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You may have to travel far to get close

By MIKE MORRIS
For the Insider

I'm not the solo traveler. I pack light, go with the flow and don't sweat the small stuff. In reality, I'm better off staying at home. My pack weighs too much, I hold up the line at airport security, and I freak out a little when I show up at the wrong Days Inn for my one night stay. I'd rather be at home. I prefer sleeping in my own bed. I like my morning routine. And as much as I like the view of Phoenix from 40,000 feet, I prefer my feet firmly planted on the ground.

I'm sitting in a hotel room in Phoenix, Ariz., on the way to Sedona and Baron Baptiste's Level One Yoga Training. I have a simple goal in mind: To immerse myself in this week long training, and to bring this powerful form of yoga to our little studio in Concord.

In a few hours, I'll be heading north across the desert, the monsoon rains beating down and bringing needed water to this arid world. I'll be riding with a new friend, Andrea, who is driving from Lake Elsinore, Calif. We'll meet for the first time this morning, and join 100 other folks at what Baron Baptiste calls our "journey into power."

Solo travel is a lot like practicing yoga. You get a glimpse of who you are, without any support. And you realize there is support, all around you. When you step on to your yoga mat, it helps to have a destination in mind: healing, fitness, peace, power. It helps to know where you are going. The poses in yoga class, like your travel plans, are leading you somewhere. Along the way, whether you are heading to the red rocks of Sedona, or to the deep rest of Savasana, the journey will always help you learn something new about how you show up in the world.

The first thing I learned was that I didn't want to go. My wife, Heather, dropped me off at the Manchester airport. I didn't want to leave my family. I didn't want to leave the yoga studio. And yet, I knew I'd be bringing something amazing back. I just don't know yet how it will unfold.

The second thing I learned is that people are amazing, friendly and open. All you have to do is ask questions and listen. It also helps to smile a little. It's true when traveling. It's true in yoga class. Here are a few of the people I met in my first day of travel:

Shawn and Caroline were heading from Manchester to Seattle. The three of us were almost two hours early for our flight. The three of us have small children at home, and were missing them already. I asked them if they'd like to join me in a short yoga practice. They politely declined, and Shawn took a couple of photos of me busting out some yoga next to Starbuck's.

I sat next to Laura on the way to Philadelphia. She had just finished her master's degree at SNHU, and was heading back to Amarillo, Texas. We shared a couple stories about Palo Duro Canyon, one of her "favorite places." Her family has lived in the Texas panhandle for generations, and she has a tattoo on her right wrist memorializing her Dad, Cody. His birthday was Feb. 22, 1971. She still loves him dearly. She was also really tired, so I stopped asking her about her story, and let her take a nap.

I met Indu in Philly, while walking between gates and looking for a quick bite to eat. I asked directions to my gate, and where I might find some healthy food. She showed me the way, and said "Terminal B and C have the best food." I asked if I could get a decent salad. She said yes, and that I could also get Chik-Fil-A. She also asked me why I would want to ruin a good meal by eating kale and quinoa. She smiled like she had a really fun secret.

Fred was the shuttle driver who took me to the Days Inn. Twice. He'd been in Phoenix for 40 years, but he still sounded like the kid from Queens, where he was born. He said his family moved to Arizona right after the Blizzard of '78.

As I write this, the monsoon rains are pouring down outside. Folks will be converging on the Mago Retreat Center from all over the country in a few short hours. My new friend, Andrea, will be rolling up in the next hour. As I go for my last cup of coffee for the week, I meet one more person. Stephanie is behind the counter at the Days Inn. She's from Buckeye, Ariz. I ask her if she likes living out here.

She says: "It's home." Sometimes we have to travel far to get closer. See you on the mat, my friends.
Caregiver care programs and more

CRVNA clinic, support group and other programs

Concord Regional Visiting Nurse Association offers a monthly Walk-In Immunization Clinic for children and adults who are uninsured, underserved, and who have no access to these needed services in order to lead a healthy lifestyle. The next will be Monday, March 2, from 1 to 4 p.m. at St. Paul’s Episcopal Church Outreach Center, 21 Centre St. in Concord. A fee of $10 is requested per person. Children must be accompanied by a parent or guardian. Please bring an immunization record with you.

Children must be accompanied by a parent or guardian. Please bring an immunization record with you.

It also will offer a Newly Bereaved Discussion Group on Tuesday, March 3, from 6 to 7:30 p.m. at Concord Regional VNA Hospice House, 240 Pleasant St., in Concord. Groups are held on the first Tuesday of each month at the same time. This session provides grief education and support for those who have experienced the recent loss of a loved one. Registration is not required.

Beginning March 4 for six Wednesday, CRVNA is offering a six-week “Powerful Tools for Caregivers” online educational program that helps caregivers learn to take care of themselves. The online program can be completed in the comfort of your own home from 10 to 11:30 a.m. Caregiving can add stress to our physical and emotional health. “Powerful Tools for Caregivers” is an educational program to help family caregivers learn to take care of themselves. This interactive online workshop helps caregivers learn to reduce stress and improve your confidence, learn from your emotions, learn effective communication skills and improve your decision-making skills. This offering is in connection with a research study (the Telehealth Powerful Tools for Caregivers Effectiveness Study) to examine the effectiveness of delivering the “Powerful Tools for Caregivers” program online as compared to in person. Participation is voluntary and you may stop at any time. There is no fee to attend this program and space is limited. Registration is required.

Concord Regional VNA and The Birches at Concord are offering a Caregiver Café on March 5 from 5:30 to 6:30 p.m. at The Birches at Concord, 300 Pleasant St. in Concord. The Caregiver Café is held on the first Thursday of each month at the same time. Caregiving is a crucial role that at times can be challenging. To support and honor those who are giving care to loved ones, we offer a monthly Caregiver Café. Come chat with Lesley “Jazz” Barnette, Professional Organizer and Downsizer, as she listens to your challenges and shares some valuable tips for surviving the process of organizing and minimizing. One of her favorite books is Let it Go – Downsizing Your Way to a Richer, Happier Life. Join us and find out how you too, can have a richer, happier life. Refreshments served. Registration required by calling Ashley Tino at 224-9111

For more information, call 224-4093 or (800) 924-8620, ext. 2828.

Andrew Morse

Soup supper fundraiser

A Soup Supper fundraiser is being held on Feb. 29 at the Heritage Heights’ Barrows Dining Room. This supper is a fundraiser sponsored by the local Chapter B of the P.E.O. (Philanthropic Educational Organization) for women; we are an international organization encouraging women to help women with educational endeavors.

Doors open at 5 p.m.; tickets are $8 at the door.

Please help us to support this very worthwhile endeavor of our local chapter B. Come and enjoy a variety of homemade soups and desserts with salad and bread. We hope you will join us for good food and fellowship.

Janet Ulbrich

Ready to run

Girls on the Run New Hampshire program registration is now open for the Spring 2020 season. There will be over 120 sites this spring, serving girls across the state. Girls on the Run is a physical activity-based, positive youth development program that teaches key life skills to girls in third through eighth grade through dynamic discussions and fun games, and creatively integrate running. At each site, volunteer coaches lead teams of 8-15 girls through research-based curricula that include lessons on confidence, treating others with care and contributing to the community. During the ten-week program, girls complete a community service project and become physically and emotionally prepared to participate in a celebratory 5k event.

The true success of the program is told in the words of the girls who participate: “Girls on the Run made me realize that I am the boss of my brain.” “I know that whatever I set my mind to do, I can do.” “At Girls on the Run I learned how to be comfortable in my own skin!”

Tell your story

Every family has a story and the Nackey S. Loeb School of Communications wants to help you tell yours.

You will learn from experts in the field, including a storyteller, historian, writer, interviewer, videographer and an archivist how they prepare and present legacy stories at the “Telling Your Family Story” workshop on March 7 from 9 a.m. to 3:30 p.m at the School in Manchester. This workshop teaches how to uncover family or community stories, how to present them, and how to preserve them for future generations.

The presenters focus on interviewing and listening skills, research and presentation, using video and audio tools to gather stories, and how to preserve priceless photos and documents that are part of every family’s, or community’s, history.

John Clayton is a former N.H. Union Leader reporter and is now director of the Manchester Historic Association, helping preserve the city’s stories.

Mike Nikitas is a former award-winning reporter and anchor who delivered news stories and produced documentaries for more than 36 years.

Archivist Lori Fisher of Bow’s Baker Free Library brings advice on preserving and protecting photos and family papers that often fade away in a box in the attic.

John Gfroerer of Accompany Video Production in Concord, will talk about and demonstrate basic approaches and techniques for using video to tell your story – what to do and what not to do as well as what video can bring to enhance your storytelling.

Registration is $60, and includes lunch. Register at loeschool.org.
A new class of student leaders

The Greater Concord Chamber of Commerce recently welcomed 25 students from nine capital region schools selected to take part in the chamber’s highly competitive 2020 Capital Area Student Leadership program, the state’s only regional student leadership and civics course offered annually by the Chamber for high school sophomores in the Greater Concord area.

This year’s class includes students from nine schools in the capital region: Max Aframe, Hopkinton Middle High School; Tristan Allard, The Derryfield School; Katelyn Bouchard, Hopkinton Middle High School; Aidan Burns, Hopkinton Middle High School; Juliet Chehade, Hopkinton Middle High School; Abigail Denise, Bow High School; Salvatore DiGregorio Aubin, Bishop Brady High School; Katherine Earle, Concord High School; Eliza Fisher, Pembroke Academy; Ryan Flaherty, John Stark Regional High School; Emily Fleegle, Hopkinton Middle High School; Sarah Guerrette, Bow High School; Laura Houle, Concord High School; Ava Kehas, Bow High School; Mary McCarthy, Bow High School; John Murphy, Concord High School; Abigale O’Brien, Merrimack Valley High School; Ashley Panzino, Bow High School; Madeleine Paul, Bow High School; Andrew Pollack, Concord High School; Samuel Quinn, Concord High School; Emily Roy, PACE Career Academy; Dylan Sheehy, Merrimack Valley High School; Abigail Smart, Pembroke Academy; and Madeline Swenson, Merrimack Valley High School.

Students received their session day agendas, assignments and met the steering committee members who volunteer for seven months to plan a series of four unique sessions focused on an important topic within the community, beginning with an orientation in March. Capital Area Student Leadership Committee Chair Megan MacMullin congratulated the incoming class and CASL 2019 alumni Nika Mitchell of Concord High School offered advice for getting the most from the program saying, “Being in this program not only changed my social interactions, but it also changed me, and who I am as a person.” She continued, “Learning about the government, downtown, the prison, and all the other lessons that came with it, stuck with me so much, and I want you all to create such a memorable experience like I did. These next few weeks can be a life changing moment.”

CASL encourages students to become active and effective participants and future leaders in their schools and communities through exposure to the historical, cultural, environmental and civic aspects of the Greater Concord area. Using Concord as a classroom, these sessions offer first-hand knowledge and provide opportunities for dialogue with established leaders. Through field trips, hands-on experiences and facilitated discussions, students gain special insights into the functions behind a working community. More than 700 students have graduated from CASL over the last two decades.

For more information about Capital Area Student Leadership, the Funds for Education Golf Tournament or the Chamber’s volunteer committees, please contact the Greater Concord Chamber of Commerce at 224-2508 or visit ConcordNHChamber.com.
White Park plan revealed

A wheelchair-accessible merry-go-round, a treehouse, a pirate ship, a rock wall and at least four different kinds of slides are among the new play features proposed for the redesigned Monkey Around Playground at White Park.

The design, created by Playgrounds by Leathers, incorporates the colorful castle structure that Concord residents are accustomed to into an inclusive park with modern amenities, Parks and Recreation Director David Gill said Wednesday.

“It’s a great reflection of the past and honoring all the hard work the community did when they built the playground 26 years ago, and looking forward regarding accessibility and some of the new play features that weren’t around when we built the last playground,” Gill said.

Concord does not now have any playgrounds that meet universal design, meaning they are designed to be accessible as possible for individuals, regardless of ability. The present-day Monkey Around Playground is built with stairs that can be difficult for kids to access, and on wood chips, which is prohibitive for those with mobility challenges.

A few of the notable accessible elements of the new playground design are the ramps that lead up to play structure for those who can’t access stairs and pour in place rubber material used for flooring.

The design also incorporates a merry-go-round that can be used by all children and therapeutic swings, which offer increased body and sensory support.

Leah Willingham

Terrill Park updates underway

The redesign of Terrill Park in the south end of the city started last week with tree cutting along the Merrimack River.

The removal of mixed trees along the river, including some slowly dying elms, will clear the path for the long-planned Merrimack River Greenway Trail, as well as open the area to a relocated dog park and an improved parking lot.

Each phase of the park’s master plan is fully permitted for construction, which means once funding is available, requests for proposals to do the work can go out, said Concord Parks and Recreation Director David Gill.

Phase I, which includes leveling and paving portions of the greenway trail, relocating and rebuilding the...
dog park, and building a new parking lot farther up the hill are budgeted to cost $348,000, with $178,760 from the city and the rest from a $100,000 grant by the state Land and Water Conservation Fund and $69,000 donated by the Friends of the Merrimack River Greenway Trail.

The park is on the east bank of the Merrimack River near Exit 13 of Interstate 93.

If everything goes according to plan, a contractor will be hired and the work will begin in early April, Gill said.

“By late April, workers should be down there getting things going,” Gill said.

Work should last through the summer and be completed by the end of August. At certain points during construction, public access to the dog park will be interrupted, Gill said.

The crown jewel of the plan is a synthetic turf athletic field that can be used year-round. Funding for that project and accompanying parking lot hasn’t been approved yet, however multiple athletic and club teams have expressed support.

The field would likely be a multi-million-dollar undertaking, Gill said, but it would also generate revenue in the form of rental fees.

“It would definitely bring in revenue, but I don’t think it will cover the cost,” Gill said. “To say it’s going to cover the entire cost of the park is probably not going to be realistic.”

Funding for the final phases of the park will come up before the city council in the future.

“There’s a lot of excitement and opportunity, but we’re not quite there yet,” Gill said.

Monitor staff

**Storrs Street may see added restaurant, Starbucks**

The owner of the Capitol Shopping Center on Storrs Street in Concord wants to add an upscale casual dining restaurant and a Starbucks drive-thru in the parking lot where Market Basket, the New Hampshire Liquor Commission and several other major retailers currently lease.

Brixmor Capitol SC, LLC went before the Concord Zoning Board earlier this month to apply for variances for parking spaces and to have a drive-thru at 80 Storrs St., an area of the city where drive-thrus are not usually permitted.

In that meeting, company representatives presented a proposal for a 5,800-square-foot 110 Grill, a popular American restaurant with locations in Manchester, Nashua, Stratham, West Lebanon, Rochester, Massachusetts and New York. The Starbucks drive-thru would be approximately 3,000 square feet, with 6,000 square feet of extra building space that could be leased by another retailer.

“This is really our first step to figure out how to revitalize the Center and better connect it to downtown,” Brixmor Re/Development Project Director Reuben Twersky said.

Representatives said the new development would be at the bottom of Pleasant Street, near where the entrance to the shopping center is now. The buildings would be located right off the road on Storrs Street, instead of set back, like the other retailers in the center.

**Leah Willingham**

**Doughnut shop looks to expand**

The idea Amanda Baril came up with for her doughnut shop was simple: there would be no rules.

“You come in, we take a vanilla doughnut and you can coat, top and drizzle anything you want on it,” Baril said. “It’s your custom creation.”

Baril makes all of her doughnuts sold at New Hampshire Doughnut Co. from scratch each morning, arriving before the sun comes up at her shop in Chichester on Dover Road. Often, on weekdays, the base flavor of the doughnuts is vanilla, but on weekends she makes pumpkin, blueberry, cinnamon, chocolate, cider and other flavors.

Then, customers can take that base doughnut and add toppings like strawberry glaze, rainbow sprinkles and marshmallows.

“We can do anything you can think of,” she said.

“There are unlimited options.”

Baril makes ready-made grab-and-go doughnuts too, and the most popular are maple bacon, doughnuts topped with Fruity Pebbles cereal, chocolate doughnuts with chocolate glaze, chocolate coconut or anything with peanut butter.

Her store is catching a lot of attention in Chichester.

She just opened in town in August and is already looking to expand to a second location in Concord. Baril will be opening her second New Hampshire Doughnut Co. in Capital Plaza in May, in the Capital Deli’s former storefront.

She hopes the store will be a great attraction for families.

Her store in Chichester is decorated with bright orange, pink and blue colors. Kids programs play on the television.

“We just want this place to be about fun for people,” Baril said.

**Leah Willingham**

To read the full version of these articles and more, visit concordmonitor.com.

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**Bus Trip to Foxwoods**

**To Benefit Pope Memorial SPCA**

**Sunday, March 22nd**

Join us on a luxury coach trip to Foxwoods Casino. Ticket includes food and slot play vouchers.

Register at popememorialspca.org or call 603-856-8756.
Two New Hampshire Art Association members will have their artwork on display from March 24 through June 18 at 2 Pillsbury St., Concord. The title of this exhibit is “New England in a Different Light,” featuring the works of painter Nicole Ellis and photographer Mark Giuliucci. It celebrates the artists’ visions of New England’s unique colors, textures, and iconic scenery.

Drawing from an early age, Ellis spent youthful seasons exploring the natural world in the quiet woods of the Adirondack mountains. In these wanderings, she grew to love the visual stories she found in paper birch trees, the pattern of moss and lichen on rocks, rusting trucks and tractors abandoned in grassy fields after their workhorse life was completed and these images inform the paintings she creates today.

“When I grow up, I’m going to be a painter and live by the ocean,” she said at the tender age of 6. After falling in love with the light on Cape Cod, Ellis was drawn to the coast of Massachusetts after studying art education with a concentration in painting and art history in college.

She’s since moved to New Hampshire where she now explores the best of both mountains and coastline. From rocky outcroppings in Maine to shingled fish shacks on Rye Beach, to peeling paint on barns in rural Virginia, the fascinating natural and neglected man-made world is her inspiration to be captured in texture, color and pattern by brush and paint.

Ellis paints from photographs she’s taken on these adventures, in her home studio in Exeter with her dog, Bella, at her side. This year, 2020, begins her

“Barn and Hayfield,” an infrared photograph by Mark Giuliucci.

“Fish Out of Water,” acrylic on canvas by Nicole Ellis.
third year of painting full-time while showing her work at juried art shows in New Hampshire, Massachusetts and Maine.

A complete catalog of her original acrylic paintings and upcoming events page are available on her website NicoleEllisArtist.com.

Photographer Mark Giuliucci is a New Hampshire resident who specializes in near-infrared photography. This technique captures light at wavelengths the eye cannot see, resulting in bold, surreal images with unique color palettes and textures. Giuliucci has quickly become recognized for his infrared work. His piece “Barn and Hayfield” was an award-winner in the 2019 Omer T. Lassonde Juried Exhibit at the New Hampshire Art Association.

Giuliucci’s work is also featured at the NHAA’s Lincoln Levy Gallery and Sheafe Warehouse in Portsmouth, the annual League of New Hampshire Craftsmen show in Sunapee, and other venues.

In addition to his infrared pieces, Giuliucci also focuses on bird photography, especially raptors and large shore birds, and traditional New England landscapes.

See more of Mark’s work at photosbyg.net or follow him on Instagram @ mark_giuliucci.

The art is accessible to view Monday through Friday, 5 a.m. to 7:30 p.m.; Saturday, 5 a.m. to 3 p.m.; Sunday, 7 a.m. to 11 a.m.

All artwork is for sale by contacting the New Hampshire Art Association at 431-4230.

Suzanne Laurent
Feb. 26, 2000: Donna Sytek, the first female speaker of the New Hampshire House, informs her colleagues by letter that she will not run for a third term as speaker this fall. She cites her belief in voluntary term limits for legislators and her own health troubles as reasons for stepping down.

Feb. 26, 1942: The H.J. Heinz Co. runs a large ad in the Monitor telling readers: “Blame Hitler, Hirohito, and Benito! ... Don’t Blame Your Grocer.” The problem? Because of the shortage of sugar and other commodities, many of Heinz’s 57 varieties may be missing from the shelves.

Feb. 26, 1973: The Concord city manager proposes increasing downtown parking fines from $1 to $2.

Feb. 27, 2002: In Canterbury last year, residents raised $360,000 in less than two months to save the town’s country store, the Monitor reports. This year, library supporters hope residents will be almost as generous to the library. Over the next two years, library trustees want to raise $200,000 to help pay for an expansion.

Feb. 27, 1873: A select committee of the U.S. Senate recommends the expulsion of Sen. James W. Patterson, Republican of New Hampshire, on grounds of corruption. Patterson, a Henniker native, Dartmouth graduate and former educator, has bought stock at a heavy discount in the Credit Mobilier scandal. He will be saved by the bell. His term expires in just four days, and on March 1 a party caucus will decide there is not enough time to deliberate the matter.

Feb. 27, 2000: Trucks full of steel beams arrive in Concord, the first shipment of materials for new seating to be installed at Memorial Field. The construction project comes in preparation for the Babe Ruth World Series, to be played in Concord in August.

Feb. 27, 1958: At one of President Eisenhower’s stag dinners, the guest of honor, the 82-year-old Robert Frost, tells his old friend Sherman Adams: “There may not be much time left, you know.”

Feb. 28, 2003: Two men have been charged with brutally beating a McDonald’s night janitor earlier in the month, the Monitor reports. Mitchell J. Edward, 20, of Elkins Street in Franklin, and Travis Turcotte, 23, of South State Street in Concord, were arraigned on several charges related to the early-morning robbery at the Fisherville Road McDonald’s.

Feb. 28, 1894: At Sewalls Falls, George and Charles Page of the Page Belting Co. open the second hydroelectric dam of its kind in the United States. The powerhouse is equipped with four 2,300-volt, 225-kilowatt generators driven by leather belts from reaction-wheel water turbines. Sewalls Falls will generate power until 1968.

Feb. 28, 1987: Sen. Warren Rudman of New Hampshire says he was “thunderstruck” to hear that the candidate he was backing for the 1988 GOP presidential nomination, Howard Baker, had pulled out of the running to become President Reagan’s chief of staff. Rudman takes a shot at Vice President George Bush and tells reporters he will probably support Sen. Bob Dole.

March 1, 2002: Jury selection starts in the murder trial of Dwayne Thompson, the man accused of killing his longtime roommate and downtown Concord fixture, Robert Provencher.

March 1, 1923: Two Concord newspapers, the Evening Monitor and the New Hampshire Patriot, merge. They will operate as the Concord Daily Monitor and New Hampshire Patriot under Editor James M. Langley, Dartmouth graduate and World War I veteran. Circulation by the mid-’20s will exceed 5,000.


March 1, 1860: During the afternoon, Abraham Lincoln addresses a large crowd at the Phenix Hotel in Concord. He speaks to an even larger one in the evening at Manchester. The mayor of Manchester introduces him as “the next president of the United States.” Lincoln’s appearances follow a trip to see his son, Robert, at Phillips Exeter Academy.


March 2, 2003: Two Merrimack Valley High School students are killed in a car accident. Amy Gilbert, 17, of Boscawen and Kristin Wagner, 15, of Loudon are in Gilbert’s car when it crosses into an oncoming lane of traffic on Route 106.

March 2, 2000: A Keene State College graduate discussing sexual relationships between faculty members and students fails to produce a consensus of opinion. Some people say such relationships amount to sexual harassment because professors have power over students. Others in attendance argue that college students, as adults, should be accountable for their personal lives.

March 2, 1848: On the eve of gubernatorial elections, the New Hampshire Patriot, the state’s leading Democratic newspaper, announces imminent peace with Mexico and says the fruits of war redound to the credit of President James K. Polk.

March 2, 1960: Mayor Charles Johnson of Concord appeals to the Capitol Theatre not to show the movie Jack the Ripper. Johnson hasn’t seen the film but has heard from more than a dozen callers to city hall that it contains scenes of violence and horror. Two days before the movie is scheduled to open, theater manager Theresa Cantin agrees to cancel it.

March 3, 2003: Rescuers use helicopters and a snowmobile to pluck plane crash survivors, including three children, from a snowy state forest in south-western Massachusetts. Three members of the family of seven, from Swanzey, are found dead at the scene. The father, Ronald Ferris, dies later at Fairview Hospital in Great Barrington, Mass.

March 3, 2002: In the Class 1 boy’s basketball quarterfinals at UNH, Pembroke beats Merrimack Valley 80-57.

March 3, 2000: Reporters from around the country descend on the Wolfeboro home of Dennis Moran, a 17-year-old known in cyberspace as Coolio. He says a joking comment to friends that he hacked into several major web sites is the reason the FBI and other law enforcement agencies are investigating him.

March 3, 1832: Benjamin Brown French of Chester, soon to go to Washington as a clerk in the U.S. House, writes to state Rep. and future U.S. Sen. John P. Hale of Dover: “Politics – how I pity the poor devil who must worship at your shrine. He must discard conscience – bid farewell to truth – say adieu to virtue – and swear by all that’s holy that he & his party are right and everybody else is wrong.”

March 3, 1993: The new $36.5 million federal courthouse in Concord makes the list of “pork projects” named by a citizens’ group that is a member of a coalition headed by Sen. Bob Smith. “Sen. Smith doesn’t necessarily agree with all the projects on the list,” says Smith’s spokeswoman.

March 3, 1863: To the ringing of bells, the firing of cannon and the music of bands, the Second New Hampshire Volunteer Infantry Regiment is feted in Concord on its return from the front. The regiment has been fighting with the Army of the Potomac since the first Battle of Bull Run in July 1861.

March 3, 1945: G-men with machine guns swarm Main Street after word reaches Concord that two prison escapees from Iowa are holed up downtown. At midnight an inspector and three FBI agents arrest 31-year-old killer Edgar Cook at the point of machine guns at the Phenix Hotel. Cook is described as “a tough-looking character with plenty of cash.” Later, a Concord police officer has a hunch that Cook’s partner may have gone to the Capitol Theater to see a matinee of the current feature, The Suspect. The hunch proves correct, and George Stubblefield, a/k/a William Giles, is captured outside a barbershop shortly after leaving the theater.
From deep space to deep sea

The McAuliffe-Shepard Discovery Center is open from 10:30 a.m. to 4 p.m. every day for February vacation, through Sunday, March 1. Each day, visitors will be able to choose from five different planetarium shows, explore science galleries, engage in science and engineering activities – and just in time for February vacation, the Discovery Center has opened a new exhibition, Virtual Fish Tank.

The Virtual Fish Tank is a gift from the Museum of Science in Boston. “The exhibit has been an amazing experience for millions of visitors to The Computer Museum and Museum of Science,” noted recently retired Museum of Science Director of Exhibits Administration Larry Ralph. “The VFT started at The Computer Museum in Boston. When I moved the exhibit to the Museum of Science we reconfigured the space, redesigned the look, and updated software. Now McAuliffe-Shepard can put its own touch on this classic display.”

In the Virtual Fish Tank, visitors select attributes and behaviors for their fish, launch their creations into the tank, and then see how a few simple choices result in complex behaviors and patterns for a whole group of fish. “We are delighted,” said Discovery Center Executive Director Jeanne Gerulskis, “that the Museum of Science has chosen to share the Virtual Fish Tank experience with its northern neighbors, and that Museum of Science exhibits staff

Larry Ralph and Matt Charron and Discovery Center volunteers Paul Higgins and Jerrid Kenney have given so generously of their time and talents to get the exhibit up and running, even though Larry’s last year at the museum and retirement! Our new Virtual Fish Tank room has been filled with children and families every day since it opened.”

The McAuliffe-Shepard Discovery Center features 21st century interactive exhibits on aviation, astronomy, Earth and space sciences, an all-digital, full-dome planetarium and a wide variety of science, technology, and engineering and mathematics programs. The engaging, robust educational programs are geared towards families, teens, seniors, students, community groups and lifelong learners. For more information, visit starhop.com.

Jayme Simões
Leap Day packed with music, shows

Live music

Today
- Mikey G at Concord Craft Brewing from 5:30 to 7:30 p.m.
- Tim Wildman at Hermanos at 6:30 p.m.
- Irish Music with David Levine and Roger Duhaime at Area 23 at 5:30 p.m.

Thursday
- April Cushman at Cheers from 5 to 8 p.m.
- Richard Gardzina at Hermanos at 6:30 p.m.
- Blue Light Rain at Penuche’s Ale House at 9 p.m.

Friday
- Nicole Knox Murphy at Makris Lobster and Steak House at 6 p.m.
- The Rhythm Upstairs and Scott Solsky at True Brew at 7:30 p.m.
- Araba-Lon, as part of the Concord Shakedown, will be at the West Street Ward House at 7 p.m.
- Don B at Area 23 at 5:30 p.m.
- The Dusty Gray Band at Area 23 at 9 p.m.

Saturday
- John McArthur at the Contoocook Farmers Market at the Maple Street School from 9 a.m. to noon
- Brothers Blues Band at Hermanos at 7:30 p.m.
- DJ73 will spin a disco/funk dance party at the Bank of N.H. Stage at 8 p.m.
- Scrimmy the Dirtbag and the Cocaine Zebras with Rippin’ E Brake and Odd One Out at Penuche’s Ale House
- Llava Lama at Area 23 at 5 p.m.
- Kurva Jo at Area 23 at 9 p.m.
- Tina J and the Nuff Said Band at Pit Road Lounge at 8 p.m.

Stage shows
- Lend Me a Theatre will present Lend Me a Tenor at Hatbox Theatre Friday through March 15. Shows will be Fridays and Saturdays at 7:30 p.m. and Sundays at 2 p.m. The play tells of the world’s greatest tenor coming to Cleveland, Ohio, in an attempt to help save the opera company, but then he turns up seemingly dead. A meek assistant is tasked to find a replacement so the show can go on. This is the original Lend Me a Theatre cast who performed the show at the Scenic Theatre in 2013. Tickets are $12 to $18 and available from hatboxnh.com.
- Jonathan Harrington: 19th Century Magician will entertain crowds at the Concord City Auditorium at 1 p.m. on Sunday.
- OUTreach events, spearheaded by Susan Esthera, will present a business showcase and drag show at the Bank of N.H. Stage on Friday with doors opening at 7 p.m. and the show at 8 p.m. Come be entertained, win raffle prizes and learn all about the granite state’s LGBTQ owned and operated businesses, community organizations and allies. Tickets are $25 general admission. There will be a 18 and older LGBTQ after party called TWIRL with dancing and performances immediately following the OUTreach event. Tickets for that are $10.
- A broadcast of the Met’s Agridpina will be held Saturday at 12:55 p.m. at the Bank of N.H. Stage. Tickets are $26 adults, $22 seniors and $15 students.
- A broadcast of the Bolshoi Ballet’s Swan Lake will be held Sunday at the Bank of N.H. Stage at 12:55 p.m. Tickets are $15 adults, $12 students.

Movies at Red Rivers
- Downhill (R)
- Parasite (R)
- Jojo Rabbit (PG-13)
- Fantastic Fungi (NR)
Concord City Auditorium welcomes the community to a Sunday afternoon celebration of theatrical magic, historical and hysterical, all taking place in the sunlit reception lobby on March 1.

At 1 p.m., travel back in time with award-winning performer Andrew Pinard as he transforms, in costume and character, into Boston-born magician Jonathan Harrington.

“Harrington – Feats of Legerdemain” presents mysteries and wonders from the 19th century, often with the assistance of audience members. Upon arrival, Harrington will exhibit the whole of his grand, extensive, and original apparatus. The historical recreation promises “Rare, Unexcelled Entertainment for a small admission. Every piece featured shall be Chaste, Moral, and Amusing.”

The Concord City Auditorium opened in 1904, a time when such magical performances were favorite local attractions. The Hatbox Theatre and The Friends of the Audi are pulling the event out of the proverbial hat, and look forward to welcoming an all-ages audience. Tickets are available online at hatboxnh.com and at the door.

After a brief intermission, at 3:30 p.m., the Friends of the Audi welcome the community for a special opportunity to share the theatre’s special magic created by its legion of volunteer supporters and presenters.

In 1991, as the Friends formed to preserve and maintain our historic municipal stage, people gathered to create a Wish List of the Audi needs, wants, and dreams. The list became a “Strategic Plan” and by 2020 the list was checked off. The Friends of the Audi – that’s everyone – have raised and invested over $2 million to upgrade the theatre – with no paid staff and no tax dollars. The 1991 wants and needs are completed, the wishes all granted. That sounds a lot like magic.

Now it’s time to meet again and plan future projects, create a new list of what the City Auditorium needs and wants, and what seems only a dream. Everyone is welcome, in the Audi spirit, to “Show Up and Pitch In.”

For more information, call 344-4747.

Andrew Pinard will appear as magician Jonathan Harrington in a show Sunday at 1 p.m. at the Concord City Auditorium.

See 1900s style magic show and dream big at Audi

Better Hearing Center, we listen, we care.

Let us help you get back to the world of hearing. Call us now.

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Serving the Concord area since 1957.

Better Hearing Center, PLLC.

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2 Industrial Park Drive, Concord 603.224.9043 www.betterhearingnh.com

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Better Hearing Center, we listen, we care.

Melissa M. Burt M.S., CCC-A

Veronica (Nique) Foley M.S., CCC-A

PARKER EDUCATION

Join us on March 14th for UMOJA Gala

Visit refugeesuccess.org for more information

SUPPORTING FAMILIES SINCE 1986
Andrew North records single

Andrew North is back at it again with a new single, “Desolation West.”
Like his previous songs, “Desolation West,” features his excellent skills on the keyboard and vocals.
He told the Insider that he wrote the new song over email with a high school classmate.
The song is available on Spotify, Apple Music and several streaming platforms as well as andrewnorth.bandcamp.com.
Andrew North is the performance name of Andrew Grosvenor, whose previous albums include Ursa Verde and Lost City.
He’ll be performing with his band, the Rangers, on March 7 at Penuche’s at 9:30 p.m. Cover is $3; show is for age 21 and older.

The Same Roads

They traveled the same roads, and sidewalks too, passed the same buildings, with similar thoughts like you. Though the sun high above, shone on another time, when life was still simple, unlike yours or mine. There are times, you have to look back too, for life to move forward, learn from what people do. Always remember, from your past mistakes few, they traveled the same roads, and sidewalks too.

James W. Spain
Read the paper without the paper

Ask any group how they like to get their news, and the chorus of responses will sound something like this: “Website. Phone. Paper. Facebook. Newsletters. Podcasts. Friends.” We’re increasingly hearing “E-Edition” added to the list, and with good reason. A growing number of our readers think the e-edition – which is more easily defined as a digital replica of our paper – serves as a valuable bridge between the traditional benefits of a newspaper and the technical advantages of our online world. For the many who still don’t quite know what it is, we’re taking this time to introduce to you our e-edition, where you can get the day’s news – or the news of the past month – in a newspaper format that’s meant to feel familiar.

OH, ALL THE BUTTONS!

HOW YOU WANT IT: Use to adjust settings for viewing. You can choose a single or double click to zoom, lock the article view or open more settings for a new window of options.

QUICK GLANCE: A thumbnail view of the entire paper, broken down into sections. From this view you can download individual or groups of pages. This is helpful if you want to email something or print.

SECTIONS: No matter where you are, this brings you to the main menu of the paper and allows you to quickly go to the section you want.

SETUP: Use to log out or manage your account.

GO BACK IN TIME: This will give you a thumbnail view of the past 30 editions of the Monitor. Once you click the thumbnail, you’ll be able to view that day’s full edition.

FIND IT FAST: Remember seeing a story or advertisement, but can’t remember what issue it was in? This feature allows you to search and view one month of any type of content by keyword, content type or date without having to open up an individual edition.

FAQs: A page of frequently asked questions. Some examples: “How do I print puzzles and other content?” and “Can I print the article I’m viewing, or share it with someone else?”

ALERTS: You can submit your email and receive an alert when an article is posted with a specific search term. If you get the alert, you can unsubscribe from here, too.

ADJUST: This resizes the page view to fit your browser window.

IN YOUR CONTROL
Sheet icon: Toggle between replica view and plain text view; A – and A + icons: Decrease or increase size.

ACCESS OPTIONS
The speaker translates to text to speech; From here, you can select the printer icon or the share icon to send by Twitter or email.

NAVIGATION OPTIONS
The left and right arrows allow you jump quickly scroll from one story to the next. The middle button sends you to the index so you can easily select any story no matter where it is in the paper.

CAN I GET SOME HELP?

YES, WE’RE HERE TO HELP
If you’re having trouble with setup, visit our site at concordmonitor.com/Reader-Services/FAQ for some video and written instructions on how to activate your digital subscription and how to navigate the e-edition. If that hasn’t answered your question, email news@cmonitor.com.

WHAT DEVICES
GET THERE FROM OUR SITE OR OUR APP
You can view it from a smartphone, a tablet or a desktop. For the desktop version, just go to concordmonitor.com and select “E-edition” in the top-right corner. To view on a smartphone or tablet, you’ll first have to download the free app. To get it, go to the Apple Store or Google Play and search for “Concord Monitor.” Either way, the full digital replica of the paper will arrive as usual by 6 a.m.

JUMP RIGHT IN
Are you a print or digital-only subscriber? If so, you already have access. Now, you just need to sign in. You can do so from the Subscribe button atop our website. Others can follow that same link to set up a subscription. If you’d like to test it out, we’ve made the e-edition free for the next two weeks. To get there, select E-Edition at the top of concordmonitor.com.
Girl Scout Cookie Weekend proclaimed

The national Girl Scout Cookie Weekend is Feb. 28 to March 1. It will now also be Girl Scout Cookie Weekend in New Hampshire, following a proclamation made by Gov. Chris Sununu on Feb. 19.

Five Girl Scouts along with representatives of Girl Scouts of the Green and White Mountains, the council serving New Hampshire and Vermont, presented the governor with a box of the full variety of Girl Scout Cookies, which were enjoyed right away by the governor and Executive Council.

Girl Scouts are now beginning cookie booth sales, which will continue through the end of March, which allows girls to earn the money to power their own leadership opportunities and adventures. The Girl Scout Cookie Program teaches girls about entrepreneurship, money management, public speaker, decision-making, and financial literacy.

In Concord, cookie booths will be open Wednesday (today) at Sal’s Pizza and the XMart off Exit 17; on Thursday at Sam’s Club; on Friday at Walmart, Sal’s Pizza, XMart, Lowe’s and Starkey Realty; and on Saturday at Rocky’s Ace Hardware, Walmart, Fort Eddy Market Basket, Sam’s, Fort Eddy Shaw’s, Jared’s, Lowe’s, XMart and Sal’s. For more information, including what times the booths will be operating and more dates, visit cookielocator.littlebrownie.com.

Eat, Drink & Be Geeky

Concord, Feb. 26:
The past, present and future of science fiction

Science Cafe New Hampshire, the monthly discussion series, tackles science fiction on Wednesday, Feb. 26, at 6 p.m. What is the current and future status of the stories and novels that act as a gateway to science for so many people? Is it still relevant – and if so, how?

Panelists:

Dr. Larry Beemer, UNH professor of English who teaches a course in science fiction; Dr. Eric Schaller, professor of biology at Dartmouth College and science fiction editor and critic; Aidan Sonia-Bolduc, library page at Concord and Hooksett public libraries.

Come ask your questions at this New Hampshire institution!

Free, although you must reserve a seat: at Makris Lobster and Steak Restaurant, Rt. 106. Call 225-7665. Seating priority goes to those who order the buffet dinner at $19.

For more information about our monthly Concord conversations: www.sciencecafenh.org
Add happiness to your life

The Little Book of Hygge: Danish Secrets to Happy Living

By Meik Wiking
(355 pages, 2017, non-fiction)

You may have heard that the Danes are very happy people. But have you heard of “hygge”? It’s pronounced “hoo-ga,” but how you do it is more important than how you say it! Hygge is many things, but it is mainly about comfort and spending time with family and friends. Oh, and cake and candy, candles and staying in with a good book when there’s fierce storm outside. That got my attention.

Meik Wiking is the CEO of the Happiness Research Institute in Copenhagen and he’s written a charming and informative book about hygge. Hygge is about slowing down, lighting a fire in the fireplace, playing games with your friends and taking time to cook a meal from scratch. It’s also been described as “hominess” and spending time together. Meik Wiking talks about hygge cooking, clothing, lighting, Christmas hygge and summer hygge, and hygge at work. Hygge helps create everyday happy living.

Wiking writes, “I’ve been told that musicians can look at notes and hear the music in their heads. The same thing happens to me when I look at happiness data. I hear comforting sounds of lives well lived. I hear the joy, the feeling of connectedness, and the sense of purpose.” Learn about hygge and happiness from someone who studies it every day!

If you’re curious and you need a little hygge in your life, light some candles, put some soup on the stove, grab a hot drink (and maybe some pastry) a warm blanket and this inspiring book.

Visit the Concord Public Library online at concordpubliclibrary.net.

— Robbin Bailey

Support local journalism

Subscribe to the Concord Monitor, recently named the best paper of its size in New England.

concordmonitor.com/subscribe

Wings of Knowledge presents
BUZZ ABOUT BEES
Tuesday, March 3rd, 6 pm, Library Living Room
FREE, open to the public.

Martin Marklin of Marklin Candle Design, Windover Farm and Der Market maintains apiaries in local communities and will share his knowledge and experience about the importance and future of bees in our changing environment.

Friday Night Film
March 6 at 7pm
SHADOW

Sweeney Hall Auditorium
Admission by donation ($5 sug.)

“With just a handful of settings and a desaturated palette of four colors – black, white, flesh, blood – Director Zhang Yimou (Raise the Red Lantern and House of Flying Daggers) conjures an epic that draws equally upon Shakespeare, Kurosawa, wu-xia martial arts films, and the most elemental melodramas of the silent screen, all while playing like the best Mandarin-language episode of ‘Game of Thrones’ you’ll ever see.” – Film Critic Ty Burr. In Mandarin with English subtitles.”
Tattoo Dreams Contest

**Simply Email** a four-color photo of your design, along with your name, address and phone number, to ads@cmonitor.com by midnight February 29, 2020.

Judges from the tattoo shops who participated in the special issue will vote for their favorite design from among those submitted. The winning reader will then decide which of the participating stores will apply the design.

The shop that applies the design will be featured in a subsequent issue of The Insider with a large photo showing the winning reader receiving the tattoo of his/her dreams on location.

FOLLOW YOUR DREAMS...

Enter to have your dream tattoo emblazoned on your body at one of the Concord area’s finest emporiums — up to a $400 value.

Winter weather

Sign up for both Winter Storm Event Parking Ban and Winter Maintenance Parking Ban email alerts at concordnh.gov/notifyme to get alerted for both citywide and downtown bans.

Winter parking bans require all vehicles to be removed from indicated streets between midnight and 7 a.m. for snow removal operations.

Please note that the downtown metered parking area has been expanded and the Winter Maintenance Parking Ban will now include these new areas. View the updated Downtown Snow Removal Parking Ban Map to see all areas included in this parking ban.

Free parking is available in the city garages on weekends, observed holidays, and Monday through Friday from 7 p.m. to 8 a.m. for permit/lease spaces (marked with signage) and until 9 a.m. for metered spaces. Penacook residents may park at the Canal Street Municipal Parking Lot at the corner of Village Street and Canal Street near Chief’s Restaurant during city-wide winter parking bans. Residents should only park in the public spaces on the south side of the lot along Canal Street and should not block the construction gate into the adjacent Penacook Landing.

Cars parked in tight areas or on narrow streets can block plows from fitting through the street. We appreciate the community’s cooperation to park off-street, even when a parking ban is not issued, to allow crews to plow more efficiently and restore safe road conditions. Visit concordnh.gov/winteroperations for more information about the City’s winter operations.

Share what’s happening in your community.

Email snapshots to news@theconcordinsider.com
**NEW 2020 FORD EXPLORER XLT 4x4**

Lease for $89/mo. for 24 mos.
Zero Down lease $355/mo. for 36 mos.
Save at least $9,821 off MSRP

**NEW 2020 TOYOTA COROLLA LE**

Lease for $99/mo. for 24 mos.
Zero Down lease $1,950 off MSRP
Save at least $9,821

**NEW 2020 TOYOTA CAMRY LE**

Lease for $139/mo. for 24 mos.
Zero Down lease $340/mo. for 36 mos.
Save at least $2,982

**NEW 2020 TOYOTA RAV4 LE 4x4**

Lease for $99/mo. for 24 mos.
Zero Down lease $2,394 off MSRP
Save at least $2,982

**NEW 2019 TOYOTA HIGHLANDER LE AWD**

Lease for $229/mo. for 24 mos.
Zero Down lease $427/mo. for 36 mos.
Save at least $2,515

**NEW 2020 TOYOTA TUNDRA SR5 Double Cab 4x4 5.7L V8**

Lease for $149/mo. for 24 mos.
Zero Down lease $366/mo. for 36 mos.
Save at least $16,099

**2019 LINCOLN MKZ AWD**

Lease For Only $324 Per Month For 24 Months

**2019 LINCOLN MKC AWD**

Lease For Only $397 Per Month For 24 Months

**2019 LINCOLN NAUTILUS AWD**

Lease For Only $407 Per Month For 24 Months

Low lease: 24 mos. 10,000 miles per year. 1st payment, $650 acquisition fee, $625 dealer fee & (Explorer- $4,728, F150- $5,378 Ranger- $3,728) due at signing. $0 security deposit due. Subject to credit approval (72 payments of $13.88 for ever $1,000 borrowed. Special financing may affect sale price. Ad vehicles reflect Irwin’s $1,000 Savings Voucher. Special financing may affect selling price. TFS Financing required. Expires 2-29-2020.

Low lease: 36 months. 10,000 miles per year. 1st payment, $650 acquisition fee, $625 dealer fee & (Explorer- $4,728, F150- $5,378 Ranger- $3,728) due at signing. $0 security deposit due. Subject to credit approval (72 payments of $13.88 for ever $1,000 borrowed. Special financing may affect sale price. Ad vehicles reflect Irwin’s $1,000 Savings Voucher. Please contact the dealer for complete details. VDP $249/report. Expires 2-29-2020.
calendar

Wednesday, Feb. 26

- Art Made Easely-Birch Trees: 1 p.m. - 3 p.m. Create a beautiful painting of N.H.'s state tree. Stevie will walk you through step by step. In a matter of 2 hours you'll leave with your own masterpiece. $30. GoodLife Programs & Activities, 254 N. State St., Unit L, Concord. 228-6630. info@goodlifenh.org.


- Drop-In Art Making Special: 12 p.m. - 6 p.m. Join us during school vacation week for drop-in art-making and save with 2-for-1 studio sitting fees (a value up to $10!) for additional studio sitting fees plus the cost of the item. The Place Studio & Gallery, 40 Thordike Street, Suite 2B, Concord. 369-4906. christa@theplacestudioandgallery.com.

- Family Storytime: 9:30 a.m. - 10:30 a.m. This class includes stories, fingerplays, songs and fun all designed to strengthen children's reading or pre-reading skills. All ages are invited. Free. Concord Public Library, 45 Green St., Concord. 225-8670.

- Find Your Why and the How will Follow: 11 a.m. - 12:15 p.m. $10. GoodLife Programs & Activi- ties, 254 N. State St. Unit L, Concord. 228-6630. info@goodlifenh.org.

- Flying Fish 101: 6 p.m. - 7:30 p.m. Learn basics on Flying Fish. This is a four-part class, please plan to attend all four classes. Registration is required. Free. Concord Public Library, 45 Green St., Concord. jsalemy@concordnh.gov.

- Glowing in the Dark STEAM: 3:30 p.m. - 5 p.m. Create your own short film using Chrome's Stop Motion Animator. Registration is required. 225-8670 Free. Concord Public Library, 45 Green St., Concord. jsalemy@concordnh.gov.

- Yoga Fitness: 6:30 p.m. - 7:30 p.m. Join us to stretch, strengthen and balance, focusing on mindful breathing. $41 Bow Residents, $46 non-residents. Bow Community Center, 3 Bow Center Road, Bow Center. 223-3920. agurtin@bownh.gov.

- Genealogy Club: 6 p.m. - 7:30 p.m. Join us for our monthly Genealogy Club in the Library Auditorium. Chromebooks are available if you don’t have a laptop. No registration required. Free. Concord Public Library, 45 Green St., Concord. jsalemy@concordnh.gov.

- 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., Concord. 224-4093, ext. 5815.

- Toddler Tales: 9:30 a.m. Free. Concord Public Library, 45 Green St., Concord. jsalemy@concordnh.gov.

- Granite State Physicians for National Healthcare Program Monthly Meetings: 6:30 p.m. - 8:30 p.m. Granite State-PNH is a group of physicians and non-physicians promoting a publicly funded healthcare. Meetings in Concord the fourth Wednesday of each month. Free. New Hampshire Medical Society Office, 7 N. State St., Concord. gspnhp@gmail.com.

- Hidden Treasure: 10 a.m. - 4 p.m. Free. League of N.H. Craftsmen, 49 S. Main St., Concord. 224-3375. Info@nhcrafts.org.

- Kids Art for Australia: School Vacation Week: 10 a.m. - 11:30 a.m. Join us for kids art classes inspired by Australia during school vacation week! 20% of profits will be donated to support relief efforts in Australia. $20; $15 each additional family member. The Place Studio & Gallery, 40 Thordike Street, Suite 2B, Concord. 369-4906. christa@theplacestudioandgallery.com.

- The Road Not Taken: Artistic Interpretations of the Poetry of Robert Frost: 9 a.m. - 5 p.m. An interactive fine art show that connects the written word of the iconic American poet, Robert Frost, with visual images. Concord Public Library, 45 Green St., Concord. jsalemy@concordnh.gov.

- Sip & Sign Feb-brew-ary event: 6:30 p.m. - 9 p.m. $15 - $75. UNO’s Pizzeria & Grill, 15 Fort Eddy Road, Concord.

- Yoga Fitness: 6:30 p.m. - 7:30 p.m. Join us to stretch, strengthen and balance, focusing on mindful breathing.

- Backyard Maple Sugaring: 2 p.m. - 3 p.m. Tim Fleury, UNH Extension Forestry Field Specialist. Learn how to identify maple trees, when and how to tap, how to boil and turn into syrup. Call Free. Cole Gardens, 430 Louden Road, Concord. 229-0655. jane@colegardens.com.

- Concord Breakfast Run: 8 a.m. - 11 a.m. Runner’s Alley, 142 N. Main St., Concord.

- Abby Hutchinson’s Sweet Freedom Songs: Songs and Stories of the Struggle for Aboli- tion and Women’s Suffrage: 2 p.m. - 3 p.m. Deborah Anne Goss as Abby Hutchinson Patton, performs anthems, ballads, and ditties about the struggles of anti-slavery and early women’s rights. Free. New Hampshire Historical Society, 30 Park St., Concord. 228-6688. cmoorhees@nhhis- tory.org.

- Great Composers Series: In Search of Chopin: 10 a.m. - 12:30 p.m. Red River Theatres, 11 S. Main St., Concord.

- Recycled Percussion: 4 p.m. - 9:30 p.m. Capitol Center for the Arts, 44 S. Main St., Concord.

- The Vagina Monologues: 6 p.m. - 9 p.m. The Vagina Monologues performance fundraiser to benefit the Crisis Center of Central N.H. $10 suggested donation. Unitarian Universalist Church of Concord, 274 Pleasant St., Concord. 686-4557. sdelisle322@gmail.com.

- Cellist/author Melissa Perley, and Luther Paul: 11 a.m. - 12 p.m. “The Violin Family.” Free. Gibson’s Bookstore, 45 S. Main St., Concord. 224-0562. gibsonsevents@gmail.com.

Sunday, March 1

- The Vagina Monologues: 6 p.m. - 9 p.m. The Vagina Monologues performance fundraiser to benefit the Crisis Center of Central N.H. $10 suggested donation. Unitarian Universalist Church of Concord, 274 Pleasant St., Concord. 686-4557. sdelisle322@gmail.com.

Monday, March 2

- Concord Regional VNA Walk-In Immunization Clinic: 1 p.m. - 4 p.m. A free of $10 is requested per person. St. Paul’s Episcopal Church Outreach Center, 21 Centre St., Concord. 224-4093, ext. 5815.

- Gibson’s Book Club: 5:30 p.m. - 7 p.m. “Seminole: The Past, Present, and Future of a Misunderstood Mark.” Gibson’s Bookstore, 45 S. Main St., Concord. 224-0562. gibsonsevents@gmail.com.

Tuesday, March 3

- Newly Bereaved Discussion Group: 6 p.m. - 7:30 p.m. This session provides grief education and support for those who have experienced the recent loss of a loved one. Registration is not required. Free. Concord Regional VNA Hospice House, 240 Pleasant Street, Concord. 224-4093, ext. 2828.

- Senior Health Clinic: 9 a.m. - 1 p.m. Services include foot care, blood pressure screening and more. Please call for an appointment. Suggested donation for services is $10. City Wide Community Center, 14 Canterbury Road, Concord. 224-4093, ext. 5815.

- Wine Glass Painting: Mandala Dot Painting: 5 p.m. - 8 p.m. Hand-paint your own mandala wine glass! Choose from stemmed or stemless wine glasses. No experience necessary. $20. Includes two glasses. The Place Studio & Gallery, Concord Community Arts Center, 40 Thordike St., Concord. 369-4906. christa@theplacestudioandgallery.com.

- Wings of Knowledge: Buzz About Bees: 6 p.m. - 8 p.m. NHTI, 31 College Drive, Concord.

- 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, Concord Community Arts Center, 40 Thordike St., Concord. 369-4906. christa@theplacestudioandgallery.com.

- Mindfulness Group for LGBTQ Folx: 6 p.m. - 7 p.m. An affirming space to practice/learn mindfulness. Bring an ally. Led by a transgender woman. Register and info @ debhortoncounseling.com Free. Kimball Jenkins Estate, Carriage House-rear entrance, 266 N. Main St., Concord. 303-4626. deb@deborahortoncounseling.com.

- Music and Movement Spring Session: Concord Community Music School, 23 Wall St, Concord.
SAU #34
Serving Hillsboro-Deering, Washington and Windsor School Districts

BUSINESS ADMINISTRATOR

School Administrative Unit #34 in Hillsboro, NH is seeking qualified candidates for the position of Business Administrator to serve our three member districts; Hillsboro-Deering Cooperative, Washington and Windsor with combined budgets of $26 million, 4 schools, 1,200 students and 275 employees.

The Business Administrator is responsible for budget development and monitoring, financial reporting, supervision of the accounting department including Federal grant accounting and audit, supervision of the facilities and food service departments and student transportation, purchasing, and insurance programs including employee benefits.

The Business Administrator must be able to perform strategic budget planning and analysis; attend School Board meetings; participate in labor negotiations and work cooperatively with school personnel, town officials and other community members.

Requirements: Bachelor/Master degree(s) in Business Administration and/or Municipal Finance; NH Certification as a Business Administrator or eligible/willing to attain certification; experience in financial management with at least five years in governmental/municipal accounting.

This is a full-time year-round position beginning July 1, 2020 with a salary range of $95,000-$105,000 and outstanding benefits. We have a great team atmosphere and are looking for a new member; come join our team!

Applications will be accepted through April 1, 2020.

To apply, please go to www.hdsd.org and select Employment.

Equal Opportunity Employer/Equal Educational Opportunities

When You're Ready to Quit:
We're Ready to Help.

You don't have to quit smoking on your own. Call the American Cancer Society anytime, day or night, at 1-800-ACS-2345. We are here to help.

www.cancer.org
1.800.ACS.2345
Hope. Progress. Answers.

PARKER ACADEMY

Parker Academy is currently seeking applications for the following positions for the 2020/2021 school year:

Principal
Administrative Assistant
High School Science Teacher
Art Teacher
Part-time Counselor/Psychologist
& anticipated Physical Education Teacher

Interested candidates should send a copy of their resume, certification and transcripts to Parker Academy, attn. Dave Parker
2 Fisk Rd. Concord, NH 03301
Dave Parker’s email is dparker@parkeracademy.com

LACONIA SCHOOL DISTRICT
WOODLAND HEIGHTS SCHOOL

Long-term substitute School Counselor
Beginning on or around March 30, 2020 through the end of the school year.

NH Certification required
Application deadline 4/27/2020
Contact: Eric Johnson, Principal
Woodland Heights School
225 Winter Street
Laconia, NH 03246

For the above opening, please send Letter of Intent, Resume, Transcripts, Certification, District Application and three Letters of Reference to the contact person.

Visit our website for information about the Laconia Schools at: www.laconiaschools.org
E.O.E.

Please Recycle This Newspaper
SUNAPEE SCHOOL DISTRICT
Anticipated Opening: Principal,
Sunapee Central Elementary School
2020-2021 School Year

The Sunapee School District is seeking a successful candidate that will exhibit leadership skills that promote a culture of rigorous learning for all students. The successful candidate will possess effective communication skills and have a strong knowledge in the following areas: educational leadership, curriculum and instruction, educational technology, supervision and staff evaluation, competencies development. The successful candidate must have the ability to promote a team environment, be creative, be a self-directed learner, be committed to meeting the needs of all students, and have the ability to form strong relationships with parents, staff and community.

Qualifications:
• Approximately 200 students in PreK through Grade 5
• Master’s Degree or higher in education leadership with certification as a NH Elementary School Principal
• Demonstrated administrative and collaborative leadership
• Teaching and administrative experience at the elementary level
• A passion for helping students grow and learn
• An ability to manage change while strengthening relationships and building networks within the community

Salary negotiable and commensurate with experience

Start Date: July 1, 2020

Please send a letter of interest, resume, transcripts and three current letters of recommendation to:
SAU #85
Attention: Russell Holden
70 Lower Main Street
Sunapee, New Hampshire 03782
or email Kathy Ward at kward@sunapeeschools.org

Closing Date for Applications: March 13, 2020

LACONIA SCHOOL DISTRICT
2020-2021

DISTRICT WIDE
School Psychologist
Full time school year

Must be able to work with children grades Pre-K through grade 12. Experience with testing and counseling in an educational setting preferred. NH Certification required.

Application Deadline April 1, 2020 or until filled

Please send Letter of Intent, Resume, Transcripts, Certification, District Application and three letters of reference to:
Amy Hinds, Assistant Superintendent
P.O. Box 309
Laconia, NH 03247

Visit our website for information about the Laconia Schools at:
www.laconiaschools.org

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Until there's a cure, there's the American Diabetes Association

WE DELIVER RESULTS!

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or 1-800-464-3415
MERRIMACK VALLEY SCHOOL DISTRICT
105 Community Drive, Penacook, NH 03303

Special Education Teacher

MVSD is seeking a half time, NH certified general special education teacher for immediate hire. Responsibilities include direct instruction, consultation as well as case-management and its related paperwork. We are looking for a collaborative, energetic individual to join our special education team.

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

Positions will remain open until satisfactorily filled. EOE

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Myers Enterprise Inc – DBA Dave’s Taxi

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Join our team of professional Drivers taking care of clients on a professional manor. We are a team and all members of the team are there to help. We have several opportunities throughout the company. The company will get you through all the trainings needed to grow with the business.

JOB SUMMARY
Dave’s Taxi is looking for Professional Drivers to add to the growing team.

JOB FUNCTIONS
• Drive clients to and from their appointments
• Able to drive in all reasonable new England weather conditions
• Complete the given jobs on time

PHYSICAL ENVIRONMENT
• Your day is spent driving clients, you must love driving
• There are two-way Radios in the cars that dispatch uses to contact you
• Multitasking is important

EDUCATION REQUIRED
High School Diploma

REQUIREMENTS
• Multitasking
• Customer Service Skills
• Valid Driver’s License
• Over the age of 25 years of age
• Must pass a Criminal/Driving Record Check
• Must pass drug test
• Cleanliness is a must; also taking care of the inside of your car that you transport clients in

Per hour pay depending on certifications and experience. No benefits. We are looking for drivers in any area.

If you are interested in joining our team please send your resumes to myersenterprisellc@gmail.com.
Any architect, engineer or builder will tell you that problems in your foundation will lead to other issues elsewhere in your structure. As Doctors of Chiropractic, we apply that knowledge to the human frame.

We understand that if the structure of your pelvis and spine is not straight, symmetrical and level, other health issues will eventually result. Structural shifts in the spine, called Subluxations, can cause interference with the nervous system, which connects your brain and body. Subluxations also cause structural stress and can lead to pain, joint wear and tear and arthritis.

Subluxations can happen at any age and are not always painful. The above x-rays are from a child who had no outward symptoms, but early scoliosis was detected by Crossroads. Corrective chiropractic adjustments three times weekly made measurable improvements to overall structure and alignment, improving bio-mechanics and overall function of this child’s spine.

People come to Crossroads Chiropractic for help with:
- Chronic Ear Infections
- Headaches
- Neck Pain
- Acid Reflux
- Colic
- Digestive Problems
- Low Back Pain
- Sciatica
- ADD/ADHD
- Anxiety/Depression
- Migraine Headaches
- Numbness in Arms/Hands
- Asthma
- Allergies
- Scoliosis
- *Results may vary
- Digestive Problems
- Low Back Pain
- Sciatica
- ADD/ADHD
- Anxiety/Depression
- Migraine Headaches
- Numbness in Arms/Hands
- Asthma
- Allergies
- Scoliosis
- *Results may vary

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Complete Structural Exam with any necessary x-rays.
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Meredith
Dr. Graham

**EPPING**
603-679-3222
Route 125 and 155
Epping
Dr. David

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