM 5:30-8 WITH FOLK MUSICIAN AND SONGWRITER BILL STAINES IN CONCERT. BRING YOUR OWN CHAIR OR BLANKET AND ENJOY AN EVENING OF MUSIC UNDER THE STARS. TICKETS ARE AVAILABLE FOR \$20 AT GARRISON PLAYERS DOT ORG.

KILL: 7/16

THE NEW HAMPSHIRE DEPT OF TRANSPORTATION WILL HOST A PUBLIC INFORMATIONAL MEETING ON THURSDAY JULY 15TH AT 6:30PM AT THE LINCOLN AKERMAN SCHOOL IN HAMPTON FALLS TO DISCUSS TRAFFIC CONGESTION AND SAFETY ALONG ROUTE 1 IN HAMPTON FALLS. THE PUBLIC IS ENCOURAGED TO ATTEND AND PARTICIPATE.

KILL: 7/15

Dover400, a committee of residents organizing Dover's 400th Anniversary, continues its virtual lecture series on Tuesday, July 13, 2021, at 7 p.m. with an online presentation about Dover men who served in the Civil War.

This month's webinar will focus on one particular group: the 11th NH Regiment, Company K. This company was recruited mostly in Dover by two Dover men who became the company's officers. The lecturer is Paul Timmerman.

Each Dover400 presentation is free and open to the public, but pre-registration is required. To sign up for the July 13TH lecture, please RSVP at Dover400.org.

KILL: 7/13

THE PRESCOTT PARK ARTS FESTIVAL IN PORTSMOUTH IS BACK THIS SUMMER WITH THE MUSICAL **'YOU'RE A GOOD MAN CHARLIE BROWN'** ON STAGE IN THE PARK NOW THROUGH SUNDAY AUGUST 15TH WITH PERFORMANCES THURSDAY THRU SUNDAYS AT THE PARK ALONG MARCY STREET IN PORTSMOUTH. FOR MORE INFORMATION, LOG ON TO PRESCOTT PARK DOT ORG.

KILL: 8/15

THE ROCHESTER RECREATION DEPT AND ROCHESTER MAIN STREET ARE PARTNERING TO PRESENT A FREE SUMMER MUSIC SERIES ON THE ROCHESTER COMMON AND IN CENTRAL SQUARE. THE DOWNTOWN CONCERTS AT CENTRAL SQUARE WILL TAKE PLACE TUESDAY EVENINGS AT 6:30PM AND THE CONCERTS ON THE COMMON WILL BE HELD ON THURSDAYS FROM 6:30 TO 8PM.

KILL: 8/12

LOCAL ARTISTS JAN LABRECQUE AND SUZANNE MANZI WILL HAVE AN EXHIBIT OF ARTWORK AT THE LANE HOUSE ARTS CENTER IN HAMMPTON FOR THE MONTH OF JULY. THE EXHIBIT IS CALLED “SEACOAST SUMMER AND FEATURES ORIGINAL WATERCOLOR AND OIL PAINTINGS. THE EXHIBIT RUNS NOW THRU JULY 31ST AT THE LANE HOUSE ARTS CENTER AND IS OPEN WEDNESDAY THRU SATURDAY FROM 11AM TO 5PM.

KILL: 7/31

THE OGUNQUIT PLAYHOUSE IS BACK WITH LIVE THEATER AND NOW THRU AUGUST 28TH ITS JIMMY BUFFET’S ESCAPT TO MARGARITAVILLE AT THE NEW LEARY PAVILION ADJACENT TO THE PLAYHOUSE ON ROUTE 1 IN OGUNQUIT MAINE. FOR TICKETS, LOG ON TO OGUNQUIT PLAYHOUSE DOT ORG.

KILL: 8/28

THE COCHECO ARTS FESTIVAL IN DOVER PRESENTS ITS CHILDRENS SERIES EVERY TUESDAY MORNING AT 10:30 AT THE ROTARY ARTS PAVILLION AT HENRY LAW PARK IN DOVER. THIS TUESDAY MORNING ITS THE MAGIC SHOW OF BJ HICKMAN AND ON FRIDAY JULY 16TH THE HEADLINER CONCERT SERIES CONTINUES AT 6:30 WITH THE MUSIC OF THE GROUP ACOUSTIC RADIO.

KILL: 7/16

RAYMOND HIGH SCHOOL STUDENTS ARE VOLUNTEERING THEIR TIME AND TALENT TO PRESENT A FUNDRAISING CORNHOLE TOURNAMENT ON SATURDAY JULY 31ST IN RAYMOND AT THE IBER HOLMES MIDDLE SCHOOL STARTING AT 10AM. THE EVENT WILL RAISE DOLLARS FOR SPECIAL OLYMPICS NEW HAMPSHIRE AS WELL AS BIG BROTHERS BIG SISTERS OF NEW HAMPSHIRE. REGISTRATION AND INFORMATION IS AVAILABLE AT GIVE DOT BBBSNH DOT ORG.

KILL: 7/31

THE NEW HAMPSHIRE DEPT OF TRANSPORTATION WILL HOST A PUBLIC INFORMATIONAL MEETING TO DISCUSS THE CONGESTION AND SAFETY ALONG ROUTE 1 IN HAMPTON FALLS THIS THURSDAY EVENING AT 6:30. THE MEETING WILL TAKE PLACE AT THE LINCOLN AKERMAN SCHOOL ON EXETER ROAD IN HAMPTON FALLS.

KILL: 7/15

THE COCHECO ARTS FESTIVAL IN DOVER PRESENTS ITS TUESDAY MORNING CHILDREN'S SERIES THIS TUESDAY AT 10:30 WITH CHILDREN'S ENTERAINER AARON RISI AT THE ROTARY ARTS PAVILION AT HENRY LAW PARK IN DOVER.

KILL: 7/27

THE DOVER COMMUNITY BAND WILL PRESENT ITS 2ND CONCERT OF THE SEASON THIS THURSDAY NIGHT AT 7:30 AT THE ROTARY ARTS PAVILION AT HENRY LAW PARK IN DOVER.

KILL: 7/29

THE COCHECO ARTS FESTIVAL PRESENTS THEIR FRIDAY NIGHT HEADLINER SERIES THIS FRIDAY FROM 6:30 TO 8:30 AT THE ROTARY ARTS PAVILION AT HENRY LAW PARK IN DOVER. THIS FRIDAY ITS THE NEW ORLEANS STYLE JAZZ OF THE SOGGY PO' BOYS.

KILL: 7/30

THE GREATER ROCHESTER CHAMBER OF COMMERCE IS SEEKING NOMINATIONS FOR ITS 2021 CITIZEN, BUSINESS AND NON-PROFIT OF THE YEAR AWARDS WHICH WILL BE PRESENTED AT ITS ANNUAL DINNER AND AWARDS BANQUET ON SATURDAY NOVEMBER 6TH. THE DEADLINE TO SUBMIT NOMINATIONS IS AUGUST 15TH. FOR MORE INFORMATION, LOG ON TO ROCHESTER NH DOT ORG.

KILL: 8/15

APPLE HARVEST DAY IN DOVER WILL CONTINUE ITS TRADITION OF KICKING OFF THE SEACOAST'S PREMIER AUTUMN STREET FESTIVAL WITH A 5K ROAD RACE ON SATURDAY MORNING OCTOBER 2ND AT 8:30 STARTING AT ST THOMAS STREET IN DOVER. REGISTRATION IS OPEN NOW AT DOVER NH DOT ORG.

KILL: 10/1/2021

Local artist Patricia Gerkin will have an exhibit of art work at the Lane House Arts Center for the month of August. "WAXWORKS" is a collection of original 2- and 3-dimensional mixed media works using a wide range of materials. The "WAXWORKS" exhibit runs now through August 28th at the Lane House Arts Center located in downtown Hampton, in the historic Lane House, at 380 Lafayette Road. Visit the website at lanehousearts.com

KILL: 8/28

HACKMATAK PLAYHOUSE IN BERWICK PRESENTS "THE SPITFIRE GRILL" RUNNING NOW THROUGH AUGUST 28TH with shows Wednesday through Saturdays at 8 pm and a matinee at 2 pm on Thursdays. For more information or tickets, CHECK OUT hackmatack.org.

KILL: 8/28

The First Annual Special Olympics Cup Golf tournament to support Special Olympics programs statewide will take place on Tuesday, August 17th, at the Owl's Nest Resort and Golf Club in Thornton, New Hampshire. Funds from the event will assist the programs of SONH as in-person training and competitions come roaring back to life statewide. The event is an 18-hole four-person scramble with an 8:30am shotgun start. For more information on the event, log on to sonh.org.

KILL: 8/17

THE WOODMAN MUSEUM IN DOVER PRESENTS ITS SUMMER CONCERT SERIES AGAIN THIS SATURDAY FROM 4-6PM ON THE GROUNDS OF THE MUSEUM LOCATED AT 182 CENTRAL AVE IN DOVER. THIS SATURDAY, ITS THE MUSIC OF THE PORTSMOUTH BRASS QUINTET. FOR MORE INFORMATION, LOG ON TO WOODMAN MUSEUM DOT ORG.

KILL: 8/7

THE COCHECO ARTS FESTIVAL IN DOVER PRESENTS THE NEW LEGACY SWING BAND IN CONCERT THIS FRIDAY NIGHT AS PART OF THEIR SUMMER HEADLINER SERIES STARTING AT 6:30 AT THE ROTARY ARTS PAVILION AT HENRY LAW PARK IN DOVER.

KILL: 8/6

Historic New England's Sundays in the Garden Concert Series has returned this summer with music on Sunday afternoons from 5:00-6:30 p.m., in the Hamilton House gardens in South Berwick at 40 Vaughan's Lane. Tickets must be pre-purchased online at historic new England dot org. This Sunday it's the Latin and African blues music of Alejandro Graciano.

KILL: 8/8

THE COCHECO ARTS FESTIVAL IN DOVER PRESENTS Its CHILDREN'S SERIES TUESDAY MORNING AT 10:30 AT THE ROTARY ARTS PAVILION AT HENRY LAW PARK IN DOWNTOWN DOVER. THIS TUESDAY ITS THE MUSIC AND FUN FROM "WAYNE FROM MAINE"

KILL: 8/10

THE LEAGUE OF NEW HAMPSHIRE CRAFTSMEN IS PRESENTING ITS 88TH ANNUAL CRAFTSMEN FAIR RETURNING THIS YEAR TO THE GROUNDS OF THE MOUNT SUNAPEE RESORT IN NEWBURY NH FROM AUGUST 7TH THROUGH THE 15TH. TICKETS ARE AVAILABLE ONLINE AT NH CRAFTS DOT ORG.

KILL: 8/15

YOU ARE INVITED TO PARTICIPATE IN A VIRTUAL 5-K AUGUST 7TH THROUGH THE 22ND TO BENEFIT THE FRIENDS OF THE EARTH, SEA AND SPACE CENTER, A NON-PROFIT DEVELOPING A LARGE-SCALE SCIENCE CENTER IN DOVER. YOU CAN RUN, WALK OR PADDLE THROUGH THE SEACOAST IN THE VIRTUAL 5-K. REGISTRATION IS \$25 AT [GET ME REGISTERD DOT COM SLASH RACE FOR THE EARTH SEA SPACE](http://GETMEREGISTERED.DOT.COM/SLASH/RACE/FOR/THE/EARTH/SEA/SPACE).

KILL: 8/22

THE COCHECO ARTS FESTIVAL IN DOVER PRESENTS FAMILY MOVIE NIGHT ON SATURDAY AUGUST 14TH STARTING AT DUSK IN THE LOWER PORTION OF HENRY LAW PARK IN DOVER. THE FEATURED MOVIE WILL BE DISNEY'S PIXAR FILM "ONWARD."

KILL: 8/14

Friends of Farmington will host an Art, Crafts and Music in the Park on Saturday September 11th from noon to 4pm at Fernald Park in Farmington. The organization is currently looking for artists and crafters to participate. For more information call Kathy at 603-978-5741 or email [friends of farmington@gmail.com](mailto:friends_of_farmington@gmail.com). Proceeds from this event will be used to fund the community outreach and scholarship fund.

KILL: 9/11

THE DOVER COMMUNITY BAND WILL PERFORM IN CONCERT THIS THURSDAY NIGHT AT 7:30 AT THE ROTARY ARTS PAVILLION AT HENRY LAW PARK IN DOVER.

KILL: 8/12

The NH Department of Health and Human Services Mobile Vaccine Van will be in Dover on Sunday, Aug. 22, from noon to 4 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). No appointment necessary!

KILL: 8/22

The Dover Community Band will perform their final concert of the 2021 summer season this Tonight at 7:30 in the Rotary Arts Shell in Henry Law Park. The band is made up of your friends and neighbors and will play music from past decades in all styles. The concert is free, but donations are gladly accepted.

KILL: 8/12

THE PRESCOTT PARK ARTS FESTIVAL PRESENTS THE 25TH ANNUAL TOMMY GALLANT JAZZ FESTIVAL ON SUNDAY AUGUST 29TH FROM NOON TO 9PM AT THE PARK ALONG MARCY STREET IN PORTSMOUTH. BRING YOUR CHAIR OR BLANKET AND ENJOY THE MUSIC. FOR MORE INFORMATION, LOG ON TO PRESCOTT PARK DOT ORG.

KILL: 8/29

The filing period for the City of Dover municipal election begins on Wednesday, Sept. 8th. and ends Friday, Sept. 17th at 4 p.m. Candidates seeking the office of Mayor, City Council, School Board, Supervisor of the Checklist, Moderator, Selectpersons and Ward Clerk must file a written declaration of candidacy with the City Clerk during the filing period.

The municipal election is Tuesday, Nov. 2.

KILL: 9/17

THE GREATER ROCHESTER, GREATER DOVER AND THE FALLS CHAMBER OF COMMERCE WILL HOLD THEIR FIRST IN PERSON TRI-CHAMBERS BUSINESS AFTER HOURS OF 2021 ON TUESDAY AUGUST 24TH FROM 5 TO 7PM HOSTED BY CORNERSTONE VNA AT THEIR FACILITY LOCATED AT 178 FARMINGTON ROAD (ROUTE 11) IN ROCHESTER.

KILL: 8/24

THE GARRISON PLAYERS, DOVER'S COMMUNITY THEATER GROUP, IS LOOKING FOR 8 TO 16 SINGERS FOR THEIR SHOWSTOPPERS TOURING ENSEMBLE WHICH PERFORMS MUSICAL THEATER SELECTIONS AT SEACOAST AREA EVENTS. MEN AND WOMEN OF ANY AGE ARE WELCOME AND AUDITIONS WILL TAKE PLACE ON THURSDAY AUGUST 26TH FROM 7:30PM TO 9PM AT THE GARRISON PLAYERS ARTS CENTER ON ROUTE 4 IN ROLLINSFORD. PLEASE PREPARE A BRIEF SONG THAT HIGHLIGHTS YOUR VOCAL RANGE.

KILL: 8/26

THE GARRISON PLAYERS OF DOVER WILL HOLD AUDITIONS FOR THEIR HOLIDAY PRODUCTION OF "A CHRISTMAS CAROL ON SEPT 8TH AND 9TH FROM 6:30 TO 9 AT THE GARRISON PLAYERS ARTS CENTER ON ROUTE 4 IN ROLLINSFORD. MANY PARTS HAVE ALREADY BEEN CAST FROM THE ORIGINAL PRODUCTION IN 2019 HOWEVER, THERE ARE STILL MANY PARTS TO FILL. SINGERS OF ALL RANGES AND AGES ARE STILL NEEDED AND SMALL CHILDREN FOR THE ROLE OF TINY TIM ALSO NEED TO BE CAST.

KILL: 9/9

THE GARRISON PLAYERS OF DOVER WILL PRESENT THE POP A-CAPELLA SINGING GROUP "BALL IN THE HOUSE" IN CONCERT ON SATURDAY AUGUST 28TH FROM 5-7PM AT THE GARRISON PLAYERS OUTDOOR STAGE. TICKETS ARE \$20 AND ARE AVAILABLE AT GARRISON PLAYERS DOT ORG. BRING A CHAIR AND A BLANKET AND ONCE AGAIN ENJOY LIVE MUSIC.

KILL: 8/28

Dover Fire and Rescue will hold a 20th anniversary remembrance ceremony of those lost during the Sept. 11, 2001, terrorist attacks. The event will be held at Dover Veteran's Park in front of the McConnell Center at 32 Locust St. at 9 a.m.

on Saturday, Sept. 11. In inclement weather, the ceremony will be held in the Dover High School Auditorium at 25 Alumni Drive in Dover.

KILL: 9/11

THE OGUNQUIT PLAYHOUSE CONTINUES ITS SUMMER SEASON WITH THE WORLD PREMIERE OF **MYSTIC PIZZA: A NEW MUSICAL**, SEPT 1ST THROUGH OCTOBER 2ND AT THE LEARY PAVILLION ADJACENT TO THE PLAYHOUSE ON ROUTE 1 IN OGUNQUIT MAINE. FOR TICKET INFORMATION, LOG ON TO OGUNQUIT PLAYHOUSE DOT ORG.

KILL: 10/2

THE GREATER DOVER CHAMBER OF COMMERCE WILL HOLD ITS 37TH ANNUAL APPLE HARVEST DAY BACK IN DOWNTOWN DOVER ON SATURDAY OCTOBER 2ND FROM 9AM TO 4PM STARTING WITH THE ANNUAL 5K ROAD RACE AT 8:30. THE PREMIERE FALL FESTIVAL WILL FEATURE OVER 300 VENDORS, FOOD AND ENTERTAINMENT. LOG ON TO APPLE HARVEST DAY DO COM FOR MORE INFORMATION ON THIS DAY LONG FAMILY EVENT.

KILL: 10/2

Dover400, a committee of residents organizing Dover's 400th Anniversary, continues its virtual lecture series on Tuesday, Sept. 14TH at 7 p.m. with an online presentation about the origins and collections of Dover's Woodman Museum. Each Dover400 presentation is free and open to the public, but pre-registration is required. To sign up for the September 14 lecture, please RSVP on Dover400.org.

KILL: 9/13

THE PLAYERS RING THEATER IN PORTSMOUTH IS SET TO OPEN UP AND CELEBRATE ITS 30TH ANNIVERSARY SEASON WITH THE NEIL SIMON CLASSIC "BAREFOOT IN THE PARK" SEPTEMBER 18TH THROUGH OCTOBER 3RD WITH PERFORMANCES FRIDAY NIGHTS AT 7:30, SATURDAYS AT 2:30 AND 7:30 AND SUNDAYS AT 2:30 AT THE

RING THEATER ON MARCY STREET IN PORTSMOUTH. TICKETS AND THE THEATER'S COVID POLICY ARE AVAILABLE AT PLAYERS RING DOT ORG.

KILL: 9/18

THE ANNUNCIATION GREEK ORTHODOX CHURCH OF DOVER WILL HOLD ITS ANNUAL GREEK FESTIVAL THIS FRIDAY FROM 4-10PM AND SATURDAY FROM 11AM TO 10PM AT THE HELLENIC CENTER ON LONGHILL ROAD IN DOVER. COME EXPERIENCE THE SIGHTS, SOUNDS AND TASTES OF GREECE RIGHT HERE IN SOUTHERN NEW HAMPSHIRE.

KILL: 9/3

A CELEBRATION OF THE ARTS WILL BE HELD ON SATURDAY SEPT 11TH FROM 6-9PM AT 1 WASHINGTON STREET, SUITE 1177, IN DOWNTOWN DOVER. YOU CAN JOIN THE CELEBRATION OF LIVE MUSIC,, SEACOAST BOOK AUTHORS, ARTWORK AND LIVE DEMONSTRATIONS.

KILL: 9/11

THE RAYMOND AREA ROTARY CLUB WILL HOLD THEIR 8TH ANNUAL THUNDER RUN OBSTACLE RACE THIS SATURDAY AT THE CANDIA SPRINGS ADVENTURE PARK IN CANDIA STARTING THE DAY AT 8:30 WITH A REMEMBRANCE ON THE 20TH ANNIVERSARY OF THE ATTACKS OF 9/11. THE THUNDER RUN IS THE CLUB'S PREMIER FUNDRAISING EVENT FOR THE ORGANIZATION. THE MAIN EVENT WILL START WITH INDIVIDUAL HEATS AT 9AM. CHECK OUT RAYMOND AREA ROTARY DOT ORG.

KILL: 9/11