

# DOVER DOWNLOAD



News from the City of Dover, New Hampshire



September 8, 2023



**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.

**Recycling  
Center hours:**

**Tuesday,  
Thursday,**

DOVER CITY COUNCIL

## ON THE AGENDA

Coming up at the next City Council meeting

### **Council sets public hearings for additional school funding, stormwater management loan, and inspection fees**

The City Council will hold three public hearings meetings at its 7 p.m., Wednesday, Sept. 13 meeting on pending resolutions, which will be voted on at the Council's Sept 27 meeting.

The first is authorizing an FY2024 Capital Improvements Program expenditure for the Henry Law Park Stormwater Best Management Practices capital project and financing the \$3.5 million cost through the Clean Water State Revolving Fund. The project's goal is to construct stormwater treatment system features and structures within Henry Law Park to reduce stormwater pollutants and aid in stormwater flow mitigation.

The second is on a resolution to amend the FY2024 Schedule of Fees for Inspection Services, clarifying the penalty for starting work before a permit is issued. This would include permits for building, plumbing, electrical, fire suppression, and blasting, among others.

Saturday:  
8:30 a.m. to 3:30  
p.m.

The last public hearing is on a resolution to increase the School Department's FY2024 budget appropriations based on the additional \$3,642,497 it will receive from the state in education funding. These unanticipated funds are from the state's adopted biennial budget that was recently published. The School Board, at its Aug. 21 meeting, voted on amending its budget, which would appropriate \$3,408,069 of the aid, with the rest to reduce the property tax levy. The School Board requests the City Council to adopt its amended budget.

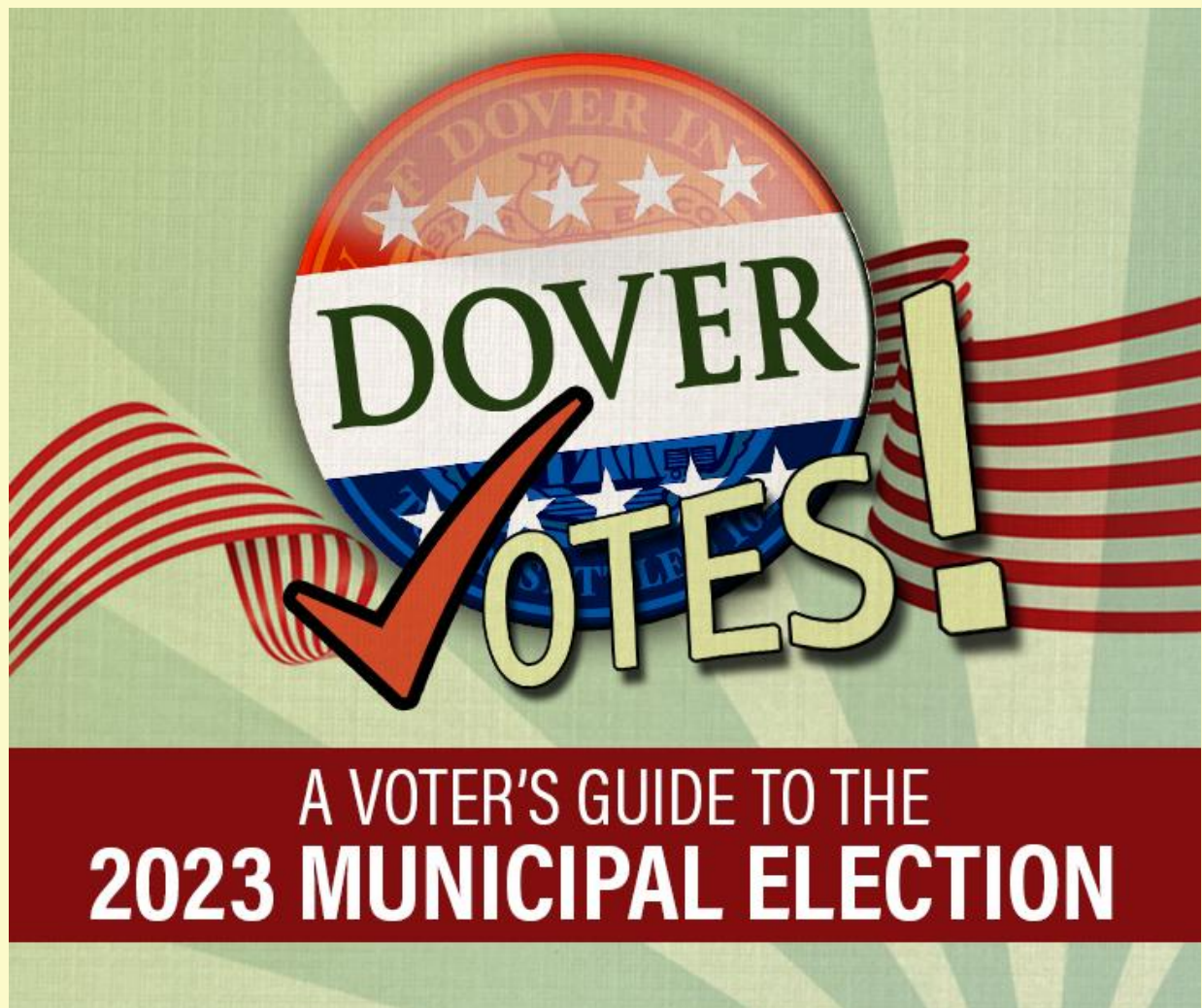
[Click here](#) for the complete meeting agenda.

### **Workshop before the meeting on illicit drug use**

Immediately before the meeting, the City Council will hold a workshop at 6 p.m. to discuss illegal drug use, prevention, and enforcement.

[Click here](#) for the workshop agenda.

The workshop and meeting will be held in City Hall's Council Chambers. They are open to the public and will be televised on Channel 22 and online at <https://dovernh.viebit.com>, where they will also be available for on-demand viewing.



**Filing period for City of Dover Municipal**

# Election opens Monday, Sept. 11

## City Council, Mayor, School Board among elected positions to be decided in November

The filing period for the City of Dover municipal election begins at 8:30 a.m. this Monday, Sept. 11, 2023, and concludes at 4 p.m. on Friday, Sept. 22, 2023.

Candidates seeking the office of Mayor, City Council, School Board, Supervisor of the Checklist, Moderator, Selectperson, and Ward Clerk must file a written declaration of candidacy with the City Clerk during the filing period.

The municipal election is Tuesday, Nov. 7.

At the election, voters from all wards will elect the Mayor, two at-large City Councilors, and one at-large School Board member. In addition, voters in the six Dover wards will elect a City Councilor, a School Board member, and election officers, including a Supervisor of the Checklist, a Moderator, a Ward Clerk, and three Selectpersons. All elected positions are two-year terms that begin in January 2024.

Candidates seeking an elected position must be duly qualified voters in the city. For Mayor and City Council positions, candidates must have lived in Dover for at least one year preceding the election. Candidates seeking a specific ward position must live in that ward. A description of elected duties and compensation is posted on the city's [2023 Municipal Election page](#).

For more information, contact Acting City Clerk Colleen Bessette at 516-6018 or [c.bessette@doover.nh.gov](mailto:c.bessette@doover.nh.gov).

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## City Council seeks to appoint Ward 2 moderator ahead of 2023 municipal election

The City Council seeks nominations to appoint a Ward 2 election moderator to oversee the ward's election during the 2023 Municipal Election on Tuesday, Nov. 7. The current Ward 2 moderator has informed the city that they will be unable to perform moderator duties for the Nov. 7 Municipal Election.

Eligible candidates must live in Ward 2 and be duly qualified voters in Dover. Moderators are responsible for overseeing the Election Day process at the polling place of the ward in which they reside. Moderators also ensure all applicable laws and procedures are carried out and followed by all participants at the polling place, and report any occurrences that may have a direct or indirect impact on the election. Moderators are elected positions, except when a permanent vacancy occurs, and they are appointed by the City Council. They are compensated \$185 per Election Day.

Nominations must be filed in person at the City Clerk's Office, located in the Customer Service Center on the ground floor of City Hall, 288 Central Ave. It is open through Thursday, from 8:30 a.m. to 5:30 p.m., and on Fridays, from 8:30 a.m. to 4 p.m.

For more information, contact Acting City Clerk Colleen Bessette at 603-516-6018 or [c.bessette@doover.nh.gov](mailto:c.bessette@doover.nh.gov).

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## Court and Union Reconstruction Project neighborhood meeting on Sept. 21

Engineering staff from the City of Dover's Community Services will hold a neighborhood



meeting about its updated design plans on Tuesday, Sept. 19. The meeting will be held at 6 p.m. at the Facilities, Grounds and Cemetery office at 145 Court St.

At the meeting, staff from the city and Kleinfelder, the contracted design consultant, will present its updated project design, including feedback gathered from the first neighborhood meeting on July 16, 2022, and a subsequent online poll.

For more information, contact Community Services at 603-516-6450.

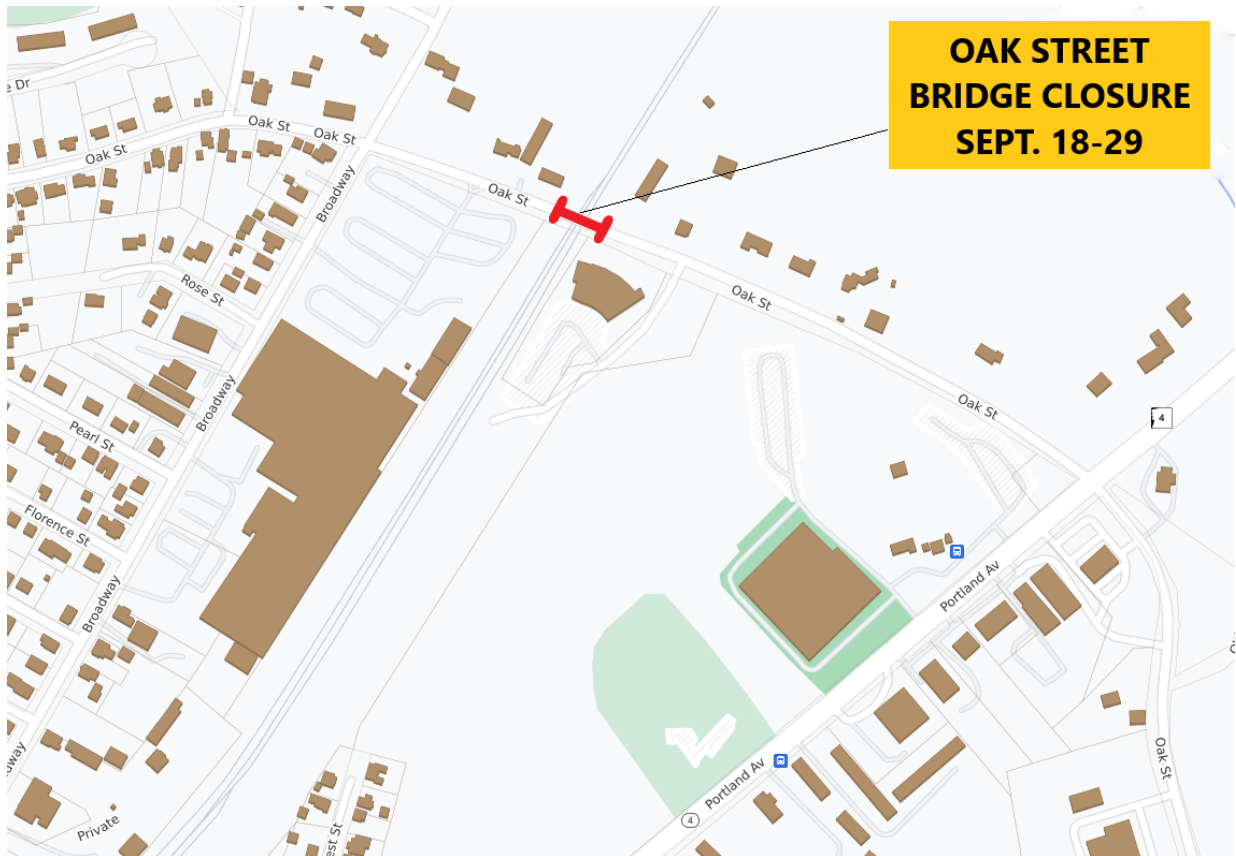
### **Court Street emergency sewer replacement update**

Contractors have replaced the failed sanitary sewer on Court Street; however, work continues to replace a small section of sewer main on Back Road at the intersection with Court Street and Middle Road. This part was added to the project due to its unexpected interference with the force main that runs from the River Street Pump Station to the Waste Water Treatment Plant. Work is ongoing and is expected to be completed by the end of next week.

To facilitate this work, Back Road will be closed between Samuel Hanson Avenue and Court Street. Traffic will be detoured around the work area.

Once completed, the road will receive a base coat of pavement, which will also require traffic restrictions. A paving date has not yet been set. The old sewer still needs to be filled with concrete, but that is not expected to affect traffic.

For more information, contact Community Services at 603-516-6450.



## **Oak Street railroad bridge to close for nearly two weeks later this month**

### **Closure was originally planned for August**

The New Hampshire Department of Transportation will close the Oak Street bridge that crosses the railroad tracks between Portland Avenue and Broadway to all traffic for 12 days this

For more information, contact NHDOT at 603-271-3734.



Dover Police Department

# Breaking Barriers:

Strengthening Police-Community Relationships

A monthly series fostering transparency, community, and connection.

September:

## Coffee with a Cop

THURSDAY  
**SEPTEMBER 21**

Gallivant  
Global Eatery  
442 Central Avenue  
9:00am - 11:00am  
All are welcome!

## Upcoming Meetings:

**Recreation Advisory Board,  
Sept. 11, 6 p.m.**

The Recreation Advisory Board will hold a regular meeting on Monday, Sept. 11, 2023, beginning at 6 p.m., in Room 224 at the McConnell Center.

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

[illegible]

## On the Agenda: Planning Board,

**Arts Commission,  
Sept. 11, 6:30 p.m.**

The Arts Commission will hold a special meeting on Monday, Sept. 11, 2023, beginning at 6:30 p.m., in Room 323 at the McConnell Center.

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

**School Board, Sept. 11, 7 p.m.**

The School Board will hold a regular meeting on Monday, Sept. 11, 2023, beginning at 7 p.m., in School Board Chambers, Room 306, at the McConnell Center.

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

**Planning Board, Sept. 12, 7 p.m.**

The Planning Board will hold a regular meeting on Tuesday, September 12, 2023, beginning at 7 p.m., in Council Chambers at City Hall.

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

**City Council, Sept. 13,  
Workshop and Meeting,  
6 p.m.**

The City Council will hold a workshop followed by a regular meeting on Wednesday, Sept. 13, 2023, beginning at 6 p.m., in Council Chambers at City Hall. The regular meeting is scheduled to follow the workshop at 7 p.m.

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

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

**Municipal Alliance For  
Adaptive Management,  
Sept. 14, 1 p.m.**

The Municipal Alliance For Adaptive Management will hold a regular meeting on Thursday, Sept. 14, 2023, beginning at 1

**9/12/2023**

In this video, Director of Planning and Community Development Donna Benton reviews what's on the agenda at the next Planning Board meeting on Tuesday, Sept. 12, 2023. The video can be viewed by clicking the image above or <https://dovernh.viebit.com/player.php?hash=vZDjuYFs6xbWVrJ1>.

The meeting begins at 7 p.m. in Council Chambers at City Hall. The meeting will be broadcast live on Channel 22 and streamed live online.

Want to keep up on other projects and planning and community development initiatives in the City of Dover? Subscribe to the Planning Department's newsletter, the Dover Planning Review. To sign up, visit [bit.ly/doverdownload](http://bit.ly/doverdownload) and select Dover Planning Review.



**Missed the meeting?  
Catch it again online**

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

Simply visit [www.dovernh.viebit.com](http://www.dovernh.viebit.com) to begin watching meetings on demand. Online meetings are organized by agenda item for convenience.

**Interactive Dover Visitor Map  
now available**

The city's Office of Business Development released an interactive Dover Visitor Map. The map includes dining, bars and breweries, cafes and bakeries, retail shops, grocery and convenience stores, museums and entertainment, art galleries, hotels and inns, and where to park.



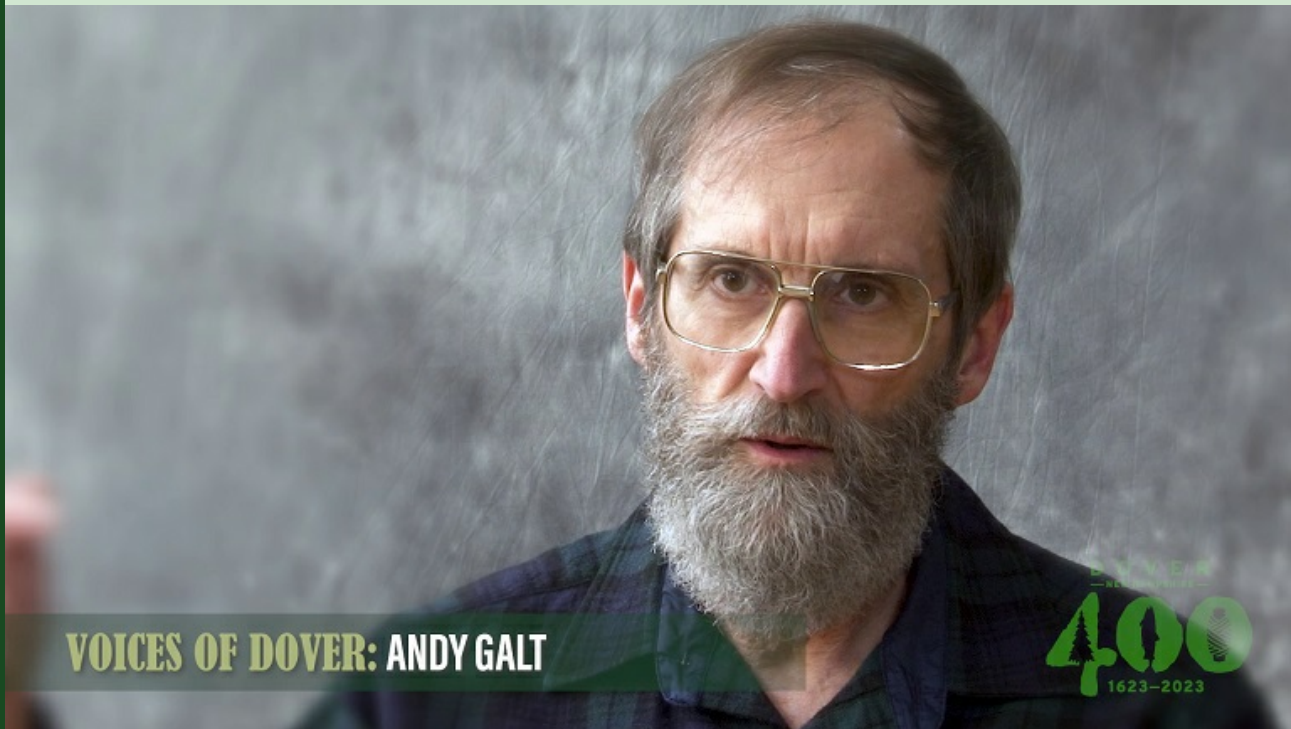
p.m., at 271 Mast Road, Dover.  
Register to attend remotely.

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

For a complete list of upcoming meetings, visit <https://www.dover.nh.gov/government/open-government/public-meetings/>.

Find all your favorite local businesses and those you haven't been to yet, all in one place. Find the map at <https://rebrand.ly/DoverMap>. The map is based on a printed version of the map, [available here](#).

For more information, contact Business Development at 603-516-1560.



## 'Voices of Dover' series: Andy Galt

The Voices of Dover oral history series, a project documenting the lives and memories of longtime Dover residents, continues this week with the release of an interview with Andy Galt.

Galt, whose family has been in Dover for several decades, sat down with Dover400 to share stories about growing up in Dover, his family's deep roots in the community, and his varied career path from computer programmer to solar energy entrepreneur to City Councilor and Mayor.

In his interview, Galt vividly brings to life 20th-century Dover, from his father's medical practice making house calls to families all over the city to Galt's own time in local politics in the 1980s.

The Voices of Dover series is an initiative of the Dover400 Committee. The video interviews showcase the rich history of Dover through the personal recollections of its lifelong residents. More interviews will be released in the coming months as the city continues to celebrate 400 years since Dover became the first permanent European settlement in 1623.

The videos are being released weekly through 2023 and may be viewed at [dovernh.viebit.com/index.php?folder=Dover400](https://dovernh.viebit.com/index.php?folder=Dover400) or [Dover400.org](https://Dover400.org).

The "Voices of Dover" oral history project is an initiative of Dover's 400th Anniversary Celebration Committee. More information can be found at [Dover400.org](https://Dover400.org).

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## Upcoming events for Dover's 400th anniversary

Dover400, the committee organizing Dover's 400th-anniversary celebration, has events scheduled throughout the year as the city reaches this historic milestone.

Upcoming events include:

**October 7: Apple Harvest Day Festival.** A day-long family event features over 300 vendors, great food, live entertainment, and more! <https://www.dovernh.org/apple-harvest-day>

**October 7: Apple Harvest Day 5K Road Race.** The race course winds through historic downtown Dover and is perfect for advanced runners, beginners, and families. Register: <https://www.dovernh.org/apple-harvest-day-5k-road-race>

Stay up-to-date on the latest events by visiting [dover400.org](https://dover400.org).



The following events are from various historical records, sources, and texts about the history of Dover.

For more on the history of Dover, visit the Dover Public Library, Locust Street, and the Woodman Museum on Central Avenue. The Public Library also maintains an online collection of historical information [located here](#).

**Sept. 9, 1738** — In the Assembly, it was ordered that the clerk send notice to Dover and Exeter representatives absent during that term's session to appear the following Monday at his Majesty's service.

**Sept. 13, 1797** — It was voted on this day that land be set aside for a burying place at Pine Hill and that a plan be laid out and returned to the Town Clerk.

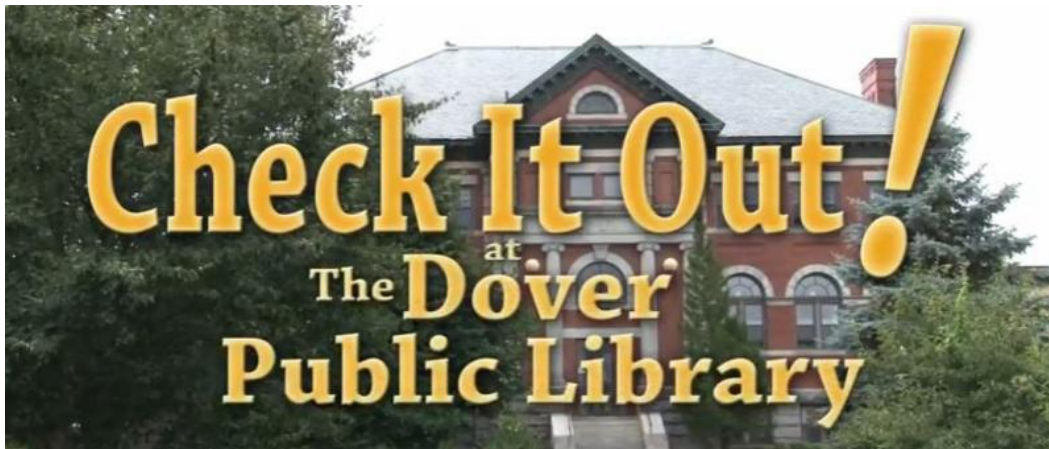
**Sept. 14, 1821** — "The commissioned and non-commissioned officers of the Dover military companies formed a volunteer association under the title of "Soul of Soldierly," and under the command of Capt. Brewer made their first public appearance this day in a neat uniform. The numerous maneuvers performed were principally of the Light Infantry Drill, and were executed with a correctness and rapidity highly gratifying to the numerous spectators: their firing in line, in square, and in chain, were admirably well done, considering this was their first effort in public." (Strafford Register)



**Sept. 9, 1822** — Stagecoach service between Dover and Portsmouth began on this day, operating three days a week.

**Sept. 9, 1851** — Incendiary fires being very prevalent at this time, a town meeting was held at which the selectmen were authorized to offer suitable rewards for the apprehension of the incendiaries, and to appoint a night watch and committee of vigilance.

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## **Ghost Stories of the Granite State featured in upcoming Dover Library event**

Roxie Zwicker of New England Curiosities will present "Spirits of the Granite State," a program on New Hampshire legends and ghosts, at the Dover Public Library on Wednesday, Sept. 13 at 6:30 p.m.

The in-person event will also be livestreamed for virtual attendees. Registration on the library's website is required to receive a link to the livestream.

Zwicker's presentation will feature ghost stories and superstitions across New Hampshire, including the White Mountains and Seacoast region. She will discuss unusual local occurrences and recommend sites to explore paranormal activity.

Zwicker has presented her unique ghost tales in New England since 1994 through her Portsmouth-based company. She has been featured on the History Channel's "Psychic History" and the Travel Channel's "Destination America." Zwicker is the author of eight books on New England's ghost stories and folklore. Zwicker travels throughout the northeast for speaking engagements on haunted history. She has co-hosted the Portsmouth Holiday Parade since 2016.

The event is free and open to the public.

For more details or to register for the livestream, visit [library.dover.nh.gov](http://library.dover.nh.gov) or call 603-516-6050.

The Dover Public Library is open Monday-Thursday 9 a.m.-8:30 p.m., Friday-Saturday 9 a.m.-5 p.m. and Sunday 1-5 p.m.

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## **Discussion on open-source farming technology at Dover Library**

Dover Public Library will host "The Great Regeneration: A Conversation with Author Dorn Cox" on Thursday, Sept. 14 at 6 p.m. in the Lecture Hall. The free program, presented in a hybrid format, will feature a conversation between Cox and Living on Earth host Steve Curwood.

Cox's book "The Great Regeneration," written with Courtney White, explores using open-source technology and regenerative farming to combat climate change and food scarcity.

In-person attendance is limited to 90 people. Those wishing to watch remotely can sign up on the library's website to receive a link to the livestream.

Cox is research director at Wolfe's Neck Center for Agriculture and the Environment in Freeport, Maine. He helped develop the farmOS software platform and Farm Hack, and received the inaugural Hugh Hammond Bennett Award for Conservation Excellence in 2018.

Living on Earth, based in Cambridge, Massachusetts, is a weekly environmental news radio program broadcast on 250 public radio stations.

The program is presented in partnership with New Hampshire Public Radio and the University of Massachusetts Boston School for the Environment.

Copies of "The Great Regeneration" are available for checkout at the library. It can also be purchased through Living on Earth + Bookshop to support independent bookstores and nonprofits.

For more information or to sign up for the virtual program, visit [library.dover.nh.gov](http://library.dover.nh.gov) or call 603-516-6050.

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## This Week at the Library

### September VIRTUAL Cookbook Club

Join us for a virtual exploration of *Everyday Dinners* by Jessica Merchant. Throughout the month of September, send in pictures of your dishes created with recipes from the book and a small description of your cooking process, how you felt about the recipe, and/or your thoughts on the book.

Copies of the book will be available to check out at the main circulation desk. We will share your creations on our social media pages. Photos can be sent to Emily at [e.ainaire@dover.nh.gov](mailto:e.ainaire@dover.nh.gov), or tag us on Instagram @doverpubliclibrary.

**Monday, Sept. 11, 1 to 3 p.m.**

### Christmas Stocking Knitting Class

This 3 Week class is for intermediate knitters. You must be comfortable casting on, knitting, purling, and working with two colors of yarn. You will need to bring your own knitting needles, but all other supplies will be provided. Please bring a single set of size 6, 7, or 8 knitting needles. These stockings are knit on straight needles and seamed at the end. *Registration required.*

**Tuesday, Sept. 12, 10 to 10:30 a.m.**

### Mother Goose on the Loose

For babies through 2 years and parent/caregiver, Mother Goose on the Loose is a 30-minute program with nursery rhymes, songs, puppets, other props and short stories. A joyful and fun gathering that promotes early literacy skills.

**Tuesday, Sept. 12, 3:30 to 4:30 p.m.**

### Crafternoon for Kids: Shrinky Dinks

**Wednesday, Sept. 13, 11 a.m. to 12 p.m.**

### All Abilities Club: Art for All

This inclusive program for adults welcomes those with disabilities as we create art and craft projects. Each session of this hands-on program will feature a different art exploration.

**Wednesday, Sept. 13, 6:30 to 8:15 p.m.**

### Spirits of the Granite State

A look at the legends and ghosts of New Hampshire with published author and tour guide Roxie Zwicker of New England Curiosities. Follow the peaceful dirt roads to long forgotten ghost stories, you'll hear superstitions from some of the quaint, small towns and learn of unusual occurrences that still can't be explained today. *Register to attend virtually.*

**Thursday, Sept. 14, 10 to 10:45 a.m.**

### Arts and Crafts Storytime

Arts and Crafts Storytime is for children ages 3-6. Each session will focus on a different theme. Books, songs, rhymes, and an art activity will all be part of the fun.

*Registration required.*

**Thursday, Sept. 14, 5 to 8 p.m.**

### Magic the Gathering

Join us every Thursday to play Magic the Gathering. Collect cards, build decks, and duel other players. All ages and skill levels are welcome. No materials are required.

**Thursday, Sept. 14, 6 to 7:30 p.m.**

### The Great Regeneration: A Living on

Kids in grades 1 and up are invited to the storytime room to make shrinky dink charms to hang on a backpack or key ring.

*Registration required.*

**Tuesday, Sept. 12, 6 to 8 p.m.**

**Dungeons & Dragons: Adult Group**

Drop in and play Dungeons & Dragons with Game Master Dave. This 18 & older group is for new and veteran role-playing gamers to join us in the library for adventure, strategy, and imagination. The group will meet every Tuesday night; come when you can. No experience or materials are required – all skill levels are welcome!

**Tuesday, Sept. 12, 6:30 to 7:30 p.m.**

**Friends of the Dover Public Library**

As a member of this group, as an active participant, or as a leader you can support this group which supports our library. Become a member of the Friends for as little as \$15 per year. This organization funds all the museum passes the library offers, a large portion of our summer reading activities, as well as many cultural events for the community.

**Wednesday, Sept. 13, 10 to 11 a.m.**

**Matter of Fact: Non-Fiction Book Club**

Dover Public Library's book group dedicated to non-fiction, exploring history, science, essays, and biography. This month's book will be *The Indifferent Stars Above*, by Daniel James Brown. Pick up a copy at the front desk or listen to it as an audiobook through Hoopla.

**Wednesday, Sept. 13, 10 to 10:30 a.m.**

**Family Storytime**

Children of all ages with caregivers are invited to attend this program that includes stories, fingerplays, songs, and puppets.

**Earth Book Club Event**

In their new book, "The Great Regeneration," Dorn Cox and Courtney White delve into a transformative vision for global agriculture, uniting open-source technology and regenerative farming to combat climate change and food scarcity. This pivotal book urges us to democratize farming systems and embrace our role as ecosystem stewards. *Register to attend virtually.*

**Thursday, Sept. 14, 6:30 to 7:30 p.m.**

**Reading Rainbow Book Group**

Join Reading Rainbow, Dover Public Library's new Queer book group as we discuss *As I Descended* by Robin Talley. Copies of the book will be available to borrow via Interlibrary Loan at the Circulation Desk. All are welcome at this inclusive book group.

**Friday, Sept. 15, 10 to 11 a.m.**

**Family Place Workshop**

Spend time together, play, make friends and talk one-on-one with specialists on child development during this enjoyable five-week workshop series. For caregivers and children one to four years old. Topics include early literacy, child development, speech, hearing and language, nutrition, and music, play and health. *Register once for the entire five week series.*

**Saturday, Sept. 16, 11 to 11:30 a.m.**

**Family Storytime**

Children of all ages with caregivers are invited to attend this program that includes stories, fingerplays, songs, and puppets.



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## Dover Area Woman's Club plans food drive

The Dover Area Woman's Club will hold a food drive on Saturday, Sept. 30, from 9 a.m. to 1 p.m. at two locations in Dover. Donations will be accepted at the Greater Dover Chamber of Commerce and Shaw's Supermarket, located on Central Avenue. The drive is part of the club's National Day of Service.

Donations will benefit the Dover Food Pantry and End 68 Hours of Hunger. Most needed items include boxed macaroni and cheese, peanut butter, jelly, canned fruits and vegetables, canned beans, boxed pasta, and pasta sauce.



The food drive is the Dover Area Woman's Club's major service project for the year.

For more information, contact Mary Jane Lowe, Dover Area Woman's Club president, at [mjc253.home@gmail.com](mailto:mjc253.home@gmail.com).

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## Registration open for Wentworth-Douglass Hospital's 10th annual Seacoast Cancer 5K

Registration is open for the 10th annual Seacoast Cancer 5K, one of the largest road races in New Hampshire, which benefits the Mass General Cancer Center at Wentworth-Douglass Hospital. The race is presented by Somersworth Nissan, who is serving as title sponsor for the third consecutive year.

The in-person event will be held on Sunday, Sept. 24, at the hospital's Portsmouth Outpatient Center on the Pease Tradeport. There is also an option to run or walk a one-mile loop, or participate virtually from Sept. 16-23. Runners and walkers of all ages can register online at [seacoastcancer5k.org](http://seacoastcancer5k.org) for \$35.

Organizers expect the event to draw a record of more than 1,800 participants. Last year's roster saw representatives from 161 cities and towns, 18 states, and seven countries. The event has raised nearly \$2 million over the last decade.

The funds raised are critical to underwrite the cancer center's supportive and wellness services, which offers integrative therapies and support that are often not covered by insurance. The program includes acupuncture, Reiki, massage therapy and exercise classes, as well as physical therapy, occupational therapy, and speech-language pathology.

"Our ambitious goal to raise \$450,000 tops all previous race totals," said Judy Pinkham, development officer for corporate and foundations philanthropy at Wentworth-Douglass. "Every dollar raised stays in our community."

The program also allows patients to meet with oncology social workers, nutritionists, and patient navigators. And supports basic needs for those who cannot afford transportation, gas cards, groceries, or other necessities during treatment.

"We have seen a dramatic increase in the number of patients turning to the Mass General Cancer Center at Wentworth-Douglass for their cancer care, especially in the last two years," said Pinkham. "The need for the services this event underwrites is continually growing."

For Danielle Erwin, senior administrative assistant for Health Partners of New Hampshire, participating in the Seacoast Cancer 5K is personal. "For me, it's about letting a patient at their lowest point know they are far from alone in this fight, that a whole community of people are helping them, so that they can get through this," she says. "As a patient, I do this 5k because I

see the amazing energy the Cancer Center has as soon as you walk in the door, it means so much to me in my journey. I'm a survivor and want to celebrate that this Cancer Center is the reason why I'm able to do this race. I 5k for those who can't and for those who fought the good fight and should also be celebrated and remembered for their amazing strength. And most importantly, I 5K for the hope that one day we find a cure."

For the fifth consecutive year, NBC Sports color analyst and former Boston hoops favorite, Brian Scalabrine will be in attendance, serving as "Honorary Team Captain".

"The one thing that really resonated with me when Wentworth-Douglass approached me was the fact that they focus on supporting the patient and their family," Scalabrine said after the 2022 race. "There are many people fighting cancer that worry more about their families than themselves, that's why it's so important to have a support system in place for the entire family so they know how to get through all the challenges cancer comes with."

The 2022 Seacoast Cancer 5K raised more than \$372,000 and organizers are hoping runners will continue to be drawn to the flat, closed course, ideal for both families and those seeking personal best times.

"This year marks the 40th year that I have been immersed in the world of oncology. My experience as a clinician and leader in oncology has led me to the fortunate place where I appreciate and respect every single day of life," adds Michael Meserve, director of cancer survivorship and wellness. "I think of this for all our patients, their loved ones, and the community surrounding them. It is our endeavor to create networks of support and care that will lift them up and help buoy them through their journey. The 5K helps us raise very important funds to deliver these services that are not billable but are essential to someone's care."

To register, form a team or donate, visit [seacoastcancer5k.org](https://seacoastcancer5k.org). All proceeds raised remain local and directly benefit patients at the Mass General Cancer Center at Wentworth-Douglass.

The Seacoast Cancer 5K is supported by the following corporate sponsors: Somersworth Nissan, iHeart Media, The Hotel Concord, Novocure, MGCC Medical Oncologists, Bill Dube Ford Toyota, DF Richard, Blue Dolphin Screenprinters, Radiation Oncology Associates, Mass General Cancer Center, AstraZeneca, Kennebunk Savings Bank, Primrose School of Exeter, First Seacoast Bank, Knights Construction, Thistle Communications, Win-Waste, Dermatology & Skin Health, Newburyport Bank, Seacoast Dermatology, PLLC, Hanger Clinic, LocaliQ, Binnie Media, New England Coffee, Townsquare Media, Loftware, Calling All Cargo, Northeast Rehabilitation Hospital Network, HRCU, Stonewall Kitchen, Vermeulens, Aileen Dugan – State Farm Insurance, Otter Creek Homes, Shaheen & Gordon, PA, Sprague Floor Covering, Eastern Propane, Leone, McDonnell & Roberts, PA, Drum Center of Portsmouth.

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*Entertainment,  
food, & activities  
for all ages.*

*Look for us under  
the purple tents!*

# SOS 2023

## Recovery Rally



Date:  
Saturday, Sept. 9th

Time:  
11:00am-3:00pm

Location:  
The lower end of  
Henry Law Park

*See you there!*

We are currently looking for sponsors and raffle door prizes if you or your business is interested contributing to this event please contact Brittney at (603)841-2350 ext. 1 or by email at [bpelletier@sosrco.org](mailto:bpelletier@sosrco.org)

## American Red Cross lifeguard training and recertification course

The Dover Indoor Pool will host a Fall American Red Cross lifeguard training program the third and fourth weekends of September. Participants seeking to become lifeguards must attend all training sessions and be at least 15 years old on the last day of the class. The training will be held on Saturday, Sept. 16 and 23, from 11 a.m. to 4 p.m., and Sunday, Sept. 17 and 24, from 9 a.m. to 4 p.m. Recertification will be held on Sunday, Sept. 24.

The American Red Cross lifeguarding training program teaches participants the knowledge and skills to prevent and respond to aquatic emergencies. The course includes the latest science in first aid, CPR/AED for the professional rescuer, emergency cardiac care, lifeguarding rescue skills, and safety protocols.

Those seeking to take the course must meet the following prerequisites.

- Swim 300 yards continuously;
- Tread water for two minutes;
- The participant must be able to do the following within 1 minute and 40 seconds, starting from the water: swim 20 yards using front crawl or breaststroke, surface dive 7 to 10 feet, retrieve a 10-pound object, return to the surface, swim 20 yards back to the starting point with the 10-pound object and exit water without using a ladder;
- No refunds will be given for failing to meet prerequisite requirements.
- Must attend all course dates and times to pass the course.

The price of the complete course is \$225. To be re-certified, the price is \$60. For more information, visit the Dover Indoor Pool [website](#), or contact Erika Friedman at 603-516-6427.



## Volunteer boards help keep Dover vibrant

The City of Dover is a vibrant community due in large part to the significant energy and talent of citizen participation on the city's many boards, committees, and commissions. Input from these boards, committees, and commissions helps guide Dover's policy decisions.

Want to get involved? There are currently committees seeking members to fill regular and alternate member vacancies, including the:

- Zoning Board of Adjustment
- Heritage Commission
- Pool Advisory Committee
- Committee for Racial Equity and Inclusion
- Recreation Advisory Board
- Arts Commission
- Arena Commission
- Open Lands Committee
- Utilities Commission
- Committee to Address Community Housing Needs

The complete list of boards and committees can be found at [www.dover.nh.gov/government/boards-and-commissions/](http://www.dover.nh.gov/government/boards-and-commissions/)

To apply, complete an application, [available here](#) and at the City Clerk's Office, and either drop it off at the Clerk's Office or email it to City Clerk Susan Mistretta at [s.mistretta@dover.nh.gov](mailto:s.mistretta@dover.nh.gov). Applicants are welcome to apply to any board or commission. Applications are kept on file for one year.

The City Council appoints citizens to boards and commissions from recommendations of its Appointments Committee, which meets regularly to review applications.

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## 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 for the following positions:

- Deputy City Clerk
- Utility Laborer
- Truck Driver - Utilities
- Arena Maintenance/Ice Resurfacers
- Gym Attendant
- Public Safety Systems IT Technician
- Police Systems IT Technician
- City Clerk/Tax Collector
- Swim Instructor
- Lifeguard
- Maintenance Mechanic Utilities
- Director of Human Resources
- Public Safety Dispatcher
- Police Officer
- Parking Enforcement Officer
- Firefighter / EMT
- Water and Sewer Pump Station Operator
- Laborer - Public Works, Streets, and Stormwater
- Truck Driver - Streets
- City Planner

- **Camera Operator**

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

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## **Dover School District employment opportunities**

Want to work for the Dover School District? The District's website offers an updated list of open positions, including job descriptions and online applications. The District is now seeking applications for the following positions:

- **Boys and Girls Assistant Cross Country Coach - DMS**
- **Boys and Girls Swim and Dive Head Coach - DHS**
- **Girls Basketball Coach - DMS**
- **Girls JV Basketball Coach - DHS**
- **DALC Teacher of Adult Foundational Skill and HiSET Preparation**
- **Custodian for C&W Services - Dover School District**
- **DALC Teacher of Adult Foundational Skill and HiSET Preparation**
- **Paraprofessional Unified Paraeducator - DHS**
- **Special Education Teacher Case Manager - Various**
- **Science Teacher - DHS**
- **Paraprofessionals - Various**
- **Literacy Interventionist - DMS**
- **Noon Aide/Recess Monitor - Frances Hopkins**
- **Special Education Aide - Various**
- **Special Education Teacher Case Manager - DHS**
- **Substitute Teacher - Various**
- **Fire Science Instructor - CTC**
- **Long Term Kindergarten Substitute Teacher - Woodman Park**
- **Title 1 Interventionist Tutor - Woodman Park**

For more information about these positions, [click here](#).

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