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PUBLIC NOTICE IN PORTSMOUTH HERALD REGARDING NO FURTHER ACTION
DECISION DOCUMENT FOR SITE 30 NSY PORTSMOUTH ME
1/7/2014
NAVFAC MID ATLANTIC

Going to the mat

■ *Stratham resident Emily Avery at peace as she prepares to compete in the 2014 U.S. Yoga Asana Championship*

BY AMANDA BELAND
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“My favorite part about doing yoga is the fact that you can never be perfect at it.”

Emily Avery

New Hampshire yoga champ

STRATHAM — Crow. Peacock. Cat. Fish. Crocodile. Downward facing dog.

These are all members of Stratham resident Emily Avery's yoga menagerie. Each time she steps onto her mat, she employs all of them into an ancient spiritual practice.

But come March, Avery's animal ark will be working double duty as she represents New Hampshire in the 2014 USA Yoga National Championship.

“My favorite part about doing yoga is the fact that you can never be perfect at it,” Avery said. “There's always something you can keep working on and that just means there's always a reason for me to come back to class.”

Avery, a 2013 Exeter High School graduate, began practicing yoga in 2010 after her father recommended she try it.

“He came back and he said, ‘Emily, this is so hard,’ and he told me about the class, and it just sounded like a cool thing to try,” Avery said. “So I just wanted to try it on a whim, and I went and it was really hard and I didn't expect yoga to ever be that difficult. So I kept going back and practicing, and now I go all the time.”

Avery practices Bikram yoga, which is typically known as “hot yoga.” The practice involves a set series of 26 postures, all performed in 90 minutes and in a heated room. The idea is the heat helps the person practicing be more flexible. When she started yoga, Avery was 16 and attended classes at a Bikram yoga studio in Portsmouth.

After six months of attend-

ing class regularly, Avery's yoga teacher approached her about possibly getting involved in regional — and possibly national — yoga competitions.

“I was like, ‘that sounds crazy, a yoga competition,’ so I watched the yoga (competition videos) online and then (my teacher and I) talked about it and (my teacher) suggested I should give the competition a try, and at that point I was in the youth division, and I didn't really know what to expect,” Avery said. “So I just said, ‘Yes, sure, I'll try it,’ and it ended up being really fun and really cool.”

Sanctioned yoga competitions involve contestants performing a series of five poses. The poses are determined by the competition and are known as “compulsory” poses. Each contestant, therefore, completes the same series of motions. However, each contestant also has the opportunity to complete two optional poses after the five mandatory ones. The extra poses are what allow each yogi to strut their stuff and separate themselves from their competition.

In her time competing in the youth division, Avery placed first in the New Hampshire Yoga Asana Championship, first in the U.S. Yoga Asana Championship and third in the International

Yoga Asana Championship.

Starting last year, Avery began competing in the adult division. In the fall, she won first place in the adult division of the New Hampshire Yoga Asana Championship. This means she will represent New Hampshire this year at the U.S. Yoga Asana Championship in San Antonio, Texas.

“I'm just really, really excited for this competition,” Avery said.

To prepare, Avery has been running through her routine a couple times each day. In the fall, she began attending Princeton University, where she is a member of the school's ballet team. Avery is a lifelong ballet dancer, something that has helped build her yoga skills.

“I'm a ballet dancer and I still am, I've been doing ballet much longer than yoga,” she said. “It's funny, I think of myself as better at ballet than I am at yoga. It really helps me keep up with my flexibility. And then when it comes to yoga competitions, the grace aspect is definitely improved by my doing ballet.”

Being in New Jersey for school makes her yoga practice a little more tricky, Avery said, because she can't practice in the studio where she is most comfortable. However, while home on break from school, Avery has begun kicking her training into high gear.

“I really start practicing when I'm about two months out, so right now, I'm really getting into it,” she said. “That's when you really have to start kicking into the training. I try not to worry about things too far in advance, more than four months or so. I just want to give myself a break.”



IOANNA RAPTIIS/IRAPTIIS@SEACOASTONLINE.COM

Yoga champion Emily Avery, 18, of Stratham, trains at Bikram Yoga in Portsmouth on Saturday in preparation for the 2014 U.S. Yoga Asana Championship in March.

While athletic ability, flexibility and diligence in practice are all important in yoga competitions, Avery said it comes down more to who can keep it cool in the spotlight.

“Yoga competitions are more about who can keep it together under pressure rather than who can do certain postures because everyone who is there is super amazing,” Avery said. “The pressure affects people differently.”

While her mind is focused on March, Avery said her eventual goal is to compete at the international yoga championships in Los Angeles in the adult division.

“That's an ultimate goal, to go there as an adult,” Avery said. “That would be amazing and that may be years away.”

But through the competitions, the training, and whether she's winning or losing, Avery always remembers why she started her yoga journey to begin with.

“I guess no matter how I do, it won't change how much I love to practice yoga,” she said.



LEGAL NOTICE
City of Portsmouth
Department of Public Works
High/Hanover Parking Facility
Emergency Generator Replacement
INVITATION TO BID

Sealed bid proposals, plainly marked, High/Hanover Parking Facility Emergency Generator Replacement, Bid Proposal on the outside of the mailing envelope as well as the sealed bid envelope, addressed to the Finance/Purchasing Department, City Hall, 1 Junkins Avenue, Portsmouth, New Hampshire, 03801, will be accepted until 2:00 p.m. February 13, 2014 at which time all bids will be publicly opened and read aloud. A mandatory pre-bid meeting will be held 1:00 p.m. January 23, 2014 at the High Hanover Parking Facility, 34 Hanover Street Portsmouth, N.H. This project consists of replacing the 15 kW emergency generator at the High/Hanover Parking Facility in Portsmouth, NH. Specifically, the work includes removing the existing emergency generator, and installing a new 20 kW emergency generator in a new location within the garage. New electrical wiring, exhaust system, and security fencing will be required. Specifications may be obtained from the City's web site: www.cityofportsmouth.com. Questions may be addressed by visiting the Finance/Purchasing Department on the third floor at the above address, or by calling the Purchasing Coordinator at 603-610-7227. Addenda to this bid document, if any, including written answers to questions, will be posted on the City of Portsmouth website under the project heading. Work may begin in accordance with the Notice to Proceed with work completed within 45 days once commenced. Liquidated damages shall be assessed at \$100.00 per day. Bidders must determine the quantities of work required and the conditions under which the work will be performed. The City of Portsmouth reserves the right to reject any or all bids, to waive technical or legal deficiencies, to re-bid, and to accept any bid that it may deem to be in the best interest of the City. Each Bidder shall furnish a bid security in the amount of ten percent (10%) of the bid. The Bid Security may be in the form of a certified check drawn upon a bank within the State of New Hampshire or a bid bond executed by a surety company authorized to do business in the State of New Hampshire, made payable to the City of Portsmouth, N.H. This effort will be funded from Unmet Parking Needs funds, as approved by the City Manager.

#12517 11P1/7

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Legal Notice
RFP#39-14
REQUEST FOR PROPOSALS
CITY OF PORTSMOUTH, NH
DEPARTMENT OF PUBLIC WORKS
ENGINEERING & DESIGN SERVICES
BREWSTER STREET DRAINAGE RAIL CROSSING

Sealed Requests for Proposals, plainly marked “RFP # 39-14 Engineering & Design Services, Brewster Street Drainage Rail Crossing” on the outside of the mailing envelope, addressed to the Finance/Purchasing Department, City Hall, 1 Junkins Avenue, Portsmouth, NH 03801 will be accepted until 2:00 p.m. on January 21, 2014. SCOPE OF WORK The City of Portsmouth's Department of Public Works is requesting proposals from qualified firms for the following project: The City of Portsmouth's Department of Public Works is requesting proposals from qualified firms to provide engineering and design services for a proposed new drainage outfall into Portsmouth's North Mill Pond. The pipe is intended to go from end of Brewster Street, across the Pan-Am rail lines and into the North Mill Pond and to address a long standing drainage issue at the bottom of Brewster Street. The work will entail designing the drainage system and securing any and all required permits from the railroad and any applicable governmental regulatory entities. The City has already secured drainage easements from the affected properties and is now looking to secure regulatory and access permits and construction drawings and specifications. Firms replying to this request should have experience with the design of pipe jacking or ramming, micro tunneling, auger bore or other trenchless technologies that will be required in order to secure permits from the Railroad. Firms should also possess all the necessary experience in acquiring the environmental permits for this project. Request for Proposal forms may be obtained by visiting the Finance/Purchasing Department section of the City of Portsmouth website at www.cityofportsmouth.com. Addenda to this proposal, if any, including written answers to questions, will be posted on the City of Portsmouth website under the project heading. The City of Portsmouth reserves the right to reject any or all proposals, to waive technical or legal deficiencies, and to accept any proposal that it may deem to be in the best interest of the City. If you have any questions please contact the Finance/Purchasing Department at the following number: (603) 610-7227.

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LEGAL NOTICE
PLANNING BOARD
PORTSMOUTH, NEW HAMPSHIRE

NOTICE IS HEREBY GIVEN that the Planning Board will hold public hearings on the following applications on **Thursday, January 23, 2014** (at the reconvened January 16, 2014 Planning Board meeting), starting at 7:00 pm in the Eileen Dondero Foley Council Chambers, City Hall, Municipal Complex, 1 Junkins Avenue, Portsmouth, New Hampshire.

- The application of **North Mill Realty Trust, Owner, and 3S Artspace, Applicant**, for property located at 319 Vaughan Street, for a second one-year extension of Conditional Use Permit Approval under Section 10.1017 of the Zoning Ordinance, where approval was originally granted by the Planning Board on February 16, 2012 and a one year extension was granted by the Planning Board on January 24, 2013, for 919 s.f. of impact within a tidal wetland buffer, including the construction of a patio, a seating wall and a walkway. Said property is shown on Assessor Map 124 as Lot 9 and lies within the Central Business (CB), Downtown Overlay District (DOD) and the Historic District.
- The application of **Pine Siskin, LLC, Owner**, for property located at **219 Gosport Road**, requesting Conditional Use Permit approval under Section 10.1017 of the Zoning Ordinance for work within a wetland buffer, to construct a 35' x 16' in-ground pool and associated patio, with 1,242 s.f. of impact to the wetland buffer. Said property is shown on Assessor Map 224 as Lot 10-11 and lies within the Single Residence A (SRA) District.
- The application of **Ertugrul Yurtseven, Owner**, for property located at **292 Lang Road**, requesting Conditional Use Permit approval under Section 10.1017 of the Zoning Ordinance for work within a wetland buffer, to construct a 15' wide paved driveway, with 4,885 s.f. of impact to the wetland buffer. Said lot is shown on Assessor Plan 287 as Lot 4 and lies within the Single Residence B (SRB) District.
- The application of **Strawbery Banke, Inc., Owner**, for property located off **Washington Street**, requesting Site Plan Approval to construct a 12,500 s.f. seasonal ice skating rink with an 8' x 10' transformer, a 25' x 10' rink chiller and a 25' x 60' concession pavilion, with related paving, lighting, utilities, landscaping, drainage and associated site improvements. Said property is shown on Assessor Map 104 as Lot 7 and lies within the Mixed Residential Office (MRO) District and the Historic District.

Rick Taintor,
Planning Director

Note: The Agenda for the Planning Board meeting will differ from the Legal Notice. For information on the Agenda call the Planning Department at 610-7217 during the weeks of January 13th, 2014, or check the City's website at www.cityofportsmouth.com. Notice to the members of the public who are hearing impaired - If you wish to attend a meeting and need assistance, please contact the Human Resources office at 610-7274 one week prior to the meeting.

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LEGAL NOTICE
PUBLIC NOTICE

The Department of the Navy announces the availability for public comment of the draft final No Further Action Decision Document for Site 30 at Portsmouth Naval Shipyard (PNS) and the dates for a 30-day public comment period on this Decision Document.

Site 30, Former Galvanizing Plant, Building 184, was originally investigated based on observation of a crystalline material along the base of the eastern wall adjacent to an underground tank vault that held tanks used as part of the former galvanizing and metal cleaning facility in Building 184. The tank vault was used from 1943 to 1946 and then from the mid-1950s to early 1960s. The tanks were removed, the tank vault was abandoned in place, and Building 184 was converted into a welding school. After the welding school was moved to a new location, a removal action was conducted to remove the fill material from within the tank vault. Subsequently the Shipyard renovated the building for use to support Shipyard operations. The removal action was conducted to remove metals contamination in the tank vault that was a potential risk for human health. The contamination associated with Site 30 was removed and evaluation of site data showed that the site does not pose a threat to human health or the environment. Therefore, no further action is warranted for Site 30, as documented in the draft final No Further Action Decision Document.

The Navy will hold a public comment period on the draft final No Further Action Decision Document for Site 30 from **Tuesday, January 7, 2014 through Wednesday, February 5, 2014**.

The public is encouraged to review the draft final No Further Action Decision Document for Site 30 on the Navy's public website for PNS or at the Information Repositories at Rice and Portsmouth Public Libraries during normal hours of operation:

Rice Public Library 8 Wentworth Street Kittery, ME 03904 207-439-1633	Portsmouth Public Library 175 Parrott Avenue Portsmouth, NH 03801 603-427-1540	Public Website http://go.usa.gov/DyRH (see the links tab)
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Comments can be provided in writing, post-marked no later than **February 5, 2014**, or via fax received no later than **February 5, 2014**. To provide public comment or for more information regarding the Decision Document, please contact:

Ms. Danna Eddy, Public Affairs Office (Code PA0100)
Portsmouth Naval Shipyard, Portsmouth, NH 03804-5000
Telephone: 207-438-1140 Fax: 207-438-1266

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Tuesday, January 07, 2014