

DOVER DOWNLOAD



News from the City of Dover, New Hampshire



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Friday, March 15, 2019



Warmer weather, rain a recipe for flooding

As New Hampshire Flood Safety Awareness Week continues, Fire Chief Eric Hagman is urging everyone to remember that floods are one of the most common natural disasters. As spring approaches, with warmer weather and rain, it's a good time to think about flood safety.

Community Senior Center

Stay informed with City of
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opportunities

Missed the meeting?

Meetings this week:

Zoning Board, March 21, 7 p.m.

The Zoning Board of Adjustment will hold a regular meeting on Thursday, March 21, 2019, in Council Chambers at City Hall. The meeting will begin at 7 p.m.

To view the meeting agenda, [click here](#).

To view televised meetings online, on demand, visit www.dover.nh.gov/dntv.

For a complete list of upcoming meetings visit the [meeting calendar page](#).



**CITY OF DOVER,
NH**
288 Central Avenue
Dover, NH 03820
603-516-6000

City Hall hours:
Monday-Thursday
8:30 a.m. to 5:30 p.m.
Friday
8:30 a.m. to 4 p.m.

Flooding poses a greater threat in low-lying areas, near water, downstream from dams. Even the smallest streams, creek beds or drains can overflow and create flooding. During periods of heavy rain or extended periods of steady rains, be aware of the possibility of a flood. Flash floods develop quickly-anywhere from a few minutes to a few hours. Listen to local weather reports for flooding information.

Here are some tips to help prevent or respond to flooding:

Before

- Check to see if you have flood insurance coverage.
- Raise your furnace, water heater, or electrical panel if they are in areas of your home that may be flooded.
- Install "check valves" in sewer traps.
- Construct barriers, such as levees, berms, or flood walls, to stop floodwater from entering the building.
- Seal walls in basements with waterproofing compounds.
- During a flood or flash flood watch, be prepared to evacuate, including fill your car's gas tank; bring in outside furniture; move valuables to high points in your home; and unplug electrical appliances and move them to high points.
- During a flood warning, evacuate if you are so advised.
- During a flash flood warning, immediately seek higher ground.
- Keep your emergency supplies kit, including water, stored in an easily accessible, waterproof place.


During

- If time allows, call someone to let them know where you are going, and check with neighbors who may need a ride.
- Stay out of flood waters, if possible. Even water only several inches deep can be dangerous. If you have to walk through water, use a stick to check the firmness of the ground ahead of you. Avoid moving water.
- Do not drive into flooded areas. If your car becomes surrounded by rising water, get out quickly and move to higher ground.
- Stay away from downed power lines.

After

- Do not return home until local authorities say it is safe to do so.
- Do not or drink or cook with your tap water until local authorities say it is safe.
- Avoid floodwaters, which could be contaminated or electrically charged.
- Watch out for areas in which the floodwaters may have receded, leaving weakened roadways.
- Be extra careful when entering buildings that may have hidden structural damage.

Recycling Center
hours:
Tuesday, Thursday,
Saturday
8:30 a.m. to 3:30 p.m.

 Like us on Facebook

Follow us on  **twitter**

 [Join our mailing list](#)

Stay
social
with your City



Want the latest news and important information about your city? Check out the City of Dover's official [Facebook page](#) and [twitter feed](#) for the latest updates.

- Clean and disinfect everything that got wet.
- Service damaged septic tanks, cesspools, pits, and leaching systems as soon as possible. Damaged sewer systems are a serious health hazard.

More tips and information can be found at <https://www.readynh.gov/disasters/floods.htm>.

For more information, contact Dover Fire and Rescue at 516-6148. For emergencies, dial 911.

City to hold informational session on Spur Road reconstruction

The City of Dover will hold a public informational session on the upcoming Spur Road Reconstruction Project on Thursday, March 21, at 6:30 p.m., in the City Hall auditorium. Following the meeting, final documents will be prepared for bidding in April or May 2019.

The City of Dover began the design process on the Spur Road Reconstruction project in the spring of 2018, with assistance from Underwood Engineers. A previous public information meeting was held on July 18, 2018 to present the project's scope, identify the anticipated schedule and listen to input from residents. During the meeting, the public expressed an interest in a wider road that could accommodate pedestrians and/or bicycles.

Following the meeting, Underwood Engineers evaluated design concepts that incorporated pedestrian and bicycle facilities. Based on engineering standards, a width of 28 feet would accommodate bicycle facilities or a pedestrian path. Underwood also evaluated the impacts of a roadway larger than the current roadway, including tree clearing, embankment grading and fill, right-of-way encroachments, wetland impacts and financial constraints. A 28-foot road width requires significant changes to existing conditions and results in impacts well beyond the existing 21-foot-wide road. The proposed work for the 28-foot road was also well above available budget funding levels. Since Spur Road is a low-volume road, and it will see less traffic after the DOT project is completed, a roadway width greater than 22-foot is not warranted. After reviewing this information, the city elected to proceed with preliminary designs for a road width of 22 feet.

At this time, the preliminary design is completed and permitting is in progress.

If bid pricing is within available funding, construction is anticipated for summer 2019. Depending on final pricing, if additional budget appropriations from the FY 2020 Capital Improvements Program are needed, the project may be delayed until 2020.

For more information, contact Community Services at 516-



Online survey to gauge Dover's age-friendly needs

The City of Dover was recently accepted into the AARP's Network of Age-Friendly Communities. Working in conjunction with the World Health Organization, this network targets improvements in eight domains that influence the health and quality of life in the city for every age. The first step in this important initiative is to conduct an assessment of needs.

Dover residents are asked to answer this online survey to help the city better understand expectations of Dover as an age-friendly community.

The anonymous survey will require about 15 minutes to complete.

To access the survey, visit <https://conta.cc/2TT7ZTq>.

For more information, contact the Office of Economic Development at (603) 516-6043.



McConnell Center Fitness Center offers budget-friendly fitness plans

The McConnell Center Fitness Center can help you reach your fitness needs. The center offers a dance studio, cardio equipment, a cybex circuit as well as free weights. Plans include daily fee, punch passes, 3 or 6-month memberships and yearly memberships.

Adult fitness classes, including PiYo, Interval Strength and Zumba, are offered in the dance studio. [View](#) current class times and rates.

Dover residents enjoy a special rate. Residents must be able to show a valid Dover ID.

For more information, call 603-516-6401.



Route 108 improvements listening session coming up Monday

The New Hampshire Department of Transportation (NHDOT) will hold a public listening session in Dover on Monday, March 18, 2019 to discuss proposed improvements to New Hampshire Route 108 in Dover, Somersworth, and Rochester. The public is invited and encouraged to attend to provide input on potential improvements.

The March 18 public listening session will be held in the Renaissance Room at the Dover Middle School, 16 Daley Drive in Dover, beginning at 7 p.m. and ending at 9 p.m. A short presentation will be followed by open discussion of ideas and dialogue between the public and the NHDOT project team.

This project involves the study of improvements to NH Route 108 from the intersection of NH Route 9/Indian Brook Drive in Dover to Innovation Drive in Rochester, a distance of approximately five miles. The objective of the project is to develop a design alternative that will improve the safety and mobility of all users by applying 'Complete Street' principles, with the central goal of achieving an appropriate balance between the needs of motorized, non-motorized, and transit users of the corridor.

Interested property owners, public officials, employers and roadway users are welcome and will be given the opportunity to provide input on the project.

Any individuals needing assistance or auxiliary communication equipment due to sensory impairment or other disability should contact the Bureau of Right-of-Way, NHDOT, PO Box 483, Concord, NH 03302-0483 or call 603-271-3222. TDD access: Relay NH 1-800-735-2964.

Notification of the need for assistance must be made at the earliest convenience.

Historic properties may be impacted by the project. Section 106 of the National Historic Preservation Act offers those that possess a direct interest in historical resources, including town officials, Historical Societies, and Historical Commissions, an opportunity to become more involved in an advisory role during project development as "Consulting Parties." Those interested should contact the NHDOT.

More information can be found at the project website: www.108TriCityCompleteStreets.com.

Exhibit helps identify signs of teen substance abuse

The Rx Abuse Leadership Initiative of New Hampshire (RALI-NH) will host its substance abuse educational exhibit on Friday, March 22, 2019 from 12-4 p.m. at the Strafford County Sheriff's Office, 259 County Farm Road in Dover.

RALI-NH an alliance of more than a dozen local, state and national organizations committed to finding solutions to end the opioid crisis in New Hampshire. The organization has partnered with Code 3 to bring the RALI CARES educational trailer to New Hampshire.

With stops in Concord, Exeter, Portsmouth and Dover, the RALI CARES exhibit is a replica of a child's bedroom and hidden signs of drug abuse that was created by former vice cops and addicts. Parents and educators can tour the bedroom and learn about the early signs of drug and opioid addiction.

Experts will be on hand to point out potential areas of concern and answer questions parents or caregivers may have.

Learn more about RALI NH and RALI CARES at ralinh.org.

Open Lands Committee full-moon snowshoe hike is March 23

The Dover Open Lands Committee will host a full-moon snowshoe hike on Saturday, March 23. The group will gather at 7:30 p.m. at the Dover Community Trail in the Beckwith Baseball Park parking lot, located off Hillside Drive.

The hike will begin with a leisurely walk along the open fields and riverside trail, returning for hot chocolate in the parking lot. This event is free and open to the public. Families are welcome. It is preferred that pets stay home for this event.

Please dress appropriately for the weather and bring a

headlamp or flashlight in the event of cloudy skies.

Please RSVP to Steve Bird at s.bird@dover.nh.gov or 603-516-6008 so that we may contact you in the event of a weather-related cancellation and properly plan for hot chocolate. Updates will be posted on the Dover Open Lands Committee Facebook page at www.facebook.com/DoverOpenLandsCommittee.

General Directions: From downtown, head west on Sixth Street, left onto Hillside Drive and follow the road down the hill to the end.

The Dover Open Lands Committee consists of local volunteers and city staff who work with willing landowners to conserve Dover's important natural and cultural resources. These resources include drinking water supplies, farm and forest lands, critical fish and wildlife habitat, and the preservation of our community's character for current and future generations to enjoy.

For more information, contact Dover Planning at 516-6008.



Dover Main Street's annual Run Before You Crawl is March 23

Run, walk or crawl, but don't miss the opportunity to participate in the Dover Race Series 2019 kickoff event. Registration is now open for Dover Main Street's Run Before You Crawl 5K Race and Pub Crawl. This popular event will be held on Saturday, March 23, 2019.

The road race begins at 9:30 a.m. The Restaurant Crawl portion of the event is from 11 a.m. to 3 p.m.

The 5K road race begins and ends at the Dover Transportation Center. The Restaurant Crawl spans several participating downtown restaurants.

Three ticket options are available (run only, crawl only, or both.)

The cost is:

- 5k and Restaurant Crawl, Adult: \$40, Children 12 and

- under: \$10;
- 5K Only: \$25;
- Restuarant Crawl Only: \$20

Race packets and crawl bracelets can be picked up at pre-registration on Friday night at the Dover Transportation Center from 5-8 p.m. and on the day of the race. Registration opens at 8 a.m.

For more information or to register, please visit www.runb4ucrawl.com.



GREEN WAVE DISPATCH

News from Dover's public schools



SEED partners with Dover Rotary to provide 21st-century technology tools to public schools

The Seacoast Educational Endowment of Dover (SEED) and The Rotary Club of Dover have partnered to invest \$9,000 to purchase portable document cameras for five Dover schools. The union exemplifies the commitment of each nonprofit to the development of the children of Dover, by providing sophisticated classroom equipment for innovative instruction.

Simple and easy to use, the document camera is a 21st-century device that allows teachers to project and write on, or otherwise manipulate, objects, books, or chemical composites, to inspire and encourage the thinking process for students. Suitable for all subjects, the document camera can also aide in classroom management and eliminate the need for individual sets of tools, models, or books.

Also known as visual presenters, document cameras allow teachers to take individual assignments and convert them into class lessons, creating more discussion and

interaction, while maintaining students' attention and improving retention. Document cameras are quickly becoming a common apparatus in schools and universities, but are often difficult to procure from administrators who are restricted by budget constraints.

During the last funding period, SEED received several applications from various schools in the district requesting grant money to purchase this innovative teaching tool and decided demand was sufficient enough to seek out a collaborator-The Rotary Club of Dover graciously agreed to partner with SEED.

"We are pleased to supply these tech devices to enhance classroom instruction," said Noreen Biehl, president of The Rotary Club of Dover. "This is a great example of Dover non-profits working together to provide the resources needed to develop our children into the leaders of tomorrow."

SEED worked with Dover SAU IT Director Christy Prosser to research the best models that would be easily supported by the District. As a result, eighteen Epson DC-13 high-definition document cameras were purchased and gifted to five area schools-Dover High School (math department); Horne Street School (second-grade team); Woodman Park School (fourth-grade team) Dover Middle School (library) and Garrison Elementary School (library.)

"These high-performance, portable models will be excellent devices in the classroom," said Prosser. "We can't wait to hear from the teachers on the many ways these tools have enhanced instruction and learning outcomes."

Public support is the cornerstone of SEED's annual budget. Through business contributions, individual giving, and events, SEED has awarded hundreds of scholarships to Dover public school teachers and administrators valued at more than \$110,000.

SEED is preparing for its annual fundraiser, Encore for Education, to be held Saturday, April 6, 2019 at Patty B's Restaurant in Dover, NH. Tickets are on sale now.

For more information about the event, to become a sponsor or donate, please visit www.doverseed.org.





Coming up in Dover schools

**Tuesday, March 19, 4:30 p.m., McConnell Center,
Superintendent's Conference Room**
Dover High School Joint Building Committee Meeting

**Tuesday, March 19, 7 to 8 p.m., Dover High School
Auditorium**
DMS 6th-8th Grade Choral Concert

**Wednesday, March 20, 7 to 8 p.m., Dover High School
Auditorium**
DMS 6th-8th Grade Instrumental Concert

Friday, March 22, No School
Teacher Workshop Day

**Tuesday, April 2, 4:30 p.m., McConnell Center,
Superintendent's Conference Room**
Dover High School Joint Building Committee Meeting

**Monday, April 8, 7:00 p.m., McConnell Center, Room
306**
School Board Meeting

**Tuesday, April 9, 4:30 p.m., McConnell Center,
Superintendent's Conference Room**
Garrison Elementary School Joint Building Committee
Meeting



The following events are recorded in "Notable Events in the History of Dover, New Hampshire: From the First Settlement in 1623 to 1865," by George Wadleigh, and several other historical sources.

For more on the history of Dover, settled in 1623 and the oldest permanent settlement in New Hampshire and seventh oldest in the country, visit the Dover Public Library, Locust Street; and the Woodman Museum, Central Avenue. The Public Library also maintains an online collection of historical information, [located here](#).



March 19, 1672 - At a meeting of the selectmen all

delinquent constables were ordered to "make up their accounts with the Treasurer" for "all old arrears," and in case of neglect they might expect to hear from the selectmen forthwith and be dealt with according to law. At the same time the Treasurer was directed to "repair the glass about the meeting house," and place it to the town's account.



March 18, 1690 - Salmon Falls was surprised by the Indians and French, just after the manner of Cochecho. The whole place was destroyed by fire; 27 persons slain, and 52 carried captive. The party which came from Trois Rivieres, was under the command of Sieur Hertel, an officer of great repute in Canada, and consisted of 52 men of whom 25 were Indians under Hoophood, a noted warrior.



March 17, 1830 - A Boston paper gives notice that "the last weekly Dover Packet from New Hampshire, brought nearly as many cotton and woolen goods to this market as were brought by the packet ship Dover, and more than were brought by the packet New England, from Liverpool. Cotton goods which were once purchased in England for 38 cents, and thought remarkably cheap, were not better cottons than can now be purchased here at 20 cents."



March 15, 1831- A large seal, six feet eight inches in length, and weighing nearly 400 pounds, taken in the Cochecho, a few miles below the town.



Library discussion covers 'Medicare for all'

The Dover Public Library will host a free presentation on Wednesday, March 27 at 6:30 p.m. on Single Payer Healthcare, also commonly known as Medicare for all. Local Portsmouth physician Thomas Clairmont will be presenting. Clairmont is a member of the New Hampshire chapter of Physicians for a National Health Program (pnhp.org).



After 25 years, PNHP's plan is now being discussed by

candidates for President and citizens looking for health care affordability, stability, and security in a program that saves money and leaves no one in the United States uncovered. Find out more about their plan at this presentation. There will be time for questions and answers following the short presentation.

The program is free and open to the public.

For more information call the Library at 603-516-6050.



Celtic band "Penhallow" at Dover Public Library March 19

The Friends of the Dover Public Library are delighted to host Portsmouth-based Celtic band "Penhallow" in the Lecture Hall at the Dover Public Library on Tuesday evening, March 19 at 7 p.m.

Musicians Bill Zecker, Tyler Buck, Joe Fuller, Lloyd Allen, and Jeff Murdock will play a medley of Irish instrumental and vocal music during this traditional Irish sessions performance. Everyone is Irish in March.

Come and join us for this toe-tapping show. Admission is free.

For more information, call the Dover Public Library 603-516-6050.

This Week at The Library

Tuesday, March 12 - April 16, All Day **17th Annual Poetry Contest**

The 17th Annual Dover Public Library Poetry contest for grades K-12. Prizes will be awarded in six different categories: Grades K-2, 3 & 4, 5 & 6, 7 & 8, 9 & 10, and 11 & 12. Poems will be judged on originality, style and creativity. Deadline for entry is April 16th. Students may pick up information about the contest at the Dover Public

Library, any Dover school library, or at our website at www.library.dover.nh.gov. All participants are invited to attend an "Evening of Poetry" on Monday, May 20th at 6:30pm; refreshments will be served. Students are invited to read their poetry at this event, but this will be purely voluntary. For more information about the contest please contact Denise LaFrance at 516-6082.

Saturday, March 16, 9 a.m. to 5 p.m.

Lego Saturday in the Children's Room

Imagine, create and build with Legos and/or Duplos. Drop-in anytime between 9 a.m. and 5 p.m. to meet old friends and make new ones as you work on building challenges.

Saturday, March 16, 9 to 11 a.m.

Pancakes in Pajamas in the Storytime Room

Spend a leisurely Saturday morning at the library. Stay in your pajamas and bring the family to celebrate National Pancake Day. Meet up with friends, eat some delicious pancakes, and enjoy all the library has to offer!

Saturday, March 16, 10 to 11 a.m.

Paws for Reading in the Children's Room

Murphy, a certified therapy dog, and her handler, Karen, will be in the children's room. Drop in and read her your favorite story. She is a great listener which is very encouraging for young readers.

Saturday, March 16, 2 to 4:30 p.m.

Saturday Matinee in the Lecture Hall

Fantastic Beasts: The Crimes of Grindelwald: The second installment of the "Fantastic Beasts" series featuring the adventures of Magizoologist Newt Scamander. Rated PG-13.

Sunday, March 17, 2 to 4 p.m.

Classic Cinema Sunday in the Lecture Hall

An American in Paris (1951): Three friends struggle to find work in Paris. Things become more complicated when two of them fall in love with the same woman, starring Gene Kelly and Leslie Caron.

Sunday, March 17, 3 to 3:30 p.m.

Adult Read Aloud session in the Learning Center

Join Dover resident David Croft who will be offering adult read aloud sessions every Saturday at 3 p.m. during the month of March. David will be reading from short stories by Ernest Hemingway and Mark Twain. On March 16, he will read poems by Irish Poet William Butler Yeats in honor of St. Patrick's Day.

Monday, March 18, 1:30 to 2:15 p.m.

Preschool Storytime in the Storytime Room

Children ages 3-5 are invited to attend this program which includes stories, fingerplays, songs, and puppets. Crafts and films are also offered several times each session.

Monday, March 18, 2 to 4:15 p.m.

Monday at the Movies in March in the Lecture Hall

Green Book: A bouncer from an Italian-American

neighborhood in the Bronx, is hired to drive a world-class Black pianist, on a concert tour from Manhattan to the Deep South. They must rely on "The Green Book" to guide them to the few establishments that were then safe for African-Americans. Confronted with racism, danger-as well as unexpected humanity and humor-they are forced to set aside differences to survive and thrive on the journey of a lifetime.

Monday, March 18, 3 to 4 p.m.

Afternoon Book Group in the Trustees Room

Join us the book group to discuss "*One-in-a-Million Boy*" by Monica Wood. Copies of the book are available at the Library.

Monday, March 18, 6 to 8 p.m.

Organic Gardening with Vince in the Lecture Hall

Free 3 week organic gardening series with Master Gardener Vince Cirasole. REGISTRATION REQUIRED.

Monday, March 18, 6:30 to 7:30 p.m.

Evening Book Group in the Trustees Room

Join us the book group to discuss "*One-in-a-Million Boy*" by Monica Wood. Copies of the book are available at the Library.

Tuesday, March 19, 10 to 10:45 a.m.

Preschool Storytime in the Storytime Room

Children ages 3-5 are invited to attend this program which includes stories, fingerplays, songs, and puppets. Crafts and films are also offered several times each session.

Tuesday, March 19, 7 to 8:15 p.m.

Friends of the Library Cultural Event: Celtic Music in the Lecture Hall

Everyone is Irish in March! The Friends program this month extends the St. Patrick's Day celebration with traditional Irish instrumental and vocal music by the Celtic band, Penhallow of Portsmouth, NH.

Wednesday, March 20, 10 to 10:45 a.m.

Family Storytime in the Lecture Hall

Kids of all ages and their caregivers are invited to join for a family storytime. Books, songs, rhymes, games and activities are all part of the fun.

Wednesday, March 20, 6 to 8 p.m.

Monthly Game Night in the Lecture Hall

Join us for monthly game night every Third Wednesday of the month. We provide the games and snacks; you bring the fun, yourselves!

Wednesday, March 20, 6:30 to 8:30 p.m.

Introduction to Excel in the Computer Room

Learn how to enter data into Excel manually, how to format your data, simple formulas, how to sort and process your data, and how to use .csv files to import and export your data. REGISTRATION REQUIRED.

Thursday, March 21, 10 to 10:45 a.m.

Toddler Storytime in the Storytime Room

Toddlers and their parents or caregivers are invited to attend a 45 minute program which includes stories, fingerplays, songs, puppets, and crafts. These storytimes are intended for toddler and parent/caregiver to share one-on-one.

Thursday, March 21, 10 a.m. to 12 p.m.

Adult Knitting Group in the Trustees Room

This Knitting Group is open to anyone who has a love for knitting and crocheting. All levels are welcome! Bring your precious works-in-progress and any finished objects you would like to show off to the group.

Friday, March 22, 10 to 10:30 a.m.

Mother Goose on the Loose in the Lecture Hall

Parents/caregivers are invited to join with their babies for a 1/2 hour early learning program specifically designed for children from birth to 24 months. Mother Goose on the Loose uses books, rhymes, songs, musical instruments, finger plays, flannel board characters, puppets and other props to help parents/caregivers develop the child's early literacy skills in a fun and joyful environment.

Friday, March 22, 11 to 11:30 a.m.

Toddler & Adult Yoga in the Lecture Hall

Toddlers and their caregivers are invited to join us for a fun, free introduction to yoga! No experience or equipment necessary.

Saturday, March 23, 9 a.m. to 5 p.m.

Lego Saturday in the Children's Room

Imagine, create and build with Legos and/or Duplos. Drop-in anytime between 9 a.m. and 5 p.m. to meet old friends and make new ones as you work on building challenges.

Saturday, March 23, 2 to 3:30 p.m.

STEM Saturday in the Lecture Hall

Catapult Challenge: Kids will be building simple catapults that are easy to assemble, but our simple catapults will help us see how energy can be stored, transferred, and converted. By using the catapult to launch lightweight objects, kids are encouraged to explore the variables that come into play and to explore the physics of projectiles while having a lot of fun-what could be better. Kids in grades K and up invited. No registration required and all materials will be provided.



Stay informed about parking bans

Parking bans are determined on a storm-by-storm basis, or when needed for additional snow removal. There are a number of ways for residents to stay informed about

parking bans when declared:

Tune into **Channel 22**, where winter parking ban notifications will appear.

Sign up for **text alerts** via the city's emergency notification system, CodeRed. Select "Parking Ban Notifications." You can access the sign-up page here: <https://public.coderedweb.com/CNE/en-US/BF3E3900491F>. Please note that to sign up for text alerts, you must create a managed account. Once created, you'll see the option to select parking ban notifications.

This video explains in detail how to sign up:



How to sign up for City of Dover Parking Ban text alerts

Sign up for **email alerts** at bit.ly/doverdownload. Select Parking Ban Alerts.

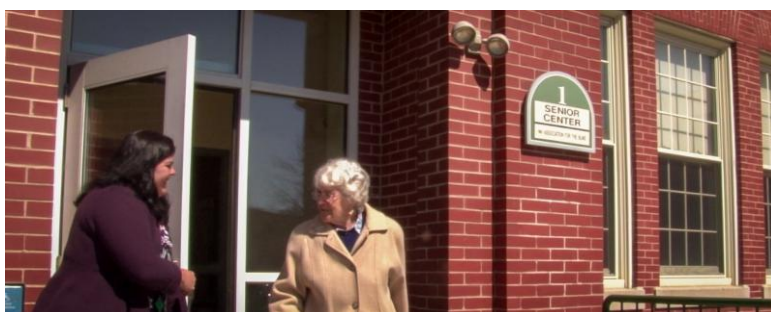
Call **603-516-PARK (7275)** for the current parking ban status.

The current parking ban status will be **posted online** at drivingdover.com and the city's winter parking ban page at www.dover.nh.gov/government/city-operations/police/parking-bureau/parking-bans.html.

Follow the city's **social media** accounts on Facebook and Twitter for parking ban updates and status.

Parking ban declarations will also be sent to local media, including newspaper, radio and television outlets.

For more information about winter parking bans, visit the parking ban page here: go.usa.gov/xPVk5.



Coming up at the Dover Community Senior Center

Thursday, March 21, 1 p.m.
Shoulder and Rotator Cuff Workshop with Dr. Dan Lombardi at Dover Senior Center

If you have pain reaching the top shelf, getting dressed, sleeping, or reaching to the back seat of the car then this workshop is for you. At the workshop Dr. Dan will discuss how shoulder pain can be caused from a number of things including your neck, the shoulder blade or the muscles of your rotator cuff. Shoulder pain can be very debilitating but often healed without medication, injections or surgery. RSVP to Linda at 516-6420. This event is free and open to the public.

Tuesday, March 26, 1 p.m.
The Holistic Parkinson's Plan at the Dover Senior Center

Living with Parkinson's can be a challenge, but with a collaborative medical approach, it doesn't have to be a defeat. The LYF Center will share multidisciplinary methods of medical care and how they may give an advantage in addressing unique presentations of this neurodegenerative disease. These methods do not replace medical treatment. RSVP to Linda at 516-6420. This event is free and open to the public.

Wednesday, June 26, 2019
Red Sox vs. White Sox (1:05 game)

Includes bus trip, driver gratuity, and 3rd base grandstand seats. The bus leaves at 10 a.m. from the Park and Ride lot next to the Jenny Thompson Outdoor Pool and returns following the game. \$110 members / \$120 not yet members. For more information or to register, call Linda at 516-6420.

Wednesday through Friday, Sept. 18 - 20, 2019
Bar Harbor, Maine

Join the Dover Senior Center for this 3 day, two night trip to Bar Harbor, Maine and stay at the Deluxe Acadia Inn. Trip includes a tour of Bar Harbor and Mt Desert Island, a narrated tour of Acadia National Park, Lobster Bake, four meals (2B, 1L, 1D), and a visit to the Freeport outlets. View the flyer [here](#). \$390/pp double - add \$30 for not yet

CITY OF DOVER  SPECIAL ANNOUNCEMENTS

Stay informed with City of Dover special announcements, project newsletters and updates

Want up-to-date information about road work, emergencies, special projects, and other important information? [Sign up now](#) to receive special announcements via email.

In addition to Dover Download, the City of Dover offers a variety of e-mail updates, including emergency and road closure information, Police Facility and Parking Garage updates, Silver Street reconstruction news, news from the Public Library, waterfront development, and more.

To sign up for one or all of the City's updates, [click here](#). An e-mail address is required to access the special announcement mailing lists.

City of Dover employment opportunities

Want to work for the City of Dover? The City's website offers an updated list of open positions, including job descriptions and a downloadable application for employment.

The City of Dover is now seeking applications the following positions:

- **City Attorney**
- **Parking Enforcement Officer**
- **Library Custodian**
- **Arena Working Foreman**

For more information about these positions or employment opportunities with the City of Dover, [click here](#).

Missed the meeting? Catch it again online

Don't forget: If you missed the live City Council, School Board or Planning Board on Channels 22 and 95, you can catch it again, online and on demand.

Simply visit www.dovernh.viebit.com to begin watching meetings on demand. Online meetings are organized by agenda item for convenience.

