

# THE CONCORD INSIDER

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**12 Fall Foliage Festival**  
The town of Warner is all set to host the 72nd annual celebration of all things fall.

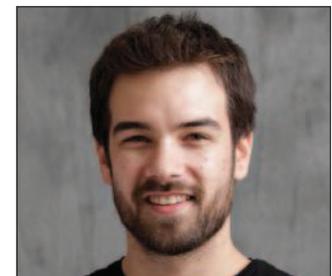


**5 The Yogi**  
In this week's column, a tie-in to 'Star Wars.'



**10 On Display**  
Two different exhibits up at League of NH Craftsmen.

## STAFF PICK



### Oktoberfest at Presidential Oaks

**W**ell, it's October, which means it's time for Oktoberfest celebrations of all kinds. Presidential Oaks is hosting an Oktoberfest dinner on Thursday at 5 p.m. in the Big Oak Café, and the public is invited. The menu will feature sauerbraten with gingersnap sauce, hot German potato salad with bacon, buttered beets, dinner rolls and German chocolate cake for dessert. The cost for all that German goodness is just \$12 per person or \$20 per couple. To make your reservations, call Kris at 724-6111 – I wouldn't wait too long on this. — **Jon Bodell**

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The Concord Insider is published weekly by the Concord Monitor. Our offices are located at 1 Monitor Drive, Concord, NH. Our postal address is P.O. Box 1177, Concord, NH, 03302-1177.

# Election news, leaf collection reminder, etc.

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](http://concordnh.gov) and clicking the Newsletter button on the home page. Here are some highlights from last week's letter:

## Municipal, primary election notices

The City Clerk's Office wants residents to know that Thursday, Oct. 24 is the last day residents may preregister to vote prior to Municipal Election Day to be held on Tuesday, Nov. 5. Residents will have the opportunity to register to vote at the polls on Election Day if they are unable to get into the Clerk's on or before Oct. 24.

The City Clerk's Office also wants residents to know that the deadline to change your party affiliation prior to the upcoming Presidential Primary is Friday, Oct. 25. Registered voters wishing to confirm their current party affiliation may do so via the State of New Hampshire Voter Look Up system. Residents wishing to make changes to their party affiliation prior to the upcoming Presidential Primary Election may do so by stopping in to the City Clerk's Office at 41 Green St. on or before Friday, Oct. 25. The Clerk's Office is open Monday through Friday, 8 a.m. to 4:30 p.m., with extended hours until 6 p.m. on Thursdays.

Should residents have any questions they may reach

the City Clerk's Office by phone at 225-8500 or via email at [cityclerk@concordnh.gov](mailto:cityclerk@concordnh.gov).

## Save date for fall leaf collection

Save the date for Concord's Fall Leaf Collection! Bulk leaf collection will begin on 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.

## Transportation plan survey

Engage in the NHDOT Planning Ahead 2030 survey and help shape transportation in New Hampshire for years to come!

As you may know, every two years the State of New Hampshire Department of Transportation works with the Executive Council, Governor and Legislature to update its 10-Year Plan on transportation. As a part of that process, NHDOT and Executive Councilors across the state gather input from the citizens and communities about what is important to their transportation needs.

As part of the 10 Year Plan outreach, NHDOT has launched a survey. Please take this short survey by Nov. 12 and help shape the future of transportation is New Hampshire: [NHDOT-PlanningAhead2030.metroquest.com](http://NHDOT-PlanningAhead2030.metroquest.com).

Check out the 10 Year Plan webinar and short video explaining the process, and link to the survey, at [nh.gov/dot/media/video/ten-year-plan.htm](http://nh.gov/dot/media/video/ten-year-plan.htm). The survey will be open until Nov. 12.

## Neighborhood street paving

The Neighborhood Street Paving Program continues. Continental Paving

has lowered 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 this week. After cold-planing early in the week they will raise covers and finish pave these streets later in the week. They have also raised covers and cut in the paving joints on Laurel Street, Pine Street and Norwich Street in preparation of the final maintenance overlays on those streets this 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. During construction, streets will be closed to on-street parking between 7 a.m. and 5 p.m. One lane of traffic will be maintained at all times during construction. Find more information and a tentative schedule of streets approved for paving at [concordnh.gov/paving-plan](http://concordnh.gov/paving-plan).

## 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.

Find more info about Fire Prevention Week at [bit.ly/2XtNrzk](http://bit.ly/2XtNrzk).

Stefanie Breton

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**making good health simple**

# Trouble staying on task? You're not alone

Try these 5 easy tips to help yourself stay in the here and now when you need to

**By CRYSTAL REYNOLDS**  
For the Insider

Does your mind wander?  
Do you find yourself day-dreaming?

Do you ever lose concentration?

According to Dr. Robert Thum, being in the present moment, or the here and now, means that we are aware and mindful of what is happening at this very moment. We are not distracted by ruminations on the past or worries about the future, but centered in the here and now. All of our attention is focused on the present moment.

I don't know about you, but that is a challenge for me. I am constantly thinking about what I forgot to do yesterday, what I still need to cross off my "to-do"

list today and looking to what is coming down the pike next week.

How can it be so hard to stay in the moment? Living in the "now" is difficult because we are encouraged to

**I am constantly thinking about what I forgot to do yesterday, what I still need to cross off my "to-do" list today and looking to what is coming down the pike next week. How can it be so hard to stay in the moment?**

think about the future or dwell on our past. Advertisements, reminders, notifications, messages and alerts are often geared toward the past or the future. Commercials are designed to pull on our heart strings,

trigger nostalgia, or make us want to look youthful. I still have those jeans. The ones I can't bear to part with because I am convinced I will eventually fit back into them. Advertisements filled

with the promise of feeling young again, filled with energy or having more money in retirement. You know everyone has tried some concoction to try to hold on to their vim and vigor.

Think about how often

you are busy doing something, I mean 100% fully absorbed in it, when you are derailed from your flow by an alert on your phone (this happens to me on the reg). More times than not, that message or notification doesn't help in your quest to stay present and aware. (Who are we kidding? It never helps to become more present.)

This may not seem like an issue to you, but being mindful of the present has direct health benefits. Dr. Kenneth Halliwell explains that being present and exerting our ability to be mindful not only makes us happier, it can also help us deal with pain more effectively, reduce our stress and decrease its impact on our health, and improve our

ability to cope with negative emotions like fear and anger.

Learning to be present in the moment is a process. Try the following five steps to start your journey.

1. Designate a specific time in your day to focus on what's in front of you. This works best if you select a time of the day or a specific activity that you can focus on.

2. When you realize that you're drifting off, bring your mind back. Each time it tries to sneak off, practice self-talk. Just say, "No, I'm doing that right now. I'll get back to worrying later."

3. During a time when you are trying to bring yourself back to the present, ask yourself, "What do I hear, see, taste, feel and smell?"

4. Try some self-reflection and movement. Yoga (I love Tina Porier's class Monday and Wednesday nights at 43°North) is a great option to be mindful and present.

5. Be patient with yourself. Small changes over time = big results.

(Crystal Reynolds is an owner of 43 Degrees North Athletic Club.)

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**CONCORD MONITOR**

# Yoga: From 'Star Wars' to the 'Ramayana'

These two classic epics of heroes and villains have a lot to do with yoga, life

By **MIKE MORRIS**  
For the Insider

Luke Skywalker never had a choice. His heroic tale was his destiny, his duty and "human, all-too-human." A farm boy from the backwater planet of Tatooine, Luke is pulled from obscurity into a world of adventure. Two strange droids appear in his life with a hidden message from a mysterious princess. Tutored by a wise old sage, Luke realizes the mystical knowledge of the Force, enlists the help of heroic companions, and crosses the galaxy to rescue the princess.

The rest, as they say, is history. Ten movies and 9 billion or so dollars later, the stories are still coming.

I was 14 when I first read those words, "a long time ago, in a galaxy far, far away" onscreen at the Cinema 93 in July of 1977. The same heroic struggles now happen in my living room, almost every day – in the stories told by my children. My young daughters create elaborate stories, with plot, setting, characters, conflict and resolution. The heroes are often fairies instead of Jedi, and magic is their "Force." The characters always come face to face with big problems. The hero (or heroes) of their stories always confront these problems and struggle to overcome them.

Yesterday, I had a magic lesson from Miss Afgesia, an elf, who was sitting in for Miss Twinkle, our regular teacher. Miss Twinkle had received an urgent message from the north wind that her sister, Miss Chara (who is also our fairy yoga teacher) was being held prisoner in the Misty Mountains. While Miss Twinkle was crossing mountains and battling the forces of evil to



Courtesy of Mike Morris  
It's really hard to get free images from *Star Wars* or the *Ramayana*, so here's a Playmobil adaptation instead.

save her sister, we were practicing our teleportation skills. Then we had breakfast.

The heroic struggle of Luke Skywalker and Miss Afgesia have a few things in common. They are uniquely human. They bring us together in a common experience of conflict and resolution. I imagine they both could appreciate a decent breakfast.

Their "heroic struggles" are also 3,000 years old.

The *Ramayana* is one of India's oldest and most famous epics, an ancient version of the hero's tale. In the story, the young Prince Rama loses first his

kingdom and then his wife, and must complete an epic quest to recover both. Both *Star Wars* and the *Ramayana* have a young hero (Luke/Rama), a virtuous princess (Leia/Sita), a loyal friend (Han Solo/Hanuman) and an evil adversary (Darth Vader/Indrajit). Both stories highlight the struggles, triumphs and failures of the hero's journeys. Both also exist in a time far removed from their audience. From ancient India, to Barry Steelman's Cinema 93, and even in my living room, we tell and retell these stories. They are how we make sense of

our shared human experience.

And yoga has been there along the way. The practice of yoga is one way we tell our own hero's story, in our own bodies. In the practice of yoga, we use the body, the breath, the brain and our humanness to come face to face with our unique, and our shared, stories. And although there are eight limbs of yoga, most folks are familiar with the physical part, the practice of postures (asanas). In the practice of asana, each body is unique. It is sum of all your experiences, thoughts, and emotions. It is your hero's journey. It is also a shared experience with all human beings.

When you step in to a yoga class, you are not on an epic journey to save the galaxy. You may be there to save your back from chronic pain. Or to normalize your blood pressure. Or to have a few moments away from your desk to be yourself. Your yoga mat is not the Millennium Falcon, though

it may take you on a journey into unknown territory. You may also encounter roadblocks along the way: an old injury, a stiff set of muscles, a doubt that you can go any further in a pose. When you come face to face with these roadblocks in yoga, you are offered a choice. It is a choice to flee, or to press on. It is a choice to stop and rest, or stay and breathe.

When you begin the practice of yoga, you are like that young Luke Skywalker, that farm boy from the backwater planet. There is no larger purpose at first, only the moving around of some body parts. Continue in your practice. Listen to your body. Notice the breath as you do so, and you begin your hero's journey. You tell your story as only you can. And you share it with others who do the same.

May the Force (or the magic) be with you. And don't forget to have a decent breakfast.

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

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## kind of a big deal

# Get your tickets for 'El Camino' at Red River Theatres

The rumors were true, and the wait is over – *El Camino*, the *Breaking Bad* movie, is really happening, and it's coming to Red River Theatres for three days only this weekend.

The smash-hit TV show, regarded by many as the greatest show of all time, has spun off a feature-length film called *El Camino*. The movie follows Jesse Pinkman right where the story of *Breaking Bad* left him at the end of that series. After years of speculation, rumors and fanboy internet sleuthing, the dream has become a reality and the movie is set to premiere on Netflix this Friday.

However, the film was chosen to play at very select theaters across the country – only 68 cities out of the hundreds that exist in the United States will get to show the movie on the big screen, and Concord is one of those lucky cities. Red River Theatres will

screen the film this Friday, Saturday and Sunday, and though showtimes were not available as of press time, tickets will be on sale starting Tuesday, Oct. 8 (the day this paper comes out).

Since this is a super-limited showing, you'll want to get your tickets as soon as possible. A show with such a massive following is sure to have many die-hard fans out there who will be waiting for the first second the tickets go on sale to pounce. So, if you're hoping to see this movie on the big screen, you'll want to act very quickly. Go to [redrivetheatres.org](http://redrivetheatres.org) or stop into the box office to get your tickets before they're sold out – forever!

(If you miss out on the chance to see *El Camino* on the big screen, you'll still be able to catch it on Netflix, probably for years to come.)

*Insider staff*

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## special event

# Expand your mind at Concord's first-ever TEDx

Speakers at Red River event to include developer, rabbi, musician, educators

By JON BODELL

What do you know about TED? Not Ted Williams, Ted Kennedy, Ted Bundy, Tedy Bruschi or Teddy Roosevelt, but TED, in all caps?

If you're new to this whole TED thing, here's the basic rundown: TED stands for technology, entertainment, design, and it started as a conference first conceived in 1984 and held annually since 1990. You may have heard of TED Talks – that's what these are, a series of talks covering a wide range of interests.

Over the past several years, TED Talks have really taken off in popularity, and the Concord community will get to learn a lot more about it at the city's first-ever TEDx event at Red River Theatres on Saturday.

Think of TEDx as a big TED expo. The all-day event, which will run from 9 a.m. to 4 p.m., will feature some filmed TED Talks played on the movie theater's screens, as well as live talks given by local community leaders. The whole idea is to, well, share ideas and learn about new and different things. In fact, the slogan used by TED is "ideas worth spreading," and that leaves the door open to almost any topic that people want to hear about and talk about.

"Basically, TEDx is an independently licensed event," said Doug Phelan, co-producer of the event along with Angie Lane of Red River Theatres. "We talk with TED, get everything approved, and they let it be a TEDx event. We recruit speakers, choose the venue, run the show, and ultimately send videos of the talks back to TED that they can put on their website for anyone to view. Angie and I have been working for



Monitor file

Steve Duprey

awhile to get one to Concord."

While this will be the first TEDx event in Concord, New Hampshire is not a stranger to TED. Previous events have been held in Portsmouth, Manchester and Keene, and Phelan and Lane both really wanted to get one to the capital area, and they've finally gotten their wish.

"The ability to bring TEDx Concord to fruition is thrilling," Phelan said. "There is so much going on here that we do hear about, but there's even more that we don't hear enough about. We want to bring stories from both of those groups to the global thought community, and that is exactly what is about to happen – we are giving excellence a proper stage."

The theme of TEDx Concord is "(re)Build," which Phelan said is fitting for the city, which has undergone extensive rebuilding over the past several years between the Main Street project and all the development around the downtown core.

"Our speakers are going to take this in every direction possible – physical building, personal building and rebuilding of your life, building literal buildings," Phelan said.

The guest speakers will be:

■ Robin Nafshi: Rabbi, community organizer,



Monitor file

Rabbi Robin Nafshi

human rights advocate

■ Steve Duprey: Developer, political committeeman and previous staffer

■ Hanna Flanders: Innovator, women-led business owner, community organizer, farmer

■ Senie Hunt: Musician, guitarist, singer-songwriter

■ Aria Halliday: Professor, women's studies, African-American studies

■ Anna-Maria DiPasquale:



Courtesy of Duprey Companies

Senie Hunt

High school educator, former businesswoman, social worker with New Americans

Given the wide range of backgrounds represented with this group of speakers, it's safe to assume the topics covered will be just as varied – and that's kind of the point. Phelan said some of the more popular TED Talks ever have covered topics ranging from assem-

bling a virtual choir from musicians all over the world, the state of education in the modern world and Sting's quest to get back into making music. In other words, topics don't necessarily have to relate to one of the world's most pressing issues – they can just be anything people might be interested in learning about.

TEDx Concord will take place on Saturday at Red River Theatres from 9 a.m. to 4p.m. General admission tickets are \$20 and are available at [redrivertheatres.org](http://redrivertheatres.org) or at the Red River box office. The event is open to anyone who wants to attend, regardless of age. "We would love as many young folks as possible to come," Phelan said. The ideas are meant to be engaging to anyone."

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## this week in concord history

**Oct. 8, 1856:** A show called *Price's Ethiopian Minstrels* opens at Concord's Phenix Hall. The show, according to an ad in Concord's *Patriot*, is "affectionately portraying the lights & shadows of a darky's life."

**Oct. 8, 1869:** Franklin Pierce, 14th president of the United States, dies in Concord.

**Oct. 8, 2001:** Concord area cancer patients and their families win a prolonged and sometimes agonizing battle, when a state board approves Concord Hospital's plan to bring radiation treatments closer to home. The decision clears the way for the hospital to install a \$7.8 million radiation device in its new cancer treatment center.

**Oct. 9, 1992:** In the first Gile concert of the season, Wynton Marsalis and the

Lincoln Center Jazz Orchestra play to a full house at the Concord City Auditorium.

**Oct. 9, 2000:** Central New Hampshire residents tell the *Monitor* they are less than preoccupied with the impeachment trial of state Supreme Court Chief Justice David Brock. On the eve of deliberations in the case, people interviewed in downtown Concord suggest the state Senate should slap Brock on the wrist and then send him back to work.

**Oct. 9, 2001:** Red River Theatres, a nonprofit organization set on bringing movies back to Concord's downtown, receives \$15,000 from the city council to conduct a feasibility study on whether a downtown movie theater would succeed. The group plans to buy the former

Concord Theater building on South Main Street and restore it.

**Oct. 10, 1774:** Reacting to the Intolerable Acts and Britain's closing of Boston Harbor, a special town meeting in Portsmouth votes to send 200 pounds to Boston for poor relief. The amount is four times Portsmouth's annual province tax. Other New Hampshire towns, including Concord, will soon follow Portsmouth's example and send money to Boston.

**Oct. 11, 1854:** In a closed-door meeting at Concord's Eagle Hotel, former New Hampshire congressman Edmund Burke leads a group of disenchanted Democrats who vote to repudiate President Franklin Pierce.

**Oct. 11, 1894:** James M. Langley is born in Hyde

Park, Mass. He will be the editor and publisher of the *Concord Monitor* for four decades, beginning in 1923. He will be instrumental in the campaign to elect Dwight D. Eisenhower president in 1952 and will later serve as Eisenhower's ambassador to Pakistan.

**Oct. 11, 1983:** Concord Public Library's collection of 500 stuffed birds and mammals is loaded into a U-Haul and trucked to the new Science Center of New Hampshire in Holderness for display. Just as well. The library used to lend the animals to Concord residents, whose household pets chewed their wings and took swipes at their feathers. Estimated cost to restore them: \$5,000-\$10,000.

**Oct. 12, 2002:** It used to be that Concord has an affordable housing shortage,

the *Monitor* reports. Today, it simply has a housing shortage – one that's hitting every income sector, from minimum wage workers to wealthy executives.

**Oct. 13, 1987:** The temperature in Concord falls to 22 degrees, a record low.

**Oct. 13, 2000:** Concord developer Steve Duprey announces the new conference center at Horseshoe Pond will be named for the Grappone family, who "stood out among all our wonderful donors." The Grappones donated more than \$700,000 to the project.

**Oct. 14, 2001:** As new threats of terrorism are issued, medical professionals scramble to identify gaps in state emergency response plans, the *Monitor* reports.

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# Indigo Girls come to Concord in a busy week

## Music

### Tuesday

- Eugene Durkee at Hermanos Cocina Mexicana at 6:30 p.m.
- Open mic with Mikey G at Tandy's at 7:30 p.m.
- Noony Tunes Folk Jam with Liz Faiella and David Surette at Concord Community Music School at noon.

### Wednesday

- Tim Gurshin at Hermanos at 6:30 p.m.
- Karen Grenier at Courtyard by Marriott at 6 p.m.
- Dwayne Haggins at Concord Craft Brewing at 5:30 p.m.
- Open mic at Area 23 at 7 p.m.

### Thursday

- Paul Hubert at Hermanos at 6:30 p.m.
- Ryan Williamson at Cheers at 5 p.m.

### Friday

- Indigo Girls at Capitol Center for the Arts at 8 p.m. Tickets are \$45-\$55 plus fees at ccanh.com.

- Alan Roux Band at Makris Lobster & Steak House at 7 p.m.
- Pistol Pete at Area 23 at 8:30 p.m.
- Dionysia with The Hats at Bank of NH Stage at 8 p.m. Tickets are \$12 plus fees at ccanh.com.

### Saturday

- Second Wind at Hermanos at 7:30 p.m.
- Saturday Jam with Lily Beer at Area 23 at 2 p.m.
- Ken Clark album release party at Area 23 at 6 p.m.
- Myra, Walking Beyond, Escape the Madness, Abort Once Around and Letters Sent at Area 23 at 7 p.m.
- Sonic Avionics at Area 23 at 9 p.m.
- Racing Extinction at Pit Road Lounge at 8 p.m.
- Now ... The Bass: Dance! New Hampshire at Bank of NH Stage at 9 p.m. Tickets are \$8 plus fees at ccanh.com.

### Sunday

- State Street Combo at Hermanos at 6:30 p.m.
- Open mic at Penuche's at 9 p.m.

- Anais Mitchell at Bank of NH Stage at 8 p.m. Tickets are \$25-\$35 plus fees at ccanh.com.

### Monday

- State Street Combo at Hermanos at 6:30 p.m.

### Next Tuesday

- Kid Pinky at Hermanos at 6:30 p.m.
- Noony Tunes Folk Jam with Liz Faiella and David Surette at Concord Community Music School at noon.

## Theater

- The Office! at Capitol Center for the Arts on Saturday at 8 p.m. Tickets are \$38 plus fees at ccanh.com.
- The Met Live in HD: Turandot at Bank of NH Stage on Saturday at 12:55 p.m. Tickets are \$15-\$26 plus fees at ccanh.com.
- National Theatre Live in HD: Hamlet at Bank of NH Stage on Sunday at 12:55 p.m. Tickets are \$12-\$15 at ccanh.com.
- Above and Beyond with Michael Tougias at Concord

City Auditorium on Wednesday at 7:30 p.m.

■ Discovering Magic at Hatbox Theatre on Wednesday at 7:30 p.m. Tickets are \$12-\$18 at hatboxnh.com.

■ Background Check at Hatbox Theatre on Friday

and Saturday at 7:30 p.m. and Sunday at 2 p.m. Tickets are \$12-\$18 at hatboxnh.com.

■ Putting it Together: New Works at Hatbox Theatre on Sunday at 6:30 p.m. Tickets are \$7-\$10 at hatboxnh.com.

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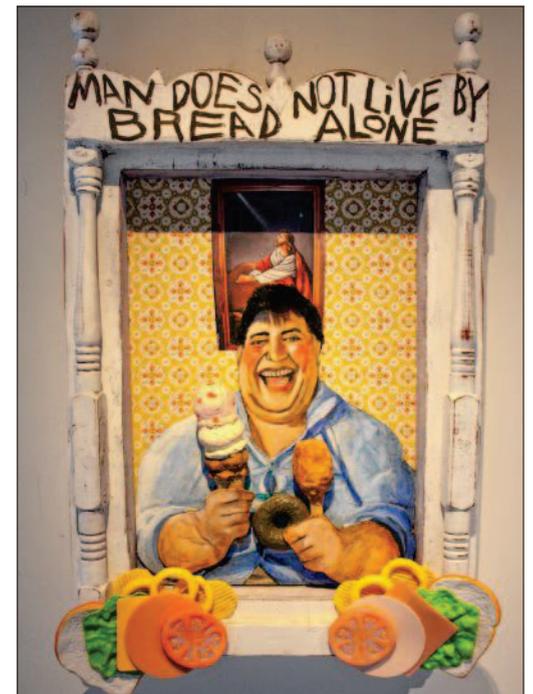
on display

# Two very different exhibits up at League HQ

The League of N.H. Craftsmen headquarters is displaying two very different exhibits right now. Both “Then and Now” and “Journey” opened Sept. 27 during Capital Arts Fest, and each will be on display until Dec. 20. “Then and Now” is designed to celebrate the development of a craftsman’s personal style and expertise in their craft media. This exhibit features works in a wide

range of mediums. “Journey” features the work of three encaustic artists exploring personal landscapes on wood, stone and paper. Ranging from abstract to representational portrayals across three continents, this show offers a fascinating journey into 21st century encaustic fine art.

The gallery is open Monday through Saturday from 10 a.m. to 4 p.m.



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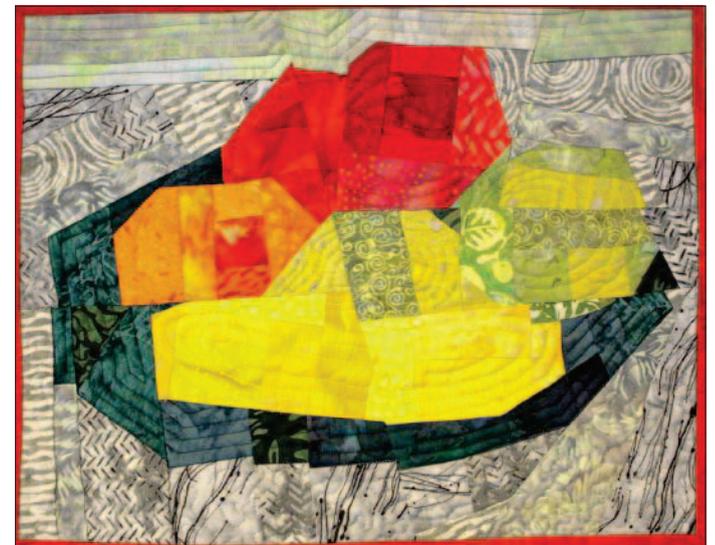
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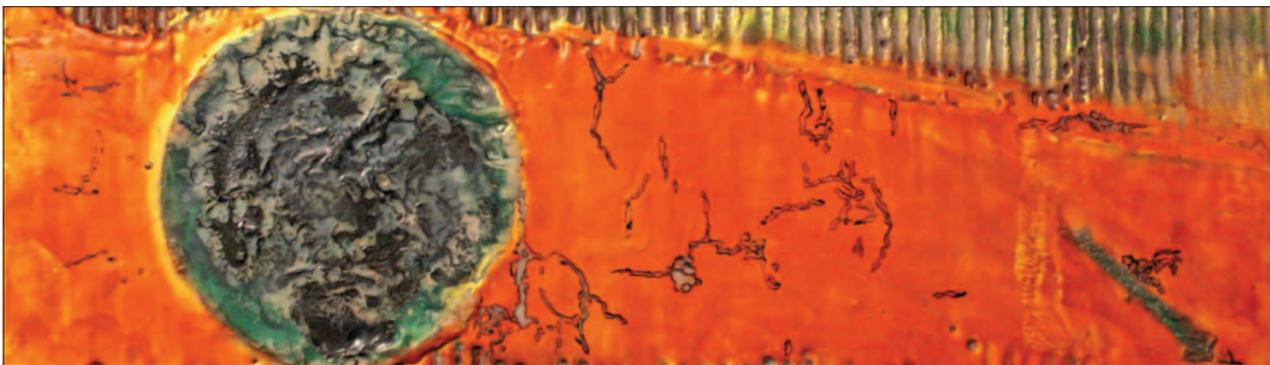
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Far left: Screech Owl by Peg Irish. Top: Sound of Water by Tarja Cockell. Above left: The Queen by Lars Turin. Above right: Man Does Not Live by Bread Alone - Then by Jim Lambert. Above: Fruit Bowl by Linda Dunning.

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**Above left:** *The Unending Coastline* by Emma Ashby. **Above right:** *The Distant Shore* by Emma Ashby. **Left:** *Changing Landscape 2* by Fran Vaux Koenig.

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tradition continues

# Flannel up for the Warner Fall Foliage Festival

This family-friendly celebration of the colorful season is ready for its 72nd year

By JON BODELL

Leaves are changing color and falling off the trees. Frost covers your car in the morning. The sun goes down earlier by the day. The air has a crisp bite to it at night. Everywhere you turn, the signs are right in your face – it's fall in New England. Which, of course, means it's just about time for the Warner Fall Foliage Festival.

The celebration of the most colorful season will once again take over the center of Warner for three days starting this Friday. Now entering its 72nd year, the festival features all kinds of attractions including a full lineup of open-air concerts, two parades, a 5K road race, kids' fun run and dance party, oxen and woodsmen's contests, fresh lobster and chicken BBQ, amusement rides, street performers and a host of artisans, a farmer's market, and food vendors.

This three-day festival really packs a punch. While festivities don't get going until 6 p.m. Friday, activities begin at 7 a.m. on Saturday and Sunday and run all through the night (except on Sunday, when the festival wraps up a little after 5:15 p.m.). There will be attractions and activities galore, but many people come just to poke around all the different vendors and crafters.

"The quality of vendors at the Warner Fall Foliage Festival is one of the biggest reasons people continue to flock to Warner each year," John Whalen, a board member of the festival, told the *Monitor* last year.

Another big element to the festival is the live entertainment. The MainStreet Warner Stage will host various performances in-



Monitor file photos

**Top:** Teams compete in the oxen competition at the Warner Fall Foliage Festival in 2015. **Above:** Sophia Harne, 13, of Warner waves as she spots a group of her friends while riding the Tornado ride in the Midway with her friend Cierra Mailloux, 14, of Hopkinton at the Warner Fall Foliage Festival in 2014.

cluding music, dances and demonstrations. One of the marquee performers this year is Evelyn Cormier, who will go on at 3 p.m. on Saturday. Cormier, a young singer/songwriter from New England, made it to the

top 14 in season 17 of *American Idol* and drew the praise of Katy Perry, with the pop star saying Cormier had "literally the most favorite voice I have ever heard in my life." That's pretty high praise coming from a super-

famous, multimillionaire, award-winning recording artist.

Aside from the music and dance routines that will be performed throughout the weekend, there will be lots of physical activities to take

part in or watch. Oxen and woodsmen competitions are very popular, and there are several different options for each of these activities.

For the youth oxen pull events, there is a Cart Class and a Log Scoot Class. For the adult oxen pull events, there are classes for 1,600 pounds, 2,000 pounds, 2,400 pounds, 2,800 pounds, 3,200 pounds and free for all.

The Woodsmen's Competition has quite a few events, including disc cutting, two-man crosscut, two-woman crosscut, bow saw, ax throw, chainsaw and more. No matter which event you check out, you're likely to see a whole lot of sawdust flying all over the place – and probably a lot of sweat, too.

While those events may be geared toward the big and burly, there are plenty of things that are aimed at children and folks who aren't highly skilled at chainsaw wielding.

On Saturday at 1 p.m. there will be a children's parade. Sunday at 9:30 a.m. will be the Kids' 1-mile Fun Run, followed by a dance party from 10 to 11 a.m. Between those kid-specific events, the music, the treats, the rides and games and the shows to take in, there should be more than enough at the Warner Fall Foliage Festival to keep even the pickiest of children happy all weekend long.

For the early birds who just can't get enough of the festival, a country breakfast will be served at United Church of Warner from 7 to 10:30 a.m. on Saturday and Sunday. For those who like to hang out late, The DoBros will play from 7:30 to 9:30 p.m. on Friday and Shokazoba will take the MainStreet Warner stage from 8 to 10 p.m. on Saturday.

The full schedule of events is as follows:

## Friday

- 6-9 p.m.: Midway – \$15 All-U-Can-Ride bracelet special
- Evening: Youth oxen competition
- 6:30-7:15 p.m.: Click Horning Band
- 7:30-9:30 p.m.: The Do-Bros

## Saturday

- 7-10:30 a.m.: Country Breakfast at United Church of Warner
- 9 a.m.: 5K Road Race (registration starts at 8 a.m.)
- 9 a.m.-5 p.m.: Crafts & Farmers Market
- 9 a.m.-4 p.m.: Library Book and Bake Sale at Pillsbury Library
- 9:30 a.m.-6 p.m.: Oxen competition
- 9:30 a.m.-10:30 a.m.: Annie & The Natural Wonder Band
- 10 a.m.: Midway/rides open
- 11 a.m.-noon: Aim High Canines
- 11:45 a.m.: Lobster dinner and chicken BBQ opens
- 11 a.m.-12:30 p.m.: Kearsarge Center for Performing Arts Cabaret
- 1 p.m.: Children's parade
- 1 p.m.-2 p.m.: Akwaaba Ensemble West African drumming and dance
- 2 p.m.-4 p.m.: KCPA per-

formance

- 2 p.m.-3 p.m.: Aim High Canines
- 3 p.m.-4 p.m.: Evelyn Cormier
- 4:15 p.m.-5 p.m.: Sam Robbins
- 4 p.m.-8 p.m.: Midway/rides – \$18 All-U-Can-Ride bracelet special
- 5:15 p.m.-6 p.m.: Jake Davis and The Whiskey Stones
- 8 p.m.-10 p.m.: Shokazoba

## Sunday

- 7 a.m.-10:30 a.m.: Country Breakfast at United Church of Warner
- 9 a.m.-5 p.m.: Crafts & Farmers Market
- 9 a.m.-4 p.m.: Library Book and Bake Sale at Pillsbury Library
- 9:30 a.m.: Kids' 1-Mile Fun Run (registration opens at 9 a.m.)
- 10 a.m.-11 a.m.: Kids' Fun Run Dance Party
- 11 a.m.-noon: Granite State Cloggers
- 11 a.m.-5 p.m.: Woodsmen's Competition
- 11:30 a.m.-1 p.m.: Studio 2, The Beatles tribute
- 11:45 a.m.: Lobster dinner and chicken BBQ opens
- 12:15 p.m.: Ice Cream Eating Contest
- 1 p.m.-2 p.m.: The Grand Parade
- 2 p.m.-3:30 p.m.: East Bay Jazz Ensemble
- 2:30 p.m.-3:30 p.m.: Granite State Cloggers



**Above:** Men compete in the Woodsmen's Competition at the Warner Fall Foliage Festival. **Left:** Bobbie Kate Reynolds of Allenstown smiles from her seat on a midway ride at the festival in 2015.

Monitor file photos

- 2 p.m.-6 p.m.: Midway/rides – \$18 All-U-Can-Ride bracelet special
  - 4 p.m.: Raffle drawing
  - 4 p.m.-5:15 p.m.: Planet B
- (Find this schedule plus more details about the festival at [wfff.org](http://wfff.org).)

*What's happening in*  
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# navigation aid

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**Top left:** The Granite State Cloggers perform at the Warner Fall Foliage Festival in 2015. **Top right:** Adam Ventola plays with the bubbles during the bubble party after the Children's Fun Run at the Warner Fall Foliage Festival. **Above:** A tractor sits in an open hay field off Schoodac Road in Warner against a backdrop of leaves turning a variety of colors in 2016. The Warner Fall Foliage festival starts on Friday and runs through Sunday with open-air concerts, two parades, a road race, rides, games and other activities. For more information, go to [wfff.org](http://wfff.org).

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# Check out 'Pillow Talk' screening at library

Celebrate the 60th anniversary of the film with Doris Day's friend Paul Brogan

Lady Gaga. Taylor Swift. Beyonce. Kim Kardashian.

These women are uber famous these days and, try as you might, you just can't escape their presence and influence in modern pop cul-

ture. While these young ladies are running the show these days, once upon a time the "it girl" all over the country was Doris Day. Day burst onto the entertainment scene as a singer in

1939 before becoming an A-list actress. Sadly, we lost Day in May of this year, but her legacy still lives on through her movies and music – and through the stories of her longtime

friend, local author Paul Brogan.

You might recognize Brogan's name if you're at all familiar with Concord. He wrote *The Concord Theatre*, published this year,

about the history of the old downtown theater that now houses Bank of NH stage, and *Was That a Name I Dropped?*, released in 2011, about growing up gay and battling depression. Now he will play host to a special 60th anniversary screening of the classic film *Pillow Talk*, as well as a discussion about Day's life and career, at Concord Public Library on Friday at 2 p.m.

*Pillow Talk* was a big-time production in 1959, starring Day and Rock Hudson. It tells the story of Jan Morrow (Day), an interior decorator, and Brad Allen (Hudson), a womanizing composer/bachelor, who share a telephone party line. The film won the Academy Award for Best Original Screenplay and also received nominations for Best Actress in a Leading Role (Day), Best Actress in a Supporting Role (Thelma Ritter), Best Art Direction-Set Decoration, Color (Richard H. Riedel, Russell A. Gausman, Ruby R. Levitt) and Best Music, Scoring of a Dramatic or Comedy Picture.

While it's very possible you've never seen any movies starring Doris Day, there are plenty of folks out there who are still big fans.

"I will confess that among the classes I have taught for OLLI at Granite State College, the Doris Day Class was the most popular," Brogan said.

If you're not one of students (or even if you are) and you want to learn a little more about this pioneer of entertainment, check out this event at the library Friday.

The screening and conversation is free and open to the public. Light refreshments will be provided. The film is not rated and has a runtime of 1 hour, 42 minutes.

*Insider staff*

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## bookish happenings

# Three author events in five days at Gibson's

As usual, Gibson's Bookstore has a busy week of author events in store this week.

On Tuesday, Oct. 8 at 6 p.m., John C Porter presents the new edition of his classic, *Preserving Old Barns: Preventing the Loss of a Valuable Resource*. *Preserving Old Barns* is a wonderful resource for barn owners to assess, care for and celebrate their special structures. This illustrated, full-color second edition features over 200 pictures, 100 pages of new information from Porter, and barn preservation techniques from timber framer Arron Sturgis. It provides a practical understanding of the history, function and preservation of old barns.

On Wednesday at 6 p.m., poets Willie Perdomo and Matt W. Miller will visit Gibson's to share their award-winning poetry.

Perdomo is the author of *The Crazy Bunch* (Penguin Poets, 2019); *The Essential Hits of Shorty Bon Bon* (Penguin Poets, 2014), a finalist for the National Book Critics Circle Award and winner of the International Latino Book Award; *Smoking Lovely* (Rattapallax, 2004), winner of the PEN Open Book Award; and *Where a Nickel Costs a Dime* (Norton, 1996), a finalist for the Poetry Society of America Norma Farber First Book Award. His work has appeared in *The New York Times Magazine*, *The Norton Anthology of Latino Literature*, *Poetry*, *Bomb Magazine* and *African Voices*. He is currently a Lucas Arts Program Literary Fellow and teaches English at Phillips Exeter Academy.

Matt W. Miller was born and raised in Lowell, Mass. He is the author of *The Wounded for the Water* (Salmon Poetry); *Club Icarus* (University of North Texas Press), selected by

Major Jackson as the 2012 Vassar Miller Poetry Prize winner; and *Cameo Diner: Poems* (Loom). He has published work previously in *Slate*, *Harvard Review*, *Notre Dame Review*, *Southwest Review*, *Southeast Review*, *Florida Review*, *Third Coast*, *The Rumpus*, *Poetry Daily* and other journals. He was winner of the 2015 River Styx Micro-Bear, Micro-fiction Prize and Iron Horse

Review's 2015 Trifecta Poetry Prize. He has been awarded a Wallace Stegner Fellowship in Poetry and a Walter E. Dakin Fellowship in Poetry from Sewanee Writers' Conference. He has taught creative writing and literature at Stanford University, University of Massachusetts Lowell, New England College, Harvard Extension and the Concord State Prison for Men.

On Saturday at 11 a.m., picturebook illustrator Mark Hoffmann joins Gibson's to share his newest books in a storytime. He'll share the stories and pictures of his newest projects, the high-flying poetic *Hawks Kettle*, *Puffins Wheel*:

*And Other Poems of Birds in Flight* (written by Susan Vande Griek), and the down-to-earth *Poop* (written by Poppy Champignon).

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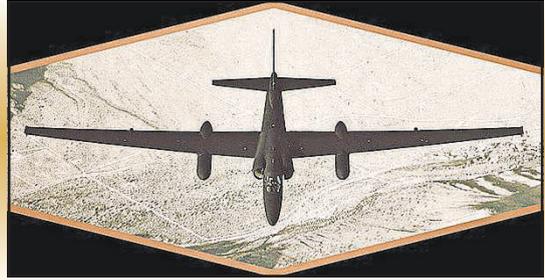
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**"ABOVE AND BEYOND"**  
**JFK's Cold War Mission**

A timely topic: Best-selling author Michael Tougias gives a gripping account of John F. Kennedy and America's most dangerous Cold War spy mission - the U-2.



**Wednesday, Oct. 9th**  
 at 7:30pm  
 Doors open at 7pm - Intermission  
 Refreshments Are Served

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 For Info. [www.walkerlecture.org](http://www.walkerlecture.org) or 333-0035

## book of the week

### The Testaments

Margaret Atwood  
2019, 415 pages  
Fiction

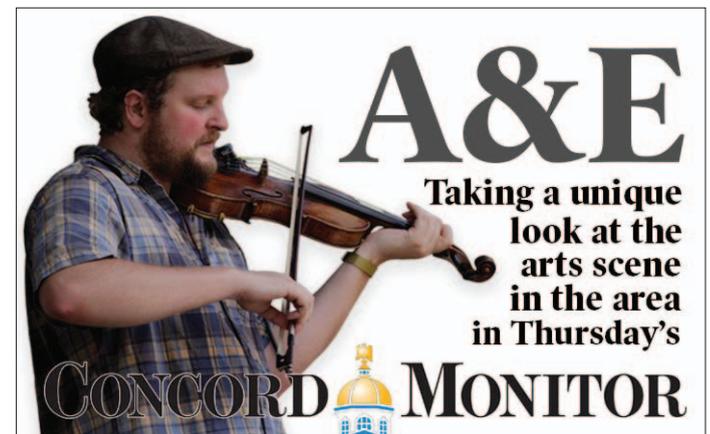
Margaret Atwood's long-awaited sequel to *The Handmaid's Tale* does not disappoint. After 15 years, readers are again plunged into the familiar brutality of Gilead, with its hangings at "the wall" and monthly "ceremonies" between commanders and handmaids. Atwood intelligently and seamlessly weaves in tidbits of current events — alarmingly making this dystopian

nightmare seem all too real. The story is told via three voices — those of Aunt Lydia, the disciplinarian who violently keeps handmaids in line; Agnes, the daughter of a powerful commander who grew up in Gilead; and Daisy, a teen who grew up in Canada. Through these women, readers learn the inner workings of Gilead.

This anxiety-inducing page-turner offers something a bit different — hope. While *The Handmaid's Tale* painted a picture of absolute darkness, *The Testaments* presents a dim glow of the future.

**Ashley Miller**  
**Concord Public Library**

Visit CPL at [concordpubliclibrary.net](http://concordpubliclibrary.net)



**A&E**  
Taking a unique look at the arts scene in the area in Thursday's  
**CONCORD MONITOR**

## Register today for 8 Week Session II Courses!

Classes begin October 21st!

Course	CRN	Title	CR	Times	Course	CRN	Title	CR	Time
102C	14527	Accounting II	3		101C	12542	Medical Terminology	3	
102C	12278	Accounting II	3		101C	12283	Medical Terminology	3	
230C	13323	Four Domains Cert Recovery Sup	3		195C	12719	Sports Tourism	3	
101C	12397	Intro to Cultural Anthropology	3		280C	12721	Senior Travel Seminar	2	
104C	12549	American Sign Lang for Beg	3	5:30-8pm	242C	12401	Ethics and the Prof. Helper	3	
120C	12016	Human Biology	4		120C	12342	Global Public Health Issues	3	
122C	12015	Basic Pathophysiology	3		102C	12306	PC Applications	3	
123C	12017	Biology of Human Reproduction	3		103C	14350	Programming with Raspberry Pi	3	5:30-8:50pm
125C		Human Genetics and Society	4		200C	12307	Spreadsheets	3	
159C	12282	Personal Nutrition	4		270C	12739	Advanced Linux	3	5:30-8:50pm
239C	14110	Public Health Nutrition	3		092C	12407	Introduction to Algebra	4	
101C	12289	Introduction to Business	3		120C	12293	Quantitative Reasoning	4	
152C	12286	Foundations of Leadership	3		124C	12105	College Algebra	4	
225C	12287	Business Law I	3		125C	12294	Finite Mathematics	4	
245C	12288	Organizational Behavior	3		251C	12431	Statistics	4	
121C	12279	Criminal Procedure	4		119C	12285	Intro Hospital Procedure Codin	3	
205C	12011	Police Admin. & Operations	3		219C	12544	Ambulatory Coding	4	
130C	12717	E-Commerce Website & Blog	3	2-4:50pm	107C	12068	World Music	3	
101C	13324	Growth & Dev of Young Child	3		242C	12463	Contemporary Ethical Issues	3	
262C	14373	Org & Mgt for Practicing Prof	4	10-11:50am	242C	14506	Contemporary Ethical Issues	3	
102C	12072	Microeconomics	3		242C	12368	Contemporary Ethical Issues	3	
104C	12413	Foundations of Education	3		105C	14400	Introduction to Psychology	3	
210C	12115	Cross-Cultural Educ Seminar	2		105C	14504	Introduction to Psychology	3	
101C	12143	English Composition	4	5:30-8:30pm	105C	12303	Introduction to Psychology	3	
101C	12370	English Composition	4		205C	12012	Crisis Intervention	3	
101C	14530	English Composition	4		220C	14505	Human Growth & Development	3	
101C	12023	English Composition	4		220C	12139	Human Growth & Development	3	
120MC	11990	Communications: Mindful	3	5:30-8pm	105C	12304	Introduction to Sociology	3	
120MC	12305	Communications: Mindful	3		250C	12004	Con. Res. in Mod. Society	3	
110C	12323	Intro to Cultural Geography	3		111C	12123	Elementary Spanish I	3	
115C	12058	Elementary German	3		101C	12448	Introduction to Sport Manage.	3	
					195C	12720	Sports Tourism	3	
					250C	12724	Sports and Society	4	
					51C	12311	TECP: Found of Education	3	
					69C	12116	TECP:Cross-Cultural Ed Seminar	2	

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## NEW 2020 TOYOTA COROLLA LE



Stk# LJJC1036

VISIT IRWINZONE.COM TO UNLOCK SAVINGS  
Lease for **\$78/mo.** for 24 mos  
Zero Down lease **\$276/mo.** for 36 mos

Save at least **\$1,946** off MSRP  
Sale Price **\$18,934**

## NEW 2019 TOYOTA RAV4 LE 4x4



Stk# LKJT1159

VISIT IRWINZONE.COM TO UNLOCK SAVINGS  
Lease for **\$97/mo.** for 24 mos  
Zero Down lease **\$326/mo.** for 36 mos

Save at least **\$2,135** off MSRP  
Sale Price **\$26,100**

## NEW 2019 TOYOTA TACOMA SR5 Access Cab 4x4



Stk# KJT1285

VISIT IRWINZONE.COM TO UNLOCK SAVINGS  
Lease for **\$99/mo.** for 24 mos  
Zero Down lease **\$366/mo.** for 36 mos

Save at least **\$2,424** off MSRP  
Sale Price **\$32,781**

## NEW 2019 TOYOTA CAMRY LE



Stk# KJC146

VISIT IRWINZONE.COM TO UNLOCK SAVINGS  
Lease for **\$137/mo.** for 24 mos  
Zero Down lease **\$309/mo.** for 36 mos

Save at least **\$3,730** off MSRP  
Sale Price **\$21,540**

## NEW 2019 TOYOTA HIGHLANDER LE AWD



Stk# KJT1150

VISIT IRWINZONE.COM TO UNLOCK SAVINGS  
Lease for **\$127/mo.** for 24 mos  
Zero Down lease **\$348/mo.** for 36 mos

Save at least **\$4,581** off MSRP  
Sale Price **\$31,704**

## NEW 2019 TOYOTA TUNDRA SR5 Double Cab 4x4 4.6L V8



Stk# KJT1088

VISIT IRWINZONE.COM TO UNLOCK SAVINGS  
Lease for **\$195/mo.** for 24 mos  
Zero Down lease **\$463/mo.** for 36 mos

Save at least **\$5,680** off MSRP  
Sale Price **\$37,465**

Low lease: 24 mos, 12,000 miles per year. 1st payment, \$650 acquisition fee, \$626 dealer fee & (Corolla- \$4,723, Rav4- \$5,523 Tacoma- \$5,923, Camry- \$4,723, Highlander- \$5,523, Tundra- \$5,623) cash or trade equity due at signing. \$0 security deposit due. Subject to credit approval. Zero Down lease 36 Mos, 10,000 miles per year, with \$0 due at delivery, \$0 security deposit with approved credit. \$626 dealer fee is not included in sale price. No sales tax for NH residents. 0% financing subject to credit approval (72 payments of \$13.88 for every \$1,000 borrowed). All manufacturers rebates to dealer. Manufacturers programs subject to change without notice. Ad vehicles reflect Irwin's \$1,000 Savings Voucher. Special financing may affect selling price. TFS Financing required. Expires 10-31-2019

## NEW 2019 FORD ESCAPE SE 4x4



Stk# KFT1275

Lease for **\$95/mo.** for 24 mos  
Zero Down lease **\$289/mo.** for 36 mos

Save at least **\$9,141** off MSRP  
Sale Price **\$21,249**

## NEW 2019 FORD RANGER XLT 4x4



Stk# KFT1454

Lease for **\$97/mo.** for 24 mos  
Zero Down lease **\$299/mo.** for 36 mos

Save at least **\$4,586** off MSRP  
Sale Price **\$29,224**

## NEW 2019 FORD F150 Super Cab 4x4 XLT



Stk# KFT1051

Lease for **\$94/mo.** for 24 mos  
Zero Down lease **\$348/mo.** for 36 mos

Save at least **\$16,111** off MSRP  
Sale Price **\$35,999**

Low lease: 24 months, 10,500 miles per year. 1st payment, \$650 acquisition fee, \$626 dealer fee & (Escape- \$2,728, F150-4,728, Ranger- 3,728) due at signing. Zero Down Lease 36 months, 10,500 miles per year with \$0 due at delivery, \$0 security deposit with approved credit. No sales tax for NH residents. All manufacturers programs are subject to change without notice. FMCC financing may be required. 0% financing subject to credit approval (72 payments of \$13.88 for every \$1,000 borrowed). Special financing may affect sale price. Ad vehicles reflect Irwin's \$1,000 Savings Voucher. \* See dealer for complete details. Expires 10-31-2019.

## NEW 2019 HYUNDAI KONA SEL AWD



Stk# KHT220

Lease for **\$125/mo.** for 36 mos  
Zero Down lease **\$257/mo.** for 36 mos

Save at least **\$4,098** off MSRP  
Sale Price **\$20,722**

## NEW 2019 HYUNDAI TUCSON SEL AWD



Stk# KHT121

Lease for **\$133/mo.** for 36 mos  
Zero Down lease **\$266/mo.** for 36 mos

Save at least **\$6,226** off MSRP  
Sale Price **\$22,449**

## NEW 2019 HYUNDAI SANTA FE SE AWD



Stk# KHT105

Lease for **\$168/mo.** for 36 mos  
Zero Down lease **\$299/mo.** for 36 mos

Save at least **\$3,151** off MSRP  
Sale Price **\$26,999**

Low lease: 36 months, 10,000 miles per year. 1st payment, \$650 acquisition fee, \$626 dealer fee & \$2,999 cash or trade equity due at signing. REAL \$0 Down Sign & Drive 36 months 10,000 miles per year with \$0 due at delivery, \$0 security deposit with approved credit. No sales tax for NH residents. All manufacturers programs are subject to change without notice. Manufacturers programs are subject to change without notice. 0% financing subject to credit approval (72 payments of \$13.88 for every \$1,000 borrowed). Special financing may affect sale price. Ad vehicles reflect Irwin's \$1,000 Savings Voucher. See dealer for complete details. HMF financing required. Expires 10-31-2019.



LINCOLN  
2018 LINCOLN  
MKZ RESERVE  
AWD

Lease For Only **\$391** Per Month For 24 Mos  
SALE PRICE **\$39,192**

KLC108. MSRP (\$41,990 24 mo. lease, 7,500 miles/yr. Lease with \$4,590 due at signing (\$2,928 Cash or Trade Equity plus dealer fee, 1st payment & \$645 acquisition fee due at signing). Zero down lease for 36 months, 7,500 miles per year with \$0 due at signing. \$0 Security Deposit on approved credit. No sales tax for NH residents. Ad vehicle reflect all discounts, manufacturers rebates and promotions including the \$1,000 Irwin Bonus Voucher. Please contact the dealer for complete details. VIN# 3LN6LSD93KR631265. Expires 10/31/2019.



LINCOLN  
2019 LINCOLN  
MKC AWD

Lease For Only **\$320** Per Month For 24 Mos  
SALE PRICE **\$33,230**

KLT300. MSRP (\$38,525) 24 mo. lease, 7,500 miles/yr. Lease with \$4,122 due at signing (\$2,531 Cash or Trade Equity plus dealer fee, 1st payment & \$645 acquisition fee due at signing). Zero down lease for 36 months, 7,500 miles per year with \$0 due at signing. \$0 Security Deposit on approved credit. No sales tax for NH residents. Ad vehicle reflect all discounts, manufacturers rebates and promotions including the \$1,000 Irwin Bonus Voucher. Please contact the dealer for complete details. VIN# 5LMCJ1D94KUL07295. Expires 10/31/2019.



LINCOLN  
2019 LINCOLN  
NAUTILUS AWD

Lease For Only **\$484** Per Month For 24 Mos  
SALE PRICE **\$51,063**

KLT335. MSRP (\$55,675) 24 mo. lease, 7,500 miles/yr. Lease with \$6,051 due at signing (\$4,296 Cash or Trade Equity plus dealer fee, 1st payment & \$645 acquisition fee due at signing). Zero down lease for 36 months, 7,500 miles per year with \$0 due at signing. \$0 Security Deposit on approved credit. No sales tax for NH residents. Ad vehicle reflect all discounts, manufacturers rebates and promotions including the \$1,000 Irwin Bonus Voucher. Please contact the dealer for complete details. VIN# 2LMPJ8L92KBL52843. Expires 10/31/2019.

## this week

### Tuesday, Oct. 8

■ **Alfredo Gisholt Exhibition:** 9 a.m. - 3 p.m. Drawings, paintings, and prints ranging from 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. lbolduc@sps.edu.

■ **Better Choices, Better Health:** 10 a.m. - 12:30 p.m. 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.

■ **Chronic Pain Support Group:** 1 p.m. - 2:30 p.m. Second Tuesday of every month. Share experiences, resource information. There will also be speakers. This is confidential and non-denominational. Free. No registration needed. Accessible. Unitarian Universalist Church, 274 Pleasant St. 540-3119. us-painfoundation.org.

■ **Game Night:** 6:30 p.m. - 8 p.m. Game Night - Join us - good family fun, food. Bring yourself & favorite game. West Congregational Church, 499 N. State St. 224-4142. Free.

■ **Getting Started in Drawing:** 1 p.m. - 3 p.m. We will be working in both pencil and charcoal starting with the still life. To begin we will start with just a couple of objects to draw. \$40. GoodLife Programs & Activities, 254 N. State St. 228-6630. info@goodlifenh.org.

■ **Little Rattlers:** 9:30 a.m. - 10:15 a.m. Little Rattlers try out instruments, shake shakers, and learn new songs. We do a mix of kids classics, original tunes, and pop favorites. \$10/child, \$5/child for open play afterwards. Concord Community Arts Center, 40 Thorndike St, Unit 2C. (770) 298-6482. rattleboxstudio@gmail.com.

■ **"Preserving Old Barns," with John C Porter:** 6 p.m. - 7:30 p.m. "Preserving Old Barns: Preventing the Loss of a Valuable Resource." Free. Gibson's Bookstore, 45 S. Main St. 224-0562. gibsonsevents@gmail.com.

### Wednesday, Oct. 9

■ **Bone Builders:** 9:30 a.m. - 10:30 a.m. Bone Builders is a free senior exercise program to combat osteoporosis and meets every Monday and Wednesday.

Free. Horseshoe Pond Place Senior Resource Center, 26 Commercial St. 228-0139. rsvp@friendsprogram.org.

■ **Conservation Commission:** 7 p.m. - 10 p.m. Concord.

■ **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. alexandria.demetriou@centerfe.org.

■ **Discovering Magic with Andrew Pinard:** 7:30 p.m. - 9:30 p.m. \$18; \$15 members, seniors, students; \$12 senior members. Hatbox Theatre, 270 Loudon Road. 7152315. kevin@hatboxnh.com.

■ **Paws For Pages:** 3:30 p.m. - 5 p.m. Concord Public Library, 45 Green St.

■ **Poets Willie Perdomo and Matt W Miller:** 6 p.m. - 7:30 p.m. "The Crazy Bunch" and "The Wounded for the Water." Free. Gibson's Bookstore, 45 S. Main St. 224-0562. gibsonsevents@gmail.com.

■ **Tech Help Sessions:** 3 p.m. - 5 p.m. Get basic help with your PC, internet, smartphone, tablet, etc. at our weekly tech clinic with instructor Greg Phillips. Free. Concord Public Library, 45 Green St. 230-3682. jsalemy@concordnh.gov.

■ **Top Ten Questions:** 1 p.m. - 2:30 p.m. What is Probate? Do I need a Trust? How can a Power of Attorney help my family? Do I have to worry about the death tax? How do I protect my assets? Free. GoodLife Programs & Activities, 254 N. State St. 228-6630. info@goodlifenh.org.

### Thursday, Oct. 10

■ **Overeaters Anonymous:** 5:30 p.m. - 6:30 p.m. The only requirement for membership is a desire to stop eating compulsively. Free. Bow United Methodist Church, 505 South St., Bow. (505) 891-2664. Coordinator@oaregion6.org.

■ **"And Then I Wrote":** 10 a.m. - 11:30 a.m. Paul Brogan shares stories about his 50-year journey in writing his latest book. "The Concord Theatre and Concord's Love Affair with the Movies." Free. GoodLife Programs & Activities, 254 N. State St. 228-6630. info@goodlifenh.org.

■ **Concord Walking Ghost Tour:** 6 p.m. - 8 p.m. Join us for a walking tour of the haunted City of Concord. About a mile walk. Lasting 75-90 minutes. Reg-

istration is required. no exceptions. Free. Concord Public Library, 45 Green St. jsalemy@concordnh.gov.

■ **Families Sharing Without Shame:** 7 p.m. In the Richard Pitman Conference Room. Support group for parents who have a child or children who have misused drugs or alcohol. Free. Concord Hospital, 250 Pleasant St. 568-0533. familiessharingwithoutshame@comcast.net, donna4support.com.

■ **Lego Club!:** 4 p.m. - 5 p.m. Concord Public Library, 45 Green St.

■ **Medicare & Social Security 101:** 12 p.m. - 1 p.m. Learn about Medicare & Social Security Free. Concord Public Library, 45 Green St. jsalemy@concordnh.gov.

■ **Men's Coffee Hour:** 9 a.m. - 10 a.m. Provides an opportunity to connect with other men who are grieving the loss of a spouse or significant other. Pre-registration is not required. Free. Wesley United Methodist Church, 79 Clinton St. 224-4093, ext. 2828.

■ **NH Union Leader Headliners Featuring Matt Renner:** 7 p.m. - 10 p.m. Oscar winner and Durham native Matt Renner will join us for a conversation about "Free Solo" and his path that took him from N.H. to National Geographic. \$18. Red River Theatres, 11 S. Main St. 668-4321. ewhalen@unionleader.com.

■ **Oktoberfest:** 5 p.m. - 6 p.m. Traditional menu includes sauerbraten with gingersnap sauce; hot German potato salad; buttered beets dinner rolls and German chocolate cake. \$12 per person, \$20 per couple. Presidential Oaks, 200 Pleasant St. 724-6111. marketing@presidentialoaks.org.

■ **Senior Health Clinic:** 10 a.m. - 1 p.m. Services include foot care, blood pressure screening and more. Please call for an appointment. Suggested donation of \$10. St. Paul's Episcopal Church Outreach Center, 21 Centre St. 224-4093, ext. 5815.

■ **Yoga:** 7 p.m. - 8 p.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. 520-8987. david@sharingyoga.com.

### Friday, Oct. 11

■ **Background Check:** 7:30 p.m. - 9:30 p.m. \$18; \$15 members, seniors, students; \$12 senior

member. Hatbox Theatre, 270 Loudon Road. 715-2315. kevin@hatboxnh.com.

■ **Concord Personal Injury Attorneys Meetup:** 10 a.m. - 11 a.m. This meetup is designed to provide live networking opportunities and support for legal professionals in Concord. Free. Red Blazer Restaurant & Pub, 72 Manchester St. (404) 885-1983. lanlhalexanda@gmail.com.

■ **Dionysia with The Hats:** 8 p.m. - 11 p.m. Bank of N.H. Stage, 16 S. Main St.

■ **Little Rattlers:** 10 a.m. - 10:45 a.m. \$10. \$10/child, \$5/child for open play afterwards. Concord Community Arts Center, 40 Thorndike St, Unit 2C. (770) 298-6482. rattleboxstudio@gmail.com.

### Saturday, Oct. 12

■ **Basic Social Media 101:** 9 a.m. - 11 a.m. \$75. NHTI's Community College, 31 College Drive. 230-4022. nhtitbc@ccsnh.edu.

■ **CHS Class of 1979 40th Reunion:** 5 p.m. - 11 p.m. Concord High School Class of 1979 has scheduled their 40th class reunion for Oct. 12, 2019. Holiday Inn, 172 N. Main St. chs1979@comcast.net.

■ **Free Lecture: "A History of the New Hampshire Presidential Primary":** 2 p.m. - 3:30 p.m. This free program, presented by John Gfroerer, presents a brief history of the NH presidential primary. Free. Admission is free for this event. New Hampshire Historical Society, 30 Park St. 228-6688. cmoore@nhhistory.org.

■ **H2O Helping Heal With Others:** 9:30 a.m. - 11:30 a.m. H2O provides bereaved children (ages 6-18) and their families with coping skills and peer support. Pre-registration is required. Free. Boys and Girls Clubs of Greater Concord, 55 Bradley St. 224-4093, ext. 2828.

■ **NH Peace Action Annual Event & Fall Fundraiser:** 5 p.m. - 8 p.m. Bektash Shriners, 189 Pembroke Road.

■ **Storytime with illustrator Mark Hoffmann:** 11 a.m. - 11:30 a.m. "Fruit Bowl," "Hawks Kettle, Puffins Wheel: and Other Poems of Birds in Flight" and "Poop." Free. Gibson's Bookstore, 45 S. Main St. 224-0562. gibsonsevents@gmail.com.

■ **Vibes Of Style Free Dance Drop In's:** 1 p.m. - 3 p.m. Vibes of Style new location, come vibe with us, take a free 2-hour class

on Saturday's, and possibly join the movement of our dance crew. Free. Center for Health Promotion, 49 S. Main St. 892-9251. shameccabny@gmail.com.

### Sunday, Oct. 13

■ **Anais Mitchell:** 8 p.m. - 10 p.m. \$25 seated; \$35 table. Bank of NH Stage/Capitol Center for the Arts, 16 S. Main St. 225-1111. lgregory@cconh.com.

■ **Open Mic:** 9 p.m. Penuche's Ale House, 16 Bicentennial Square. 228-9833.

### Monday, Oct. 14

■ **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. \$59 Bow residents, \$64 nonresidents. Bow Center, 3 Bow Center Road, Bow. 223-3920. aguertin@bownh.gov.

■ **Yoga Fitness:** 5:45 p.m. - 6:45 p.m. Come STRETCH with us! We'll explore beginning to more experienced asanas, including Yin, focusing on fascia, & Qi Gong for boosting immunity. \$89 Bow residents, \$94 nonresidents. Bow Parks & Recreation, 3 Bow Center Road, Bow. 223-3920. aguertin@bownh.gov.

■ **Overeaters Anonymous:** 5:30 p.m. - 6:30 p.m. The only requirement for membership is a desire to stop eating compulsively. Free. Wesley United Methodist Church, 79 Clinton St. (505) 891-2664. Coordinator@oaregion6.org.

■ **Yoga for Kids:** 11 a.m. - 11:45 a.m. This class incorporates strength, flexibility, and coordination in a fun and relaxing atmosphere. Kids engage in games and find time for stillness. \$10. Free for members of Rattlebox Studio. Concord Community Arts Center, 40 Thorndike St., Unit 2C. (770) 2986-482. rattleboxstudio@gmail.com.

### Tuesday, Oct. 15

■ **Authors Eric Spofford and Piers Kaniuka:** 6 p.m. - 7:30 p.m. "Real People Real Recovery: Overcoming Addiction in Modern America." Free. Gibson's Bookstore, 45 S. Main St. 224-0562. gibsonsevents@gmail.com.

# Comedy, open sing, award winners and more

## 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 Curtisville Road, Concord, from 5:30 to 7 p.m. A light family meal and child care/children's program will be offered. This program is for Concord families only. Register with Ruth Christino at 225-0855 or rchristino@sau8.org.

*Ruth Christino*

## Sunflower Singers at music school

Sunflower Singers brings together adults with developmental disabilities and their care providers from across New Hampshire each week to sing familiar songs, accompanied by spontaneous harmonica and percussion playing. This joyful sing-along is open to all and free of charge, thanks to the generosity of its funders; call 228-1196 for information – or simply join us any Wednesday at 12:30 p.m., starting Oct. 9. The director is Katy Gibney.

*Liza Poinier*

## Comedy Club at Tandy's Pub

With Halloween right around the corner, "Laughta in New Hampsha" is pleased to kick off the Season of Scares by presenting another great night of standup comedy on Thursday at Tandy's Pub, 1 Eagle Square.

The night kicks off with comedian and host Scott MacNeil and features five talented comics: Doris Bal-

lard, Rick Gauthier, Wes Martens, Rob Steen and headliner Pat Napoli.

Don't miss this great lineup of popular comedians who are coming to Concord's own comedy club for a fun night of laughter.

Tickets are \$12 and available at the door starting at 6:30 p.m. or online at Eventbrite Nodo Productions. Seating is limited, so get your tickets early.

*Doris Ballard*

## VNA offers Men's Coffee Hour

Concord Regional VNA is offering Men's Coffee Hour on Thursday, Oct. 10 and Thursday, Oct. 24 from 9 to 10 a.m. at Wesley United Methodist Church, 79 Clinton St. in Concord. Men's Coffee Hour is held on the second and fourth Thursday of each month at the same time.

Men's Coffee Hour is an informal meeting time providing an opportunity to connect with other men who are grieving the loss of a spouse or significant other.

Pre-registration is not required. For more information, please call 224-4093, ext. 2828 or email [carmella.dow@crvna.org](mailto:carmella.dow@crvna.org).

*Andy Morse*

## Chamber events this week

Business After Hours will be held Tuesday, Oct. 8 from 5:30-7 p.m., co-hosted by The Hotel Concord, O Steaks & Seafood and Red River Theatres, at 11 S. Main Street. Chamber members: \$7 prepaid/\$10 at the door. Register at [ConcordNHChamber.com](http://ConcordNHChamber.com).

Monthly Forum – Capital City Developments will be held Thursday from 7:30-9 a.m., at Holiday Inn, 172 N. Main St. Chamber members \$25, non-members \$35 (includes breakfast). Register at [ConcordNHChamber.com](http://ConcordNHChamber.com).

*Kristina Carlson*

## Child, adolescent grief support

H2O helping heal with others, a bereavement program for children (ages 6-18) and their families, is Saturday from 9:30 to 11:30 a.m. at The Boys and Girls Clubs of Greater Concord, 55 Bradley St. H2O is held on the second Saturday of each month at the same time.

Grief is difficult. Connecting with others who have had a similar experience, in a safe and caring environment, often helps. H2O provides bereaved children and their families with coping skills and peer support, enabling them to experience and process their grief freely. Lunch is provided after each session. Accompanying adults may be asked to stay on site and are invited to participate in a concurrent, supportive program.

Pre-registration is required. To register, please call 224-4093 or (800) 924-8620, ext. 2828 or email [carmella.dow@crvna.org](mailto:carmella.dow@crvna.org).

*Andy Morse*

## Christmas parade gets new sponsor

Concord Grange #322 is pleased to announce the Fraternal Order of Eagles has joined on as a co-sponsor this year to help with the 68th annual Concord Christmas Parade. This year's event, chaired by Brian Blackden with Dick Patten in his 48th year serving as co-chair, will be held on Saturday, Nov. 23 at 9:30 a.m. on the Concord Heights. The parade will begin formation at 8 a.m. in the parking lot of the DOT on Hazen Drive. The parade route will be Hazen Drive to Loudon Road going east to the intersection of Loudon, Canterbury and East Side Drive.

The theme for this year is My Favorite Christmas Song. The parade will feature floats, decorated vehicles, emergency response

vehicles, bands, marching units, animals and the special guest, Santa Claus as he makes his first official pre-Thanksgiving visit to Concord. Boys and girls are invited to bring their letters to Santa, giving him a list of their Christmas wishes.

Please contact Brian at 229-4967 or Dick at 496-2917 for information.

*Dick Patten*

## Governor's Arts Awards

The New Hampshire State Council on the Arts is pleased to announce the winners of the 2019 Governor's Arts Awards, who will be formally honored at a gala on Oct. 21 from 5-7:30 p.m. at Bank of New Hampshire Stage in Concord.

New Hampshire's Governor's Arts Awards recognize the contributions of individuals, organizations and communities that make a difference in quality of life in New Hampshire through the arts. To be eligible for nominations, individuals must reside in New Hampshire or have made signifi-

cant contributions to the arts while living in New Hampshire; nominated organizations, cities and towns must be located in New Hampshire.

The 2019 Governor's Arts Award winners are:

- Arts Education: Theo Martey, Manchester
- Arts in Health: Crotched Mountain School, Greenfield
- Creative Communities: Town of Mason
- Distinguished Arts Leadership: Bente Torjusen, Lebanon
- Folk Heritage: Jane McBride Orzechowski, Newport
- Individual Arts Champion (two awards): Stephen Duprey, Concord and Robert O. Wilson, Concord
- Lotte Jacobi Living Treasure: Sylvia Nicolas, Mont Vernon

Limited tickets to the 2019 Governor's Arts Awards event, which will include a reception with light refreshments, are available from the Capitol Center for the Arts at [ccanh.com](http://ccanh.com) or by calling their box office at 225-1111.

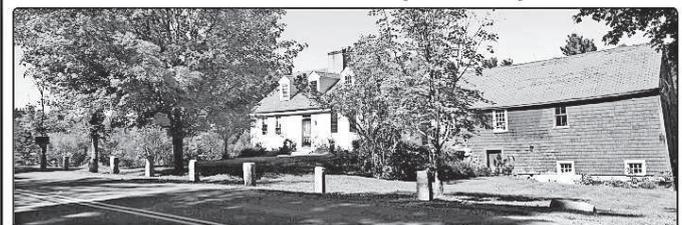
*Shelly Angers*

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8:00am to 5:00pm  
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### EQUAL HOUSING OPPORTUNITY

All real estate advertising in this newspaper is subject to the Federal Fair Housing Act of 1968 which makes it illegal to advertise "any preference, limitation or discrimination based on race, color, religion, sex, handicap, family status, or national origin, or an intention, to make any such preference, limitation or discrimination". This newspaper will not knowingly accept any advertising for real estate which is in violation of the law. Our readers are hereby informed that all dwellings advertised in this newspaper are available on an equal opportunity basis. To complain of discrimination, call HUD Toll-Free at 1-800-424-8590. For the New England area, please call HUD at (617) 565-5314. The Toll-Free telephone number for the hearing impaired is 1-800-543-8294.

## EMPLOYMENT

### Help Wanted

#### Litigation Legal Assistant

Orr & Reno is looking for an experienced, enthusiastic, and energetic legal secretary to join our litigation group. The successful candidate will possess a professional demeanor and exceptional organization, written and verbal communication skills. The ability to be flexible, multi-task and prioritize is required. Must be detail-oriented, have superior computer skills (to include Microsoft Office Suite, Adobe, scanning and maintaining large, nuanced electronic files), be a team player and have the ability to work independently. This position supports multiple timekeepers. A minimum of 3 - 5 years legal assistant experience is required. This is a full-time, 40 hour per week position. Orr & Reno offers a competitive salary and benefits package, which includes medical, dental, life, 401(k), paid vacation, holidays & sick leave. Please send resume and cover letter to:  
**Orr & Reno, P.A.**  
Attention: HR Coordinator  
PO Box 3550  
Concord, NH 03302-3550  
Fax: 603 223-9060  
Email: [resumes@orr-reno.com](mailto:resumes@orr-reno.com)  
(please send in Word format only)  
No phone calls please

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## SECRETARY II # 19-128

PART-TIME POSITION

CIRCUIT COURT ADMINISTRATIVE OFFICE, CONCORD, NH

Hourly Rate: \$14.74

The NH Court System is accepting applications for a part-time (29 hours/week) Secretary II position at the Circuit Court Administrative Office in Concord, NH. Office hours are Monday - Friday between 8 a.m. and 4:30 p.m.

Transcribing dictation for judges is an important aspect of this job. A requirement of a successful candidate would have knowledge of legal terms, excellent typing skills, proper use of business English, spelling and punctuation. Other responsibilities includes front desk duties such as answering phones, sorting mail and greeting the public by answering questions and gathering information as necessary. Database maintenance, preparing for trainings by copying and collating materials are some of the other duties being performed.

A minimum of a high school graduation with 2 years' clerical and/or legal office experience is desired. An associate's degree in secretarial/office administration is preferred. Bilingual candidates are encouraged. Minimal or no travel required.

**APPLICATION DEADLINE: Open until filled.**

Applications are required. Show position name with number on application and cover letter (Secretary II #19-128). Resumes may be submitted in addition to the application. The application is located at <http://www.courts.state.nh.us/forms/nhjb-2099-dfps.pdf>.

Email application to [applications@courts.state.nh.us](mailto:applications@courts.state.nh.us), mail application to Administrative Office of the Courts, 1 Granite Place, Suite N400, Concord, NH 03301 or fax to (603) 513-5454.

The NH Judicial Branch is EOE.

NE-301221

## Part-Time Warehouseman at NH Liquor Commission Headquarters - Concord

The NH Liquor Commission is seeking a Warehouseman candidate to ship and receive breakable merchandise in a large central warehouse for delivery to state liquor stores while also performing general warehouse duties.

7:30 am - 3:30pm

Monday through Friday

Not to exceed 28 hours per week

\$14.39 - \$15.50 per Hour

Applicants must have attained 18th birthday on or before date of application and a valid Driver's License.



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NE-300503

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my immune system is 100 times better than it was. I hardly get sick now compared to years ago. I recently pulled my lower back out again and they were so amazing! Both Dr Steph and Dr. Jen came in on the weekend just for me. What could have left me off my feet for months only took a few weeks of adjustments to get me feeling better!! couldn't imagine my life without Crossroads! My husband and I both go now and will be going for many years to come!"



Dr Jen and Crossroads Practice Member Lisa Xavier

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- Chronic Ear Infections
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- Sciatica
- Scoliosis
- Numbness in Arms/ Hands
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- Colic
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- Asthma
- Migraine Headaches
- Neck Pain
- Digestive Problems
- Anxiety/ Depression
- Allergies
- Torticollis
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