



BUSINESS

Free business info available

SPECIAL TO THE ATLANTIC NEWS

EXETER | The Small Business Administration (SBA) and the Women's Business Center (WBC) will offer a free business information session on Wednesday, February 15 from 10 a.m. to 3 p.m. at the Exeter Public Library, located at 1 Founders Park in Exeter.

This information session will be

helpful to anyone who operates a small business or wishes to start one, as well as anyone who is curious about obtaining a small business loan or is simply in need of free business counseling.

Representatives from the SBA and WBC will provide information on SBA loan programs and counseling services. No appointment is necessary; just drop by anytime during the session.

Free, small business informational material will be supplied to all attendees. For more information, contact SBA Business Development Specialist Alice Zachos at (603) 225-1607 or e-mail alice.zachos@sba.gov. To learn about other small business workshops or seminars throughout New Hampshire, please visit www.sba.gov/nh and select "training calendar."

NEW BUSINESS



HEALTH AND HOME — The Exeter Area Chamber of Commerce recently participated in a ribbon cutting for Kerri Moreau of Arbonne International, a company that helps others establish their own home-based businesses specializing in natural health solutions. Pictured here are (from left) Tracey E. McGrail, Chamber president; Roy Aboody, Staffing Sense, Chamber director; Dick Parker, ambassador; Kerri Moreau, Arbonne; Rob Ortins, Edward Jones, director; and Ambassadors Alice Howard, Avon, and Lisa Armstrong, Corpdata. Arbonne carries hundreds of herbal and botanical personal care products for all skin types and ages, including their revolutionary Re9 anti-aging line, as well as nutritional supplements and remedy products, weight management, aromatherapy and a complete line of all-natural color line for face. For a complementary sample or more information, call (603) 380-1562 or visit www.goodhealthandwealth.myarbonne.com.

— Atlantic News Courtesy Photo



COOKING UP SOME BUSINESS — A Stocked Kitchen Personal Chef Service, LLC offers busy families a healthy and convenient alternative to fast food and take-out. Chef Stockton MacInnes (right) works with clients to create a personalized menu. He then takes his traveling kitchen on the road and prepares healthy and delicious meals, which are left for his clients with simple heating instructions. To celebrate the start of his new business, MacInnes and the Exeter Area Chamber of Commerce participated in an official ribbon cutting. Pictured here with Chef Stockton are (from left) Chamber Ambassadors Jen Stasinos, Mission Im:Pawsible Dog Training and Karissa; Donna Brownell, Embroid Me; Lori Breard-Weeden, Carlson GMAC Real Estate; Danielle MacInnes and Oliver; Dick Parker, ambassador; and Abby. A Stocked Kitchen is also available for cooking lessons, kitchen reorganizations, interactive dinner parties and more. For more information call Chef Stockton at (603) 686-2086 or visit www.stockedkitchen.com.

— Atlantic News Courtesy Photo

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The Atlantic News is now mailed to 22,671 Homes and Businesses in 15 towns in Rockingham County*
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*The Atlantic News does not mail for free outside of our 15 town territory.

Friday Evening

	2/3/06	5 PM	5:30	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM	12:30	
BROADCAST	WBZ-4 (CBS)	News (CC)		News (CC)	CBS News	The Insider (N)	Ent. Tonight	Ghost Whisperer (N) (HD) (CC)	Close to Home "Dead or Alive" (N)	NUMB3RS "The Running Man" (N)		News (CC)	Late Show With David Letterman (N)	Late Late Show				
	WCVB-5 (ABC)	News (CC)	News (CC)	News (CC)	ABC Wild News	Inside Edition	Chronicle (CC)	Dancing With the Stars "The Results"	In Justice "The Ten Percenter" (N) (CC)	20/20 (CC)		News (CC)	(:35) Nightline	(12:06) Jimmy Kimmel Live (N) (HD)				
	WCSH-6 (NBC)	News (CC)	News (CC)	News (CC)	NBC News	207 Magazine (HD)	Seinfeld (CC)	Outrageous	Outrageous	Dateline NBC Police arrest online predators caught in an undercover investigation.		News (CC)	The Tonight Show With Jay Leno (N)	Late Night				
	WHDH-7 (NBC)	News (CC)	News (CC)	News (CC)	NBC News	Access H'wood	Extra (N) (CC)	Outrageous	Outrageous	Dateline NBC Police arrest online predators caught in an undercover investigation.		News (CC)	The Tonight Show With Jay Leno (N)	Late Night				
	WUNI-27 (UNI)	Primer Impacto		Noticias Univisión	Noticiero Univisión	Piel de Otoño Mujeres valientes.		Contra Viento y Marea		Alborada		Acapulco Exclusivo Celebridades.	Noticias Univisión	Noticiero Univisión	Domingo Corrales (1988, Drama)			
	WMUR-9 (ABC)	News (CC)	News (CC)	News (CC)	ABC Wild News	Ent. Tonight	Chronicle	Dancing With the Stars "The Results"	In Justice "The Ten Percenter" (N) (CC)	20/20 (CC)		News (CC)	(:35) Nightline	(12:06) Jimmy Kimmel Live (N) (HD)				
	WENH-11 (PBS)	Dragon Tales	Clifford-Red	The NewsHour With Jim Lehrer (N) (CC)		Business Rpt.	NH Outlook (CC)	Nature "Underdogs" (N) (HD)	David Attenborough Package "Wolf" (HD)	Masterpiece Theatre "Bleak House"		Steves Europe	NH Outlook (CC)	The Office (CC)	The Office			
	WLVI-56 (WB)	My Wife and Kids	My Wife and Kids	Friends (HD)	Will & Grace	Every-Raymond	Every-Raymond	What I Like	Living With Fran	Reba (N) (CC)	Twins (N) (CC)	News (CC)	Sex and the City	Will & Grace	Friends (HD)	Just Shoot Me		
	WSBK-38 (UPN)	That '70s Show (HD)	That '70s Show (HD)	King of Queens	King of Queens	Wheel of Fortune	Jeopardy!	WWE Friday Night SmackDown! (N) (HD)		Dr. Phil (HD) (CC)		South Park	South Park	Fear Factor (HD) (Part 2 of 2) (CC)				
	WNRU-21 (PAX)	Paid Program	Paid Program	Animal Tails (HD)		Pyramid (HD) (CC)	Family Feud (HD)	Anna's Dream (2002, Drama) Lindsay Felton, Connie Sellecca, Richard Thomas.		It's a Miracle		Time Life	Paid Program	Paid Program	Paid Program	Paid Program		
WFXT-25 (FOX)	News (CC)	News (CC)	Geraldo at Large	Malcolm-Mid.	Seinfeld (HD) (CC)	Simpsons	Bernie Mac	Bernie Mac	Trading Spouses: Meet-Mommy		News (CC)	Seinfeld (HD) (CC)	Simpsons	Drew Carey	Malcolm-Mid.			
KIDS	DISN	The Em	So Raven	Sister	Suite Life	Phil	So Raven	★ Seventeen Again (2000) Tia Mowry.		Phil	Sister	Suite Life	So Raven	Phil	Kim			
	FAM	Gilmore Girls (HD)		7th Heaven (HD) (CC)		Smallville "Delete"		★★★ Batman (1989) Michael Keaton, Jack Nicholson. (CC)		The 700 Club (CC)		Videos	Videos					
	NICK	Sponge	Drake	Avatar	Avatar	Sponge	Cats	Avatar	The X's	Phantom	Phantom	Full Hse.	Fresh Pr.	Fresh Pr.	Cosby	Rose	Rose	
	TOON	Yu Gi Oh	Lyoko	Coden	Ed, Edd	★★★ Spirited Away (2001) Voices of Daveigh Chase. Premiere.		Juniper	Juniper	Juniper	Juniper	Juniper	Juniper	Naruto	Spirited			
TVLAND	Leave	Griffith	AllFamily	Sanford	Good	Good	Little House	Griffith	Sanford	Good	Good	Happenin	Cheers	Night Ct.	Sanford			
SPORTS	ESPN	Horn	Interrupt	SportsCenter (Live) (HD)		NBA	NBA Basketball: Pistons at 76ers		NBA Basketball: Timberwolves at Trail Blazers									
	ESPN2	Poker: 2004	Best of	Horn	Interrupt	NFL	Welcome-NFL	Boxing: Davis vs. Gogoladze		Quite Frankly	NFL Live	Game						
	ESPN3	Super Bowl XXVIII	NBA Final	NBA Final	Classic Now (N)	Boxing	60 Min.	60 Min.	Arliss (N)	Seats	Classic Now (CC)	NFL	NFL					
	FOXSN	Football Prev.	Football	Sports	Celtics	NBA Basketball: Clippers at Celtics		Sports	Sports	Football Prev.	Best-Sports							
NEWS	UMASS	Sports	Weekly	Hockey	College Hockey	Boston College at Massachusetts.	Sports	SportsD	Sports	SportsD	Hockey	Paid	Paid					
NEWS	CNN	The Situation Room		Lou Dobbs Tonight		The Situation Room		Paula Zahn Now	Larry King Live		Anderson Cooper 360 (CC)		Larry King Live					
	CNNHN	(4:00) Headline News		Showbiz Tonight		Nancy Grace		Prime News Tonight	Nancy Grace	Showbiz Tonight	Prime News Tonight							
	CNBC	Kudlow & Company		Mad Money		On the Money		To Be Announced	Mad Money	The Big Idea	To Be Announced	Mad Money						
	FOXNWS	The Big Story		Special Report (CC)		Fox Report		The O'Reilly Factor	Hannity & Colmes	On the Record	The O'Reilly Factor	Special Report						
	MSNBC	Hardball (CC)		The Abrams Report		Hardball (CC)		Countdown	Investigates	Investigates	Beltway Snipers	Countdown						
	NECN	Live at Five		Right	Business	Right	Business	Curtis	NewsNg	News	LateNight	LateNight	News					
	TWC	Weather: Aftn		Weather: PM Edition (CC)		Strm	Strm	Full	It Could	Evening Edition	Strm	Strm	Full	It Could				
MOVIES	HBO	Welcome	★★ Shark Tale (2004) (CC)		Inside the NFL (CC)		★★★ The Last Samurai (2003) Tom Cruise. (CC)		Real Sex	(:15) Deadwood	Lewis Black							
	MAX	★ Home Alone 3 (1997) (CC)		(:45) ★★ Aces: Iron Eagle III (1992) (CC)		★★ Garfield: The Movie (2004)		★★★ The Rock (1996) (HD) Sean Connery. (HD)		Erotica								
	SHOW	Dickie Roberts: Child Star		(:45) ★★★ Tombstone (1993) Kurt Russell. (CC)		Sleeper Cell (CC)		Masters of Horror	Boxing: Frazier vs. Powell									
HOBBY	FOOD	Quick Fix	Lee	Minute	Minute	Good	Unwrap	Emeril Live	40-a-Day	Tasty	Roker Rd	Foodnat	Iron Chef	Emeril Live				
	HGTV	Clever	Land	Renovate	Weekend	Curb	House	Get Color	Design	Dbl Take	FreeStyle	House	House	Travis' Facelift	Get Color	Design		
	TRAVEL	Most Haunted (CC)		Haunted Hotels		Haunted Hotels		Haunted Town (CC)	Most Haunted	Unexplained	Haunted Town (CC)	Most Haunted						
LEARNING	A&E	City Confidential		American Justice		American Justice		Biography "Steve Martin" (CC)		Biography: Belushi		American Justice		Biography: Martin				
	DISC	It Takes a Thief		Cash	Cash	Into the Lion's Den		Grizzly Man (2005, Documentary) Premiere.		Grizzly Man (2005, Documentary)								
	HIST	UFO Files (CC)		UFO Files (CC)		Modern Marvels		The 9/11 Commission Report (CC)		Special Ops	Battlefield Det.	9-11 Report						
TLC	While You Were Out		Martha (N) (CC)		Wild Weddings		What Not to Wear	What Not to Wear	Ice Diaries (N)	What Not to Wear								
VARIETY	AMC	(4:30) ★★★ The Untouchables (1987)		Hustle		★★ The Jerk (1979) Steve Martin.		A Nightmare on Elm Street		(:45) ★★★ Altered States (1980)								
	MTV	Made (HD)	Next (HD)	My Own	Room	Wild Out	The Shop	Bam	Bam	Bam	Bam	Bam	Bam	Barkers	Barkers	Wild Out	The Shop	
	TBS	Home Im	Home Im	Seinfeld	Seinfeld	Raymond	Raymond	Friends	Friends	★★ Legally Blonde (2001, Comedy) (CC)		(:10) ★★ A Walk to Remember (2002)						
	TNT	Charmed (CC)		Charmed (CC)		Law & Order		★★★ The Fifth Element (1997) (HD) Bruce Willis.		★★ The 6th Day (2000) (HD) (CC)		JdgDred						
	E!	Tom Cruise		Gasti	Gasti	E! News	E! News	1 Single	Number	Red Carpet	The Soup	Holly	Saturday Night Live	Chippendales				
USA	PGA Golf		Law Order: CI		Law & Order: SVU		Law Order: CI		Law & Order: SVU		Monk (N) (CC)	House (HD) (CC)	Law & Order: SVU					
LIFE	Nanny	Nanny	Golden	Golden	Good Night, Sweet Wife: Murder-Boston		★★ Murder in the Hamptons (2005)		Will	Will	Clean	Golden						

Dennett art exhibit at Blue Moon

SPECIAL TO THE ATLANTIC NEWS
 EXETER | Pastels and acrylic paintings by Cheri Dennett will be on display during February and March at the Blue Moon Market, a natural foods store and restaurant in Exeter. A reception for the artist will be held on Friday, February 17 from 5-7 p.m. at Blue Moon, which is hosting rotating art exhibits by members of the Seacoast Artist Association.

Dennett's paintings are characterized by their luminosity and sense of place. Her subject matter varies, ranging from landscapes to figure, and all painted impressionistically with hints of realism. In her painting the artist creates "a light passage, which represents the life of the painting and a unified presentation of composition and color."



A member of Oil Painters of America and many local art associations, Dennett has won honors and awards in shows from Massachusetts to Maine. Her work has been exhibited at Three Graces Gallery, the Levy Gallery in Portsmouth, the Sheafe Juried Summer Show and the Brick Store Museum in Kennebunk. She has recently moved to the Salmon Falls Artist Studios in Rollinsford.

Dennett is an accredited decorative artist, earning her certification in 1992. She has authored three decorative painting books and has written many articles for related trade publications. She has traveled throughout the US and Canada teaching oil classes.

The Blue Moon Market is located at 8 Clifford Street in Exeter. For more information, call (603) 778-6850.

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