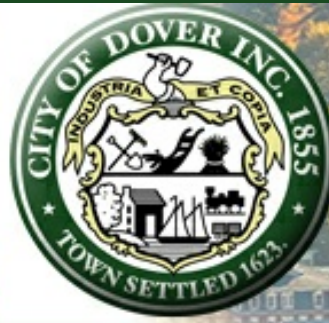


DOVER DOWNLOAD



News from the City of Dover, New Hampshire



October 7, 2022



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:

DOVER CITY COUNCIL

ON THE AGENDA

Coming up at the next City Council meeting

Council to hold public hearings on Capital Improvements Program

**Flag raising policy, additional City Hall clock
tower work, also on Oct. 12 agenda**

The City Council will hold three public hearings on resolutions related to the proposed Capital Improvements Plan for FY2024-2029 at its meeting on Wednesday, Oct. 12. The Council will not take a vote on the resolutions until its Oct. 26 meeting, at the earliest.

8:30 a.m. to 4
p.m.

Recycling Center hours:

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

The first public hearing is on adopting the six-year CIP document itself, which outlines what projects the City of Dover plans to complete over the next six years. It's a document that can be changed and does not appropriate funding nor authorize bonding.

The second CIP public hearing is on the resolution to authorize non-debt financed projects for FY2024 only. This resolution would appropriate capital reserve funds to finance portions of the CIP, such as the police cruiser and heavy equipment replacement programs. The total amount of proposed non-debt finance projects for FY2024 is \$3,088,825. This resolution requires a two-thirds majority vote by the Council to pass.

The final CIP public hearing is on a resolution to authorize bonding for debt-financed projects slated to begin in FY2024, which totals \$22,220,000. These projects include reconstruction projects for Court and Union streets and Fifth and Grove streets. It also includes funding for rehabilitating the Chestnut Street bridge deck and the Portland Avenue retaining wall. This resolution also requires a two-thirds majority vote by the Council to pass.

[Click here](#) for the complete proposed CIP for FY2024-2029. For a video preview of the proposed CIP and many of the first-year projects, [click here](#).

Public hearing on tree trimming on Old Garrison Road

The Council will also hold a public hearing on Eversource's plan to trim trees near its power lines on Old Garrison Road. Because Old Garrison Road has been designated as a Scenic Road, the tree trimming requires a public hearing and City Council authorization.

Flag raising policy

Dover's City Hall displays the flags of the United States, the State of New Hampshire, the City of Dover, and, at times, other special flags or banners. The proposed resolution would formalize the policy and procedure for displaying these special flags at City Hall and all other city-owned non-school buildings.

Additional work for City Hall clock tower

The City Council will consider authorizing additional work for the City Hall clock tower project totaling \$132,370, including \$95,433 for asbestos and lead remediation, as contractors found the levels much higher than initially anticipated. It also includes \$29,479 for additional time needed for tent and heating costs to facilitate the drying when the exterior is painted, which may not be needed depending on the temperature. It also includes \$7,459 for electrical upgrades to bring electrical work in the clock tower up to code.

The Council will also consider authorizing an additional \$44,885 for the interior painting of City Hall's first and second-floor hallways and ceilings, the auditorium stage area, and a room on the second floor. This scope of work was not included in the original project but is being considered for next year's Capital Improvements Program. According to the resolution, moving the painting into the clock tower project would save mobilization costs associated with bringing in a different contractor next year.

The City Council awarded the clock tower rehabilitation project contract to Careno Construction Co., LLC. of Portsmouth in May for \$576,000. Work on the project is anticipated to be completed in late December, about a month later than previously planned, due to the additional work needed that was found after the project began.

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 at <https://dovernh.viebit.com>, where it will also be available for on-demand viewing.

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



City raises flag for Indigenous Peoples Day

Mayor Robert Carrier joined leaders of the Cowasuck Band of the Pennacook-Abenaki People, Committee for Racial Equity and Inclusion members, other elected officials and members of the public for a flag-raising ceremony on Wednesday, Oct. 5 in honor of Indigenous Peoples Day in the City of Dover on Monday, Oct. 10.

The event began with a reading of the land acknowledgment statement by City Councilor At-Large Lindsey Williams. The land acknowledgment states: "This (event/meeting) takes place at Cochecho (CO-chi-co) on N'dakinna (n-DA-ki-na), now called Dover, New Hampshire, which is the unceded traditional ancestral homeland of the Abenaki (a-BEN-a-ki), Pennacook and Wabanaki Peoples, past and present. We acknowledge and honor with gratitude the land, waterways, living beings, and the Aln8bak (Al-nuh-bak), the people who have stewarded N'dakinna (n-DA-ki-na) for many millennia."

Mayor Carrier then read a proclamation recognizing the indigenous people of what is now Dover.

Before raising the Cowasuck Band of the Pennacook-Abenaki People flag, Denise Pouliot, the Sag8moskwa (head female speaker), and Paul Pouliot, the Sag8mo (head male speaker/grand chief) of the Cowasuck Band of the Pennacook-Abenaki People, performed a traditional song.

The flag will fly in front of City Hall through Tuesday, Oct. 11.

The event was part of a series of events planned during Indigenous Peoples Month and as part of the Indigenous Dover initiative, made possible by a generous grant by the New Hampshire Humanities Council. Indigenous Dover aims to foster a better understanding and appreciation of the history of the indigenous peoples who inhabited Dover thousands of years before the first European settlers. See bit.ly/nativedover for more information.



City offices closed on Indigenous Peoples Day

City administrative offices, including City Hall, will be closed on Monday, Oct. 10, 2022, for the Indigenous Peoples Day holiday. Regular hours will resume on Tuesday, Oct. 11, 8:30 a.m. to 5:30 p.m.

The Public Library is also closed on Indigenous Peoples Day.

Indigenous Peoples Day is a parking holiday in Dover. Metered parking is free on parking holidays, except for the Orchard Street Parking Garage, which requires paid or permit parking at all times.

Trash pickup and curbside recycling are not affected by the holiday and will follow a regular schedule.

The Fitness Center at the McConnell Center, the Indoor Pool and the Ice Arena will be open at their regular hours on Monday.



Trick-or-Treat in Dover is Oct. 30

Trick-or-Treat in Dover is scheduled for Sunday, Oct. 30, 2022, from 5 to 8 p.m., the day before Halloween, as is the tradition in Dover.

For more information, contact the Recreation Department at 603-516-6401.

Dover Adult Learning Center hits 50



On Tuesday, Oct. 4, Dover Adult Learning Center, located at the McConnell Center, celebrated its 50th anniversary during a special event with dignitaries, students, staff, board and volunteers. In the photo above, DALC Executive Director Deanna Strand, left, addresses the crowd as Dover Mayor Robert Carrier, U.S. Rep. Chris Pappas, and Dover's Deputy Mayor Dennis Shanahan look on. In the photo below, everyone joins in for a 50th-anniversary ribbon-cutting. The Dover Adult Learning Center of Strafford County helps all adults who seek to learn enhance their skills and improve their lives through education, job preparation, high school completion, and enrichment classes. It has been recognized as an Outstanding Adult Education Program by the US Secretary of Education several times in its 50-year history and is one of the three largest Adult Education Programs in New Hampshire.



Senior Center to hold informational session about Medicare open enrollment

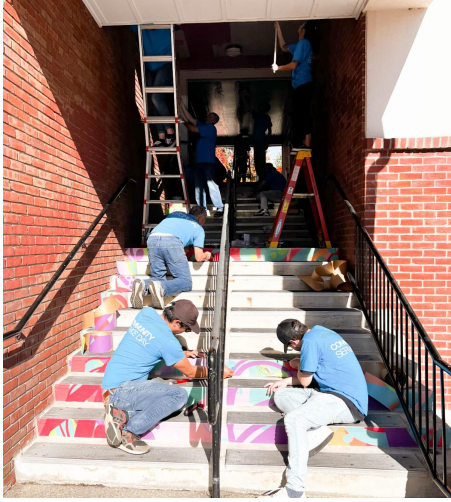
The Dover Senior Center will hold an informational session about Medicare open enrollment on Tuesday, Oct. 11, at 10:30 a.m. at the Senior Center.

Kris Bennett of ServiceLink, a Department of Health and Human Services program, will be on hand to answer questions about enrollment, including Medicare Advantage Plans. Medicare open enrollment begins on Saturday, Oct. 15 and ends on Wednesday, Dec. 7, 2022. The Medicare Advantage open enrollment period is from Jan. 1, 2023, to March 31, 2023.

The event is free and open to the public. Please RSVP to Senior Center Program Manager Linda Jarvis at 603-516-6420 or l.jarvis@dover.nh.gov. The Dover Senior Center is located at the McConnell Center, 61 Locust St. Enter through Door #1, accessed through the shared parking lot with the Dover Public Library.

Northeast Color volunteers beautify the city





Workers from Northeast Color, located on Crosby Road in Dover, spent the day on Thursday painting a new mural in the tunnel in Henry Law Park between the Children's Museum of New Hampshire and Dover Adventure Playground. They also touched up spots along the Community Trail. It's Northeast Color's fourth annual volunteer day dedicated to beautifying the city.



Upcoming Meetings:

Recreation Advisory Committee, October 10, 6 p.m.

The Recreation Advisory Committee will hold a regular meeting on Monday, October 10, 2022, beginning at 6 p.m., in Room 224, McConnell Center. To view the meeting agenda, [click here](#).

Conservation

DOVER PLANNING BOARD - AGENDA	
Meeting Type:	Regular Meeting
Meeting Location:	Council Chamber, City Hall, 288 Grand Avenue, Dover, NH 03820
Meeting Date:	Tuesday, October 11, 2022
Meeting Time:	7:00 pm

1. CITIZEN FORUM
2. APPROVAL OF THE PUBLIC MINUTES
 - September 27, 2022 Regular Meeting Minutes
3. OLD BUSINESS
 - A. Public hearing and possible recommendation on the City's proposed Capital Improvement Plan (CIP), FY 2023-2025. The CIP will be heard on the City website at www.ci.dover.nh.us and the Planning, City Clerk's office, and the Hearing Department.
4. NEW BUSINESS
 - A. Consideration and acceptance of a Conditional Use Permit for William C. Fisher and Chana N. Fisher, Assessor's Map G, Lot 2, and B. W. located at 11 Horton Harbor Rd. Proposed to install a 160' of additional dock space, an outdoor shower, and the existing dock with a new pier. The applicant will submit a site plan, a site plan, a site plan, and a site plan. The applicant will also submit a site plan, a site plan, and a site plan. The applicant will also submit a site plan, a site plan, and a site plan. The applicant will also submit a site plan, a site plan, and a site plan.
 - B. Consideration and acceptance of a Conditional Use Permit for White Birch Agency, Owner: Ronn Robb, LLC, Assessor's Map G, Lot 3, A, B, and C, located at 80 Industrial Park Drive, Proposed to install a 2,500' of additional parking, additional storage, and additional parking.
 - C. Consideration and acceptance of a Site Plan for White Birch Agency, Owner: Ronn Robb, LLC, Assessor's Map G, Lot 3, A, B, and C, located at 80 Industrial Park Drive. Proposed to install a 2,500' of additional parking, additional storage, and additional parking.
5. STAFF COMMENT
6. MEMBER COMMENTS
7. ADJOURNMENT

*Notice that if the application is accepted for decision, the public hearing will be held the same evening. Notice that some hearings will be continued from one meeting to another and some may be postponed. There is only a partial description of the proposed and final design, review with questions or wishing to see the plans are invited to visit the Planning Office, located through the Planning Office from 8:00 am to 4:00 pm and Friday 8:00 am to 4:00 pm or email: Dover.Planning@ci.dover.nh.us. You may also view materials at www.ci.dover.nh.us. Follow us on Twitter: @DoverNHPlanning and Facebook at <https://www.facebook.com/DoverNHPlanning>. The public is encouraged to have comments or address by meeting. Comments should be submitted to Planning Board, 288 Grand Ave, Room 224, City Hall, 288 Grand Ave., Dover, NH 03820. Meetings must be received no later than 4 pm, the day of the meeting and should identify the name and phone address of the person having the message regarding the comments.



DONNA BENTON
PLANNING DIRECTOR

On the Agenda: Planning Board, 10/11/2022

**Commission,
October 11, 5:30 p.m.**

The Conservation Commission will hold a regular meeting on Tuesday, October 11, 2022, beginning at 5:30 p.m., in the Council Conference Room, City Hall.

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

**Planning Board,
October 11, 7 p.m.**

The Planning Board will hold a regular meeting on Tuesday, October 11, 2022, beginning at 7 p.m., in Council Chambers, City Hall.

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

**City Council,
October 12, 7 p.m.**

The City Council will hold a regular meeting on Wednesday, October 12, 2022, beginning at 7 p.m., in Council Chambers, City Hall.

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

**Planning Board
Technical Review
Committee,
October 13, 10:30 a.m.**

The Planning Technical Review Committee will hold a regular meeting on Thursday, October 13, 2022, beginning at 10:30 a.m., in Council Conference Room, City Hall.

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/>.

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, Oct. 11, 2022. The video can be viewed by clicking the image above or <https://dovernh.viebit.com/player.php?hash=Q9cZR6x1n1As>.

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 and select Dover Planning Review.



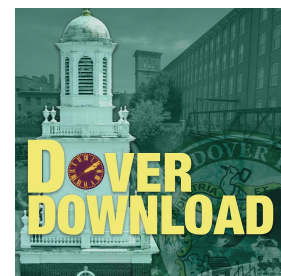
**Missed the meeting?
Catch it again online**

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 to begin watching meetings on demand. Online meetings are organized by agenda item for convenience.

**Dover Download podcast: Your guide
to what's happening this week**

In addition to each week's email edition of Dover Download, the City of Dover offers a weekly podcast. The podcast is hosted by Deputy City Manager Christopher Parker, who chats each week about the city's programs, services, public bodies and projects. Each episode also takes a brief detour to the past with a look back at the week in Dover's history.



The podcast is now available wherever you get your

This week in DOVER HISTORY

The following events are from a variety of 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](#).

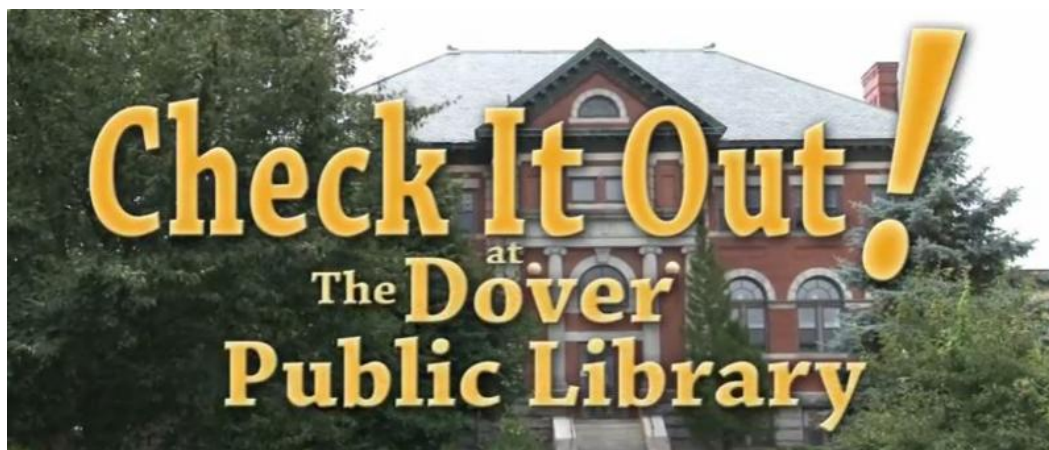
Oct. 9, 1804 — A most violent and destructive storm occurred, occasioning the loss of many vessels and lives on the coast, including in Dover. The weather was so cold that farmers lost large quantities of potatoes by being frozen in the ground. The snow was greatly drifted and much of it remained by the side of fences until April 1805.

Oct. 10, 1854 — The mills of the Cocheco Manufacturing Co. suspended operations due to the scarcity of water. The streams and rivers were the lowest in many years.

Oct. 13, 1855 — The Piscataqua Ferry Company for carrying passengers from Dover Point to Newington was organized with capital of \$2,000.

Oct. 11, 1883 — The New York Times reports, under the headline, "A Draw After Forty-Nine Rounds," that a prize fight between "Denny" Cannon of Dover and Dennis Delaney of Biddeford, Maine, lasted 49 rounds, during a match in Farmington. The one hour and 40-minute fight was called a draw after the crowd of 300 was frightened away by police. The Times states that "both men were badly punished, and had to be carried away by friends."

Oct. 9, 1999 — More than 100 people attend the 21st annual Dover Heritage Walk, despite the rain. The walk, which focused on Dover's history, focused on the neighborhoods of Arch, Silver, Lexington, Washington, Richmond, and West Concord streets. Many of the houses on the tour were built from the mid-1870s to the 1900s, said Cathy Beaudoin, a volunteer with the now-defunct Dover Heritage Group and former library director, who was then on her 20th Heritage Walk. One of the oldest houses in the neighborhood was located at 114 Silver St., dating back to 1760-1780. It was originally occupied by N. Watson, a farmer who ran a tavern out of the home.



October VIRTUAL Cookbook Club

Join us for a virtual exploration of *Half Baked Harvest Super Simple* by Tieghan Gerard. Throughout the month of October, 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 or tag us on Instagram @doverpubliclibrary.

Monday, October 10 Library Closed Indigenous Peoples' Day

Tuesday, October 11, 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, October 11, 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 two hours of adventure, imagination, and strategy. The group will meet every Tuesday night, though you do not need to have attended previous sessions to enjoy your first game. No experience or materials are required, and all skill levels are welcome to play.

Wednesday, October 12, 10 to 10:30 a.m.

Family Storytime

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

Wednesday, October 12, 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 *I Live a Life Like Yours* by Jan Grue. Pick up a copy at the front desk or listen to it as an audiobook through Hoopla

Wednesday, October 12, 6 to 7 p.m.

Teen Advisory Board

The Teen Advisory Board is a group of 7 - 12 graders who are interested in shaping the library's programs and services aimed at middle and high-school students. Members attend monthly meetings to share their ideas, help to plan future events/ services for teens and work toward making the library a teen-friendly space.

Thursday, October 13, 10 to 10:45 a.m.

Arts and Crafts Storytime

For children ages 3-6, each session focuses on a different theme. Books, songs, rhymes, and art activities will all be part of the fun. Registration required.

Thursday, October 13, 6:30 to 7:45 p.m.

A Recipe for Success: Finding women Through Community Cookbooks

Community and church cookbooks are treasures that give us a glimpse of female groups. Besides providing delicious treats, these recipe books can also be a springboard to genealogical adventure. Join Erin E. Moulton as we traipse over recipes in search of clues to unlock the stories of our female ancestors. Registration required.

Friday, October 14, 10 to 10:30 a.m.

Shake Your Rattle and Roll, Baby!

This program is for babies and toddlers-2 years. Dance to silly songs, sing rhymes, count to 5 with puppets and rock out with drums and instruments. Featuring a different genre or musical artist each week.

Saturday, October 15, 2 to 3 p.m.

STEM Saturday: Build a Pumpkin Battery

Kids in grades 1 and up are invited to make a battery out of pumpkins! All supplies will be provided.



Dover Adult Learning Center offers Reiki, fashion history, and calligraphy workshops

Interested in Reiki? Dover Adult Learning Center is offering two introductory workshops. Sign up here: <https://www.doveradultlearning.org/events/intro-to-reiki-october/>

You can learn a lot about a time period by studying the fashion of the era. This online class at Dover Adult Learning Center studies history through fashion. Join DALC here: <https://www.doveradultlearning.org/events/costume-history-studying-history-through-fashion/>

Learn to create beautiful lettering on cards, notes, and gifts in this brush calligraphy workshop at Dover Adult Learning Center: <https://www.doveradultlearning.org/events/brush-calligraphy/>



Fall leaf collection begins later this month

The City of Dover 2022 fall leaf collection will take place on the following weeks:

- Oct. 24-28
- Oct. 31-Nov. 4
- Nov. 7-12
- Nov. 14-18
- Nov. 21-26
- Nov. 28-Dec.2

Bagged leaves will be picked up on the same day as trash and recycling. Leaves must be placed curbside in biodegradable paper leaf bags. No brush will be accepted. Paper bags can be purchased at your local hardware or home improvement store.

Grass clippings, leaves, brush and yard waste are also accepted at the Recycling Center during regular operating hours, Tuesday, Thursday and Saturday, 8:30 a.m. to 3:30 p.m.

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

Dover400 reveals new ornament

Dover400, a committee of residents organizing Dover's 400th anniversary, has unveiled its fourth design of a five-piece collector's set of ornaments in celebration of Dover's 400th birthday. Produced by Hampshire Pewter, this souvenir features Dover's Cochecho Falls in the early 1890s.

The Falls are the iconic natural landmark of Dover and have always been the center of activity.



"We hope this year's ornament will cause you to reflect on the wonderful 400-year history of our community," said Sam Allen, Dover400 Board of Directors.

Annually leading up to 2023, a new design is released, each featuring a distinguished piece of Dover history and culture. Prior ornaments have featured Dover's famed Garrison Hill Tower, built in 1913; the beloved landmark, Damn Garrison House; and the 100-year-old Central Fire Station.

Ornaments can be purchased in person for \$20 at Dover City Clerk's Office, the Dover Chamber of Commerce, or the Dover Library. The group will also have ornaments available at its table during Apple Harvest Day, on October 1, 2022.

Dover400 is currently underway with several fundraising initiatives: \$400 for 400, a campaign seeking \$400 from 400 people; The 1623 Society, a special opportunity to recognize direct ties to Dover with a donation of \$1,623; and selling branded merchandise and promotional items.

For more information about the collection, or to become a sponsor, volunteer or donate, please visit www.Dover400.org.

Dover Rotary to hold mobile document shredding event this Saturday

On Saturday, Oct. 8, 2022, the Rotary Club of Dover will host a mobile shredding event from 9 a.m. to noon at St. John's Methodist Church, 28 Cataract Ave., in Dover.

The event offers shredding for the community in partnership with New England Security Shredders, LLC.

Proceeds from the event supports Dover High School's Interact Club and its efforts to help 15 girls attend school through Heifer International, a global nonprofit working to eradicate poverty and hunger through sustainable, values-based holistic community development.

While there is no cost, the Rotary Club is asking for a suggested donation of \$5 per bag or \$10 per box to help support community philanthropy. Please make sure bags or boxes of documents do not contain plastic, plastic bags, batteries, cardboard or metal, except for staples and paper clips.

For more information, contact Melissa Lesniak at 603-475-7476, Cate Rafferty at 603-498-6551 or Meg Keil at 603-984-7417.

Pregnancy and infant loss remembrance ceremony at Pine Hill Cemetery on Oct. 15

Wentworth-Douglass Hospital will host a remembrance and dedication ceremony on Saturday, Oct. 15, at 6 p.m. at the Children's Memory Garden at Pine Hill Cemetery to honor children who died during pregnancy or as infants. The theme of this year's event, held on Pregnancy and Infant Loss Remembrance Day, is "I See You In My Dreams."

Families coping with all types of perinatal loss are invited to gather for support and community. You will have an opportunity to decorate a luminary bag in honor of your loss, followed by a lighting ceremony. Children are welcome, and art and music therapists will be available to engage guests. There will be light appetizers and time to connect with others.

The event will also include the dedication of new Children's Memory Garden at Pine Hill Cemetery, made possible by Jasper's Heart, a non-profit organization that supports those who have experienced the loss of an unborn, stillborn or soon-after birth child.

Attendees are encouraged to bring a lawn chair or blanket to sit on, insect repellent and a sweater or jacket. Please note: there is no restroom available in the cemetery, so plan

accordingly.

Please register for the event for the free event at <https://seeyouinmydreams.eventbrite.com>. In the case of rain, the event will be held online via Zoom; The organizer will email registered attendees if the event is canceled with a link to attend virtually.

Directions: Enter East Watson Street from its intersection with Central Avenue. Follow East Watson Street until you see a chain link fence on the right. Enter the cemetery at the fence opening and follow the signs/balloons past the large monument, keeping to the right until the road's end. The Memory Garden will be on the right. Park anywhere along the route.



Electricity, fuel and rental assistance available through Community Action Partnership of Strafford County

Community Action Partnership of Strafford County (CAPSC) provides financial assistance to those who qualify for electricity, fuel and rental bills. If a client was denied before, CAPSC encourages them to apply again, as program parameters may have shifted.

Eligible clients may receive a discount on their monthly electric bill, from 8% to 76%, and/or an additional fuel benefit depending on gross household income and household size. Earlier this month, the state legislature allocated \$35 million for a new emergency energy assistance this fall and winter to New Hampshire residents earning from 60% to 75% of the state's median income. Households that do not fall into the traditional fuel assistance program are eligible for the new program. The income requirements for all programs are based on the number of people in a household.

- Household of one: \$38,970 to \$48,711
- Household of two: \$50,960 to \$63,699
- Household of three: \$62,951 to \$78,688
- Household of four: \$74,942 to \$93,676
- Household of five: \$86,932 to \$108,634
- Household of six: \$98,923 to \$123,653
- Household of seven: \$101,171 to \$126,463
- Household of eight: \$103,420 to \$129,274

The state has not yet implemented the program, but CAPSC urges those who are eligible to

apply for the Low Income Home Energy Assistance Program (LiHEAP). If clients are determined to be over the income requirements for that program, CAPSC will have their information ready when the state's expanded emergency energy assistance program is finalized. Those who are below the above income requirements would be eligible for regular assistance and should also apply for LiHEAP.

Strafford County residents seeking to apply for assistance should set up an appointment via CAPSC's online scheduler at https://straffordcap.itfrontdesk.com/apptonline/landing.html?client_code=STRAFORD. The appointment scheduler includes all the information clients need to bring to qualify for assistance.

Detailed information about available programs is available at the CAPSC website <https://straffordcap.org>, including:

- Fuel assistance (LiHEAP): <https://straffordcap.org/fuel-assistance/>
- Electric assistance: <https://straffordcap.org/electrical-assistance/>
- Rental assistance: <https://straffordcap.org/our-services/housing-homeless-outreach/housing-nherap/>

For more information, contact CAPSC at 603-435-2500.

Dover Middle School 5K race serves as annual fundraiser

The Dover Middle School Parent Teacher Association is pleased to announce the return of its annual fundraiser, the DMS Pumpkin Dash 5K will be held on Sunday, Oct. 23, 2022, at Dover Middle School, 16 Daley Drive, in Dover.

The race begins at 8:30 a.m. and winds through an official USA Track and Field certified course. Part of the Dover Race Series, the DMS Pumpkin Dash 5K will award prizes to the overall top male and female, as well as the first and second place male and female finishers in the nine age categories.

Registration is \$20 for adults; \$10 for ages 14 and under; and a special \$5 registration fee is available for all Dover Middle School Students. The first 200 registered participants will receive a complimentary event T-shirt. Visit <https://raceroster.com/events/2022/63990/dover-middle-school-pumpkin-dash-5k> to register.

Sponsor and volunteer opportunities are available.

For more information, please contact the race director, Kimberly Alexander, at kimberlyp.alexander13@gmail.com or 603-320-0332.

**REGISTRATION
NOW OPEN!**



THANKSGIVING DAY (11/24) 5K at 8:30am

PLACE: Shaw's Lane, Dover, NH
ENTRY FEE: \$25; \$12/Grade 4 & under
ON RACE DAY: \$30; \$15/Grade 4 & under

www.doverturkeytrot.com

Dover Turkey Trot returns this Thanksgiving

The annual Dover Turkey Trot is now open for registration.

This 5k road race on Thanksgiving morning, Nov. 24, is designed for runners and walkers of all ages and abilities. The Dover Turkey Trot is the final race of the Dover Race Series and Garrison School's largest fundraiser.

Sign up family, friends and children and make the Dover Turkey Trot a Thanksgiving morning tradition.

For more information, visit www.facebook.com/doverturkeytrot and www.doverturkeytrot.com to register.

Dover Holiday Parade seeks volunteers, sponsors and participants

Cochecho Friends, a local volunteer organization, is organizing the 2022 Dover Holiday Parade, the theme of which will be, "Holiday Countdown to Celebrating our Past, Present, and Future."

The parade will be held on Nov. 27, the Sunday after Thanksgiving. The parade organizing

committee, which has been meeting since spring, seeks volunteers to help prepare for this year's event, including in the days leading up to the parade. Volunteers are needed to assist with safety, fundraising/sponsorship, and logistics, and to fill other committee positions. Parade organizers are also seeking marching bands, along with commercial and non-profit groups, youth organizations, and other parade participants.

To volunteer or for more information, contact Lori Nollet at CochechoFriends@gmail.com or Dennis Shanahan at d.shanahan@dover.nh.gov.

Additional information about the parade, including participant, sponsor and volunteer information, can be found at <https://cochechofriends.com/>.

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:

- **Police Officer**
- **Public Safety Dispatcher**
- **Assessing Technician**
- **Deputy Tax Collector**
- **Account Clerk II**
- **Lifeguard**
- **Swim Instructor I**
- **Parking Enforcement Officer**
- **City Planner**
- **Arena Attendant**

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

