

## CITY OF PORTSMOUTH



# City Newsletter: Monday, October 3, 2022

**TONIGHT! CITY COUNCIL MEETING MON OCT 3 at 7 pm** – In-person in Council Chambers and via Zoom. Go to Agenda and Zoom registration: <https://tinyurl.com/4sk6v7un>

**CITY FACILITIES CLOSED MON OCT 10 FOR INDIGENOUS PEOPLES DAY.**



**OCTOBER IS DOMESTIC VIOLENCE AWARENESS MONTH** – HAVEN, our local safe space and victims' advocate reminds us that one in every 3 women and one in 4 men is abused in their lifetimes. Their **"Changing Lives" event takes place Oct 13**, featuring Jenny Johnstone, sister survivor and retired USA gymnast. Tickets at: <https://havennh.org/events/> HAVEN is NH's largest crisis center working to prevent sexual assault, domestic violence and stalking, and to support and empower women, men, youth and families to heal from abuse and rebuild their lives. HAVEN advocates are available for free and confidential support 24-hours a day at **1-603-994-SAFE (7233)**.

**"UNDERSTANDING AND PREVENTING HATE-BASED ACTIVITY" MON OCT 3, 6-8 PM AT KITTEERY STAR THEATRE AND ONLINE THURS OCT 6, 6-8 PM** – Free and open to anyone who registers. Organizations involved include Granite State Progress, the New Hampshire Council of Churches, New Hampshire Listens, United Against Hate on Seacoast, local school districts, police departments in Kittery, Portsmouth, South Berwick, Ogunquit, Dover and from the University of New

Hampshire. Registration is required for both. For the in-person session TONIGHT, go to: <https://tinyurl.com/35v4843r>  
For the online session Thurs Oct 6, go to: <https://tinyurl.com/3a89aakd>

**NHDOT LANE CLOSURE THIS WEEK AT SPAULDING TURNPIKE (RTE 16) TOLL BOOTH** The NHDOT has begun roadway milling and paving operations in the area of the Dover Toll Plaza. The work will require temporarily lane closures at night for at least one week.

**NOAA HEARING ("SCOPING SESSION") ON RIGHT WHALE RISK REDUCTION PLANS, WED OCT 5, 6-9 PM, PORTLAND ME** – The goal is to collect public input on modifications to the Atlantic Large Whale Take Reduction Plan to reduce the risk of death and serious injury caused by U.S. commercial fishing gear to endangered North Atlantic right whales in compliance with the mandates of the Marine Mammal Protection Act. NOAA is seeking comments from all U.S. commercial fisheries regulated by the Plan (U.S. East Coast gillnet, Atlantic mixed species trap/pot, and Mid-Atlantic and Northeast lobster and Jonah crab trap/pot fisheries) on how to reach a 90% minimum risk reduction needed to bring mortality and serious injury below the potential biological removal level. In-person at **University of Southern Maine's Abromson Community Education Center Hannaford Hall, 88 Bedford St Portland, Maine**. Comments provided at the meeting will be recorded. Written comments: You may also submit comments through the online portal, Regulations.gov. Deadline is October 11, 2022. While there will be more opportunities to speak to NOAA on the record regarding future rules, this will be the only face to face opportunity for you to provide input on the development of potential measures and speak to potential measures, and how they will impact your business, family and community. **NOAA can only consider measures that are identified through this scoping process.**

### ROAD WORK UPDATES:

- **HYDRANT FLUSHING STARTED SEP 19 AND CONTINUES FOR 5-6 WEEKS. SELECT AREAS ONLY DUE TO THE DROUGHT**
- **WOODBURY AVE. & GOSLING RD. INTERSECTION LANE CLOSURE FOR THE NEXT MONTH – One of the two left-hand turn lanes from Woodbury to Gosling.**
- **UNION ST. GRINDING TUES OCT 4, PAVING WED OCT 5**

- **GATE ST. RESET SIDEWALKS STARTING MON OCT 3**

**STATE ST. SIDEWALKS PROJECT, MON OCT 3 & TUES OCT 4 SETTING CURB** –Construction from Columbia Street to 683 State Street (near Summer St). Work includes roadway repaving and sidewalk replacement using both brick and concrete. **Work hours are Mon-Fri, 7 am to 5 pm with no parking in the marked work zone.** Those who park on the street should move their cars by 7 am or risk being towed. Sidewalk removal and replacement work is expected to take 6 weeks.

**SAGAMORE AVE SEWER EXTENSION CLIFF RD. & WALKER BUNGALOW. PAVING THE OTHER LANE OF SAGAMORE AVE. RESCHEDULED (TBD) DUE TO WEATHER -**  
 - During construction travel on the streets will be limited, intermittently, to a single lane of alternating one-way travel Mon-Fri between 7 am and 6 pm. Go to the [Sagamore Ave. Project page](#) for more information.

**PEIRCE ISLAND TRAIL FENCE WORK THIS WEEK** -- Work on the waterfront fence adjacent to the treatment plant) continues. Construction personnel and equipment in the area.

**HANOVER GARAGE PROJECT SCHEDULE** –  
**The contractor continues to install panels to reduce noise and dust. Noise expected from concrete sawcut and demolition thru Oct 14. Column demolition Oct 6 & 7.** Work takes place between 8 am and 5 pm, Mon-Fri. Subscribe to the weekly emails and submit questions on the Hanover Garage Project page. <https://tinyurl.com/5n85cuiv>  
**HANOVER GARAGE FAQs:**  
 Q. What is the **work schedule** for the project?  
 A. **Construction schedule updated weekly:**  
<https://tinyurl.com/uv9mcbs2>



**INDOOR POOL REOPENS WED OCT 5**

FITNESS · ENRICHMENT · ARTS · ATHLETICS  
**PORTSMOUTH**  
 RECREATION DEPARTMENT

**OPEN GYM HOURS**

COMMUNITY CAMPUS  
 SATURDAYS, 8AM-4PM  
 STARTING OCTOBER 1ST

CONNIE BEAN CENTER\*  
 SUNDAYS, 11AM-4PM  
 OCTOBER 9TH

FAMILY OPEN GYM  
 TUESDAYS, 3PM-5:30PM  
 OCT 18-NOV 8 @ CAMPUS

WOMEN'S PICK UP  
 TUESDAYS, 6PM-8PM  
 OCT 18-NOV 8 @ CAMPUS

\*VARYING WEEKDAY OPEN COURT WILL ALSO BE AVAILABLE. CHECK THE CONNIE BEAN WEBSITE FOR UPDATED SCHEDULES.



**WORK WITH THE CITY OF PORTSMOUTH!**  
 Latest opening is: Arborist Technician. For details go to: <https://tinyurl.com/5db3n8x9>

**LEGAL RESEARCH DATABASE NOW AVAILABLE AT PORTSMOUTH PUBLIC LIBRARY** -- Portsmouth Public Library now offers Westlaw Public Access, a comprehensive legal research database designed especially for use in government, law and public libraries. Westlaw access is provided through a partnership with the New Hampshire Law Library, the state's only public law library. Portsmouth is just the third public library to partner with the Law Library.

**SUICIDE PREVENTION HOTLINE LOCAL CONTACTS** -- **Recent tragedies in Portsmouth prompt the City to remind everyone:** If you need help, **please call or text the Suicide Hotline Number AT 1-833.710.6477 or reach out to nh988.com.** PLEASE NOTE that the new federal 988 system routes callers to the crisis center closest to their area code, not their physical location. So, if your phone is not an area code 603 number you should call the New Hampshire crisis center directly for immediate help.

## NH DHHS EXPANDS ELIGIBILITY FOR MONKEYPOX VACCINE

-- The New Hampshire DHHS has expanded monkeypox vaccine eligibility criteria to make it easier for people at risk for monkeypox to be vaccinated, and to make it easier for healthcare providers to vaccinate patients they believe are at risk. Those now recommended to get the 2-dose vaccine series include:

- Any person who identifies as gay, bisexual, queer, or is a man who has sex with men (MSM) and believes they are at risk for monkeypox virus infection.
- A person of any gender or sexual orientation whom a medical provider thinks is at increased risk for monkeypox virus infection.
- Persons who report in the prior 14 days a known exposure to the monkeypox virus.

Vaccination locations can be found on the [website](#), or contact your healthcare provider. Anyone experiencing [monkeypox symptoms](#), should isolate and call their healthcare provider or call (603) 271-4496.

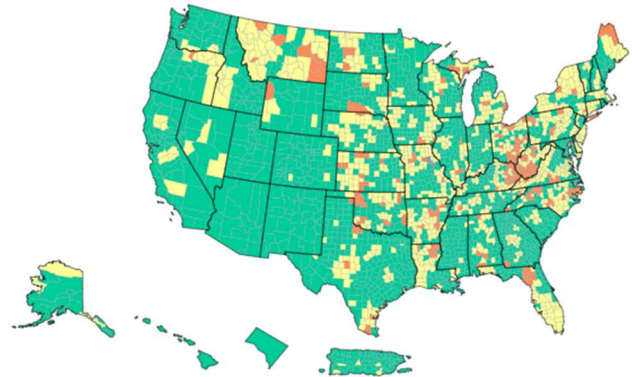
## GO TO UPDATED FAQs ON THE “FALL COVID-19 BOOSTER VACCINE”

<https://tinyurl.com/4smxnj7>

## CURRENT CDC GUIDANCE ON COVID-19

- Stresses the importance of being [up to date with vaccination](#) to protect against serious illness, hospitalization and death.
- Recommends against quarantine for anyone exposed to COVID-19. Instead: wear a high-quality mask for 10 days and get tested on day 5.
- Recommends those who have, or suspect they have, COVID-19: stay home for at least 5 days, isolate in your household and wear a mask when around others (through day 10 if you tested positive). You may end isolation when:
  - If tested, you receive a negative test result and
  - If after 5 days you are fever-free for 24 hours without the use of medication, and your symptoms are improving, or you never had symptoms,
  - If you have contact with people who are more likely to get very sick from COVID-19 that you isolate from them until at least day 11.
- Recommends those who experience [moderate illness](#) (shortness of breath or had difficulty breathing) should isolate through day 10.
- Recommends those who had [severe illness](#) or have a weakened immune system should consult a doctor before ending isolation.

- Recommends that if symptoms worsen after ending isolation, start another 5 days of isolation.
- Discontinues screening tests for asymptomatic people without known exposures



**TRAVELING? KNOW BEFORE YOU GO WITH CDC TOOL FOR ASSESSING COMMUNITY RISK (ROCKINGHAM COUNTY LISTED AS “LOW”) -- CDC recommends using its online COVID-19 tracker: <https://tinyurl.com/57p5j3ba>** based on hospital beds being used, hospital admissions, and the total number of new COVID-19 cases in an area.

## MORE COVID-19 BOOSTER SITES

**AVAILABLE! Find locations offering the new booster by going to the interactive map at [vaccines.gov](#)** NH DHHS advises that everyone over 12 who completed the primary series vaccination 3 months ago or more should receive the new bivalent boosters. By receiving the booster (and this year’s flu vaccine) you may help blunt the expected winter surge and demand on healthcare providers. The boosters are based on clinical research with the BA.1 bivalent vaccine, conducted in humans and were found to provide increased protection against severe disease and broader protection against existing and anticipated variants.

**PORTSMOUTH ARTS & NONPROFITS COMMITTEE SEEKING VOLUNTEERS FOR NEW CULTURAL PLAN SUBCOMMITTEE –** Go to details and link to application form: <https://tinyurl.com/yk2tcz7w>

## Frequently Asked Questions:

**Q: I’m not a Portsmouth resident, can I apply to be a part of the Cultural Plan committee?**

A: Yes. When completing the application, where you’re asked how long you’ve been a resident, please detail your connections to the city’s arts & cultural community, i.e. business owner, work with arts/cultural nonprofit, etc.

**Q: How long will the group meet to complete the Cultural Plan?**

A: The committee will begin meeting this fall and complete the work by December 31, 2023.

## Q: How often will the group meet?

A: The main Cultural Plan Committee will meet monthly, and possibly shift to more frequent meetings as needed. There will also be subgroups of the committee who will set their own schedules and report back to the main committee.



**RECREATION DEPARTMENT ANNOUNCES FALL PROGRAMS – Print copies now available at Recreation Facilities or for the online version go to: <https://tinyurl.com/34r6yxes>**

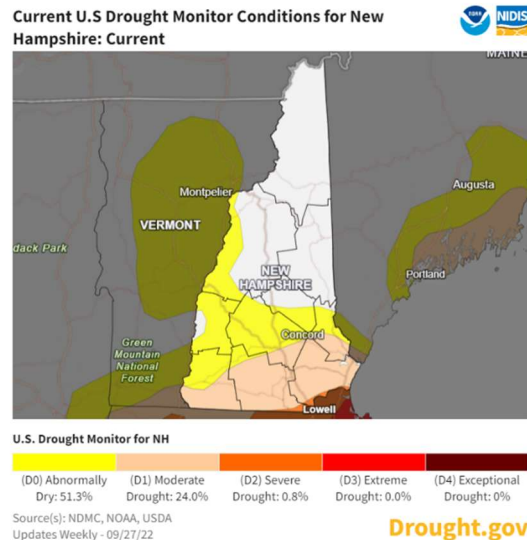


**SAVE THE DATES:  
PORTSMOUTH REC DEPT FALL FAMILY FUN FEST SAT OCT 29, 11 AM – 2 PM. Free at the Athletic Fields on Campus Drive.**

**PORTSMOUTH HALLOWEEN TRICK OR TREATING HOURS – SUN OCT 30, 4-7 PM**

**PORTSMOUTH SENIOR ACTIVITY CENTER PHOTOGRAPHY SHOW THRU OCT 14, 9 AM – 3 PM** -- “Photos from Afar” features work by Peter E. Randall, Robert Ortiz, Dave Turbide, Pat Kennedy Corlin, Debra Woodward, Judy Arnold, Carol Van Loon, Susan Sweetser Bank, Corinne Kubelka Wood, David Random and Bobbi Slavin. Free and public.

**PORTSMOUTH NH 400 SEEKING STORIES FOR COMMEMORATIVE BOOK** -- Short essays of 400 words or less are welcome. Anyone who wants to participate in the Commemorative Project should submit a story of 400 words or less, as a Word document or link, in an email to [Stories.PNH400@gmail.com](mailto:Stories.PNH400@gmail.com) Submissions will be reviewed for accuracy and edited for length and content. The deadline is November 1, 2022.



**PORTSMOUTH WATER SUPPLY UPDATE** -- As of September 21, the U.S. Drought Monitor for the state of New Hampshire continues to report "severe drought" conditions

<https://www.drought.gov/states/new-hampshire> around the Seacoast region of New Hampshire. While the drought report prompted other communities to put watering restrictions in place, **the City of Portsmouth and Pease Drinking Water Systems ask water customers to be as efficient as possible when using our precious water resources. NOTE: Portsmouth Water System customers in RYE must comply with that town's watering restrictions.** City Water operations staff continue to track and update conditions. For additional information visit: <https://tinyurl.com/2p88pcu4>

**FREE TEST KITS BY MAIL** -- Order free at-home COVID-19 tests from the Federal government website: <https://www.covidtests.gov/> which also offers 'how to test' instructions. **NH SOURCES FOR FREE AT-HOME TESTING KITS** – To order a free kit, visit: <https://learn.vaulthealth.com/nh/>

**BOOSTERS FOR HOMEBOUND INDIVIDUALS WILL BE AVAILABLE AGAIN IN OCTOBER** –On-Site Medical Services, the company contracted by NH to provide homebound boosters, will be setting up new reservations soon at [603-338-9292](tel:603-338-9292) .

## WEEKLY FREE LUNCH REMINDERS:

- **Middle Street Baptist Church** – Seacoast Community Lunch brown bag lunches from the parking lot (18 Court St.), 12 noon to 1 pm on Wednesdays. For more information call 603-436-2337 or email [lunch@middle.st](mailto:lunch@middle.st)

- **St. John's Church** -- Common Table bag lunch pickup in the St. John's parking lot (100 Chapel St.) Thurs, 12 noon to 1 pm.

**GATHER COMMUNITY MARKET, FRIDAYS, 10 am – 1 pm** – A FREE food market for all. No paperwork. No ID. No one is ever turned away. Located at the NH National Guard building, 801 McGee Drive in Portsmouth.

**STATE AID CREDIT ON ELECTRIC BILLS** -- The NH Legislature has approved allocating \$35 million to NH residents earning from 60% to 75% of the state's median income (\$75,000 to \$93,000 per year for a family of four). Those who are eligible and apply will get \$200 credits on their electric bills and \$450 for heating assistance. Residents with incomes below that threshold already are also eligible for other funds. You must apply through one of these Community Action Program agency to receive the assistance.

**Rockingham County**

- Derry (603) 965-3029: (Derry toll free 1-855-295-4105)
- Salem (603) 893-9172 (Salem toll free 1-800-939-9172)
- Portsmouth (603) 436-3896 (Portsmouth toll free 1-800-639-3896)
- Seabrook (603) 474-3507 (Seabrook toll free 1-800-979-3507)
- Raymond (603) 895-2303 (Raymond toll free 1-800-974-2303)

**ENERGY EFFICIENCY TIPS AND PAYMENT HELP** – On Aug 1, New Hampshire electric supply rates increased to more than double last August's supply rate. This significant rate increase is due to record-high natural gas prices and the global economy. Natural gas is the primary fuel for generating electricity in the region **Help is available for customers who need it.** Regardless of financial need, customers are eligible for various payment programs and are urged to call Eversource at 844-273-7760 or visit [Eversource.com/billhelp](https://www.eversource.com/billhelp) to find the right plan for them. To learn about the many energy saving programs available, visit [Eversource.com](https://www.eversource.com).



**HOMEOWNER ASSISTANCE** -- In addition to the NH Emergency Rental Assistance Program, there is a program for NH homeowners who are struggling to pay their mortgage, property taxes and other home expenses, and utilities. For more information, go to: <https://homehelpnh.org/homeowners>

**EMERGENCY RENTAL & UTILITIES ASSISTANCE** – The [NH Emergency Rental Assistance Program](#) (NHERAP) provides funds to renters who cannot pay their rent and utilities during the pandemic. The program works with tenants and landlords. Program changes as of October 1, 2021:

- Households may qualify for assistance for past-due and future rent and utility payments for a period not to exceed 18 months.
- At least one person in the household must have qualified for unemployment benefits, had their income reduced, had significant costs, or had other financial hardship during the pandemic. Certain income requirements must be met.

**WHAT THE PROGRAM COVERS**

- Past-due rent including reasonable late and legal fees.
- Three months of future rent payments if needed for housing stability.
- Utilities, such as electricity, home heating costs, water, sewer, trash.
- Other housing-related costs such as internet and relocation expenses (including rental application fees, utility hook-up fees, and security deposits).
- Households may qualify for utility assistance even if they do not receive or need rental assistance.

For more information on how to apply for emergency funds available to renters in NH, click here: <https://www.capnh.org/covid19> The Consumer Financial Protection Bureau (CFPB) has also launched a tool (click here: <https://tinyurl.com/4hawaxf4>) that allows renters and landlords to find rental assistance programs in their area. Applications are handled through NH Community Action Partnership (CAP).

**PORTSMOUTH STANDS WITH UKRAINE** There are many recognized relief agencies responding to the humanitarian crisis in Ukraine. You might consider one of these: <https://tinyurl.com/2mtsejuh>

**CITY HALL FACEBOOK PAGE:** Like and follow us to get news as it's posted: <https://www.facebook.com/CityHallPortsmouthNH>

**Want to know more about what's happening in the City?** Click on the link below to sign up for the

City Newsletter and/or individual email lists  
for projects. <https://tinyurl.com/y2p67par>