Guide to Gifts and Giving

Let’s help out those in need!
12 Guide to Gifts & Giving
Local nonprofit and service-based organizations are always in need, and you can help this holiday season.

4 Yoga
Yoga is like riding a bike – get back up and try again.

10 Parking
Hate free parking? The city is about to solve that.

STAFF PICK

Paint and Sip at Discovery Center
When was the last time you enjoyed a glass of wine while creating a masterpiece of fine art – while sitting in the presence of an XF8U-2 Crusader Jet? Unless you own an XF8U-2 Crusader, the answer should be never. All that can change, though, if you go to the McAuliffe-Shepard Discovery Center next Tuesday night for the museum’s first-ever paint and sip night. Folks 21 and older can stop by from 6:30 to 9:30 p.m. for a night of painting and sipping, as well as exploring the museum after. A canvas will cost $25, and bring cash for the bar. — Jon Bodell

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Garage update, road work, a sale and more

Plus, ice skating at Everett Arena and 2 events with the Chamber of Commerce

The city manager’s office sent out the City Manager’s Newsletter on Friday. The full newsletter can be found by going to the city’s website (concordnh.gov) and clicking the Newsletter button on the home page. Here are some of the highlights from last week’s letter:

**School Street parking garage**

The contractor has installed water and sewer connections, which will serve a new maintenance room to be constructed on the first floor of the School Street garage. Having water readily available in the garage will improve maintenance efforts and cleanliness. The contractor has also begun concrete repairs on the first floor of the garage, at the Warren Street side of the facility. Repairs will be ongoing for several months. Lastly, most of the steel frame for the new south stair tower has been completed, and concrete for stair treads and landings have been poured. The glass curtain wall for the garage is scheduled to be installed this winter.

**Fire department communication center makeover**

The Fire Department Communications Center is replacing its 1960s/’70s-era consoles with updated equipment.

The Fire Department Communications Center is replacing its 1960s/’70s-era consoles with updated equipment. The Communications Center serves two dozen communities and agencies throughout central New Hampshire and generates a significant amount of revenue for the city of Concord.

**Road construction updates**

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)
- North Pembroke Road (Route 106 to Pembroke line)
- Pleasant Street (Spring Street to State Street)

There may be delays, one-lane traffic, possible road closures and encumbrances of parking spaces. Work will generally take place from 7 a.m. to 5 p.m. (Monday through Friday).

The State of New Hampshire will be installing new steam lines on Green Street and Park Street through November. Work for this week includes the following:

- 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 (at Green Street): The road will be closed during the day for steam pipe installation. Traffic will be detoured when necessary.

**Beaver Meadow end-of-season sale**

Beaver Meadow Golf Course is holding its annual End of Season sale.

- All in-stock golf clubs: 15% off
- All in-stock Titleist golf balls: 20% off
- Noodle 15 pack: 2 for $25
- Srixion Marathon: 2 for $25

The Greater Concord Chamber of Commerce is pleased to present the following events in the upcoming week for members and the general public:

- **Business After Hours:**
  - Tuesday, Nov. 12, 5:30 to 7 p.m. Hosted by Boys & Girls Clubs of Central NH at their Concord location, 55 Bradley St. Chamber members $7 prepaid or $10 at the door. Register at cca.concordnhchamber.com or Orr & Reno Legal Breakfast Series – The 2019 Legislative Session: A Reprise of the Highlights: Tuesday, Nov. 19, 8 to 9 a.m., at Orr & Reno, 45 S. Main St., 4th Floor. Complimentary admission (includes breakfast). Register at cca.concordnhchamber.com.
Yoga and the Great First Bike Experiment

While it may be challenging and awkward to get started, persistence pays off.

By MIKE MORRIS

For the Insider

“I can’t do it!”
“Yes, you can.”
“No, I can’t.”
“Try.”
“I don’t want to.”
“One more time.”
“I’m all done.”

It was Oct. 1, 2013, my daughter’s second birthday. The sun was bright, the air was cold, and the balance bike was a surprise. Looking back, I think I was more excited about the bike than Lily. She was really looking forward to the Pooh Bear cake that my wife had created.

“One more time. For an ice cream?”
“No!”

I picked up the bike and we retreated inside for cake. And just like that, the Great First Bike Experiment was over. There were some scrapes and a few tears. I had tried logic, bribery and coercion (I’m not particularly proud of that last strategy), and it only made things worse. My daughter had made up her mind.

We brought the bike upstairs to the living room, and it just hung around for awhile. Before long, Lily picked it up, let go, and the bike fell against her leg. She sat on it, grinned, and promptly tipped over. She balanced on the seat, and became wedged between the couch and the wall. Day after day, with every setback and every success, trying became doing. By the time winter was in full swing, we had another baby in the house, and an indoor-bike-riding 2-year-old. In another few months, when the snow finally cleared enough to get wheels on pavement, Lily’s persistence paid off and the Great Bike Experiment came to a success.

“One more time,” I said.

“In three short words, Lily took me back to a winter several years before during which I watched her learn the value of persistence, even when it was hard or felt impossible.

“We can try,” she said.

It was a pretty short ride and there were plenty of tangents. There was a good amount of splashing in puddles, dancing with umbrellas and a pile of soaking wet clothes left on the laundry room floor at the end of the day. We might have started off in pieces – body, mind and breath – but we finished up as one.

We learn pretty quickly that things don’t always go as planned. Life throws its little curveballs at us. Walls can rise up out of nowhere and block your path. We all have our own Great Bike Experiment, whether it’s in the driveway or on the yoga mat. Take a tip from Lily. All you have to do is start. Pick up the bike and try. And then, try again.

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

Learning yoga is a lot like learning how to ride a bike. If at first you don’t succeed, try, try again. It worked for Mike Morris’s daughter, and it can work for you, too.
The city can meet with Hodges Development Corp. or they can proceed with demolition.

Nov. 14, 1861: A fire at Main and School streets, the fourth major fire of the year in downtown Concord, destroys a harness factory, a shoe store, the gas-light company offices and homes.

Nov. 14, 1963: Visiting Concord, Mrs. Eddy M. Peterson, assistant chairman of the Republican National Committee, says she is excited about the prospect of Sen. Margaret Chase Smith running for president. Nevertheless, Peterson adds, “I don’t think the women of America are ready to see a woman candidate for president yet. I think the women are even less ready than the men.”

Nov. 15, 1978: The Monitor reports that Concord is about to hire Jim Smith away from Berlin as city manager. “He’s a good solid choice,” says Councilor Rod Tenney. Smith will come to Concord after the first of the year and remain in the job for more than 13 years.

Nov. 16, 1896: A paltry turnout of 100 people comes to the 1,100-seat White’s Opera House on Park Street in Concord for the first motion picture, which is to be shown on Edison and Dow’s Kinetoscope. The Kinetoscope doesn’t work, and the crowd goes home disappointed.

Nov. 16, 1908: With a friend at the wheel, Mayor Charles Corning leaves Concord at 10:35 a.m. for a drive to Cambridge, Mass. “The highways are far from perfect, but we are covering mile after mile,” Corning writes in his diary. It takes them six hours to reach Harvard Square.

Nov. 15, 2001: After a request by Ward 3 Councilor Andy Tarbell, a recount confirms that Kipp Cooper has won the seat, by 263-260. The original count was 262-260.

Nov. 16, 1885: Concord city planners consider the school district’s plan for a $1.1 million addition to the Broken Ground School off Portsmouth Street.

Nov. 17, 1905: Opening Day at Concord’s Everett Arena draws thousands of skaters. “They came streaming across the river bridge and down the hill from the Heights - the mopeds and the middle-aged and here and there and oldtimer. ... This community, long known in sports circles as the ‘Cradle of American Hockey,’ celebrated in a mood of holiday revelry,” the Monitor reports.

Nov. 17, 2001: The plan to build a senior center in Concord, one of two state capitals in the country without such a facility, receives a positive response from the planning board, the Monitor reports.

Nov. 18, 1730: The Rev. Timothy Walker is ordained at Pennycook (later Rumford, then Concord), the community’s first minister.

Nov. 18, 2003: The Massachusetts Supreme Judicial Court rules in favor of gay marriage, and many in the Granite State can’t help but wonder whether New Hampshire will be next to embrace reform. “I think it definitely provides inspiration that at some point we can get the Legislature to pass a marriage bill accepting gay and lesbian couples,” says Susan Hassan, a Concord attorney and gay rights activist.
Kelly McCaskill loves taking photos downtown

The Young Professional of the Month owns her own photography business

The Greater Concord Chamber of Commerce’s Concord Young Professionals Network introduces you to our “Young Professional of the Month,” Kelly McCaskill. Each month the CYPN Steering Committee recommends a young professional in the community it thinks readers would enjoy getting to know better.

How old are you? 30.
Where do you live? Hopkinton.

Where do you work? Ridgelight Studio, my own photography business! I started one year ago and I specialize in a wide range of categories such as architectural, branding, product, food and other commercial work. This allows me to travel somewhere new for almost every photography session, so I have an opportunity to see new places and meet new people. I can be photographing a timber frame in the mountains one day, to a local business that needs new marketing images the next, and then to styled chocolate shots in my garage.

What’s your favorite part of your work day? My favorite part of each day is showing up to a new session because each can be totally different! I also spend a lot of days editing and running the business at my desk in our living room, which isn’t too bad either.

Where did you go to school? Endicott College in Beverly, Mass. I graduated with a Bachelor of Science degree in Sustainable Interior Design, which was one of the early steps that led me to architectural photography.

What do you like to do for fun? Camping (even in the winter!), hiking, mountain biking, skiing, walks in the woods with our dog Tucker, playing with our cats, building/making things, and photography of course.

Favorite places to be? The White Mountains.

How did you find out about CYPN and how has it benefited your business or you personally? I found out through a few friends that are involved and attended an event with them. I’ve been coming to as many as I can ever since! It has helped with my networking skills and business exposure tremendously, and I’ve gotten to meet some really great people.

Who is your greatest role model? My parents. They taught me how to be determined.

What’s your favorite restaurant in Concord? Revival. We don’t go often, but you can’t beat the amazing local food and great cocktails!

What’s your favorite place to go in Concord? Bicentennial Square. I used to walk through it all the time on lunch breaks when I worked downtown, and now I’ve had the opportunity to photograph there a bunch of times! I also love when they have live music in the summer.

What is one of your life goals? To travel someplace outside of New England to photograph.

What has been your favorite CYPN event so far? The 13th birthday party, because Tina from Ellie and Piper Party Boutique did an amazing job decorating and I got to capture it all.

If you could visit any country, where would you go? Iceland (in an adventure van!). I know a few people who have gone and it is breathtaking.

Where is the best place you’ve visited? New Zealand and Fiji. I went on a student ambassador trip when I was in high school and it was absolutely beautiful.

Tell us a few interesting facts about yourself! My favorite food includes anything with bacon or cheese. I used to be an interior designer in my not-so-distant past. I have a weakness for rustic cabins and off-grid structures. My random crafting skills include leather work, wood burning and stained glass.

About CYPN: Concord Young Professionals Network is a professional and personal development initiative of the Greater Concord Chamber of Commerce that promotes the growth of Capital Region professionals in their 20s, 30s and 40s. CYPN will host its November networking event at Gibson’s Bookstore on Wednesday, Nov. 20 from 5:30-7:30 p.m. All are welcome to join area YPs for complimentary networking, appetizers and a cash bar. For more information or to RSVP, visit ConcordNHChamber.com/CYPN. Email programs@concordnhchamber.com to sign up for future event updates.

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Courtesy of Greater Concord Chamber of Commerce

Photographer Kelly McCaskill, owner of Ridgelight Studio, is the Concord Young Professionals Network’s Young Professional of the Month.
Banh mi sandwich from the Barley House

This savory sammie is a real lunchtime treat

By THE FOOD SNOB

It had been a little while since the last Food Snob installment, and even longer since I ate at the Barley House. On a snowy, windy day last week, we set out to change all of that.

The Barley House may be most known for their burgers, and for good reason. Anyone who has ever had a Barley House burger knows that the hype is warranted. However, burgers are not the only things worth trying here.

While browsing over the lunch menu last week, a certain item caught my eye: banh mi. I had recently tried banh mi – a sandwich from Vietnamese cuisine – for the first time at Taste of New Hampshire, and I loved it. The specimen I tried at Taste of NH was produced by Lakehouse Tavern, and their offering was a burger, using ground pork. Given the ingredients in that sandwich, it reminded me a lot of sushi. At Barley House, the banh mi is a little different. Rather than using a ground meat to create a burger, this sandwich is built around shaved beef brisket. It also contains garlic ginger soy sauce, carrots, cucumber, peppers, pickled onions, cilantro and spicy lime mayo, served on French bread. For a side I ordered potato salad, which was the type I expected – probably just a little too much bread – but once I had broken the seal, so to speak, it was smooth sailing the rest of the way.

It starts with the brisket, which was as tender as could be. It was almost like a roast beef sandwich, only heartier. The slices were thinner than what you might expect from a traditional brisket sandwich, but of course banh mi is not a traditional brisket sandwich the way we think of that dish, so it makes sense that it would be different in some ways. While the Lakehouse Tavern’s version did remind me a lot of sushi, this one did not. The Barley House’s banh mi was very savory and more subtly flavored than the Lakehouse’s. The carrots and cucumbers, cut into little batons, added a lot of pleasant crunch. The pickled onions added some acidic kick to the sandwich. The sauces blended everything together and added some extra oomph – not that it needed it. The cilantro added a breath of herbal goodness you normally associate with fresh guacamole.

The best part is that despite all the ingredients, including soy sauce and mayo, this never became a drippy, slippery mess. Never did the bread get soggy or try to fall apart, and not a drop of liquid ever touched my clothing. While a few scraps of the brisket did fall out during a bite here and there, I attribute that to the extreme tenderness of the beef and not from being a poorly built sandwich.

If you like savory Vietnamese sandwiches with lots of ingredients and great texture, give this banh mi sandwich a try.
Cult hero Steven Wright highlights funny week

In other comedic news, Comedy Club at Tandy’s Pub returns with five jokesters

Music

Tuesday
- Brothers Blues Band at Hermanos Cocina Mexicana at 6:30 p.m.
- Open mic with Mikey G at Tandy’s at 7:30 p.m.

Wednesday
- Dave Gerard at Hermanos at 6:30 p.m.

Thursday
- Mike Morris at Hermanos at 6:30 p.m.
- Hometown Eulogy at Penuche’s at 9 p.m. $3 cover.
- Bach’s Lunch Concert: Transatlantic Celtic Tunes at Concord Community Music School at 12:10 p.m.

Friday
- Scott Solsky and Mike Walsh at True Brew Barista at 8 p.m.
- Keith Alberstadt at Bank of NH Stage at 8 p.m.
- Tickets are $15 plus fees at ccanh.com.
- The Dirty Double Crossers at Area 23 at 7 p.m.

Saturday
- Mark Bartram at Hermanos at 7:30 p.m.
- Hometown Eulogy at True Brew Barista at 8 p.m.
- Tickets are $15 plus fees at ccanh.com.
- The Theater/Comedy
- Comedy Club at Tandy’s Pub featuring headliner Sam Pelletier, Ben Davis, Karen Desmarais, Colleen Mc-Cauley and Trent Wells on Thursday at 7:30 p.m.
- Steven Wright at the Capitol Center for the Arts on Saturday at 8 p.m.
- Tickets are $39.50 to $49.50 plus fees at ccanh.com.
- Bolshoi Ballet in Cinema HD: Le Corsaire at Bank of NH Stage on Sunday at 12:55 p.m. Tickets are $12 to $15 plus fees at ccanh.com.
- Goblin Market at Hatbox Theatre on Friday and Saturday at 7:30 p.m. and Sunday at 2 p.m. Tickets are $14 to $20 at hatboxnh.com.

Monday
- Ken Clark at Hermanos at 6:30 p.m.

Next Tuesday
- Kid Pinky at Hermanos at 6:30 p.m.

Movies at Red River

Harriet (PG-13/2019/125 min.)
- Tuesday: 2:05, 5:30, 8:05
- Wednesday: 2:05, 5:30, 8:05
- Thursday: 2:05, 5:30, 8:05

Judy (PG-13/2019/118 min.)
- Tuesday: 2:10, 7:30
- Wednesday: 2:10, 5:25, 7:50
- Thursday: 2:10, 5:25, 7:50

Downton Abbey (PG/2019/122 min.)
- Tuesday: 2
- Wednesday: 2
- Thursday: 2

Laura (NR/1944/88 min.)
- Thursday: 6

All movie times are p.m.
Concord Regional VNA celebrates 120 years
Organization has been providing health care through all stages of life since 1899

Nearly 200 staff members, volunteers, partners, community members and local officials gathered recently at Concord Regional Visiting Nurse Association to celebrate the agency’s 120th anniversary and to recognize one employee with the inaugural “Living Our Values” award. Concord Regional VNA was incorporated in 1899 as the not-for-profit Concord District Nursing Association to establish and maintain a system of district nursing in Concord. Today, Concord Regional VNA is the state’s largest home health and hospice provider, serving the residents of 44 communities in New Hampshire across the entire life span – from birth to end of life.

Concord Regional VNA employs more than 400 highly skilled clinicians and staff members who provide unmatched care through a broad array of services, including home care, hospice care, palliative care, pediatric and maternal child health and personal home services to more than 6,500 New Hampshire residents of all ages each year. The agency also offers community clinics and wellness programs to help people maintain their health, wellbeing and independence.

“Over the past 120 years, our name and location have changed, our technology has advanced and our services have expanded, but our mission remains true to the goal upon which our agency was founded – our business is everybody’s health,” said Beth Slepian, president and CEO of Concord Regional VNA. “It is truly a privilege for all of us to be able to help enhance the lives of people in our community or support them and their families through the end-of-life experience.”

To commemorate the agency’s 120th anniversary and to honor the respect, compassion, excellence, leadership and stewardship embodied by its many dedicated employees, past and present, Concord Regional VNA introduced the “Living Our Values” award. The inaugural award was presented by Slepian and CFO Geraldine Holmes to Cindy Bergeron, director of paraprofessional services at Concord Regional VNA, during a reception to celebrate the group’s 120th anniversary. The peer-nominated “Living Our Values” award was created to honor staff, past and present, for the tireless dedication and work ethic the agency has been known for since it was established in 1899.

Beth Slepian, president and CEO of Concord Regional VNA (left), and Geraldine Holmes, CFO of Concord Regional VNA (center), presented the inaugural “Living Our Values” award to Cindy Bergeron, director of paraprofessional services at Concord Regional VNA, during a reception to celebrate the group’s 120th anniversary. The peer-nominated “Living Our Values” award was created to honor staff, past and present, for the tireless dedication and work ethic the agency has been known for since it was established in 1899.

“Concord Regional VNA’s significant value to the community, including Capital Region Health Care trustee B.J. Entwistle, M.D., and representatives from the offices of United States Senators Jeanne Shaheen and Maggie Hassan. Slepian read a Commendation from New Hampshire Gov. Chris Sununu.

Jayne Golde, R.N., Concord Regional VNA home care nurse, reflected on how the agency has evolved since joining nearly 20 years ago. “None of this growth could have occurred without the people, past and present, in this organization, who set a high bar for home care and are the reason we continue to succeed and grow,” she said. “Most importantly, I want to recognize our clients...who allow us the privilege of coming into their homes, continuing to support and refer us to others in their families and communities.”

Concord Regional VNA has been caring for people in their homes since 1899. The agency has led the way in population health, from Tuberculosis clinics in the early 1900s, to family planning and homemaker services in the 1970s, to sexually transmitted disease services in the 1980s, to senior care services and wellness programs in the 1990s, to flu clinics, wellness programs and more in the 2000s. In 1994, the agency opened New Hampshire’s first Hospice House, which marked its 25th anniversary in June 2019.

“Concord Regional VNA has excelled for 120 years by understanding the needs of our community and adapting to provide the best possible care,” said Slepian.

Andy Morse
Concord Regional VNA

The colleagues who nominated Bergeron for the award noted, “Cindy’s interactions with patients and families are nothing short of amazing,” and, “Cindy’s commitment to her work and the agency inspires others to want to do and be better, work harder, and achieve more.” A number of prominent members of the community spoke about Concord Regional VNA’s significant value to the community, including Capital Region Health Care trustee B.J. Entwistle, M.D., and representatives from the offices of United States Senators Jeanne Shaheen and Maggie Hassan. Slepian read a Commendation from New Hampshire Gov. Chris Sununu.

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City to add 315 parking meters by Dec. 2

Many downtown spaces that used to be free will become 10-hour metered spots

By JON BODELL

By Dec. 2, downtown Concord will have about 315 new parking meters at spaces that were previously free to park, and most people are not excited about that.

The city began working on a strategic parking plan in 2013 to try to find ways to get the parking fund back in the black – the fund had operated at a loss since 2007. The first wave of changes has already been implemented – on-street parking rates increased from 75 cents an hour to a dollar and parking tickets for an expired meter went from $10 to $15. The hours of metered parking were also expanded to include the hours of 9 a.m. to 7 p.m. Monday through Saturday.

The city also installed about 45 new meters last October on South Main and Concord streets – those meters are for 3-hour parking.

Work is underway right now to install about 315 meters – for 10-hour parking – to sections of roads that are slightly beyond the downtown core. Portions of State, Storrs, Pleasant, South, Centre, Wall and South Spring streets are among the destinations for new meters.

Many locations have already had meter posts installed, and Matt Walsh, director of development, downtown services and special projects, said the meter heads will start being installed next week. If all goes according to plan, all 315 new meters will be up and running by Dec. 2. Many people are not looking forward to that day.

“I disagree,” said Jennifer Harrison, who was washing her clothes at State Street Laundromat at 44 S. State St.

“This map shows the locations of expanded meter parking in downtown Concord. The yellow sections indicate where the roughly 315 new meters will be installed and running by Dec. 2.

Fred Keach, owner of D. McLeod Florist, at-large city councilor
on Wednesday, South State Street, from Wall Street to Thorndike Street, is one of the sections slated for new meters. Most of the parking spaces on this stretch of South State Street are currently 1- or 2-hour free parking, but those will soon become 10-hour metered parking. Harrison typically parks on the adjacent Concord Street when she does her laundry, so she said the addition of meters on South State (no meters will be added to the section of Concord Street west of South State Street, where Harrison was parked) won’t bother her too much, however she’d still rather not see meters added.

“I do park all over this street, so I’m sure it will affect me,” she said.

“It sucks,” said both Emily Ernst and Nicole Rainie, who work at Bridge & Byron Printing at 45 S. State St., right across the street from the laundromat. “I already park on Monroe Street,” Ernst said, referring to the residential side street off South State that offers free parking and will not be adding meters at this time.

“Now I’m going to have to go further into these neighborhoods.”

Ernst is not alone in parking on a residential street while working somewhere downtown all day. The barbers at Lucky’s Barbershop & Shave Parlor, at 50 S. State St., do the same thing.

“I park on Monroe,” said Josh Carley, a barber at Lucky’s. Because he never parks on South State Street when he goes to work, he doesn’t worry too much about the meters coming.

“Most of us park on the free side streets.”

However, not everyone at Lucky’s is unfazed by the idea.

“It’s definitely going to affect us negatively,” said barber Chris McCoy. “A lot of times we can have 2-hour waits,” he said, explaining how he thinks customers won’t want to have to pay to sit and wait to get a haircut.

“We’re not going to have people running in and out,” he said.

On the other side of downtown, Storrs Street is set to get quite a few new meters, too. The section of Storrs Street between Theatre and South Main streets that currently offers 10-hour free parking will become 10-hour metered parking, and the small stretch of the street that runs under Loudon Road will go from 3-hour free parking to 10-hour metered parking. That small section under Loudon Road will change things for Concord Antiques, which has a gallery at 137 Storrs St., right where meters will be installed.

While metered parking should be good for retail businesses in theory, creating more turnover of parking spaces and cutting down on people taking up one spot all day, some see other angles to it.

“The difference between 2-hour, 4-hour and 10-hour is big,” said Tom Balon, owner of Concord Antiques, which has locations at 97 and 137 Storrs St. “On 2-hour ones you can’t go out and re-feed it, you’ve got to move the car. If they put 10-hour in, my take is the city is purely interested in revenue. An unfortunate choice.”

Fred Keach, owner of D. McLeod Florist at 49 S. State St. and also an at-large city councilor, agreed with Balon.

“The bigger concern I have is right now there’s an awful lot of folks who work in and around the Cap Center and downtown and they come up to South State for long-term parking,” Keach said. “It doesn’t really solve the parking problem, what it does is push that demand into the neighborhoods – Thorndike, Monroe.”

Both Balon and Keach provide free parking to their employees, so the addition of meters won’t impact any of their workers, but they both worry about people who work at businesses that do not offer parking, who must find somewhere around the city to park while they’re at work all day. Downtown employees often park in front of Concord Antiques all day, taking a space away from potential customers, said Mary Ellen Mann, an antiques dealer who works out of the 137 Storrs St. shop.

“The city does have three parking garages, which all offer lower rates than on-street metered parking. The garages are meant for long-term parkers, such as downtown employees, so the lower prices are meant to incentivize long-term parkers to go to the garages rather than take up a spot on the street all day, Walsh said.

The School Street garage is undergoing significant renovations right now, a project with a $5.5 million price tag.

Part of the reason for the new meters is to help pay for the garage work – rates at the garage will not increase, because the city still wants the garages to be attractively priced for long-term parkers.

To Keach, that doesn’t seem to be the best plan.

“They’ve looked to the general parking fund to support the garage renovations, he said. “Some would argue that the garages need to be self-sustaining. It’s not entirely fair for parking meter revenue to be diverted to the garage projects.”

For more information about the parking changes, including maps, copies of the parking committee’s recommendations and various other documents pertaining to the expansion of metered parking, go to concordnh.gov/844/Downtown-Parking.

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Tom Balon, owner of Concord Antiques
Welcome to the 2019 Guide to Gifts and Giving

This holiday season, give back to as many local service organizations as you can

By JON BODELL


There are many service organizations in our general area, and they’re always looking for help. That need intensifies as the Thanksgiving and Christmas holidays approach, but the need is always there.

The United Way put out a call to as many organizations as they could reach, asking them to share what some of their needs are at this time of year. Some organizations also provided various opportunities for people to volunteer or contribute in ways other than donating items.

The following is a list of the organizations that were able to respond in time for this publication — several organizations were unable to respond in time. For more information on ways you can help out the community this winter, go to graniteuw.org/take-action/give.

In cases where a deadline to receive donations is given, this refers to the deadline in order for items to be delivered in time for either Christmas or Thanksgiving. If you can’t make the deadline, you can still donate to any of these organizations at any time throughout the year — just contact them first for details.

Bethany Christian Services
PO Box 320, 183 High St., Candia, NH 03034
Mission: Social services
Agency that helps children and families in crisis. Our mission is that every child have a loving family. Our Safe Families for Children and Community Faith Based Initiative helps children in state care and children and families in crisis.

Area served: We serve the entire state, including the Concord and greater Concord area.
Deadline to receive donations: Dec. 8.
Volunteering needs: We need three volunteers to do crafts with children and setup at a Holiday Foster/Adoptive/Relative caregiver party on Dec. 23 from 1 to 4 p.m. at Grace Capital Church in Pembroke. Contact Cindy at cthomas@bethany.org to volunteer and get more details.

Other needs: Twin and full beds in a bag (neutral plain colors), Earbuds, Journals, iTunes gift cards, Amazon gift cards, hats/gloves/scarves (teens/adults), hoodies (adult S, M, L, XL, XXL), neutral colors zip-up. Gift cards to Walmart, Visa or food (Hannaford/Market Basket) would be helpful for food and basic-needs items (to purchase food, paper goods, shoes, toiletries, diapers, clothing, bedding, etc.). Uber gift cards (many of the families we are helping are homeless or isolated and have no transportation or supports, so Uber is very helpful to get to appointments, to get to food pantries, or shopping). Home Depot gift cards (for families that need smoke detectors to be able to take in a child).

Other requests: New car seats (5-point that go from infant to approximately 100 pounds), Pack ‘N Plays.
Contact: Cindy Thomas, cthomas@bethany.org, 483-2886.

CATCH Neighborhood Housing
105 Loudon Road, Unit 1, Concord
Mission: CATCH Neighborhood Housing strengthens our communi-
ties by creating opportunities for affordable, quality housing for people otherwise not being served.

Area served: CATCH is based in Concord and serves Merrimack County.

Deadline to receive donations: Dec. 23.

Needs: CATCH is opening up our first food pantry to serve approximately 100 of our residents in Concord. Non-perishable food items and personal care items for the CATCH Community Choice Food Pantry would be very much appreciated and help our residents who are food-insecure.

Contact: Erin Schaick, eschaick@catchhousing.org, 225-8835.

Family Promise

176 Loudon Road, Suite 2, Concord

Mission: To help homeless and low-income families achieve sustainable independence through community-based response. Learn more at familypromiseofgreaterconcord.org.

Area served: Greater Concord.

Needs: Gift cards for places like Pizza Hut, Chuck E. Cheese, movies, Target, Amazon, Walmart, Market Basket, Shaw’s, Hannaford, Dick’s Sporting Goods, etc. Also gifts for an 18-month-old boy.

Contact: Liane MaLossi Kerbyson, fpgcdirector@gmail.com, 856-8490.

Merrimack Valley Day Care Services

19 N. Fruit St., Concord

Mission: MVDCS prioritizes quality child care for those in greatest need; children at risk of abuse and neglect, low-income families and children with special needs.

Area served: Concord.

Need: Children’s PJ’s sizes 12 months to size 8, gift cards for groceries and gas.

Contact: Rachel Kelly, MVDCS.CACFP.Rachel@gmail.com, 224-1632.

Penacook Community Center

76 Community Drive, Penacook

Mission: To help families and children, from infants all the way up to seniors.

Area served: Merrimack Valley (basically Merrimack County).

Needs: Clothes (for infants through approximately age 5), preferably new, including winter coats, hats and mittens/gloves. Gift cards for groceries and gas stations. Financial donations are also appreciated.

Contact: Rick Jaques, rjaques@penacookcommunitycenter.org, 753-9700.

Pope Memorial SPCA

94 Silk Farm Road, Concord

Mission: We are dedicated to caring for abandoned and homeless pets, protecting and advocating for pets in need, and promoting the humane treatment of all animals.

Area served: Merrimack County.

Deadline to receive donations: Dec. 20.

Need: Children’s PJ’s sizes 12 months to size 8, gift cards for groceries and gas.

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Deadline to receive donations: Dec. 20.
Chamber celebrates 2019 Citizen of the Year
Claudia Walker honored at Chamber’s 100th Annual Meeting last Wednesday

A local community leader received honors at the Greater Concord Chamber of Commerce’s 100th Annual Meeting and Citizen of the Year Award event, presented by Merrimack County Savings Bank on Nov. 6 at the Grappone Conference Center in Concord. The gala welcomed more than 350 community, nonprofit and business leaders from the Capital Region who came to celebrate 2019 Citizen of the Year recipient Claudia Walker.

Walker’s nomination by a committee of past Chamber board chairmen received high praise from those in attendance and prompted Congresswoman Annie Kuster to write a letter presented at the event along with the Citizen of the Year commendation. “You’ve ensured a legacy of civic engagement in the Capital Region,” wrote Kuster. “I commend you for your commitment to the Concord community and I am honored to congratulate you.” Walker, with family and friends by her side, received the Chamber’s highest honor from 2017-18 Board Chairman Phil Hastings of Cleveland, Waters & Bass, PA.

The event also celebrated the Chamber’s centennial anniversary as New Hampshire’s state capital chamber of commerce. Additional speakers included Concord Mayor Jim Bouley and James Milliken, past president, who provided the invocation. A video created by Concord TV was also presented at the event, which included interviews with Concord area business leaders, and community members who reflected on the impact of the Chamber’s 100 years of service in the greater Concord community.

Outgoing Board Chairman Joe Kasper of Northeast Delta Dental reflected upon the Chamber’s record-breaking increase in membership and participation in the Department of Transportation’s planned I-93 expansion, and outlined the Chamber’s diverse programs that have supported area businesses and the greater Concord community for decades.

Chamber President Tim Sink thanked Kasper for his skilled leadership and also welcomed incoming 2019-20 Board Chairwoman Nicki Clarke of Capitol Center for the Arts and Bank of NH Stage, who reflected on the recent improvements to the downtown area, and the effect that has had on a growing nightlife scene. Clarke anticipates upcoming Chamber research into creating the first Convention and Visitors Bureau (CVB) for New Hampshire, which will encourage organizations to utilize Concord as a destination for conferences and corporate meetings, and will create traction for a continued increase in visitors to the greater Concord area. Chamber Vice President Valerie Blake was also thanked for her many years of dedicated service to the Chamber.

The Chamber extends special thanks to this year’s Presenting Sponsor Merrimack County Savings Bank and the following sponsors for their support: Corporate Sponsors Dartmouth-Hitchcock Concord, Eversource Energy Services, Grappone Automotive Group, and Until; Wine Sponsor Eastern Bank; Dessert Sponsor Bar Harbor Bank & Trust; Event Sponsors Devine Millimet, H.L. Turner Group Inc., Liberty Utilities, Mason + Rich, PA, Nathan Wechsler & Company, PA, Northeast Delta Dental, Orr & Reno, PA, Sanel NAPA, Service Credit Union, and Servpro of Concord; Associate Sponsors Cleveland, Waters & Bass, PA, and McLane Middleton, PA; Supporting Sponsors Concord Hospital, and The NHHEAF Network Organizations; and In-Kind Sponsors D. McLeod Inc., Grappone Conference Center, Speedy Printing & Copying, and White Mountain Gourmet Coffee.
It’s been quite a while since we’ve run a cool Instagram shot taken by someone other than users @michaelpmurphy and @sheldonmckinley_, two of the capital city’s most prolific and talented Instagrammers. However, they’re not the only ones with some talent – and Instagram accounts. This shot here was part of a multi-shot spread from user @jrw_photos, who hasn’t been featured here before. While photos focusing on an image reflected in a puddle of water are not all that rare on Instagram, this one stood out because of the clarity and detail. Plus, we get some solid ground in the shot as well, rather than seeing nothing but the puddle. The photographer captured the warmly lit State House dome in this little puddle, and the result is a very pleasing image. Nice shot, @jrw_photos!

Instagram user @jrw_photos

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Teachers’ expo at Discovery Center
Join the McAuliffe-Shepard Discovery Center on Tuesday, Nov. 12 from 4 to 6 p.m. to learn about fun field trips and outreach opportunities that the Discovery Center and other organization across New Hampshire have to offer! The Expo will include information on offerings from across New Hampshire, classroom materials, and demos and opportunities to talk with informal educators from multiple organizations. Light snacks and refreshments will be provided, and admission is free for teachers.

Jeanne Gerulskis

VNA offers Men’s Coffee Hour
Concord Regional VNA is offering Men’s Coffee Hour on Thursday from 9 to 10 a.m. at Wesley United Methodist Church, 79 Clinton St. 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. Participants are encouraged to share their experiences and struggles with grief and share ideas for coping with loss.

Pre-registration is not required. For more information, please call 224-4903, ext. 2828 or email carmella.dow@cvrna.org.

Andy Morse

Comedy Club at Tandy’s Pub
Here’s your chance to take a break from life’s stress by kicking off the holidays with a Thanksgiving-themed night of standup comedy at Tandy’s Pub in Concord on Thursday at 7:30 p.m. The evening features the talent of five seasoned comedians that hail from Boston, Maine and New Hampshire. They are: Ben Davis, Karen Desmarais, Colleen McAuley, Trent Wells and headline Sam Pelletier.

Whether it’s a couple’s night out, a celebration of a special birthday or anniversary (let us know and we’ll be sure to shine the light on that special person or couple), or a gala’s or guys’ night out on the town, everyone will enjoy a fun night of laughter, drinks and refreshments in an intimate comedy club setting that is “Laugh in New Hampshire’s” new comedy club at Tandy’s Pub, 1 Eagle Square.

For information, go to Nudo Productions Facebook page, or to email us or arrange a recognition of a special celebration, contact us at info@nudoproductions.com.

Doris Ballard

Books & Bots Story Time at Gibson’s
Come meet a robot as the Concord High School robotics team stars in their very own Books & Bots Storytime event! Bring the kids to Gibson’s Bookstore on Saturday at 2 p.m. to listen to a few STEM-inspired picture books and check out a robot demonstration. Have robotics questions? This is the event to bring your curious kiddo to!

We’ll be reading stories at 2, 2:30, 3 and 3:30 – pick the storytime that is right for you!

Elisabeth Jewell

Flannel and Frost at Local Baskit
Celebrate the holidays early with a whole bunch of events at Local Baskit this weekend.

On Friday, check out the Sip & Shop free tasting event from 4:30 to 7 p.m., with lots of craft beers and wines to try, as well as some cookies and other treats.

Saturday has a full slate of events, starting with Holiday Tablescape Tricks at 9 a.m., a workshop of tips, tricks and ideas for holiday decorating. We will show a couple of centerpieces and tablescape demos, plus you will take home an idea book of various holiday tablescales. Free, but RSVP is required by calling 219-0882 or messaging us on Facebook with the name, phone and email of each attendee.

At 10 a.m., join Wash Street for a fun, flannel-folding demonstration. Stop in to learn all about the kona mari folding method and pick up gift certificates for this great service!

At 11 a.m. (or 2 p.m.), bring the kids for Thanksgiving Kids Crafts to make three different crafts for your Thanksgiving festivities: Pie Garland, Turkey Napkin Rings and Oreo Turkeys (3), plus a quick tutorial on tablesetting so your kids can be in charge of setting the table this Thanksgiving! Limited space for six child participants in each time slot.

Adults are no charge.

From noon to 1 p.m. (or 6 to 6:30 p.m.), stop by for the Frosty Selections tasting event, especially if you missed Friday night’s tasting. You can also get discounts on preorders for holiday gift baskets.

Charcuterie Board Tips & Tasting will go from 1 to 2 p.m. This free tasting event will include cheese, crackers and New England charcuterie to taste, plus tips and examples of tasty charcuterie boards as well as time to preorder charcuterie boards for your holiday parties.

From 3:30 to 4:30 p.m. it will be Healthful Holidays Talk & Tasting. Sail through the holidays this year feeling energized and nourished using some simple tips, strategies and recipes from Local Baskit’s own dietitian. Join Ann Petersson, RDN and owner of Nutrition Works in Concord who will provide tips and talk through strategies with each attendee, and we will take a taste healthful holiday dish too! The event is free.

The Gift of Mindfulness will run from 4:40 to 5:30 p.m. This will be a free basic meditation workshop with Becca Stephens from PranaSTRONG Yoga & Wellness.

Go to localbaskit.com or Local Baskit’s Facebook page for more info.

Beth Richards

Jazz Sanctuary at First Church
This Sunday, Jazz Sanctuary - First Church/Third Sunday presents “Income Inequality Blues and The Jazz of Hope” at Concord’s First Congregational Church (177 N. Main St.). Blues pianist and composer Steve Prisby (aka Kid Pinky) will be the musical guest, bringing his band of Tom Wright on guitar, Warren “Wando” Mannell on bass and John Hoik on drums. Minister and activist Gail Kinney will be the conversational guest in a discussion regarding the need for a living minimum wage in New Hampshire. Vocalist and Pastor Emilia Halstead and The WildVine Jazz Sanctuary House Band of Jock Irvine on bass, Ed Raczk on drums and Tim Wildman on trumpet will also join in for some rousing and inspiring blues. Half-hour Jazz Set at 1 p.m. with Jazz Worship Experience following at 1:30. Admission is free and everyone is welcome “wherever you are on life’s journey!”

Tim Wildman

Christmas tree lighting seeks help
The Christmas Tree Lighting Celebration on Friday, Nov. 29 at the State House Plaza is happy to announce a new activity for children. The Macaroni Kid Concord will be visiting from 4 to 6 p.m. featuring activities for boys and girls with games such as Corn Hole and more. The committee is pleased to partner with the Macaroni Kid Concord. We will have more information in our next article. The adults are not left out either. While Brian Waldron and his band will be playing great holiday songs, Concord Craft Brewing will have a free Beer Tasting Tent across the street from the Plaza.

The adults must have their ID’s to enter the free tasting. There will not be any sales.

Donations are still needed to help fund these events. Please send a check to The Christmas Tree Lighting, PO Box 1482, Concord, NH 03302. There is a tax ID number if needed.

Please contact 496-2917 for information.

Dick Patten

Late Night at Discovery Center
Join the McAuliffe-Shepard Discovery Center next Tuesday, Nov. 19 from 6:30 to 9:30 p.m. for our first ever Paint and Sip night. From 6:30-8:30, follow step-by-step instructions from a professional artist on how to paint a 16x20-inch canvas. When you are done with your masterpiece, the Discovery Center is open for free until 9:30. It is $25 for a canvas, and there will be a cash bar so you can sip while you paint. This is a 21+ event. Visit starhop.com/current-upcoming-programs to preregister.

Sarah Nappo
Kimball Jenkins to host opening reception

Greater Concord Photography Club’s annual show and sale is off and running.

The Greater Concord Photography Club’s annual show and sale is now on display at Kimball Jenkins School of Art in the Carriage House gallery. An opening reception for the exhibit will be held Friday at 5 p.m. in the Carriage House. The reception will be free, and refreshments will be served. You will even have a chance to win a door prize – a framed photo of your choice.
The recycling industry has been significantly changing due to increased challenges with global market conditions. Recent market conditions have increased the demand for the improvement of the quality of materials in an effort to reduce contamination and help sustain recycling efforts. Concord residents are invited to get involved in celebration of America Recycles Day on Friday by learning more about what is recyclable and pledging to recycle better for a chance to win a bundle of pay-as-you-throw trash bags.

Americans have adapted over the years to recycle more from expanded educational outreach and convenient recycling programs, such as single-stream recycling. Single-stream recycling provides for all recyclables to be collected in the same bin and has made sorting materials into separate bins a practice of the past. Concord, like many communities, introduced single-stream recycling to increase the ease and participation of recycling. Single-stream programs may have successfully increased recycling rates, but it also has led to increased contamination of materials. The ease of placing all materials into a single bin has led consumers to practice “aspirational recycling,” in which they place questionable items in their bin hoping it is recyclable. Consumers have good intentions doing this since it is better to recycle something than throw it away in the trash, but most often these items are not recyclable.

Materials are transported to recycling facilities where they are sorted out by machinery and line pickers, but single-stream facilities are not always equipped to efficiently process out certain materials. Plastic film is a leading source of recycling contamination and is not easy to sort at facilities. Plastic film includes plastic grocery bags, plastic wrap, bubble wrap, bread bags and other similar materials. Plastic bags must be kept out of household recycling and instead should be recycled at accepting local retailers, since they have a dedicated stream for this material.

Cities that offer single-stream recycling are facing challenges to improve recycling materials to work with the current market. “The key here is educating consumers about what materials are acceptable and not acceptable for single-stream recycling,” said Adam Clark, administration division manager at Concord General Services. “If we can raise awareness about items that shouldn’t be placed in with recyclables, like plastic film, we can recycle better.”

The City of Concord has been proactively educating residents about keeping non-rigid plastic out of the recycling stream through public outreach initiatives and non-compliance tags for curbside collection. Listen to the City of Concord’s Talk Concord podcast recycling episode to hear the latest about recycling conditions at bit.ly/recyclingpodcast.

Take the #BeRecycled pledge at AmericaRecyclesDay.org to commit to learning more about what materials are acceptable for recycling in your community, reducing the amount of waste you produce, or buying products made from recycled content. Residents that publicly share their pledge to Facebook or Twitter using the #BeRecycled hashtag and tag Concord General Services @ConcordNHGS by 5 p.m. on Friday will be entered for a chance to win a bundle of pay-as-you-throw trash bags. Learn more about the City of Concord’s acceptable recycling materials and how you can recycle better at concordnh.gov/recycling.

Angelina Zulkic
Concord General Services
I’m Telling the Truth, but I’m Lying

Bassey Ikpi
2019, 248 pages
Nonfiction

Bassey Ikpi’s collection of essays is tender and poetic while covering the difficult topics of mental health and trauma. The collection spans the complexities of living as a Nigerian-American in the U.S. and the fragmenting of Ikpi’s psyche prior to being diagnosed with bipolar II and an anxiety disorder. She is the first to admit that the splintered memories the essays will present may or may not be true.

The book acts as a sort of testament to Ikpi’s many ups, downs and periods of stagnation, as a proof of her existence. “I need to prove to you that I didn’t enter the world broken ... I need to prove that I existed before,” she writes in the early pages. Ikpi spends much of the book in isolation, both physically and emotionally, and has a constant hunger, not for food or sleep, but for the possibility of normality. Ikpi writes, “Imagine you don’t fit anywhere, not even in your own head.” The sentiment continues through the book with essay titles such as “Becoming a Liar,” “Take Two for Pain,” “Like a War,” “Side Effects May Include,” and “Some Days are Fine.”

Ikpi’s sparkling highs and torturous lows are made relatable through her expertise at drawing the reader in as she plays easily with the prose form, bending it to suit her poetic intentions. Her persona becomes character, caricature, of a body living with an undiagnosed mental illness and you, as a reader, move groggily and desperately through Ikpi’s world right alongside her. This is an eye-opening read for anyone interested in developing mental health awareness and demystifying depression, anxiety and bipolar disorder.

Laura Judge
Concord Public Library
Visit CPL at concordpubliclibrary.net.
this week

Tuesday, Nov. 12


- Fellowship Housing Opportunities presents “God Knows Where I Am”: 6 p.m. - 9:30 p.m. $15. Red River Theatres, 11 S. Main St. 224-7731. marketing@nhfcu.org.

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

- Greater Concord Photography Club Annual Show and Sale: 9 a.m. - 4 p.m. Annual photography show and sale in Carriage House Gallery at Kimball-Jenkins School of Art. Free. Kimball-Jenkins School of Art, 266 N. Main St. 227-6549, shielp13@gmail.com.

- Lunch & Learn Seminar: How To Protect You And Your Family From Identity Theft: 11:30 a.m. - 1 p.m. $30. Lunch & Seminar. Best Western Inn & Suites, 97 Hall St. (844) 702-5055. hollysanders838@gmail.com.

- Veterans Appreciation Breakfast: 7:30 a.m. - 9:30 a.m. Complimentary breakfast buffet for all veterans and active duty military. $8 for all non-military guests. Thank you for your service! Free for active duty, veterans; $8 for non-military guests. Presidential Oaks, 200 Pleasant St, 724-6111. marketing@presidentialoaks.org.

Wednesday, Nov. 13

- 2019 13th Annual Statewide Caregiver’s Conference: 8 a.m. - 4:30 p.m. For family and professional caregivers, family caregivers, and others helping those in need of care. $45. Concord Community Arts Center, 40 Thorndike St., Unit 2C. (770) 298-6482. events@concordarts.org.

- 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. (503) 891-2664. Coordinator@oaregion.org.

- Ahab’s Rolling Sea, with author Richard King: 6 p.m. - 7:30 p.m. “Ahab’s Rolling Sea: A Natural History of Moby-Dick.” Free. Gibson’s Bookstore, 45 S. Main St. 224-0562. gibsonsevents@gmail.com.

- Discover Girl Scouts: 6 p.m. - 7 p.m. Girl Scouts will host a free information night. Free. Christa McAuliffe School, 17 N. Spring St. 884-4768. customercare@girlscoutswn.org.

- Cut the Cord - TV Without Cable or Satellite: 5:15 p.m. - 7:15 p.m. Free. NHFCU Center for Finance and Education, 47 N. Main St. 224-7731. marketing@nhfcu.org.

- Dawndland - A documentary about cultural survival and stolen children: 5:30 p.m. - 7:30 p.m. Screening of Dawndland, investigates Indigenous child removal in our neighbor state of Maine. Free. Concord Public Library, 45 Green St. jsalemby@cordncham.org.

- Instant Pot Soups: 12 p.m. - 1 p.m. Join AARP at the Center for Health Promotion to learn how to prepare your favorite comfort food using an Instant Pot (AARP members and their guest). AARP members and their guest pay only $5 per person. Center for Health Promotion, 49 S. Main St. 230-7300.

- 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. $20 first child; $15 each sibling. The Place Studio & Gallery Community Arts Center, 40 Thorndike St. 369-4906. christy@placestudioandgallery.com.

- 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. Sharing Yoga, 64 N. Main St. 520-8987. david@sharingyoga.com.

Thursday, Nov. 14

- Greater Concord Photography Club Annual Show Reception: 5 p.m. - 7 p.m. Opening Reception for Annual Show and Sale. Refreshments, door prize (framed photo of winners choice). Free. Kimball-Jenkins School of Art, 266 N. Main St. 227-6549, shielp13@gmail.com.

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

- Noon Guided Gallery Tour: New Hampshire Historical Society, 30 Park St. 856-0645. jwalton@nhihistory.org.

- Senior Health Clinic: 10 a.m. - 12 p.m. Chinese Health and Yoga Fitness: 10 a.m. - 3:30 p.m. For members of Rattlebox Club. Concord Community Arts Center, 40 Thorndike St., Unit 2C. (770) 298-6482. rattlesboxstudio@gmail.com.

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

- Sunday, Nov. 17

Saturday, Nov. 16

- Books & Bots storyline: 2 p.m. - 4 p.m. Storytime with a competition robotics team. Free. Gibson’s Bookstore, 45 S. Main St. 224-0562. gibsonsevents@gmail.com.

- Greek Luncheon and Pastry Sale: 11 a.m. - 3 p.m. Lentil and Avogelmeno Soups, Pastichio, Stuffed Peppers, Spanakopita (Spinach Pie), Greek Salad Variety of Greek Pastries. Free. Holy Trinity Greek Orthodox Church, 68 N. State St. 225-6320. mnmeggas@comcast.net.

- Kids Do Family History Genealogy Workshop: 10 a.m. - 12 p.m. New Hampshire Historical Society, 30 Park St.

- Retirement Planning in 8 Easy Steps: 9 a.m. - 12 p.m. Free. NH Federal Credit Union Center for Finance and Education, 47 N. Main St. 224-7731. marketing@nhfcu.org.

- Steven Wright: 8 p.m. $39.50 - $49.50. The Capitol Center for the Arts, 44 S. Main St. ccahn.com.

- Yoga: 7 p.m. - 8 p.m. Yoga in the Lar ... inspire you. $10/child, $5/child for open play afterwards. Concord Community Arts Center, 40 Thorndike St., Unit 2C. (770) 298-6482. rattlesboxstudio@gmail.com.

- Limited to 20 people. Registration required. Free. Concord Public Library, 45 Green St. jsalemby@cordncham.org.

Monday, Nov. 18

- Gentle Yoga: 12 p.m. - 1 p.m. Mindful stretching, strengthening, and releasing opportunities with chair support for full body engagement in building strength, flexibility & balance. $59 Bow residents, $64 nonresidents. Bow Parks & Recreation, 3 Bow Center Road, Bow. 223-3920. aguerlin@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. aguerlin@bownh.gov.

- The Grief Experience Through the Holidays: 2 p.m. - 3:30 p.m. Holiday session by Concord Region NH to support those facing the holidays while grieving the loss of a loved one. Registration is required. Free. City Wide Community Center, 14 Canterbury Road. 224-4093, ext. 2828.

- NH Transportation Summit: 8 a.m. - 12 p.m. Holiday Inn, 172 N. Main St.

- 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) 298-6482. rattlesboxstudio@gmail.com.

- 4th Annual Pet Photos With Santa Fundraiser: 10 a.m. - 2 p.m. Bring in your pet(s) for a photo with Santa! All donations will go to Mary’s Dogs Rescue & Adoption. Families are welcome to pose with their pet. Free. Suggested donation of $10. Pawtopia Pet Grooming Salon and Boutique, 244 Sheep Davis Road. 227-6140. info@pawtopiapets.com.

- Income Inequality Blues and the Jazz of Hope: 1 p.m. - 2:30 p.m. Blues pianist and composer, Kid Pinky, and minister and artist, Gail Kinney, join Vocalist and Pastor Emilia Halstead and Jazz Sanctuary Band. Free. First Congregational Church of Concord, 177 N. Main St. 225-5103. wldhow@comcast.net.

- Napoleon Dynamite: 7 p.m. - 8:30 p.m. Capitol Center for the Arts, 44 S. Main St. ccahn.com.

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

- Tomie dePaola book signing: 2 p.m. - 3:30 p.m. Free. Gibson’s Bookstore, 45 S. Main St. 224-0562. gibsonsevents@gmail.com.
Job Opportunities

NASHUA LOCATION
We have the following job opportunities available at our Nashua location:

- **Drywall Handler:** Full-time opening for a drywall handler who will be a member of a team responsible for delivering and off-loading drywall at construction sites. Must be reliable and have an excellent work history. This position requires heavy lifting on a regular basis.

- **Lumberyard Material Handler:** Duties include assisting customers and contractors locate and load materials, help receive in-coming shipments and pick loads for delivery trucks. Forklift experience preferred and heavy lifting is required. Excellent prior work history a must.

PEMBROKE LOCATION
We have the following job opportunities available at our A&B Lumber/Barns Pembroke location:

- **Lumberyard Material Handler /Delivery Driver:** Duties include assisting customers and contractors locate and load materials, help receive in-coming shipments and pick loads for delivery trucks. A CDL-B license is required with 3 years experience and a safe and clean driving record. Fork lift experience preferred and heavy lifting is required. Excellent prior work history a must. Saturday hours required on a rotating basis.

- **Lumber Counter Sales:** Full time position in our Pembroke store. Duties include assisting customers and contractors with product selection and order entry. Minimum 2 years experience in the building industry. Basic computer skills required. Excellent customer service skills a must. Saturday hours required on a rotating basis.

To see all the current job openings at our 9 locations, please visit our website. You may apply in person at the either location or download an application from our website and email to dbelletetes@belletetes.com. David Belletete, Human Resource Manager, Belletetes, Inc., 51 Peterborough Street, Jaffrey, NH 03452.

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Andover School District
20 School Street
Andover, NH 03216

5TH GRADE TEACHER

The Andover School District is seeking a 5th Grade Teacher for the remainder of the school year. Certification is required. Position to start immediately and run to the end of the school year.

Interested and qualified candidates must submit a completed application, letter of introduction, resume, three (3) current letters of recommendation, certification information, and transcripts in PDF format to jslayton@aemseagles.org.

Position will remain open until satisfactorily filled. EOE

Contact Jessica at 603-545-8439.
SAU #46 Business Administrator

School Administrative Unit #46 invites qualified, experienced, and innovative candidates with strong technical, interpersonal, and communication skills to apply for the position of Business Administrator. SAU #46 provides services to Merrimack Valley and Andover School Districts serving 2,600 students at 9 schools. The position requires an individual willing to work hard, have fun, join a great team, and help SAU #46 in their continued growth towards excellence. SAU #46 offers a positive working environment, competitive salaries, and excellent benefits.

The Business Administrator is responsible for providing leadership and administering all business affairs of the SAU. Serious applicants should have proven expertise in the areas of budget development, fiscal management, personnel management, and contract negotiations. The ideal candidate has excellent skills in spreadsheets, understands and can work with complex data sets, experience in various types of document creation (a wide array of applications), superior communication skills (person-to-person and electronic), the ability to meet deadlines, and a flexible and open mind.

The Business Administrator must hold at minimum a Bachelor’s Degree in Business Administration, Municipal Finance, or a related field. An ideal candidate has a minimum of three years of successful experience in financial management in an educational or municipal setting. Applicants must have a valid NH state certification or be certifiable as a School Business Administrator. Please visit the Human Resources page at http://mvsdpride.org for detailed information and application instructions on this very important position. SAU #46 is an EOE.

Merrimack Valley School District
105 Community Drive • Penacook, NH 03303
603.753.6561
www.mvsdpride.org

WANTED
SCHOOL BUS DRIVERS

Merrimack Valley School District is seeking to fill several bus driver vacancies. If you love children and want to work in a challenging and rewarding environment, then look no further.

Candidates must have a CDL Class B license with passenger endorsement and a school bus certificate. Will train the right candidate.

Merrimack Valley offers a competitive wage and benefit package. Completed application and 3 written letters of reference are required of all applicants.

Please call Tom Burke at 753-1421 for additional information or to arrange an interview. EOE
NEW RESEARCH ON CHIROPRACTIC & CONSTIPATION IN CHILDREN

Chiropractic Shown to Help

Recent research reported in the Journal of Pediatric, Maternal & Family Health – Chiropractic on a child with constipation reveals that chiropractic may play an important role in managing these children. The literature included supports the role of chiropractic in children suffering from constipation and related health challenges and calls for more research in this area.

“Numerous case studies and some clinical studies are revealing that there is a relationship between abnormalities in the spine, the nervous system and gastrointestinal system” stated Dr. Matthew McCoy, a chiropractor, public health researcher and editor of the journal that published the study.

McCoy added “In the case report presented, the child was suffering from constipation that resolved under chiropractic care because of the nature of the nervous system and its relationship to the spine and the gastrointestinal system.”

According to researchers the nervous system controls and coordinates all functions of the body and structural shifts in the spine can occur that obstruct the nerves and interfere with their function. By removing the structural shifts, chiropractic improves nerve supply and function.

The child reported on in the study was a 31/2-year-old female who had chronic constipation. She had never had regular or consistent bowel movements, which was making potty training difficult. She feared the toilet because bowel movements were painful. Her parents were growing very anxious as she could not enroll in preschool.

The chiropractor examined the child and found structural shifts in her neck, upper back, lower back, and sacrum. Tight muscles were noted and she had pain in the belly. These structural shifts can lead to obstruction of the nerves and it is this obstruction, called vertebral subluxations, that chiropractors correct.

Following chiropractic adjustments, she experienced complete resolution of constipation and experienced a bowel movement daily without pain. She became fully potty trained within 3 weeks, which eased her parents’ anxiety about her going to preschool.

The study’s author called for additional research to investigate the clinical implications of chiropractic in children with constipation.

People come to Crossroads Chiropractic for help with:

- Chronic Ear Infections
- Headaches
- Neck Pain
- Acid Reflux
- Colic
- Digestive Problems
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- Numbness in Arms/Hands
- Migraine Headaches

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679-3222
629 Calef Highway • Epping
Dr. David

www.CrossroadsChiropractic.com