

# STROLL<sup>®</sup>

Rye



what's below  
**THE  
SURFACE?**

Join these RJH  
Students on Page 23



Nothing compares to the way  
we tell your home's story.

Tate & Foss | Sotheby's  
INTERNATIONAL REALTY

566 WASHINGTON ROAD, RYE NH | 603.964.8028 | LIVESEACOAST.COM

## IMPORTANT PHONE NUMBERS

- 603-964-6411** Fire Department
- 9-1-1** Emergency
- 603-964-7450** Police Department
- 603-964-5522** (24-hour) Police
- 603-964-6281** Rye Recreation Office  
10 Central Rd. (mailing)  
55 Recreation Rd. (physical)  
Rye, NH 03870  
Hours: 8:00 a.m.-4:30 p.m., M-F  
Contact: Dyana Martin, Recreation Director
- 603-431-0959** Rye Recreation After School Program  
Held at Rye Elementary School
- 603-964-6815** Rye Recreation Area
- 603-964-5300** Public Works/Highway Dept.
- 603-964-5300** Recycling Center  
Hours: Tues.-Sat., 7:30 a.m.-3:45 p.m.  
Brush Dump: Tues. and Sat. only
- 603-436-9278** Rye Town Museum  
10 Olde Parish Rd. (P.O. Box 583)
- 603-964-8401** Rye Public Library  
Hours: M-F, 9-5; T, W, TH, 9-8; Sat., 9-3
- 603-964-5523** Rye Town Hall  
Hours: M-F, 8:00 a.m. to 4:30 p.m
- 603-964-5523** Board of Selectmen
- 603-964-5523** Administrator
- x111**
- 603-964-8562** Town Clerk
- x120**
- SCHOOLS**
- 603-436-4731** Rye Elementary School
- 603-964-5591** Rye Junior High
- 603-436-7100** Portsmouth High



strollmag.com

Delivering Neighborhood Connections  
© 2023 The N2 Company, Inc.

**AREA DIRECTOR** Randy Bamberger  
603-493-9147  
randy.bamberger@n2co.com

**PHOTOGRAPHERS** Frank Kennedy  
Clinton Frederick Miller MD  
Seacoast Science Center

**CONTRIBUTORS** Rye 400 Committee-Lewis Karabatsos  
Tara Knowles -Knowles Tree Service  
Seacoast Science Center-Karen Provazza  
Senior Serve-Gwen Putnam-Bailey  
Rye Lions -Michelle LaCount  
Rye Congregational Church - Peggy Scott  
Rye Historical Society- Ginna Macdonald  
Andy Richmond-Rye Public Library

**Here For You  
No Matter What.**

At True North Hearing, our expert hearing care providers have devoted their careers to caring for patients' overall hearing health, including preventing & treating hearing loss. We listen to your concerns, diagnose problems, & work to create customized solutions that fit your budget & lifestyle - now & tomorrow.

**Schedule an appointment today!**  
TrueNorthHearingCenters.com  
(603) 506-5218  
599 Lafayette Road, Suite 2  
Portsmouth, NH 03801



DISCLAIMER: This publication is also known as Rye, is owned by The N2 Company, and is not affiliated with or sponsored by any club, developer, or homeowners association. Articles and advertisements in this publication and opinions expressed therein do not necessarily reflect the views of N2 but remain solely those of the author(s) or advertiser(s). The paid advertisements contained within this magazine are not endorsed or recommended by N2.

# SPONSOR INDEX

This section is here to give our readers easier access when searching for a trusted neighborhood partner to use. Get to know the businesses that make this magazine possible. Please support them in return and thank them if you get the chance!

- |  |   |  |
|--|---|--|
| <p><b>AUTO DETAILING</b><br/> <b>Revolution Auto Salon</b><br/>                 (603) 373-0133</p> <p><b>CABINETS</b><br/> <b>Seacoast Cabinet</b><br/>                 (603) 431-3030</p> <p><b>COUNSELING &amp; THERAPY</b><br/> <b>Insights Group Psychological Services</b><br/>                 (603) 247-4191</p> <p><b>CUSTOM DRAPERY &amp; BLINDS</b><br/> <b>Budget Blinds</b><br/>                 (603) 431-3888</p> <p><b>DENTIST</b><br/> <b>Anchor Dental PLLC</b><br/>                 (603) 436-9908</p> <p><b>Piscataqua Dental</b><br/>                 (603) 431-4559</p> <p><b>EXCAVATION SERVICES</b><br/> <b>BCK Excavation</b><br/>                 (603) 294-3720<br/>                 bckexcavation.com</p> <p><b>FACIAL AESTHETICS</b><br/> <b>Piscataqua Dental</b><br/>                 (603) 431-4559</p> <p><b>FINANCIAL</b><br/> <b>Nvest</b><br/>                 (207) 985-8585</p> <p><b>Whole Wealth Management</b><br/>                 (603) 969-5083</p> <p><b>FINANCIAL ADVISORS</b><br/> <b>Edward Jones- Rosemarie Kountz</b><br/>                 (603) 601-4580</p> <p><b>FITNESS CLUB</b><br/> <b>FlightHouse Gym</b><br/>                 (603) 305-0652</p> <p><b>FITNESS/PERSONAL TRAINER</b><br/> <b>ATX Fitness Therapy</b><br/>                 (603) 200-4025</p> | <p><b>FLOORING/INSTALLATION</b><br/> <b>Precision Flooring</b><br/>                 (203) 396-1284<br/>                 precisionflooring.com</p> <p><b>FRAMING &amp; ART</b><br/> <b>D Pratt Framer</b><br/>                 (603) 964-9826</p> <p><b>Kennedy Gallery &amp; Custom Framing</b><br/>                 (603) 436-7007</p> <p><b>FUEL / OIL &amp; PROPANE</b><br/> <b>MacKenzie Fuels</b><br/>                 (603) 974-7571</p> <p><b>FUEL DELIVERY</b><br/> <b>NASS LLC</b><br/>                 (603) 812-3046</p> <p><b>FURNITURE</b><br/> <b>Hubbingtons Furniture</b><br/>                 (603) 664-2212<br/>                 hubbingtons.com</p> <p><b>FURNITURE/DECORATING</b><br/> <b>Seaveys Furniture</b><br/>                 (603) 334-6570<br/>                 seaveysmarketplace.com</p> <p><b>GENERATOR &amp; ELECTRICAL</b><br/> <b>Cote Electric LLC</b><br/>                 (603) 624-7970<br/>                 CoteElectric.com</p> <p><b>GENERATORS-SALE &amp; SERVICE</b><br/> <b>Philbrick's Generators</b><br/>                 (603) 778-1372</p> <p><b>GLASS/MIRRORS/SHOWERS</b><br/> <b>Glass Innovations</b><br/>                 (603) 260-3695</p> <p><b>HEALTH/WELLNESS</b><br/> <b>West End Wellness</b><br/>                 (603) 703-3643<br/>                 westendwellness.us</p> | <p><b>INTERIOR DESIGN</b><br/> <b>DMG Hardwoods</b><br/>                 (207) 606-0046</p> <p><b>ACCENT ON KITCHENS</b><br/> <b>Absolute Kitchen</b><br/>                 (603) 964-1771<br/>                 accentsonkitchens.com</p> <p><b>LANDSCAPE CONSTRUCTION</b><br/> <b>K &amp; K Landscape Construction</b><br/>                 (603) 570-8865</p> <p><b>LANDSCAPE DESIGNER/<br/>                 LANDSCAPE CONTRACTOR</b><br/> <b>Robinson's Landscape</b><br/>                 (603) 953-4588<br/>                 robinsonslandscapepllc.com</p> <p><b>LANDSCAPING</b><br/> <b>Exeter Land Contractor Inc</b><br/>                 (603) 231-2043</p> <p><b>O'Neill Landscaping</b><br/>                 (603) 430-8518</p> <p><b>MARTIAL ARTS- JIU JITSU</b><br/> <b>On-Site Family Martial Arts Center</b><br/>                 (603) 433-3179</p> <p><b>MOVING &amp; STORAGE</b><br/> <b>Turcotte Moving &amp; Storage</b><br/>                 (603) 601-7755</p> <p><b>PET SUPPLY/ GROOMING/ WASH</b><br/> <b>Mac &amp; Coopers</b><br/>                 (603) 380-1898</p> <p><b>PIZZA / SUBS</b><br/> <b>Jitto's</b><br/>                 (603) 205-2982<br/>                 jittosrestaurant.com</p> <p><b>PRINTING SERVICES</b><br/> <b>Minuteman Press of Exeter</b><br/>                 (603) 428-7510</p> <p><b>QUILTING &amp; SEWING MACHINES</b><br/> <b>Pintuck &amp; Purl</b><br/>                 (603) 418-7157</p> |
|--|---|--|

- REAL ESTATE**  
**Carey & Giampa Realtors**  
 (603) 964-7000
- Lexi Leddy Real Estate**  
 (603) 828-2601
- Ocean's Edge Real Estate**  
 (603) 601-0444
- Tate & Foss Sotheby's International Realty**  
 (603) 964-8028

- REMODELING**  
**Renaud Industries**  
 (603) 427-8688  
 renaudindustries.com
- ROOFING & GUTTERS**  
**J Carnes & Son Roofing**  
 (603) 686-7763
- SKINCARE SPA**  
**Skin Nectary LLC**  
 (603) 645-1984

- SPECIALTY MARKET**  
**Engrain Market**  
 (603) 205-3328  
 engrainkitchen.com
- TREE SERVICE**  
**Knowles Tree**  
 (603) 964-5803
- WELLNESS**  
**Restore Hyper Wellness**  
 (603) 696-6144  
 restore.com

## BE YOUR MOST CONFIDENT.

Partner With an Expert to Help Build Financial Strength

### WHOLE WEALTH MANAGEMENT, LLC

JEFFREY W. KEEFE, AIF®, Principal / Wealth Manager  
 200 Marcy Street  
 Portsmouth, NH 03801  
 (603) 766-8705  
 Get to know us at [www.wholewealthmanagement.com](http://www.wholewealthmanagement.com)

Securities offered through Commonwealth Financial Network®, member FINRA/SIPC, a Registered Investment Adviser. Advisory services offered through Whole Wealth Management, LLC are separate and unrelated to Commonwealth Financial Network.






## Let Us Take Care Of Your Next Outdoor Project

Start Your Project and Take \$500 Off Your Total Estimate!

☎ (603) 205-7777 Ext. #1  
 ✉ [casey@northatlanticland.com](mailto:casey@northatlanticland.com)



NORTH ATLANTIC  
— LANDSCAPE —

Capable, Committed & Community Centered

At North Atlantic Landscape, we're committed to helping you enjoy your outdoor space with peace of mind. That's why, no matter the size or scope, we're willing to design and build your dream project.

Call now to schedule your next project with us this Spring and you'll receive **\$500 off your estimate!**

We Can Design & Install:

- Patios
- Fire Pits
- Walkways
- Pond Installation
- Driveways
- Water Features
- Laid Stone Walls
- **AND MORE!**

## Sharing our Blessings with our Neighbors



God's love is a pure, selfless kind of love, which He gives to his followers so that they might extend it to others as well: from those in our community to those on the other side of the globe. One of the ways Rye Congregational tries to do this is by sending prayerful, financial support to two missionaries in Central Africa, and Eastern Europe, respectively.

A Missionary group that the Men's Bible Study has supported for many years is in Rwanda. The African Evangelistic Enterprise coordinated by Mrs. Icyishaka Marie-Josee cares for the children of Rwanda living in poverty. The AEE provides meals, health care and education for these children. The teachers and caretakers work to lift the people from spiritual and material poverty. The school becomes a family and a place of belonging for the children. Both the school and others of the Enterprise work to provide access to clean water and teach them about sanitation. The teachers also educate the families and the children about farming and raising animals for food sources. They partner with the Church to holistically transform the community by sharing in word and deed the Gospel of Jesus Christ.

Missionaries Bob and Nona Baker have long received contributions from Rye Congregational Church. Working in the mission group Global Grace, the Bakers work with the Roma people in Slovakia. The Roma people have lived a nomadic way of life in the past and do not have their state and are found in several European countries. Some of the Roma live in segregated communities in Slovakia with no electricity

or stable water supply. Most of those people have only basic education, are unemployed and face discrimination when they try to get jobs. The Baker's mission has been to help the poor by teaching the children and families to build emotional, intellectual, spiritual and financial resources in Jesus' name. They have developed relationships with the Roma and served as mentors and role models. Bill has worked with members of the parliament trying to change laws, but he believes that relationships change lives more than good laws. They have worked for welfare reform and have initiated concrete changes for the communities. Their work is most appreciated by the Gypsy population in Slovakia.

The congregation also sends financial aid to Church World Service, an organization that travels the world over to help immediately with disasters, clean water, and educational support.

Through Operation Christmas Child, Christmas shoeboxes are filled with gifts and are sent to needy children living all over the world. Along with the gifts, an opportunity to hear about Jesus is presented to these children and their families.

Several members of the congregation sponsor children in poor areas of the world through Compassion International. This sponsorship provides education, health care and food assistance with a Christian foundation.

RCC also helps with several local missions including Operation Blessing, Salvation Army, and Hampton Community Kitchen.



Sensei Harry Charache and his wife Jen



## ON-SITE FAMILY MARTIAL ARTS CENTER

603-433-3179

HONESTY · COURTESY · INTEGRITY · SELF CONTROL · PERSEVERANCE · INDOMITABLE SPIRIT

- Okinawan Karate
- JungKi Hapkido
- ChungSuk Kuhapdo
- Brazilian Jiu Jitsu
- Chinese Internal Arts
- Israeli Krav Maga

Join Our Family Today!

6A Robert Avenue, Portsmouth NH

[www.onsitefamilymartialarts.com](http://www.onsitefamilymartialarts.com)

## Mac & Coppers Pet Supply Outlet



Award Winning Grooming

BUY 12 BAGS OF DOG FOOD GET 13TH BAG FREE



FREE LOCAL DELIVERY

990 Lafayette Road, Portsmouth, NH  
 macandcoppers@gmail.com • 603-427-0055  
 Hours Mon - Sat: 8am - 7pm | Sun: 10am - 5pm

## GLASS INNOVATIONS

highest-quality service in the industry with a combined 50 years of experience



Residential & Commercial Shower Enclosures, Screen Enclosures, Exterior & Interior Glass Railings, Mirrors, Glass Tops, Patio Doors, Specialty Glass

603-260-3695 | [glassinnovationsme.com](http://glassinnovationsme.com)



PAINT CORRECTION  
 CERAMIC COATING  
 PAINT PROTECTION FILM  
 PORTSMOUTH NH & SEACOAST

We protect your Investment

9 Alden Avenue, Greenland, NH 03840

603-373-0133

Monday -Friday 9-5  
 by appointment.

Call for a FREE QUOTE



CERAMIC PRO<sup>®</sup>  
 NANOCERAMIC TECHNOLOGY

XPEL



Seacoast Cabinet  
 • THE VERY BEST IN CABINETRY •



WE INSTALL & OFFER FREE QUOTES

Seacoast Cabinet 603-431-3030

Cabinets: Dynasty - Kraftmaid - Homecrest - Wolf

Counter Tops - Laminate - Granite - Quartz - Corian

We Offer Free Quotes and Installs  
 129 Mirona Road, Portsmouth, NH  
[www.seacoastcabinet.com](http://www.seacoastcabinet.com)

Award Winning Designers

# DMG Hardwoods

DOMESTIC AND IMPORTED HARDWOODS

Live Edge Slabs | Decking | Shingles | Gifts | Commissioned Pieces  
16 WHITE BIRCH LN | YORK, ME | 207-606-0046 | dmghardwoods.com

**AUTO • HOME • HEALTH • BUSINESS**



**Advocacy • Choice • Trust**

Find one of 9 offices at [www.foyinsurance.com](http://www.foyinsurance.com)  
Exeter NH (603) 772-4781 • Dover NH (603) 410-5500



[www.exeterlandcontractors.com](http://www.exeterlandcontractors.com)

603-778-0005

RYE DRIFTWOOD GARDEN CLUB

## Adapt & Thrive: Gardening in Our Changing Climate

The Rye Driftwood Garden Club is excited to be kicking off its 2023-2024 season on Tuesday, September 19th with a presentation from Master Gardener, Michael (Mike) Koutelis.

September 19th at 10:00 am (9:30 am social ½ hour)  
Rye Congregational Church  
580 Washington Road  
Rye, NH 03870

Gardeners are on the front line as witnesses to the changes in climate that have been occurring in recent years. Later frosts in the fall, earlier planting times, heavier rain events, and longer stretches of drought. Mike Koutelis will provide a brief look at the science of climate change and the impact it has on our daily lives while also offering ideas about how we can adapt our growing strategies and habits to both reduce our impact on climate change and keep growing the plants we enjoy.

Along with several other Master Gardeners, Mike helped to rebuild the rain garden at the NH Audubon Massabesic Center in Auburn, NH. He has been involved in the energy/environmental field for over 30 years and considers sustainability as the key to understanding how we individually and collectively protect our ecosystems.

Gardening has become part of his connection to this effort, and he continues to expand his knowledge of gardening through the UNH Extension Master Gardener Program.

As our climate continues to change, we must figure out alternative methods to the way we garden. A delayed or extended flowering season can result from increasing temperatures. Shifting hardiness zones may make it easier to grow frost-sensitive plants while extreme rainfall in the winter can negatively affect growing bulbs or tubers since they rely on good drainage. One specific example in our area happened this past spring when we saw very few or no forsythia blooms. This was due to a mild winter and early thawing period which began to wake up these bushes. Then followed a period of freezing temperatures which damaged some of the tender buds, preventing them from blooming.

Taking steps to make our gardens more resilient while being open to pivoting as needed can make a significant impact on our growing seasons. A balance of adapting to climate changes and working out what is best in our microclimates are becoming necessary for successful



gardening. Learn how we can help our gardens thrive in the face of ongoing climate change by joining us on September 19th! The public is invited to attend this presentation. Non-club members are welcome for a suggested donation of \$5, which goes towards RDCG's Landscape Grants and Scholarships as well as future programs. Before the presentation, the Club has an enjoyable social half-hour at 9:30 am, which is a fantastic opportunity to get to know our members and get more information on RDGC's mission.

For more detailed program information, any changes to our schedule, or to learn more about Rye Driftwood Garden Club, please visit our website at: [www.ryenhgardenclub.org](http://www.ryenhgardenclub.org)

**Our Culture  
Is Our Strength**

**FLIGHT HOUSE  
GYM**

**PRIVATE TRAINING • ELITE OPEN GYM • GROUP FITNESS**

**HOURS:**  
Mon - Fri 4:30am - 9pm | Sat & Sun 7am - 5pm  
6 Airfield Dr. Rye, NH | 603.601.7195  
**JOIN TODAY**

## Celebrating Rye's Historic Homes

Over the past 400 years, our town's residential architecture has evolved from 17th-century colonial to 21st-century modern styles. Each one has a story that is part of who we are as a community.

As one of the final events of our 400th celebration, the owners of four historic homes and one barn are opening their doors to a limited number of visitors on Saturday, December 2, 2023, from 1:00 p.m. to 4:00 p.m. (last entry at 3:30 p.m.).

Decorated for the holiday season by leading area designers — Darcy Boyle, Cara Burzynski, Renee Carmen, Colleen Lake, Alisha Lavasseur, Kendra McCauley, Bridget Shannon and Suzanne Stone — the self-guided tour is an opportunity to not only enjoy the beauty of the season, but also learn more about the significance of these structures to our local cultural identity. Tickets go on sale, online only via Eventbrite, beginning Sunday, October 15, 2023.

The buildings include the:

- Marden/Parsons Homestead @ 520 Washington Road (c. 1757)
- William Trefethen House @ 540 Washington Road (c.1812)
- William Berry House @ 546 Washington Road (c. 1725)
- Dr. Charles F. Patterson House and Office @ 585 Washington Road (c. 1900)
- Simon Goss House Barn @ 1 Central Road (c. 1810)

After the tour, visit the Rye Town Museum, open for holiday shopping, and the Rye Congregational Church for "Holiday Tea" in Fellowship Hall.

According to Jean Briggs Badger, the Rye400 Tour Coordinator, "I wish to thank the homeowners for their generosity and hospitality, the designers for their vision and talent and the community members who have helped plan this event for the past year! It will be a magical day in Rye as we honor our past and celebrate our future."

Learn more about Rye's historic homes by researching the archives at the Rye Historical Society. Also, watch the YouTube video (<https://m.youtube.com/watch?v=U8VWeb0h-Gw>) for the Rye Advocates — formed by volunteers from the Rye Historical Society, Rye Heritage Commission, Rye Historic District Commission, and the Demolition Review Committee — who are working to preserve our historic buildings.

Be sure to keep up on Rye400 events @ <https://www.ryenh400.org/>, on Facebook and on Instagram (ryenh400). Questions? Email @ [ryenh400@gmail.com](mailto:ryenh400@gmail.com).



**Edward Jones** | [edwardjones.com](https://edwardjones.com) | Member SIPC

## Make your financial future a priority.

**Rosemarie Kountz**  
Financial Advisor  
1247 Washington Rd  
Unit 3  
Rye, NH 03870-2346  
603-601-4580

MKT-5894L-A-A1 AECSPAD

**West End Wellness** PLLC  
NATURAL HEALING SOLUTIONS

**Dr. Michael P. Blackman**  
(Doctor of Chiropractic and Certified Functional Medicine Practitioner)

**Janelle Sullivan** (BSc Nutrition and Wellness)

"Providing functional medicine and individualized whole food nutrition in Portsmouth, NH for the greater Seacoast area. We find the root of the problem and we fix it through whole food supplements and dietary consultations."

**(603) 703-3643**  
27 Albany St, Portsmouth, NH 03801

# LEXI LEDDY

## REAL ESTATE

### WE'RE NOT JUST REAL ESTATE AGENTS

We're passionate strategic partners who educate and guide you through a major life milestone, always practicing honesty, integrity, and compassion.

LICENSED IN NH/ME/MA

[www.lexileddyrealestate.com](http://www.lexileddyrealestate.com) | 603-828-2601 | 154 Washington Road | Rye, NH 03870

**Superior Performing Roof Systems and Award Winning Service**

We work with dedication and integrity and strive to be a leader in our trade by installing premium Roof systems using the finest products paired with proven installation techniques.

## J. Carnes & Son Roofing

Roofing. Done Right, Done Tight.

### NEW ENGLAND PROPERTIES NEED ADVANCED PROTECTION

"GOOGLE REVIEW  
They did a fabulous job. Everyone was courteous and efficient. They cleaned up EVERYTHING so well afterward too. We love our new roof and skylights! We decided to purchase the solar, remote control, shade in our skylights and we are so glad that we did. This company worked with me through my significant anxiety about making the right choices in shingles and answering any questions before and after installation. They are very responsive and helpful, even after they finished the job. I definitely recommend this company for any roofing needs!"

**Services: Roof Installation • Roof Repair • Skylight Installation • Seamless Gutters • Leaf Guards • Dumpster Rentals**

**TALK WITH AN EXPERT TODAY!**  
**603-686-7763**

**Torch Awards for Ethics** | **153 Lafayette Rd**  
**Hampton Falls NH 03855**  
**www.jcarnesroofing.com**



# Expect Extraordinary

Cosmetic Dentistry | General and Family Dentistry

**Piscataqua Dental Partners**  
288 Lafayette Rd., Suite #1, Portsmouth, NH 03801  
603-431-4559

# Robinson's

LANDSCAPE CONSTRUCTION, LLC

www.ROBINSONSLANDSCAPELLC.COM



70 Heritage Ave, #8 • Portsmouth, NH 03801 • (603) 953-4588 • robinsonlandscapeconst@gmail.com

# Jitto's

SUPER STEAK

HOME OF THE STEAK BOMB  
One Bite and We've Got You!

Celebrating  
10 YEARS  
in Business!

3131 Lafayette Rd, Portsmouth, NH 03801 • 603-436-9755

## Updating the Master Plan

SUBMITTED BY KIM REED

The Town of Rye is updating its Master Plan and is looking for residents, business owners, and community leaders to get involved in shaping the community's path into the future!

Rye is currently updating its 2013 Master Plan to respond to the emerging needs, priorities, and desires of the community while identifying coastal resiliency efforts to preserve the unique qualities that make Rye a special place. A Master Plan is a community-driven vision for the future of the town and serves as a roadmap of

strategies and actions the town will use to achieve that vision. The purpose of the Master Plan is to help guide decision-making around growth, infrastructure improvements, regulatory initiatives, and natural resource protection for the next ten to twenty years.

To be eligible for state and federal funding, a Master Plan is required to be updated. In June, the Master Plan Committee began working with the Town's consultant Resilience Planning and Design on this initiative. Over the next year, there will be a variety of opportunities



for community members to provide their thoughts on how Rye should address important community issues, opportunities, and challenges related to natural resources, housing, development, coastal resiliency, transportation, community services, and more.

For more information on the planning process and how to get involved in Rye's Master Plan update, please visit: <http://www.publicinput.com/RyeFuture>

## There's a big question about ATX... what is it?!

It's simple, ATX provides a full body functional evaluation to assess your strength and stretching needs!

As a client, you work one on one with an ATX professional that provides full body passive manual stretching, strength and conditioning, and balance and stability programs to help you achieve your best quality of life!

If you feel like your quality of life is limited due to your physical ability and you want to spend more time doing the activities you love, working with an ATX fitness therapy professional will help you achieve just that!

EVALUATION SERVICES | ONE-ON-ONE MANUAL STRETCHING  
STRENGTH AND CONDITIONING | SMALL GROUP CLASSES  
BALANCE, STABILITY AND POSTURAL CORRECTIVE EXERCISE  
MEMBERSHIP OPTIONS

# ATX

FITNESS THERAPY

The FIT Club  
of Portsmouth!

953 #1 Islington St. | Portsmouth  
Call or Text at: 603-200-4025



# GENERAC



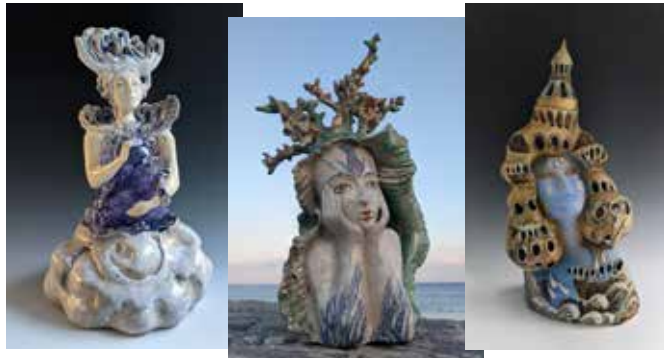
WE INSTALL YEAR-ROUND!

# COTE ELECTRIC

LLC

603-624-7970 • [www.CoteElectric.com](http://www.CoteElectric.com)  
Residential & Commercial • Licensed in MA & NH

RYE ART STUDY GROUP



## Sculpting for Healing, Peace and Harmony

BY NATASHA DIKAREVA

As an artist, I find inspiration in the world around me and in my personal experiences. I am moved by events, people, books, movies, music, and nature. At the heart of my art is a desire to communicate something meaningful and profound to the audience. I use my work to tell stories, challenge assumptions, and inspire others to see the world in a new light.



I employ a traditional process. It all starts with an idea that is born in my head. From there, I begin to depict it in my sketchbook, exploring different angles and perspectives until I arrive at a vision that excites me. Once I have refined the design of the maquette, I move on to creating the final sculpture. Throughout the creation of my sculptures, I remain connected to my original inspiration, allowing the

piece to evolve and grow as I work through the process. Clay remains my favorite medium, yet other media can enhance it.

Recently, I started sculpting and blowing glass to capture the essence of translucent, ephemeral shapes evoking water and clouds. As stimuli for imagination, clouds invite us to find familiar shapes and recognize figures in the drifting puffs, inspiring countless legends of atmospheric deities from around the world. The combination of glass and clay sculpture traces the line between reality and reverie, bringing to life exquisite, surreal, impossible creatures to evoke serenity and transformation.

My artistic journey has been marked by a profound shift, the invasion of my beloved motherland, Ukraine by Russia in 2022. It has left an indelible mark on both my personal and creative identity, propelling my work in a direction that bears witness to the harsh realities and enduring spirit of my people. Before the war, I used to sculpt serene, otherworldly creatures. Now, the visceral wounds inflicted on my homeland are mirrored in the very fabric of my sculptures. These perforations serve as tangible reminders of the destructive forces that have disrupted the harmony of my people's lives. Drawing inspiration from the concept of negative space, I aim to elicit both absence and presence, darkness, and light. The light penetrating through the openings of my sculptures reminds us of the resilience and enduring hope that dwells within the human spirit, even in the darkest of times. The faces depicted in my work are searching for salvation, solace, and solidarity. I hope that through continued personal and collective healing, I can embark on a new chapter of my artistic journey, where my sculptures will reflect tranquility, and inspire a renewed sense of peace and harmony.

Natasha, [www.dikarevart.com](http://www.dikarevart.com) will be presenting to [www.Ryeartstudy.com](http://www.Ryeartstudy.com) on Monday, October 16th at 10 am, with refreshments at 9:30, at the Rye Congregational Church.

A division of Knowles Tree Service, Inc  
Wholesale and retail landscape mulch delivered.  
603-234-6906  
omtmulch.com

Tree Removal-Trimming - Brush Removal  
Lot Clearing Stump Grinding  
We go out on a limb for you • established 1985  
**603-964-5803**  
8 Birch Road-North Hampton, NH 03862

# D. PRATT FRAMER LLC

CUSTOM FRAMING • PRINTING AND SCANNING • ART INSTALLATION • PHOTO RESTORATION, COPYING AND PRINTING

David Pratt, MCPF is an international award winning picture framer and owner of D. Pratt Framers in Rye and Kittery, Maine. We have 2 Master Certified Picture Framers on staff, the only 2 in New Hampshire and Maine.

- Private design appointments available
- Free local pick-up and delivery
- 2 Master Certified Picture Framers on staff
- Visit us at [DPrattframer.com](http://DPrattframer.com) for more information

**2 LOCATIONS**

50 State Rd • Kittery, ME 03904  
**207-439-1192**  
HOURS: Wed - Fri 11-5:30 | Sat 11-4. Closed Sun-Mon-Tue

101 Lafayette Rd • Rye, NH 03870  
**603-964-9826**  
HOURS: Tue - Fri 11-5:30 | Sat 11-3. Closed Sun-Mon

**THE NVEST GROUP**

*A team of specialized companies working as your financial partner*

207.985.8585 | [www.planwithinvest.com](http://www.planwithinvest.com)  
PORTSMOUTH: Two International Drive, Suite 110, Portsmouth, NH 03801  
KENNEBUNK: 69 York Street, Suite 1, Kennebunk, ME 04043  
LYNN: 152 The Lynnway, Suite 1A, Lynn, MA 011902

George Raftopoulos, *President*  
Nichole Raftopoulos, *CEO*

Securities offered through Commonwealth Financial Network®, member FINRA/SIPC. Advisory services offered through Nvest Financial, LLC, a Registered Investment Adviser, are separate and unrelated to Commonwealth. Fixed insurance products and services are separate from and not offered through Commonwealth Financial Network.

Style and service for every budget.®

Style, service and a price that fits you.

We're your local, neighborhood experts, and when we say we have style and service for every budget, we really mean it. Call North America's #1 provider of custom window coverings and get the style and personalized service you deserve!

**FREE** In-Home Consultation

**603-379-6478**

[budgetblinds.com/the-seacoast-nh](http://budgetblinds.com/the-seacoast-nh)

Blinds • Shutters • Shades • Drapes • Home Automation



# RENAUD INDUSTRIES

**Remodeling, Demolition,  
Site Development and  
Excavation Services**

70 Heritage Avenue,  
Portsmouth, NH, 03801  
207-451-8244  
www.renaudindustries.com



## engrain MARKET

smoothies | cold pressed juice  
prepared meals | provisions & catering

Our market space will serve smoothies, cold pressed juice, wellness drinks, grab and go prepared meals, snacks, coffee and will feature products from local vendors

AIRFIELD PLACE 6 Airfield Drive Rye, NH 03870

Order Online: [engrainkitchen.com/market](http://engrainkitchen.com/market)

**Quality from America**

SOFAS & CHAIRS  
DINING ROOMS  
BEDROOMS

**HUBBINGTONS**  
ALL-AMERICAN FURNITURE

Barrington, NH • 603-664-2212 | North Hampton, NH • 603-379-8989

## BUSINESS PROFILE

# Pintuck & Purl: Where Makers Make



**P**intuck & Purl is a sewing and knitting shop located in the heart of North Hampton, NH. Maggie Smith, the shop's owner, has crafted a warm, inclusive space for sewists and knitters of all skill levels. The atmosphere is relaxed and inviting, and from the moment you walk in, you know you've found your newest favorite place. The staff is educated and friendly, and they're passionate about helping customers select high-quality supplies and learn new skills regardless of background or experience. Maggie believes that working with your hands brings a sense of accomplishment, a feeling of independence, and the satisfaction of knowing what you make is uniquely yours.

Pintuck & Purl is more than just a place to buy supplies. The shop inspires everyone to take pride in their handiwork, and the staff comes alongside each maker for their journey. Pintuck & Purl hosts a variety of classes and events, which are a great way to meet other makers! It offers both online and in-person classes on a variety of topics such as beginner knitting, machine embroidery, quilting techniques, garment sewing, and more. The shop also sells BERNINA sewing machines, which are known for their quality and durability. BERNINA machines are a great choice for sewists of all levels, and Pintuck & Purl's staff not only helps customers choose the right machine for their needs; but they also offer ongoing education, guidance, and regular in-house machine servicing. No matter your skill level or interests, you're sure to find inspiration at Pintuck & Purl.

### Pintuck & Purl

69 Lafayette Road  
North Hampton, NH 03862  
603-418-7157  
[www.pintuckandpurl.com](http://www.pintuckandpurl.com)



**Pintuck & Purl**

SHOP - Fabric, yarn, notions, sewing machines, & more!  
Private Classes + Events

**BERNINA**  
made to create

Certified BERNINA dealer  
with our own in-house technicians

Fabric, Yarn, Patterns, Tools,  
Notions, Sewing Machines, Gifts

69 Lafayette Road | North Hampton, NH 03862  
(603) 418-7157

**Maggie, owner of Pintuck & Purl**

STOP BY AND SAY HI

## Explore Nature

Bioblitz data provides a snapshot of changes in Odiorne Point State Park.

BY KATIE BRODEUR, COMMUNITY PROGRAM NATURALIST, SEACOAST SCIENCE CENTER



Join Seacoast Science Center Naturalists and local experts to learn more about the biodiversity of Odiorne Point State Park.

Each year, Seacoast Science Center (SSC) brings scientists and community members together to conduct a dawn-to-dusk biological survey of Odiorne Point State Park. This year's BioBlitz event, held Saturday, September 23rd, will mark its 21st anniversary! Like an extreme nature scavenger hunt, BioBlitz is a fun event for all ages and a great way for kids, families, and nature enthusiasts to hone their field skills alongside scientists and expert naturalists.

Over 2,500 species have been documented in the past two decades. Representing plants, animals, fungi, insects and more, this biodiversity catalog grows each year with the addition of species either previously not identified on the day of the event or species that have newly arrived to the Seacoast. For example, 2022 marked the first sighting of a harbor porpoise on the day of BioBlitz, despite this elusive species being endemic and common in our area.

Twenty years of snapshots on a single day in September have coalesced into a fascinating picture of the changing biodiversity

of the Park. In recent years, new species have been documented from across the world, including the European Rock Shrimp (*Palaemons elegans*) in 2020 and several European and Asian insect species seen for the first time in New Hampshire in 2021. One of these species was a small species of false barklice (*Heterocaecilius n.sp.*) that had only been recorded once in the United States!

Of the many habitats found within Odiorne Point State Park, the composition of our rocky shore zones has been most dramatically altered in recent decades, reflecting an increasingly connected and warming world ocean. Introduced and invasive species of seaweeds, crabs, sponges, mollusks, and more are regularly found during tide pooling programs at SSC. Other species that are traditionally found south of Cape Cod are moving northward in response to warming water temperatures in the Gulf of Maine, including the blue crab (*Callinectes sapidus*) of Maryland crab bake fame.

BioBlitz allows us to track the rapid changes seen in both Odiorne Point State Park and along our coast in the Gulf of Maine. The flora and fauna of our region was influenced when European settlers arrived, and it continues to change in the modern age. The record of biodiversity generated from BioBlitz serves as an important indicator of environmental health and is one way for us to monitor our coastal environment and track its change over time.

In addition to tracking the biodiversity of Odiorne Point State Park, BioBlitz is a great, fun way for visitors and families to get involved in community science and a rare opportunity to explore nature alongside many passionate biologists at work in the field. Explorations of the many habitats found in the Park run throughout the day, including tide pool and salt marsh exploration. You can join Seacoast Science Center for all or part of the day to help add to its twenty years of data and help create a more thorough snapshot of the variety of species that live here.

To learn more and view the full BioBlitz exploration schedule, please visit [www.seacoastsciencecenter.org/events/bioblitz](http://www.seacoastsciencecenter.org/events/bioblitz). See you at Seacoast Science Center on September 12th!

1 / Photo by Kate Wilcox. 2 / Heterocaecilius photo by Diane Young. A false barklice species (*Heterocaecilius n.sp.*) first seen in NH at the 2021 BioBlitz, only recorded once previously in the U.S. 3 / European Rock Shrimp (*Palaemon elegans*), an invasive species first seen in Odiorne Point State Park in 2020.

## Blessing of the Animals at St. Andrew's-by-the-Sea

Please join us!

On Wednesday, October 4th at 4:00 pm, all family pets are invited to a special event that will warm your heart and bring a smile to your face- the "Blessing of the Animals!" This heartwarming gathering will celebrate the unconditional love, joy, and companionship our beloved pets bring into our lives.

Whether they have fur, feathers, scales, or paws, all leashed, crated, bowled, and well-mannered Animals are welcome. Our Vicar, Rob Stevens, will bestow a special blessing on each.



## SEAVEY'S MARKETPLACE FURNITURE



### SEAVEY'S MARKETPLACE FURNITURE

Affordable Mid-century Modern Furniture | Open Daily 10 - 4 PM  
[www.seaveysmarketplace.com](http://www.seaveysmarketplace.com) | @seaveysmp

95 Brewery Lane, Portsmouth, NH 03801  
Call Us Today: **(603) 334-6570**



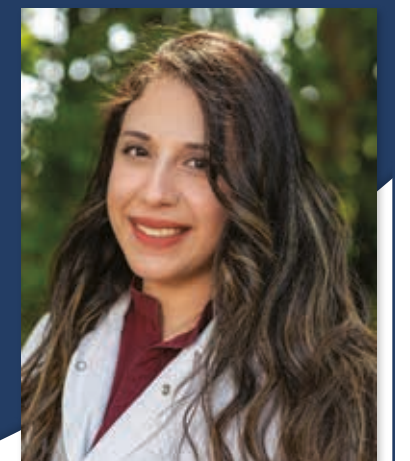
ACCENT  
ON KITCHENS  
→ FINE CABINETRY & DESIGN ←

Accent on Kitchens focuses on creating innovative, memorable and timeless kitchens!

112D Lafayette Rd. North Hampton NH, 03862 · Office: 603-964-1771  
[Accentonkitchens.com](http://Accentonkitchens.com) · For inquiries: [Info@Accentonkitchens.com](mailto:Info@Accentonkitchens.com)

## PISCATAQUA DENTAL PARTNERS

Botox/Xeomin® & Dermal Fillers are **NOW AVAILABLE** with *Dr. Nadine Bedair!* *Dr. Nadine Bedair* now offers facial aesthetics with Botox/Xeomin® Cosmetic, Xeomin® TMJ Therapy, and Revanesse Versa® treatments to smooth and add volume to the face and lips.



If you have questions about our facial aesthetic services or would like to schedule an appointment with **Dr. Nadine Bedair**, please contact **Piscataqua Dental Partners** at (603)431-4559 today!

288 Lafayette Rd Ste 1, Portsmouth, NH 03801

ART EVENT

# KENNEDY GALLERY ART EVENT....

## LYDIA MEADE, OIL PAINTER

The opening reception will be Friday, September 1st from 5-8 pm.

Lydia's work is inspired by abstract shapes, and the influence of atmosphere and light on color. Her paintings are created "en plein air" and from memory in her studio at the Button Factory in Portsmouth, NH. Painting in oils, her work expresses the serenity that surrounds her every day while living on New Hampshire's seacoast.



glistening surf

winter solstice



INSIGHTS  
GROUP  
Psychological & Coaching Services



The mission of Insights Group is making mental wellness, just like physical wellness, the standard for all people. This starts with using therapy and coaching as proactive, preventative approaches, rather than strictly crisis interventions.

If yearly physical and dental check-ins maintain your physical health, can you imagine what that approach could do for your mental health and overall functioning?

finding the  
power within

www.insightsgroup.net  
1245 Washington Rd. Rye NH  
603.380.6704

# keep your cool

WITH A DUCTLESS COOLING SYSTEM



# MacKenzie

Heating and Cooling, Inc

"We Specialize in Your Comfort"



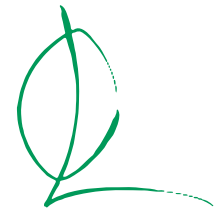
## Financing Available!

# 603.926.6003

## Call us Today

# 603-430-8518

- Landscape Design/Build/Maintenance
- Custom Planting Designs
- Patios & Walkways
- Stone & Block Walls
- Outdoor Lighting



O'Neill Landscaping



Fully Insured

**K&K**  
Landscape Construction Inc.

K&K is a year round full service landscape company, serving the seacoast for over 20 years.  
CALL OR EMAIL TODAY!

info@k-klci.com  
**603-570-8865**

# Anchor Dental



Welcome to the office of  
**DR. LORA SELLE**  
& DR. JAMES S. FISHBEIN

Our staff each bring a level of commitment and years of experience to the practice and have all attained high standards of professional qualification.

"Our primary goal is to provide excellence in all facets of dentistry and to carry it out in a gentle and caring way using the latest techniques."

Hygiene Services • Cosmetic Dentistry  
Crowns • Full Mouth Restoration

2456 Lafayette Rd. Portsmouth • 603 436-9908  
anchordentalnh.com & drjamesfishbein.com

## PHILBRICK'S

GENERATORS  
INSTALLATIONS • MAINTENANCE • REPAIRS  
603-778-1372

Let us help  
you check off  
your goals  
this year.



Contact us for a FREE estimate!

NEW YEAR ★ NEW GOALS ★ NEW LOCATION

Philbrick's Generators has moved!  
Come see us at our new location.  
388 Route 125 Brentwood, NH 03833



**BCK EXCAVATION**

**VOTED BEST EXCAVATION COMPANY ON THE SEACOAST**

SITE WORK, WATER, SEWER, SNOW REMOVAL, DEMOLITION, TRUCKING AND MATERIALS

**BCK EXCAVATION, LLC**  
 200 Drakeside Road, Hampton, New Hampshire · brian@bckexcavation.com · 603.944.6853  
**BCK Excavation is on call 24/7 for Emergency calls**

**OWNED AND OPERATED BY THE KENERSON FAMILY FOR OVER A DECADE**

**OCEAN'S EDGE REAL ESTATE**  
 PASSIONATE ABOUT YOUR NEXT MOVE.

**Carly Caron**  
 REALTOR®  
 clcaron@oceansedgere.com  
 207-538-8555

**Katie Liston**  
 REALTOR®  
 krliston@oceansedgere.com  
 603-502-6525

PO BOX 1135 RYE, NH • 603-601-0444 • OCEANSEDGERE.COM • LICENSED IN NH & MAINE

# WHAT'S BELOW The Surface?

**I**n a culmination of their 7th grade year, this spring Rye Junior High students embarked on an interdisciplinary project, SeaPerch. Funded by the Rye Education Foundation this immersive robotics-building program gave the children an opportunity to learn beyond the walls of their classroom. They traveled from UNH's pool to Rye Harbor with the goal of exploring what is below the surface of our local watershed.

"It was real life," John Dinger, the 7th-grade math teacher, said. "At the harbor, the ROVs retrieved giant coveralls for fishing, plastic bags, foam, microplastic, shells, a crab, and a sunken SeaPerch."

According to its website, SeaPerch is an innovative underwater robotics building program that equips students and educators with the resources they need to build an underwater remotely operated vehicle (ROV) that becomes "a bot for good."

REF's \$5000 grant allowed the purchase of 18 SeaPerch ROV kits, four tool kits, four underwater cameras and 20 copies of *Thirst*. Additionally, with the support of Principal Gilbert, the 7th-grade team got a day to plan and a day to build this unique curriculum.

Volunteers from the Portsmouth Naval Shipyard spent a full day in the



life skills room helping teachers build the first bot.

"It was a deep dive to feel like a real student," Linsay Kaplan, 7th grade ELA teacher said. "I was uncomfortable but felt empowered."

On the first day of the build, emotions were high for students. On day two, instead of building, the team opted for group discussions about quality team building.

"In hindsight, we would have prepped students more for the emotional component," Dinger noted. "We let the teams grapple and tried not to overpower their process."

After a successful test run at UNH where all the bots worked, the students had two days at Rye

Harbor to collect real-life data with their ROVs.

At the harbor 15 of the 17 ROVs worked. One SeaPerch sank in the morning and hours later when the second group of students arrived, it was found.

"We used the underwater camera to find the ROV and the fork attachment to pick it up off the ocean floor." Student, Hillel Hay-Tene laughed, "That boosted our grade quite a bit."

One unexpected outcome from the challenging and dynamic nature of this project was that students couldn't wait to get back into the classroom.

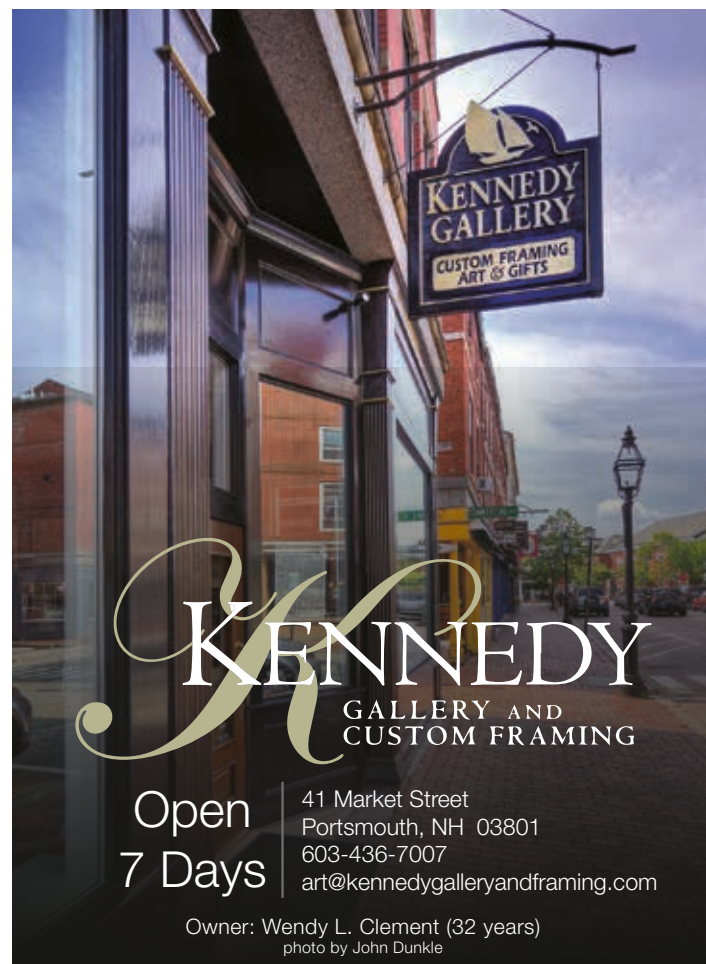
"Their ability to apply data and statistics was far superior to traditional learning," Dinger boasted about the post-curriculum evaluations.

"Because SeaPerch was exhausting mentally, the collaboration in the classroom improved," Kaplan observed.

This was evident in the significant reflection journals students wrote at the end of each day. Their poems, journals, and ROVs were on display at the Rye Public Library for three weeks this spring.

Next year RJH's S.T.E.A.M. program will continue with the momentum of the successful ROV curriculum.





**KENNEDY**  
GALLERY AND  
CUSTOM FRAMING

Open  
7 Days

41 Market Street  
Portsmouth, NH 03801  
603-436-7007  
art@kennedygalleryandframing.com

Owner: Wendy L. Clement (32 years)  
photo by John Dunkle



We love what we do. There is no greater satisfaction than delivering a finished product that helps our client reach their goals and objectives. Every day we take ownership of our customers' projects and see them through from concept to completion. It's an exciting and rewarding process.

- Andrea & Jack



**What We Print**

- Banners
- Yard Signs
- Work Books
- T-Shirts
- Flash Cards
- Brochures
- Rack Cards
- Photo Panels
- Menus
- Business Cards
- Envelopes
- Mugs & Coasters
- Blue Prints
- Wide Format
- Posters
- Magnets

603-418-7510 | minuteman.com | Like us on Facebook

*Skin Nectary is a Boutique Medical Spa using the latest techniques and technology.*

**Skin Nectary**  
Clinical Aesthetics and Wellness, PLLC

Wrinkle Reduction with Neurotoxin injections (Botox, Xeomin, Dysport), Hyaluronic Acid Fillers, Chemical Peels

Exclusive Provider of RHA®  
Vipeel hydrafacial

RadioFrequency Microneedling VIRTUE<sup>RF</sup> enhanced with natural growth factors and skin brightening, Plasma Fibroblast Therapy subnovii

Laser Skin Resurfacing, IPL Photo-facials, IV Vitamin Therapy  
Hair Rejuvenation and Scalp health  
Medical-Grade Skincare



Colleen Bender, APRN, CRNA

- Get started with a free consultation
- Open by appointment only
- Veteran owned and operated

[www.skinnectary.com](http://www.skinnectary.com)

Rye Place  
150 Lafayette Rd. Rye, NH 03870 • 603-645-1984

@skin\_nectary @SkinNectary

**TURCOTTE**  
Moving & Storage

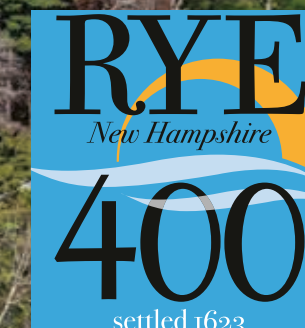
*Since 1993... There Is No Substitute For Experience!*

597 Lafayette Rd. PH 603-601-7755  
Hampton NH 03842 Cell 603-770-9058

[www.TurcotteMoving.com](http://www.TurcotteMoving.com)  
Steve@TurcotteMovingStorage.com



YOUR DREAM. OUR EXPERTISE.



Today, more than ever, experience matters. Let one of our professionals suggest a plan for your next real estate sale or purchase.



- |   |  |  |  |  |
|---|--|--|--|--|
| 240 Ocean Boulevard<br>Seabrook Beach, NH<br>603.474.3401 | 560 High Street<br>Hampton, NH<br>603.929.1100 | 655 Wallis Road<br>Rye, NH<br>603.964.7000 | 55 Congress Street<br>Portsmouth, NH<br>603.431.1100 | 14 York Street<br>York, ME<br>207.363.4000 |
|---|--|--|--|--|

RESIDENTIAL & COMMERCIAL REAL ESTATE SALES AND RENTALS • CORPORATE REAL ESTATE SERVICES  
See all the homes on MLS at [WWW.CAREYANDGIAMPA.COM](http://WWW.CAREYANDGIAMPA.COM)



# restore

HYPER WELLNESS + CRYOTHERAPY

Playing.  
Running.  
Laughing.  
Do more of  
what you love.

## RESTORE HYPER WELLNESS

Portsmouth, NH - Durgin Square

**(603) 696-6141**

[portsmouth@restore.com](mailto:portsmouth@restore.com)

Monday-Friday: 10AM-7PM

Saturday: 9AM-5PM

Sunday: 11AM-5PM

1600 Woodbury Ave, Suite 27  
Portsmouth, NH 03801