Cheers to Fall

Exploring some of the best seasonal brews in the city
12 Cheers to Fall
Fall beverages are all the rage right now, and we found some places making and selling some of the best.

6 Talent
Check out the inaugural CCEH talent show on Saturday.

17 WAM 2019
Walk a Mile in Her Shoes puts men in high heels.

STAFF PICK

Raise awareness at NAMIWalks NH
There's a lot going on in Concord this week, but if you can only make time for one event on Sunday, consider making it to NAMIWalks NH, part of the nation's largest mental health fundraising and awareness event. There's no minimum registration fee, so you can donate and raise whatever you can without worrying about hitting a certain number. The walk starts at the South Fruit Street soccer fields at 10:30 a.m., with check-in starting at 9. For more info, contact Brittany Porter with NAMI NH at 225-5359, ext. 349 or bporter@naminh.org. — Jon Bodell
city manager’s newsletter

Property tax bills, leaf collection and more

City On Friday, Stefanie Breton, the city’s public information officer, sent out the weekly City Manager’s Newsletter. You can read the full newsletter by going to concordnh.gov and clicking the Newsletter button on the home page. Here are some highlights:

**Property tax bills**

Property tax bills containing the July 1, 2019, and Oct. 1, 2019, payment coupons were mailed in May. If you have not received, or have lost your property tax bill, please contact the Treasury/Collection Office at collection@concordnh.gov for a duplicate copy.

**Fall leaf collection**

Save the date for Concord’s Fall Leaf Collection! Bulk leaf collection will begin Oct. 28 and continue as weather permits through Dec. 6. Bagged leaf collection was introduced last year for the first time in the fall and it was a big success! Unlike bulk collection, bagged collection is not weather dependent and provides an additional and guaranteed collection alternative. Bagged leaf collection is returning again this year and will begin on Nov. 18 and continue for three weeks through Dec. 6.

**Neighborhood street paving**

The Neighborhood Street Paving Program continues. Continental Paving will be working on lowering covers on Sewalls Falls Road from Second Street to Abbott Road and on Penacook Street from just east of Bradley Street to Rumford Street in preparation of cold planing these sections later this week or next week. They will also be raising covers on Laurel Street, Pine Street and Norwich Street in preparation of the final maintenance overlays on those streets later this week or next week. Curb has been set on South Fruit Street and the sidewalks have been paved, and loam and seed is complete. Finish paving of this section will be completed in the next few weeks. All work is weather dependent and the schedule could change day to day.

**Fire Prevention Week**

Fire Prevention Week is Oct. 6-12. This year’s theme is “Not every hero wears a cape. Plan and practice your escape!” The Concord Fire Department wants to remind you to make a home escape plan with all members of your household and practice it twice a year. This is also a great time to check and replace the batteries in smoke detectors and carbon monoxide detectors.

**Heights Community Mural**

Head over to Arnie’s Place on Saturday to take part in the Concord Heights Community Mural Project. Join members of the community to help create a mural outside Arnie’s to celebrate the culture and diversity of the Heights. Painting will be going on from 9 a.m. to 5 p.m., but you don’t have to stay the whole time — just come when you can! No artistic experience or skill is necessary.

**Utility work**

Liberty Utilities will be working at the following locations this week:

- Broadway (Pillsbury Street to West Street)
- Centre Street/Liberty Street (at Roundabout)
- Manchester Street (Black Hills Road to Garvin Falls Road)
- North State Street (Centre Street to Pleasant Street)
- Green Street (School Street to Capitol Street): The sidewalk and parking on the east side of the road will be closed.
- Park Street (between North Main and North State streets): Portions of the sidewalk and parking will be impacted.
- School Street (Green Street to N. State Street) : The sidewalk will be closed for steam pipe removal. Pedestrian traffic will be detoured.
- School Street (at Green Street) : The road will be closed during the day for steam pipe installation.

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**Suffering from Joint Pain?**

**Enhance Your Smile**

**Dr. Lynnette Nyberg**
Children, Teen & Adult Orthodontics
Invisalign Premier Provider

**Concord orthodontics**
www.concordorthodontics.net
The Orthodontic and Invisalign Specialist

**Stryker**

Attend a FREE upcoming seminar with Dr. Bryan Lawless, Dr. Mary-Lee Sole and Dr. Mark Piscopo. They will discuss the latest advances for joint pain, including Mako Robotic-Arm Assisted Technology.

Mako Technology helps doctors perform your surgery with a robotic-arm.

Wednesday | Oct 23, 2019 | 5:30-6:30 PM
The Common Man (Concord)
25 Water Street Concord, NH 03301
Dinner will be provided.
Space is limited! So, Register Today!
To register call Elliot Hospital, 603-663-4567

All surgery carries risk. See your orthopaedic surgeon to discuss your potential benefits and risks. Not all patients will have the same post-operative recovery and activity level. Individual results vary.
Carole King musical to be performed Tuesday
Also, Area 23 to hold second annual Decades Fest, featuring five separate acts

Music

Tuesday
■ Paul Bourgelais at Hermanos Cocina Mexicana at 6:30 p.m.

Wednesday
■ Joel Cage at Hermanos at 6:30 p.m.
■ Eric Lindberg at the Courtyard by Marriott at 6 p.m.
■ Open mic at Area 23 at 7 p.m.
■ North Sea Gas at Concord City Auditorium at 7:30 p.m. Free.

Thursday
■ Eugene Durkee at Hermanos at 6:30 p.m.

Friday
■ Hank Osborne & Friends at Area 23 at 8 p.m.

Saturday
■ Tim & Dave at Hermanos at 7:30 p.m.
■ 2nd annual Decades Fest at Area 23 at 2 p.m. featuring Eric Lindberg,
Gardner Berry, 2nd Story Underground, These Trees and Elden’s Junk.
■ CCEH Talent Show at Bank of NH Stage at 5:30 p.m. Tickets are $22 to $75 plus fees at ccanh.com.
■ It Was Fifty Years Ago Today – a tribute to the Beatles White Album at the Capitol Center for the Arts on Friday at 8 p.m. Tickets are $45 to $85 plus fees at ccanh.com.

Sunday
■ Michael Alberici at Hermanos at 6:30 p.m.
■ Lee DeWyze at Bank of NH Stage at 8 p.m. Tickets are $22 to $75 plus fees at ccanh.com.
■ Symphonic NH at Concord City Auditorium at 3 p.m. Tickets are $10 to $52 at symphonynh.org.

Monday
■ Paul Bourgelais at Hermanos at 6:30 p.m.

Next Tuesday
■ Eugene Durkee at Hermanos at 6:30 p.m.

Theater

■ Beautiful: The Carole King Musical at the Capitol Center for the Arts on Tuesday, Oct. 1 at 7:30 p.m. Tickets are $45 to $110 plus fees at ccanh.com.
■ National Theatre Live in HD presents The Audience at Bank of NH Stage on Sunday at 12:55 p.m. Tickets are $12 to $15 plus fees at ccanh.com.
■ Randy Rainbow at the Capitol Center for the Arts on Friday at 8 p.m. Tickets are $45 to $85 plus fees at ccanh.com.
■ Background Check at Hatbox Theatre on Friday and Saturday at 7:30 p.m. and Sunday at 2 p.m. Tickets are $12 to $18 at hatboxnh.com.

Movies at Red River

Downton Abbey (PG/2019/122 min.)
Tuesday: 2, 4, 5:30, 7
Wednesday: 2, 4, 5:30, 7
Thursday: 2, 4 5:30, 8

Raise Hell: The Life And Times Of Molly Ivins (NR/2019/93 min.)
Tuesday: 1:30
Wednesday: 1:30, 5:25
Thursday: 1:30, 5:25

Linda Ronstadt: The Sound Of My Voice (PG-13/2019/95 min.)
Tuesday: 3:30, 7:25
Wednesday: 3:30, 7:25
Thursday: 3:30, 7:25

Nausicaa Of The Valley Of The Wind (PG/1984/117 min.)
Thursday: 7:30

All movie times are p.m.
Oct. 1, 1976: In an appearance at the New Hampshire Highway Hotel in Concord, Ronald Reagan tells 700 Republicans that Gov. Mel Thomson must be re-elected. Thomson, he says, is a “politician of national stature.”

Oct. 2, 1856: Near the end of his term, President Franklin Pierce visits Concord to stump for James Buchanan, the Democrat nominated to succeed him. Pierce is greeted with a statue. "is a "politician of national elected. Thomson, he says, Thomson must be re-

Oct. 2, 1918: Two Concord soldiers – Marine Lieutenant Paul Corriveau and Private Herbert C. Drew – die in France on the same day. Corriveau is killed in action; Drew succumbs to pneumonia. Drew’s mother will call the Monitor’s atten-
tion to the coincidence that 20 years before, the two men were in the same kindergarten class at Walker School.

Oct. 2, 1929: Vincent Cozzi of Albin Street in Concord is the sculptor of a fully equipped 6-foot doughboy being carved from a 3-ton block of granite at Swenson Granite Co. When it is completed, the statue will be shipped to Harrisonville, Mo., to stand in the square as a memorial to that town’s World War dead. Cozzi is using a photo of a Missouri soldier as a model for his statue, which he expects will take eight weeks to complete.

Oct. 2, 2000: Campaigning in Concord, Ralph Nader criticizes the Commission on Presidential Debates, which has excluded his opponent’s debate in Boston. He says the two major parties “have wasted democracy in this country.”

Oct. 3, 1924: Malcolm McLane is born in Manchester. McLane will serve on the Concord City Council from 1956 to 1976, including six years as mayor. He will also serve on the Executive Council and run an unsuccessful third-party race for governor against Mel Thomson.

Oct. 4, 1861: A fire on the southwest corner of Main and Centre streets destroys the Merrimack House, a marble works and a doctor’s home and office.

Oct. 4, 1983: Concord's South Main Street. A fine horseman, he himself rides in the procession down Main Street.

Oct. 5, 1817: An earthquake rocks Concord at about 11:40 a.m. It lasts 1-2 minutes.

Oct. 5, 1918: Concord’s Board of Health urges the discontinuation of public funerals because of the Spanish Influenza epidemic, which is at its peak. The board strongly suggests that until further notice only “kinsmen and very near friends attend the last rites of people who die.”

Oct. 5, 1935: The first New Hampshire Peace Union convention meets in Concord. The state pacifist movement’s leader, Agnes Ryan, has stated the group's goal, saying its members will witness the greatest thing “since Christ was on earth. You are going to live to see the war method abolished from the earth.”

Oct. 5, 1985: The Band, minus Robbie Robertson, plays at the rickety old Capitol Theatre on Concord’s South Main Street.

Oct. 6, 2001: Concord High School senior Matt De-lois wins the Class L individual golf championship, beating out sophomore teammate Mike Beeson for the title.

Oct. 7, 2000: Concord High quarterback Matt Skoby sets the school record for touchdown passes thrown in a game with five during a 38-10 win over Manchester Central.

Oct. 7, 2001: Concord native Tom Mailhot begins the Ward Evans Atlantic Challenge, a 2,900-nautical mile rowing race from the Canary Islands off Africa to Barbados in the Caribbean. Mailhot is a member of the only American team in the race.
Ten local acts have made it through the elimination rounds and are ready to captivate the audience at the Concord Coalition to End Homelessness’s inaugural Talent Show on Saturday at Bank of NH Stage.

The performances will feature voices singing higher than the dog tricks, sizzling dance moves and a chef spinning in his cym with the precision of a cellist.

Attendees can vote for their favorite performance and participate in games. People’s Choice votes are purchased and then cast for various performers. The performer with the most votes at the end of the Talent Show wins. The ballot-box stuffing has begun early by allowing votes to be purchased online prior to the event. You can find the link to the online voting at ccehtalentshowvoting.eventbrite.com. All votes are $5 and are considered a donation to CCEH (ie. tax deductible). Votes will also be sold at the event, but this is a good way for those that cannot attend the Talent Show to be able to support the talent and the mission of the Coalition.

Your ticket also includes food service provided by the Concord Food Co-op and O’s Steak and Seafood.

To see all the acts visit concordhomeless.org/elimination-rounds.

This show is anticipated to sell out. Tickets are $35 each at the box office at Bank of NH Stage. The box office is open Monday through Friday from 12 to 6 p.m. If you buy online (at ccanh.com), there is an $8.75 extra fee per ticket.

Talent Show chairman and CCEH board member Greg Lessard called the Talent Show, “A very exciting new fundraiser for CCEH that promises to be a memorable event for Concord. The evening will be themed after Barnum and Bailey’s ‘Greatest Show on Earth,’ and we’re thrilled to offer this event at the new Bank of New Hampshire Stage.”

CCEH Executive Director Ellen Groh said the timing of the Talent Show is ideal. “With the newly constructed Emergency Winter Shelter now complete, CCEH is turning our attention to permanent housing solutions to end chronic homelessness. We know of at least four communities in the United States that have reached that goal and we intend to add Concord to that list!”

CCEH is also thrilled that local celebrity Rob Azevedo, host of Granite State of Mind on WKXI 103.9 and WMNH 95.3 (and an occasional contributor to the Insider and Monitor) is donating his time to emcee the Talent Show. “Ending Homelessness is a very near and dear mission that I will most definitely help with,” Azevedo said.

At 5:30 p.m. there will be a Meet and Greet on the first floor with food compliments of Concord Food Co-op and O’s Steak and Seafood. The second floor will have a cash bar, Buy a Vote, Wine Pull, and tickets for Heads or Tails. You can also buy tickets for the 50/50 raffle. All proceeds benefit CCEH.

For questions, email greg@concordfoodcoop.coop.

“Showdown”

10 local acts to square off at CCEH Talent Show

Homelessness coalition’s inaugural event to take place at Bank of NH Stage

Sarah Cooley (left) and Julieann Hartley will be among the performers at the Concord Coalition to End Homelessness Talent Show on Saturday. The duo will perform an original song written by Cooley.

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By MIKE MORRIS

For the Insider

It was a Sunday afternoon in the city of Boston. I was sitting in the Boston Opera House, struggling to stay awake. My wife and I were in the first row of the balcony, with a phenomenal view of the stage. The touring production of Phantom of the Opera was churning through Act I, and my head was doing a bob and weave act. I tried shifting positions and changing my breathing. I tensed and relaxed my muscles, tried some good old-fashioned will power, and finally, I gave in. Sometime during the song, “All I Ask of You,” in one of the most beautiful theaters I have ever seen, I took a nap. My wife tells me it was only a short nap. I woke to the sound of applause at intermission.

I do love musical theater. I also love naps. I think it’s a bit inappropriate to enjoy something greater, to connect us to what it means to be human. On a yoga mat, there are arms and legs, hips and shoulders, bones and muscles, heart, lungs and brain all working to get you feeling better in your human body. Under the stage lights, there are actors, producers, musicians, set designers, songwriters and playwrights, marketers and box office folks all working together to leave you feeling a little better than when you came in.

A yoga class and a musical theater production both require a healthy leap of faith. The very idea that someone would break into spontaneous song is a little hard for some folks to grasp. The idea that anyone would willingly twist and turn a body around on a yoga mat can be a little challenging for some, too.

In the fall of 2017, after an afternoon hot yoga class, I went to Concord High School to see a production of Into the Woods. I made sure to enjoy a cup of coffee in the lobby before the show, just in case one of those rogue naps snuck up on me. The theater looked spectacular. The lighting and set design were truly amazing. It was a sold-out show, and the crowd was buzzing as the house lights dimmed and the orchestra kicked in. It was a show as good as any you’ll see anywhere. All the “moving pieces” had been wrangled and rehearsed into an amazing piece of musical theater, from start to finish. Behind the scenes, I’m sure a lot of work went into making it happen.

When you step on to the “stage” of your yoga mat, you’ve got to start with moving some body parts. You’ll need a healthy leap of faith, and you’ll have to wrangle and rehearse those parts so they start to work together. And they will. You’ll create your own musical, with your own body. It starts with an idea, an intention. An idea that you can feel better in your body, using nothing else but what you already possess. Here is where yoga and musical theater diverge. At the end of the show, there is thunderous applause. At the end of the yoga class, there is a quiet awesomeness that is uniquely you.

Treat yourself to a musical. Concord High School is staging Chicago in May next year. Get yourself to a yoga class. You can find one of those every day. And take a nap. Try not to fall asleep in the theater, but if you need some quick shut-eye in my yoga class, I’m okay with that.

(Mike Morris is the owner of Hot House NH Yoga & Pilates.)

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concordfarmersmarket.com

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every Saturday thru Oct. 26th
8:30am-Noon

• Veggies
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• Local Dairy
• Specialty Foods

• Plants
• Soaps and Herbs
• Pet Treats
• SNAP & EBT accepted
• Ask about special Market Tokens

Read a great book (or a really terrible one)? Tell us what’s on your bookshelf.

7 Concord Insider — Tuesday, October 1, 2019
It’s hard to be perfect – so don’t bother trying

It’s important to set realistic, achievable goals that can make you feel better.

By CRYSTAL REYNOLDS
For the Insider

It’s hard to be disciplined all the time.
It’s hard to be self-motivated.
It’s even harder to stay the course when you are surrounded by temptation.
Here’s my advice: Don’t try to be perfect all the time.

Just don’t.

Adopt the philosophy of “more times than not.”

What does “more times than not” even mean? Basically, it means fairly frequently, or more than or at least half the time. How does this differ from “often?” Merriam-Webster explains that “often” means roughly 50-60% of the time, whereas “more often than not” means 75-95% of the time, and is closer in meaning to “almost always.”

Yup. I know. You’re eye-rolling me right now. It sounds like semantics, but it is much more. Trust me, it works. You need a simple, yet easily rememberable and repeatable catch phrase. This is the perfect mantra to adopt when you are trying to make any change. If you recognize you have a behavior you no longer wish to display, and simply decide that you are NEVER again going to do said behavior, you are setting yourself up for failure. Although the cold-turkey method works for some, the vast majority of people benefit from small changes over time.

“More times than not, I have cooked dinner after grocery shopping and not ordered pizza.”

“More times than not, I have filled up my gas tank BEFORE the gas light comes on.”

When assessing the largest change I need to make in my life, it is the addiction to my phone. I need to “more times than not” do anything else besides use my phone. Anna Gragert provides a more specific example that resonates with phone obsessed people.

Take a moment to think about how much technology influences your life. How often do you reach for your phone? Are you ever woken up by your phone’s pings and vibrations? Is your computer always on?

For a long time, I would wake up and reach for my phone or computer. I would anxiously check my messages before I had even washed my face or brushed my teeth. Technology prevents us from living in the moment, in the here and now. It prevents us from taking care of ourselves first, especially if you are programmed to instantly respond to the sound of a phone call or text message.

Before I go to bed, I turn my laptop off and put my phone on silent (I am working up to putting it on airplane mode). If I wake up in the middle of the night and cannot go back to sleep, I avoid all scrolling through social media or checking email. Instead, I will listen to a talk down meditation.

In the morning, I wake up and make myself do whatever else I need to do to feel ready to face the day BEFORE checking my phone.

Yes, it is hard at first. Yes, avoiding my phone does make me uneasy sometimes. But, practice makes perfect. The “more times than not” we practice our good actions, the more likely we are to create a new, sustainable, positive behavior.

For more info or to register: www.ConcordYouthHockey.org
Or call Program Director, Wes Riley: 603-496-0146

And immediately put it away. If you recognize you have a behavior you no longer wish to display, and simply decide that you are NEVER again going to do said behavior, you are setting yourself up for failure. Although the cold-turkey method works for some, the vast majority of people benefit from small changes over time.

It’s even harder to stay the course when you are surrounded by temptation.

In the morning, I wake up and reach for my computer always on? How often does this differ from “often?” Merriam-Webster explains that “often” means roughly 50-60% of the time, whereas “more often than not” means 75-95% of the time, and is closer in meaning to “almost always.”

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The brain has a reward center that needs to have “wins.” To make sure it is activated, you must set achievable and realistic goals.

Practical examples: “More times than not, I have folded my laundry AND immediately put it away.”

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The Tale Teller
Anne Hillerman
2019, 302 pages
Mystery

Retired tribal policeman Joe Leaphorn is persuaded to look into a case for Daisy Pinto, director of the Navaho Nation Museum. A traditional Navaho dress and a silver bracelet were not in a box of items donated to the museum. The dress is said to have been worn by Juanita, wife of the famous leader Manuelito. If it is authentic, it would be a very valuable item, one from a terrible time in Navaho history.

The list inside the box included these items, but the dress and bracelet can’t be found. The young staff worker who unpacked the box is ill and then dies under mysterious circumstances. And Joe Leaphorn is given a warning that witchcraft is being used.

Officer Bernie Manuelito goes for a run and sees a dog waiting in the heat by a popular jogging trail. The dog is distressed, and Bernie soon finds the body of a dead man a little way off the trail. At first she thinks the man might have had a heart attack. But his hands are bound. His death is ruled a homicide and the FBI is called in. Bernie thinks the FBI is not telling her everything they know about the case.

Bernie and her husband, Sergeant Jim Chee, are investigating a string of burglaries in Chinle. Someone is breaking into older people’s homes and taking rare, valuable jewelry.

The cases dovetail in a surprising and dangerous sequence of events.

This is more than a police procedural set in the Southwest. The sense of place is remarkable. At one point Chee drives from Chinle to Canyon de Chelly. “Tséyi’, the place deep in the rocks, made his heart sing. Sacred country, a refuge, a quiet oasis … No matter how many times he saw the canyon’s buttes, spires, and mesas, they never failed to move him to a state of peace.” (p. 118). And Navaho culture is revealed throughout.

Anne Hillerman continues her father Tony Hillerman’s work by using the same characters of Joe Leaphorn, Jim Chee and featuring Bernie Manuelito. Bernie is becoming an excellent police officer, and her skills and intuition serve her well.

Robbin Bailey
Concord Public Library
Visit CPL at concordpubliclibrary.net.

Manhattan Short Film Festival

Special Event co-presented with Barry Steelman!
“The most creative short films in the world, judged by the cinema-going public of the world!” Previous festivals at NHTI played to SRO audiences; join us again for a fantastic screening of creative shorts, reprised with two showings on Saturday and one showing on Sunday. Every audience member will be given a voting card upon entry and will be asked to vote for the filmmaker they feel should win the event! NHTI audiences have had the uncanny knack of selecting most festival winners!

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ADMISSION
$10.00
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NHTI students FREE
with valid NHTI ID.
From Friday through Sunday, NHTI, Concord’s Community College, will join venues around the globe in hosting the 22nd Annual Manhattan Short Film Festival – a worldwide competition to select the best short films of 2019. Throughout the week, theaters in more than 400 cinemas worldwide will be screening the 10 finalists in this yearlong competition. Every viewer will have the opportunity to rate the 10 films, and all votes count toward choosing the winner.

The Manhattan Short finalists hail from seven countries (including three entries from the U.K. and two from the United States), and represent the best among 1,250 submissions from 70 countries. This year’s Final Ten are NEFTA Football Club, Debris, Driving Lessons, Tipped, Sylvia, The Match, This Time Away, Malou, A Family Affair and At The End of the World. All of the Final Ten are Oscar-qualified, meaning they are automatically eligible for an Academy Award nomination.

Manhattan Short is the only film festival of its kind. The Final Ten selections screen simultaneously around the world during a one-week period. Manhattan Short attendees vote for Best Film and Best Actor awards at each participating venue.

This special event is co-presented by Barry Steelman. There will be four screenings at NHTI: Friday at 7 p.m., Saturday at 2 p.m. and 7 p.m., and Sunday at 2 p.m., all in Sweeney Auditorium. Tickets are $10. More information about the Manhattan Short Film Festival is available at ms-filmfest.com. For questions about the screenings at NHTI, contact Steve Ambra at 271-6484, ext. 4101 or sambra@ccsnh.edu.

Steve Ambra
NHTI
If you’re looking for something fun to do this weekend while also contributing to a great cause, check out the 17th annual NAMIWalks NH on Sunday. NAMIWalks is the nation’s largest mental health awareness and fundraising event, and the Concord event is always well-attended. As of press time, there were already more than 800 individuals and more than 100 teams registered.

One of the defining features of NAMIWalks NH is that there is no minimum registration fee. Participants are encouraged to give what they can, and many people tend to go above and beyond — more than $92,000 had been raised by press time, which is a substantial chunk of change considering the number of registered participants (that’s an average of more than $111 per person). The overall fundraising goal is $125,000, which is still totally in reach if enough people chip in before the event.

Of course, you don’t have to participate in the walk to contribute to the cause. You can simply make a donation by going to NAMIWalksNH.org and clicking the button at the top of the page labeled “Donate to this event.”

There are multiple ways you can make a difference with NAMIWalks: as a sponsor, committee member, team captain, team member, individual walker or volunteer. Team captain is the designation given to the person who creates a team for the walk. If they register online, they receive email notifications when new members register online. They can customize the team webpage and access special online team features.

There’s an incentive for individuals, too — every individual who raises $100 will be recognized on walk day with a free event T-shirt.

“However you participate in NAMIWalks, you will be joining NAMI’s movement to raise awareness of mental illness and raise funds for our mission to help individuals and families right here in our region,” the event’s website says.

The walk will begin at the soccer fields on South Fruit Street in Concord on Sunday at 10:30 a.m. Check-in will begin at 9 a.m. The walk is a 5K and is suitable for the whole family.

For more info, contact Brittany Porter with NAMI NH at 225-5359, ext. 349 or bporter@naminh.org.

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Amy Allard and her children Hailey and James start at the NAMIWalk NH in 2018 across from Memorial Field. Allard raised more than $3,000 in memory of her husband Jeremy, who died from suicide in 2012.
Concord Craft rolls out apple, Marzen styles

Eschewing the popular trend, downtown brewery doesn’t mess with pumpkin

By JON BODELL

With the advent of fall usually comes a mass invasion of pumpkin and pumpkin spice – coffee, muffins, donuts, pie, ice cream, air fresheners and, yes, beer.

At Concord Craft Brewing Co. on Storrs Street, they didn’t get the whole you-must-make-everything-pumpkin memo. Instead, the brewery has a pair of fall seasonals that you won’t find elsewhere (unless, of course, you go to one of the many places Concord Craft distributes to) – Apple Crisp Porter and Oktoberfest.

The Apple Crisp Porter was just released at the end of last week, and it’s the only apple crisp variety of beer we found anywhere in the city while browsing for things for this issue. Usually when you hear of an alcoholic beverage with an apple flavor, you think of something light, like a cider or even something like Redd’s Apple Ale, an apple-flavored beer. Instead, what Concord Craft has done is spun that apple theme into a dark, rich porter that’s perfect for this time of year.

The Apple Crisp Porter is made with fresh apples from Gould Hill Farm in Contoocook – Contoocook Cider Company also uses Gould Hill’s apples to make its hard ciders. It starts with Concord Craft’s standard porter recipe, then the apples are added in the mash along with oats and spices and real graham cracker pieces. The result is a slightly sweet, toasty, malty, ever so slightly spicy porter that goes down very smooth. You’ll notice the apples more in the smell than the taste, unless you have really exceptional tastebuds. The apple flavor is much more subtle than you might expect, which really just means it doesn’t get in the way of the overall experience of drinking it. At 5.8 percent alcohol by volume, it’s not so strong that you won’t be able to finish one, but it’s certainly more potent than some apple-flavored light beer.

Concord Craft also just released its Oktoberfest, a Marzen-style, German variety lager the brewery has released for the last few years now. Traditionally, German brewers would concoct this style of beer in March and let it sit until about October (“Marzen” means “March,” apparently), but Concord Craft doesn’t exactly have that kind of time, or storage space, so theirs sits for only a few weeks before being served.

This Oktoberfest is light and clean – compared to the commercially successful Sam Adams Octoberfest, the Concord Craft version tastes less bitter and feels milder. The Concord Craft version of Oktoberfest is very drinkable and could even pass as a summer beer. It checks in at 5.7 percent ABV, which is fairly mid-range compared to most other beers in general.

This is also the biggest batch of Oktoberfest the brewery has ever made. In each of the past few years, they have made smaller batches, not wanting to waste dozens or even hundreds of gallons of a seasonal beer. The response was so positive, however, that they decided to go all out this year and make a full batch. There should be enough on hand this year to last longer than it may have in years past – and that’s a good thing.

Apart from the fall brews, we have a bit of top-secret Concord Craft news to leak – the brewery will soon be releasing another batch of Wicked Safe Space. This beer is the brewery’s flagship Safe Space New England IPA infused with peaches and mango. Given the popularity of Safe Space, this one will likely fly off the shelves and out of the taps, so don’t wait around. While we don’t have an exact date for you, look for Wicked Safe Space in the next week or two, tops.
Lithermans introduces Black in Black stout

Also, new batch of Quadracalabasasia Belgian-style quad to drop later this month

By JON BODELL

The music-loving guys over at Lithermans Limited are always up to something – one could say there’s always something brewing – and it’s no different right now as we enter fall.

The Hall Street brewery just released Black in Black, a chocolate stout made with black currant and cacao beans from Ecuador. A drink like this would traditionally be served with a little cup of black currant syrup that the consumer would add to his or her beer. Basically, they’d bring you out a regular stout and you’d add as much or as little syrup as you wanted.

“We included it in the fermentation so there’s not so much sweetness but still a ton of black currant flavor,” said Michael Hauptly-Pierce, one of the owners at Lithermans.

Black in Black was just released last week, and it’s currently only available at the brewery. Hauptly-Pierce said they try not to do too many brewery-only beers, but this happens to be one of them, so if you want to try it you’ll have to get over there and give it a go.

There are a few other seasonal beers in the works that will be released in the very near future. First and foremost is the Quadracalabasasia, a Belgian-style quad. Unlike most breweries that offer a pumpkin-flavored fall beer, the Quadracalabasasia doesn’t feature any pumpkin spice. The truth is, most things sold as pumpkin spice or just pumpkin flavored – from coffee to beer – contain no pumpkin whatsoever. Most of these products really just feature the spices that accompany pumpkin – basically a seasoning packet from a do-it-yourself pumpkin pie. With Quadracalabasasia, they use actual pumpkins, and New Hampshire-grown pumpkins, at that, to flavor the beverage. In fact, last year’s batch was made using Concord pumpkins and many pounds of graham crackers.

The quad checks in at 10.5 percent alcohol by volume and is sold exclusively in 500 milliliter bottles, which makes for a very presentable gift. The smooth and moderately sweet flavor of this beer, paired with the high alcohol content, means it has a tendency to really sneak up on you, meaning you’ll want to be careful with it. It isn’t out yet, but look for it on select shelves, as well as at the brewery, around Halloween.

Another seasonal libation that’s on its way is Kashmir, a Belgian tripel. This is a very interesting beer in that it’s a Belgian tripel – a strong pale ale of sorts – made with saffron and bee pollen. Saffron is essentially the most expensive food item (it’s a spice) in the world, typically retailing for more than $500 an ounce, so you’ll only really see this in special brews such as the Kashmir. As for the bee pollen, it all comes from one hive in New Hampshire, owned by the owner of Bert’s Better Beers in Hooksett. The combination of the pollen and the saffron creates a honey-like flavor that you actually can’t get by using real honey, Hauptly-Pierce said. Look for this one around Halloween, too.

Looking a bit farther down the road, Lithermans is planning a special release for Thanksgiving, too. The as-yet-unnamed beer will be a cranberry gose, and it ought to pair very well with pretty much anything you’re eating or drinking on or around Thanksgiving.

They will also be bringing back Cosmic Baker, the fruitcake sour ale with the psychedelic can. If fruitcake isn’t really your thing (is fruitcake really anyone’s thing?), don’t worry, because this beer doesn’t taste much like the hard, weird Christmas treat and goes down more like a traditional sour.

There’s no firm release date for the cranberry gose or the Cosmic Baker yet, but check lithermans.beer in the coming weeks for updates.
Concord is home to several craft beer stores

Don’t waste your time and money by beer shopping at the 24-hour gas station

By JON BODELL

As fun as it can be to go to a brewery or a bar to enjoy some seasonal libations with friends, a lot of times it’s just easier to stop at a store, grab a pack of something nice and enjoy it at home on the couch or in the yard. When it comes to choosing for where to shop and what to buy, it’s an embarrassment of riches around here, and that’s a good thing for the discerning craft beer or cider fan.

While there are certainly dozens of stores in the city where you can pick up some beer, many of these places just don’t have much to offer. You can run into a gas station in a pinch, but if you’re looking for something other than Bud Light or Natty Daddy, you might have a hard time. There are also plenty of grocery stores that have good selections, but it can take forever to get in and out of places like that.

If you want the best selection with the best options and the most convenience, you need to hit up a store that specializes in craft beer, and there are plenty of those here in Concord.

The newest place on the list is Georgia’s Northside. The North State Street business opened as a take-out barbecue restaurant in late summer, and recently got its permit to sell craft beer and cider. This is a unique business model in Concord – you can stop in here on your way home from work and grab a hot and ready-to-eat fried chicken sandwich, plus a 4-pack of Fresh Patch pumpkin ale by Wormtown Brewery or Fire Starter spiced hard cider from North Country Hard Cider Company, among many other tasty options.

Local Baskit, at The Concord Center on Ferry Street downtown, also offers take-home meals as well as craft beer, cider and wine, though the meals you get from Local Baskit are for you to make yourself. The beer selection is always top-notch, and there are many options for fall beverages. On the local side, you can get Concord Craft Brewing’s new Apple Crisp Porter, Lithermans Limited’s Quadracalabasia (made with real New Hampshire pumpkins, not generic pumpkin spice), Henninger Brewing Co.’s Flap Jack maple double brown ale and ciders from North Country, Downeast (Maine) and Citizen (Vermont). If you’re in the mood for something stronger, try the Pumking or Warlock brews from Southern Tier (New York), which pack 8.6% alcohol by volume.

If you’re downtown, stop into Capital Beverages on South Main Street. This store has long been a staple in the craft beer market, and they boast a healthy selection of craft as well as commercial varieties. This is one of those shops where you can get a couple classy 4-packs for yourself and also grab a case of Miller Lite for the guests you don’t like as much.

On the other end of town is the hidden gem that is Riverhill Market. This shop is unique in that you can go in here and get a high-end steak to take home and grill, a slice of pizza to eat on the ride and almost any beer you can think of. Riverhill’s craft beer selection is right up there with any place in the city, and if you’ve never been (it’s at 189 Carter Hill Road), you have to check it out.

Concord Food Co-op is also a good craft beer destination. While not as varied as some of the other stores, the co-op’s selection is definitely not too shabby, and it’s a quicker shopping experience than going to Shaw’s.

The newest craft beer store in Concord is Georgia’s Northside, which opened for take-out lunch and dinner options a few months ago and just recently got its license to sell craft beer and cider – including plenty of fall seasonals.
Free concert at United Church

On Monday, Oct. 7 at 7 p.m., a piano/mezzo soprano duo will perform at the United Church of Penacook as part of the fall series of concerts presented in conjunction with Avaloch Farm Music Institute. Anne Rainwater and Melinda Becker will perform three-song sets — Gabriela Lena Frank’s “Quatro Canciones Andinas” in Spanish, selections from Barber’s “Hermit Songs” in English and Debussy’s “Trois Chanson de Bilitis Tin” in French. Samples of their work can be found at newmoonduo.com. Find additional concert information and directions at ucpnhs.org.

Lynne Raleigh

The Capital Crime of Witchcraft

Co-Sponsored by the Buntin-Rumford-Webster Chapter of the Daughters of the American Revolution and the Baker Free Library, come to the Baker Free Library in Bow on Tuesday, Oct. 8 at 7 p.m. for a presentation called “The Capital Crime of Witchcraft: What the Primary Sources Tell Us.”

On first impression, the witchcraft trials of the Colonial era may seem to have been nothing but a free-for-all, fraught with hysterics. Margo Burns explores an array of prosecutions in 17th century New England, using facsimiles of primary source manuscripts, from first formal complaints to arrest warrants, indictments of formal charges to death warrants, and the reversals of attendant and rescinding of excommunications years after the fact; demonstrating how methodically and logically the Salem Court worked. This program focuses on the Salem witchcraft trials of 1692 and 1693, when 19 people were hanged and one crushed to death, but also examines a variety of other cases against women in New Hampshire, Massachusetts and Connecticut.

Margo Burns, the 10th-generation great-granddaughter of Rebecca Nurse, who was hanged in Salem in 1692 on the charge of witchcraft, will be the featured speaker. She is the project manager and an associate editor of Records of the Salem Witch-Hunt, published in 2009 by Cambridge University Press.

Nancy Shee

Better Choices, Better Health

Concord Regional VNA is offering Better Choices, Better Health, a six-week interactive workshop for adults living with or caring for someone with arthritis, diabetes, hypertension or any other ongoing mental or physical health condition. The program is on Tuesdays beginning Oct. 8 from 10 a.m. to 12:30 p.m. at GoodLife Programs & Activities, 254 N. State St. in Concord.

This workshop provides valuable tools and information to help manage disease symptoms, maintain proper nutrition and exercise, communicate with your healthcare provider and more. There is no fee to attend this program and space is limited. Pre-registration is required. To register, call Concord Regional VNA at 224-4093 or (800) 924-8620, ext. 5815 or visit crvna.org.

Andy Morse

Grants available via NH Humanities

New Hampshire Humanities offers the only grants program in our state dedicated to making the humanities accessible to all. The humanities are the ideas and knowledge about human history and culture that help people understand life today. Nonprofit applicants work with a trained expert to plan all kinds of programs, from lectures to book or film discussions to walking tours to community conversations.

New Hampshire Humanities invites nonprofit organizations serving people in New Hampshire to submit proposals for humanities-based community projects. Mini Grants are for requests up to $1,000 and Major Grants for more involved projects ranging up to $10,000. With six mini grant rounds and four major grant rounds, funds are available throughout the year. NH Humanities is eager to work with new as well as repeat applicant organizations, and especially encourages nonprofits in northern New Hampshire, the Lakes Region, Manchester and Nashua to apply. View the Community Project Grants page at nhhumanities.org/grants for descriptions of recently funded projects, 2019-2020 deadlines, guidelines and templates.

Rebecca Kinhan

Grandparents workshop at BGS

Broken Ground School will host a program called Grandparents Raising Grandchildren on Tuesday evenings through the month of October beginning Oct. 8. The group will discuss the joys and challenges of raising grandchildren and explore a variety of topics that help support this important parenting journey.

The meetings will take place at Broken Ground School, 51 South Curritsville Road, Concord, from 5:30 to 7 p.m. A light family meal and childcare/children’s program will be offered. This program is for Concord families only. Register with Ruth Christino at 225-0855 or rchristino@sau8.org.

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Strap up those stilettos, fellas, for WAM 2019

Fundraiser for Crisis Center of Central New Hampshire puts burly men in pumps

There’s an old saying: “You can’t really understand another person’s experience until you’ve walked a mile in their shoes.” The sixth annual Walk a Mile in Her Shoes event in Concord asks men to literally walk one mile in women’s high-heeled shoes.

You don’t have to wear high heels, but it’s part of the fun, and it gets the community to talk about something that’s really difficult to talk about: domestic and sexual violence. Walk a Mile 2019 is not just for men and boys. Everyone is invited to walk and welcome to raise awareness about these critical issues.

Join us Wednesday, Oct. 2 on Main Street in Downtown Concord as we proudly proclaim: “NO MORE! – Not in our community, not in our society!” And Walk a Mile in Her Shoes.

Register for WAM 2019 as an individual, join a team or start your own team. All proceeds from WAM 2019 support the Crisis Center of Central New Hampshire to benefit women, children and men affected by domestic and sexual violence, stalking and elder abuse in Merrimack County.

The Concord-based crisis center provides support services and shelter for victims of abuse in Merrimack County, with approximately 25 percent of those individuals coming from Concord. In 2017, the center served 1,184 people, answered 4,950 hotline calls and provided 2,991 bed nights in the emergency shelter.

Last year’s event attracted about 400 participants and raised about $40,000. In 2017, about $50,000 was raised. This year’s fundraising goal is $60,000, and as of press time more than $35,000 had been raised. Registration is $50 for adults and $35 for youth. Registration and more info are available at cccnh.org.

Event Schedule

■ 4:30 p.m.: Onsite registration/pick up your shirt
■ 5 p.m.: Team photos
■ 5:10 p.m.: Opening remarks
■ 5:30 p.m.: Walk
■ 6 p.m.: Awards

If you don’t want to join in the walk but still want to help, you can make a donation by going to cccnh.org and clicking the “Donate” link near the top of the page. For more info, contact Jen Pierson at 225-7376 or jennifer@cccnh.org.

Adam Memmolo (right), Marc Racine (center) and Bob McCullen, all with the Grappone team for Walk A Mile In Her Shoes, arrange themselves for a cell phone photo before the event in 2016. Below: Scenes from the 2018 event.
Gaming establishment in basement of The Draft helps give back to community

By LEAH WILLINGHAM  
Monitor staff

Half a dozen people are sitting on bar stools at The Draft Sports Bar & Grill in Concord watching two screens, split between college football and baseball. Some are eating plates of french fries and chicken wings. A few others are hanging out at the pool table, playing a casual game. It’s an average Thursday night.

But a staircase lined with white lights almost hidden behind tables in a corner of the restaurant reveals something entirely different.

Three neon signs read “Casino.” Seven electronic gaming machines are displayed in rows on the wall. At one end of a long room, there’s a blackjack table, roulette wheel and poker tables covered in chips.

“It’s like our own speakeasy in here,” said owner Andy Sanborn, walking through the room decorated with metallic gold wallpaper.

Sanborn has been operating the “Concord Casino” in the basement of The Draft for three months now. In his new gaming space, he has set up every card and table game you would expect to see at a gambling joint: blackjack, Spanish 21, three-card poker, Criss Cross and roulette.

Casinos and betting on casino-style games are technically illegal in New Hampshire, but businesses are allowed to host gaming nights if 35 percent of all revenue goes to charity. One charity can access casino funds for 10 days out of the year. Players can only make bets between $1 and $10.

New Hampshire is the only state in the country that allows gambling through charity betting – and the business can be lucrative for charities that participate.

In 2018, people put down $26.1 million on the table at charity betting establishments. Charities saw $9.1 million of that money. The state netted $2.7 million in taxes.

Concord Casino has become the 12th charity betting establishment in the state. It’s the only one that exists in the greater Concord area – the next nearest charity gaming establishments are in Manchester and Belmont.

“If you’re going to ask a community to embrace something, the promise has to be, you embrace it and we give back. Our goal is to … give back to those who are giving. An operation that is embraced by the community can literally give millions of dollars to charity – that’s real help.”

Concord Casino

It’s 8 p.m., but most tables at the Concord Casino are filled with customers.

A white board reads the name of the charity of the week: Canine Commitment of New England.

The majority of the dealers at the tables are women – but all of the patrons, on that night, are men wearing T-shirts or flannels, jeans and work boots.

A group of men were cheering as they sat around an oval table when one of them won big at a New Hampshire Hold ’Em game.

“Where can you go out, besides watching the Patriots on Sunday, that you get that?” he said. “This is what every night is like.”

Sanborn said he and his wife, current state Rep. Laurie Sanborn, decided to open Concord Casino because they wanted to find a way to give back to the community and “the city just invested all of this money into Main Street and they did a really great job, but it still raises the question of, ‘What do you do after 5 o’clock in the city of Concord?’ ” Andy Sanborn said.

“In this world you have to offer something to your customers, and we’re offering fun. There’s not a lot of things you can do to be social as an adult. We call it date night – come in with your friends or spouse and just sit at a table and start playing and you start making friends,” Laurie Sanborn said.

The Sanborns said they are hoping to start gaming nights where they teach community members how to play. On Tuesday, Oct. 1, they are hosting their first learn-to-play night, a free event with non-denominational chips for women only. There will be a wine tasting and the teachers will be all female dealers.

Sanborn said he wants to end some of the negative perceptions around gambling.

“There are some people who think what we’re doing is bad and that there’s a darkness to it and are concerned about it, but it’s just not like that,” he said.

He said the risk is a lot lower at a place like this.

“We have two entirely different demographic customers,” he said. “The maximum you can bet here is $10. At the Encore (casino in Boston), on Thursday, Friday, Saturday night, the minimum you can bet is $50. It’s a completely different person who wants to bet $1 than someone who wants to bet $50 or $100. There aren’t people coming down here rolling out big rolls of money.”

It also makes a difference when portions of the money go to charity.

“People want to do this, they want to have some fun,” Sanborn said. “They recognize, we’re very clear that if you have a night where you lost $50, $100, that 35 percent goes to a charity, and it’s amazing how many people become more charitable at that point and you’ll hear players be like, ‘I just lost 50 bucks but it’s going to charity.’ ”

Sanborn said there are other restrictions. They can’t pick any charity, for instance. There’s a good amount of paperwork that goes into getting a charity approved. The person responsible for handling the money within an organization must undergo a fingerprint criminal background check. The organizations must have been established for two years and be in good standing with the state and federal governments.

“When it comes to the risk side of it, a charity is not allowed to lose money, so if you take it on the chain, you have a week where you have a ton of good players clean you out. I eat it,” Sanborn said. “But that’s kind of the risk and reward of trying to make it happen.”
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SALE PRICE $51,563
Concord water customers have a chance to win a Shower Better Bundle to save water, energy, and possibly even money on utility costs by entering Concord General Services’ “E-Z Pay for WaterSense” contest. The contest is being hosted for its sixth year in celebration of October being EPA WaterSense’s “Shower Better Month.”

A Shower Better Bundle includes everything needed for a luxurious water-saving shower experience. Each bundle includes a water-resistant digital timer to reduce your shower time (5-10 minutes is ideal), a pail to catch water in the shower while waiting for the water to warm (reuse this water later for cleaning or watering plants), a bath towel, a four-pack of wash cloths, shampoo, conditioner, body wash, shower sponge, rubber duck bath buddies and a Delta WaterSense labeled handheld showerhead. The showerhead is designed for optimal pressure while only using 1.75 gallons of water per minute! It has a chrome finish, seven spray settings and a 72-inch stainless steel hose. Three contest entries will be selected to each win a bundle.

“We offer this contest every year as an easy way to get customers involved in saving water,” said Water Conservation Technician Ian Chase. “We are promoting conservation, but also a better shower experience.”

To enter the contest, customers must submit a contest entry form and also be enrolled in the City of Concord’s E-Z Pay Program by the contest deadline of 5 p.m. on Oct. 31. E-Z Pay is an automatic payment program that transfers money from a customer’s authorized bank account to their water service account for scheduled monthly bill payments.

“E-Z Pay is the easiest way to pay your water bill,” said Utility Billing Program Manager Terri Segalini. “It’s a safe, reliable and convenient program that saves time and eliminates worry of any late fees.”

Customers enrolled in E-Z Pay still receive a monthly bill statement to be notified of the bill amount and date of the scheduled payment.

The City of Concord has been an EPA WaterSense Promotional Partner since 2014 to encourage customers to reduce water consumption and understand the importance of water efficiency. Products that have earned the WaterSense label have been certified to be at least 20% more efficient without sacrificing performance.

Shower better this October by entering Concord General Services’ “E-Z Pay for WaterSense” contest. Official contest rules, forms, and more information about the contest and E-Z Pay are available at 311 N. State St., online at concordnh.gov/watersense, or by calling water billing at 225-8693.

Angelina Zulkic
Concord General Services
**Tuesday, Oct. 1**

- **Alfredo Gisholt Exhibition:** 9 a.m. - 3 p.m. Drawings, paintings, and prints, hanging on small panels to oversized canvases, combining literal and symbolic figuration with abstraction. Free. Crumpacker Gallery at St. Paul’s School, 11 Halcyon Place. 229-4644. ibolduc@sps.edu.

- **Authors Marie Harris and Rebecca Monday:** 6 p.m. - 7:30 p.m. "Desire Lines" and "That Reminds Me of a Funny Story." Free. Gibson’s Bookstore, 45 S. Main St. 224-0562. gibsonsevents@gmail.com.

- **Beautiful:** 7:30 p.m. - 10 p.m. $45 - $110. Capitol Center for the Arts, 16 S. Main St. 225-1111. lgregory@ccanh.com.

- **BYOB (Bring Your Own... Baby!):** 10 a.m. $9. Red River Theatres, 11 S. Main St. 224-4600. emarsh@redrivertheatres.org.

- **Dave Ramsey’s Money Makeover Book Review Three part event:** 5:15 p.m. - 7:15 p.m. Free. N.H. Federal Credit Union Center for Finance & Education, 47 N. Main St. 224-7731. alexandra.demetriou@centerfe.org.

- **Harvard Pilgrim Health & Wellness Fair:** 12:30 p.m. - 4:30 p.m. You are invited to a Harvard Pilgrim sponsored Health Fair on Wednesday, October 2, 2019, from 12:30 pm - 4:30 pm, at GoodLife. Free. GoodLife Programs & Activities, 254 N State St. 228-6630. info@goodlifenh.com.

- **Junior Explorers 10/2/19:** Tree ID and Tree Battles: 10 a.m. - 11:30 a.m. NH Audubon McLean Center, 84 Silk Farm Rd.

- **Kids Art After School:** 4:30 p.m. - 5:30 p.m. Join us every other Wednesday for our art class designed specifically for kids. Art mediums vary week to week. $15 - $20 (first child) $15 each sibling. The Place Studio & Gallery Community Arts Center, 40 Thordrike St. 369-4906. christa@theplacestudioandgallery.com.

- **Mindfulness Group for Transgender and Nonbinary Folx:** 6 p.m. - 7 p.m. Come to learn and practice improved self-awareness/acceptance, meditation, how to slow down your brain & find your peace. All levels welcome. Sign up. $5. Kimball Jenkins Estate, Carriage House rear entrance, 266 North Main St. 303-4626. deb@deborahcounseling.com.

- **WAM 2019 - Walk a Mile In Her Shoes:** 4 p.m. - 6 p.m. - City Plaza, 107 N. Main St.

- **Wee Wonders 10/2/19: Animal ABCs:** 10 a.m. - 11:30 a.m. NH Audubon McLean Center, 84 Silk Farm Road.

**Thursday, Oct. 3**

- **Yoga Fitness:** 6:30 p.m. - 7:30 p.m. What are you doing for you this week? Make time for some healing self-care; we will stretch, strengthen and balance, focusing on mindful breathing. $65 Bow Residents, $71 nonresidents. Bow Parks & Recreation, 3 Bow Center Road, Bow Center.

**Saturday, Oct. 5**

- **CCEH Talent Show:** 5:30 p.m. - 9 p.m. $35. Bank of N.H. Stage, 16 S. Main St. 225-1111. lgregory@ccanh.com.

**Sunday, Oct. 6**

- **Author Archer Mayor, presenting Bomber’s Moon:** 2 p.m. - 3:30 p.m. "Bomber’s Moon" Free. Gibson’s Bookstore, 45 S. Main St. 224-0562. gibsonsevents@gmail.com.

- **First Sunday Jazz Jam:** 5 p.m. - 8 p.m. Jam with the Jazz Sanctuary House Band. Vocalists and Instrumentalists of all ages and abilities. Pizza and soda available for purchase. RealBook I. Free. Concord Community Arts Center, 40 Thordrike St., Unit 2B. 369-4906. christa@theplacestudioandgallery.com.

- **Yoga:** 7 a.m. - 8 a.m. Come join us and pay what you can. Donations go to charity. Classes include yoga postures, breath awareness, and relaxation. Everyone is welcome. Free. Donations go to charity. Sharing Yoga, 64 N. Main St. 520-9897. david@sharingyoga.com.

**Friday, Oct. 4**

- **Creating a Positive Workplace Culture:** 9 a.m. - 3 p.m. $150. NHTI’s Community College, 31 College Drive. 230-4022. nhtbctc@ccnh.edu.

- **Kung Fu Vampire “Come Dawn” Tour:** 2 p.m. - 11:30 p.m. $10. Charleez Hill, 23 Lawrence street, #10.

- **Little Rattlers:** 10 a.m. - 10:45 a.m. $10. $10/child, $5/child for open play afterwards. Concord Community Arts Center, 40 Thordrike St., Unit 2B. 369-4906. christa@theplacestudioandgallery.com.

**Monday, Oct. 7**

- **Gentle Yoga:** 12 p.m. - 1 p.m. Mindful stretching, strengthening and relaxing opportunities with chair support for full body engagement in building strength, flexibility & balance.

**Tuesday, Oct. 8**

- **Better Choices, Better Health:** 10 a.m. - 12:30 p.m. Free. Six-week program that helps adults living with or caring for someone with chronic illness better manage their condition. Pre-registration required. Free. GoodLife Programs & Activities, 254 North State St. 224-4093, ext. 5815.

- **Coloring Night:** 6 p.m. - 7:45 p.m. Concord Public Library, 45 Green St.

- **Game Night:** 6:30 p.m. - 8 p.m. Game Night - Join us - good family fun, food. Bring your favorite game. Free. West Congregational Church, 499 N. State St. 224-4142.
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- Charlene Santoro, RN
VP of Healthcare Services

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  - Send resumes to: tcoleman@allmetind.com

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Like Grandma’s Apple Pie
it’s oh so good!

Check Out the Food Page in Wednesday’s Monitor

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The Concord Insider
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Join us during our RECRUITMENT EVENT on Monday, October 7th, 2019 from 2pm to 6pm
Merrimack County Department of Corrections is now hiring
• Correctional Officers • RN’s • LPN’s
We will have food, drinks, and hiring panels available to meet with you and discuss employment. Bring your appetite and your resume!
Merrimack County Department of Corrections
314 Daniel Webster Highway, Boscawen, NH 03303
If you are unable to attend please log on to: www.merrimackcounty.net/jobs for application.

SHAKER REGIONAL SCHOOL DISTRICT SUBSTITUTE NURSE POSITION
Shaker Regional School District is seeking qualified individuals for Substitute School Nurse assignments, covering school nurse absences, on an on-call basis. Substitute nurses receive $150.00 per day/ $75.00 per half-day. Substitute nurses must be a Registered Nurse in the State of NH, and complete a post-offer, pre-employment physical and criminal background check, including fingerprinting.

Applications can be obtained through the District website at www.sau80.org/departments/human_resources, or by visiting the Superintendent of Schools Office at 58 School Street, Belmont, NH or by calling 603-267-9223.

Shaker Regional School District serves the communities of Belmont and Canterbury, NH and is an Equal Opportunity Employer.

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NEW RESEARCH ON CHIROPRACTIC & CHRONIC MIGRAINES

Chiropractic Shown to Help Woman Suffering from Migraines & Headaches

stated Dr. Matthew McCoy, a chiropractor, public health researcher and editor of the journal that published the study. Other chiropractic researchers have reported on similar results in regards to migraines and chiropractic.

McCoy added “Migraine headaches signify a blood flow issue in the brain. If you damage or compress or otherwise interfere with the neurological structures in the spine this can have far reaching implications on the functioning of the body including blood flow. Through research reports like this we are finding that correcting the structural abnormalities associated with these spinal problems reduces the nerve obstructions and people experience improvement. In this study it was resolution of chronic migraines.”

The patient reported on in this study was a 59-year-old female who had been suffering her whole life from chronic migraines and what are called “hypnic” headaches that would wake her up at night. Medications and other medical care did not help her.

The chiropractor examined her and found structural shifts in her neck, mid and low back. Other assessment and testing revealed significant changes in her posture, decreased ranges of motion, and muscle tightness. These structural shifts can lead to obstruction of the nerves and it is this obstruction, called vertebral subluxations, that chiropractors correct.

The woman was adjusted by the chiropractor and she experienced complete resolution of the migraines and headaches following care. The study’s authors called for additional research to investigate the clinical implications of chiropractic in this population of patients.

Recent research reported in the Annals of Vertebral Subluxation Research reveals that chiropractic may play an important role in helping patients with chronic migraines and headaches. The research reports on a 59-year-old woman with chronic migraines and headaches that awoke her from sleep for over 15 years.

“Research is revealing that structural shifts in spinal alignment and the nerve obstruction they cause may be a factor in a number of disorders and can result in a host of health problems including migraines”

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- Chronic Ear Infections
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- Acid Reflux
- Colic
- Digestive Problems
- Low Back Pain
- Sciatica
- ADD/ADHD
- Anxiety/Depression
- Scoliosis
- Asthma
- Allergies
- Torticollis
- Numbness in Arms/Hands
- Migraine Headaches

Resolution of Chronic Migraines and Hypnic Headaches in a 59-Year-Old Female: A Case Report & Review of the Literature

Elke Niddery, DC & Joel Alcantara, DC
Annals of Vertebral Subluxation Research – September 16, 2019 – Pages 117-126

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