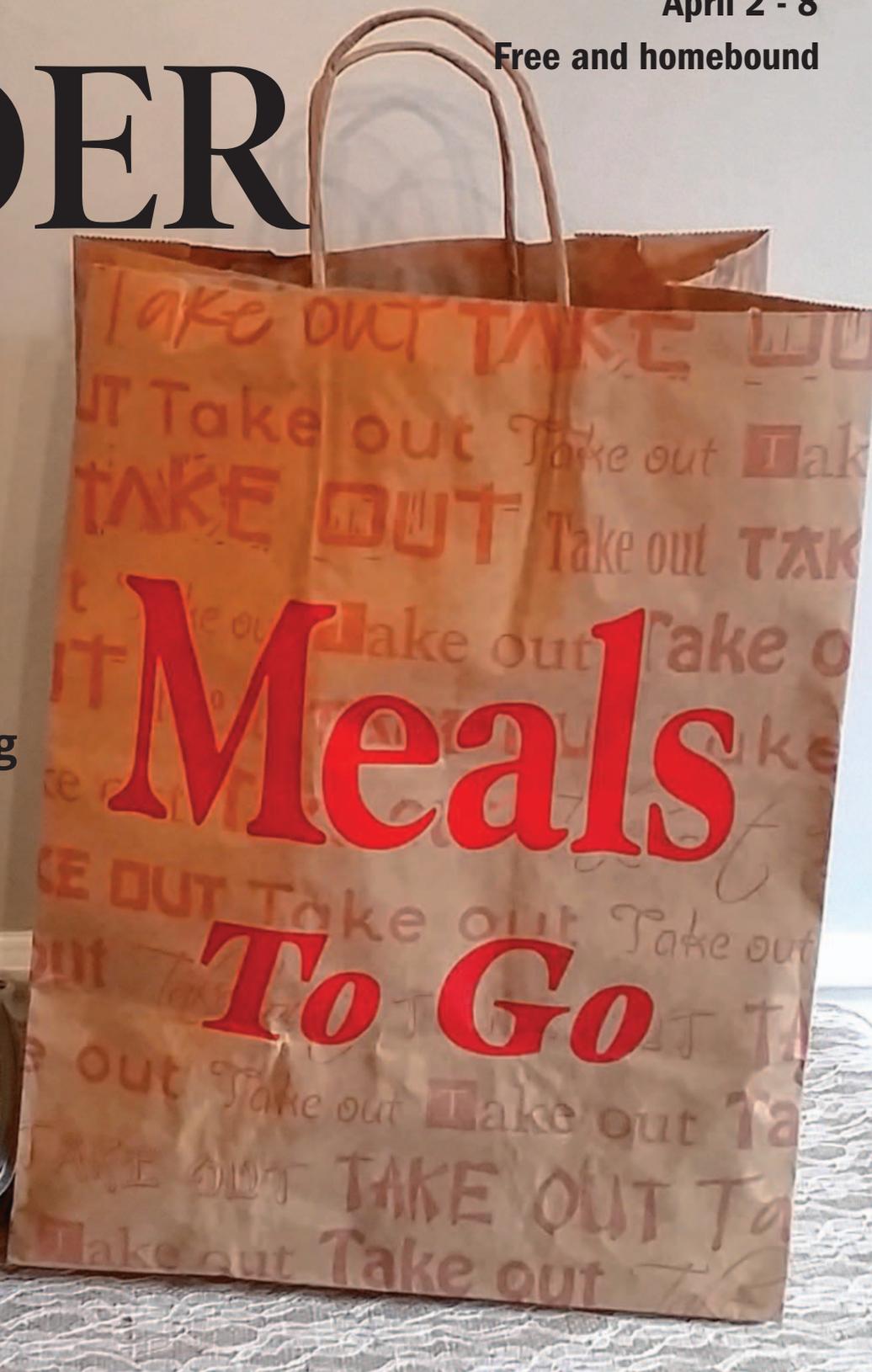


THE CONCORD INSIDER

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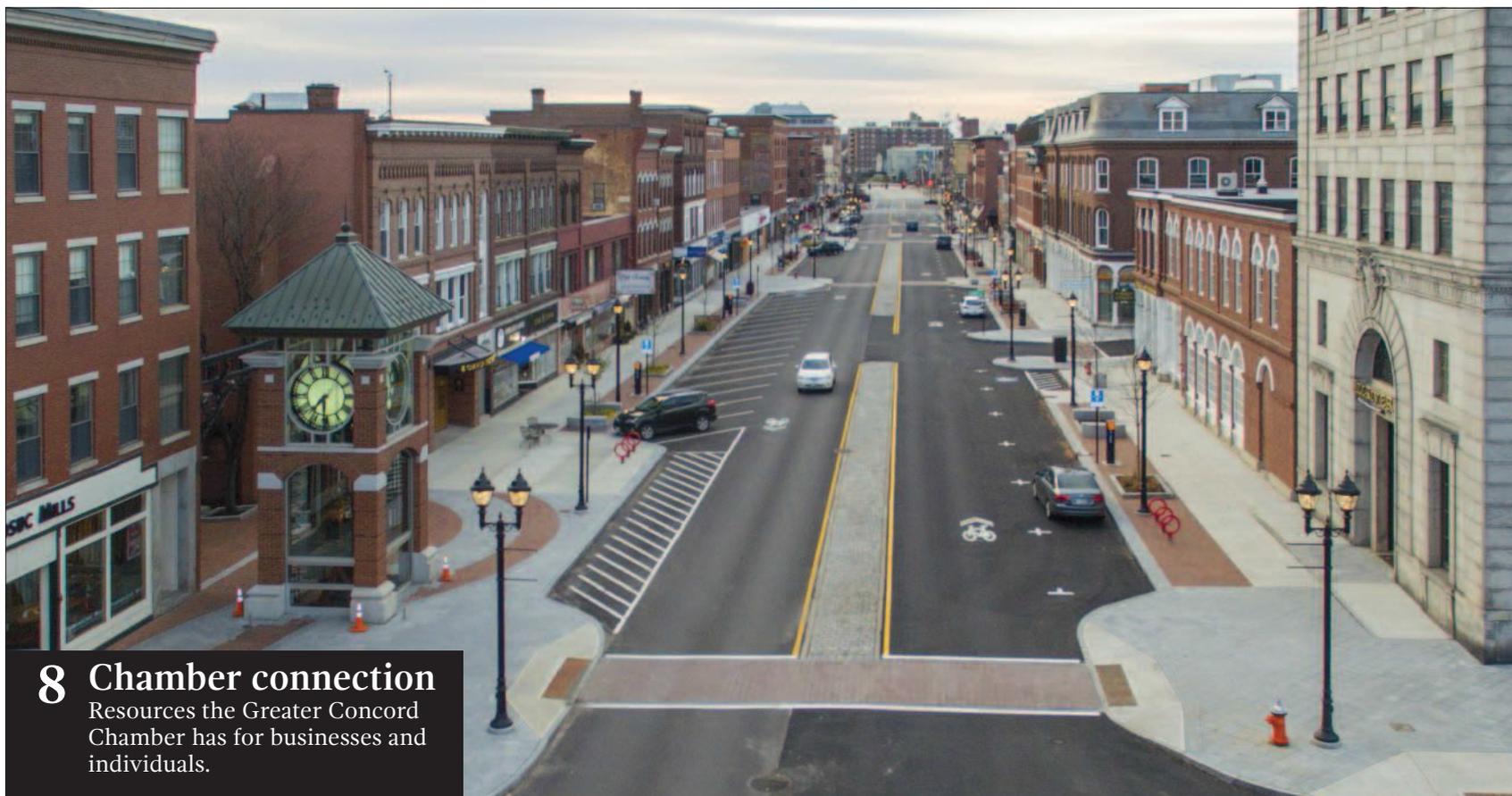
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NE-318766



8 Chamber connection
Resources the Greater Concord Chamber has for businesses and individuals.



11 Get it to go
What's open around Concord.



6 The yogi
Joys of hand-washing.

find it	history3	poetry 5	book of the week 10
	gardening4	entertainment 7	what's open 11

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history

April 2, 2003: After nearly 14 months of searching, the Episcopal Diocese of New Hampshire has found five potential bishops from around the country from which its members can choose, officials announce. The five finalists include the Rev. Canon Gene Robinson of New Hampshire, who, if elected, would become the first openly gay man to head an Episcopal diocese in the United States. Despite considerable controversy, Robinson will be elected.

April 2, 1994: Speaking in Representatives Hall to the New Hampshire Historical Society's annual meeting, Donald Hall says of his poem "Kicking the Leaves," whose subject is his moving to New Hampshire in 1975: "I didn't know we were going to settle here, but the poem did."

April 2, 1851: Concord's town meeting votes to end the tolling of bells at funerals. The practice, the resolution says, "is productive of no good, and may, in case of the illness of the living, result in evil."

April 3, 1865: Edgar L. Carr of Pittsfield, an assistant surgeon with an infantry regiment, writes in his diary: "A day of rejoicing to the American people and especially to the brave army that have been in the trenches around Petersburg and Richmond. Our army took possession of both places this morning. ... We went through the city of Petersburg; it is a fine place. No Union sentiment was exhibited, except among the colored portion."

April 3, 1945: Word reaches Concord that Staff Sgt. F. Hamilton Kibbee was killed on Jan. 31 while a prisoner of war in Germany. His wife Mary, who lives on South Street, last heard from him Jan. 7. The Kibbees have two children,

ages 4 and 21 months.

April 3, 1909: In perhaps the first full-page automobile ad in the *Monitor*, Concord dealer Fred Johnson describes in detail the new Buick "Model 17 Touring Car." It has five seats, two in front, three in back, a steering wheel rather than a tiller, four cylinders and 30 horsepower. A cloth folding top for rainy days is optional. The price: \$1,750. It is the first decade of the popularization of the automobile. In 1900, there were 50 cars registered in New Hampshire. By 1910, there will be 3,500.

April 3, 1917: A law takes effect allowing for the use of prison labor on state roads and in state forests. Progressive Republicans proposed and supported the measure, which will see little or no use in the 15 years it is in effect.

April 3, 1865: Concord's church bells ring and a cannon fires in response to news of the overwhelming defeat of Gen. Robert E. Lee's army at Petersburg, Va.

April 3, 1905: Douglas Everett is born. Everett will become a member of the 1932 U.S. Olympic hockey team, win a silver medal and be inducted into the U.S. Hockey Hall of Fame. The Everett Arena in Concord will be named in his honor.

April 3, 1994: Pitching for the St. Louis Cardinals on Opening Day, Concord's Bob Tewksbury defeats the Cincinnati Reds. The highlight is Tewksbury's two-run double over the head of Reds center fielder Roberto Kelly.

April 4, 1983: Concord City Clerk Marjorie Foote retires after 19 years on the job. "I knew just about everything that was going on with people in this city," she recalls.

April 4, 1946: Brooklyn Dodger management announces that two African American baseball players, Don Newcombe and Roy Campanella, have been assigned to its Nashua farm team. The city's population of 34,000 includes fewer than 50 African Americans. Frank Stawacz, sports editor of the *Nashua Telegraph*, writes: "These two boys will have to be glaring standouts, else they will find an atmosphere much to their dislike even in these parts where color makes little or no difference."

April 4, 1995: Sen. Bob Smith pleads with his Washington colleagues not to allow circus elephants to perform for Congress. "This is not an unreasonable concern. How do you stop an elephant if it goes berserk in the Capitol?" he asks. Ultimately, the show will go on.

April 5, 1881: Fire badly damages the works of the Page Belting Co. The loss is estimated at \$24,000.

April 5, 1945: After Agriculture Commissioner Andrew Felker reports the mass shipment of chickens to more profitable out-of-state markets, Gov. Charles Dale authorizes the state police to seize poultry being trucked south on New Hampshire highways.

April 6, 2003: A New Hampshire lay group dedicated to reforming the Catholic Church demands the resignations of Bishop John McCormack and Auxiliary Bishop Francis Christian, making it the second Catholic organization in a week to call on McCormack and Christian to resign. New Hampshire Voice of the Faithful says it plans to fax to both leaders and to the Vatican letters demanding their resignations.

April 6, 1775: Hillsborough County calls for the

formation of a military regiment. The county instructs its towns to form companies and "make choice of such men as they shall think Best Qualified for teaching the military art."

April 6, 1943: Awakened by a loud noise on a cold and windy night, Mr. and Mrs. Gerald Giles, who live in an apartment adjacent to their store in Canterbury Center, discover the worst fire in the town's history. "We first knew something was wrong when a piano crashed through the second floor of Union Hall into our store," they say. The fire destroys the Union Hall, the 118-year-old Congregational Church, Ida Chase's farm and another farm a quarter mile away.

April 6, 1853: City government is established in Concord.

April 6, 1917: In response to a request from President Woodrow Wilson, Congress declares war on Germany.

April 7, 2000: Robert Blair, who murdered his wife and her young son in a

Concord motel in 1996, has told the police he also killed two people in Rutland, Vt., in 1983, the Rutland Herald reports. Detectives there, however, will find no evidence of the killings in the location Blair described.

April 7, 1973: National Republican Party Chairman George Bush is summoned to New Hampshire to help iron out differences between Gov. Mel Thomson and the state party chairman David Gosselin, who has refused to support the governor on some issues, including Thomson's search of confidential tax records.

April 7, 1968: About 350 people attend a memorial service on the State House plaza for Dr. Martin Luther King Jr., the civil rights leader who was assassinated three days earlier in Memphis.

April 7, 1774: The New Hampshire Assembly, predecessor of the Legislature, reconvenes after a long hiatus. It does not immediately choose a new committee of correspondence.

DUNCRAFT

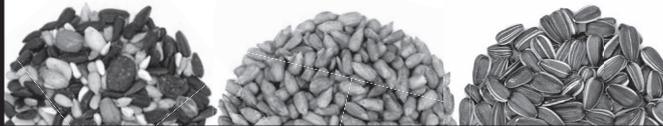
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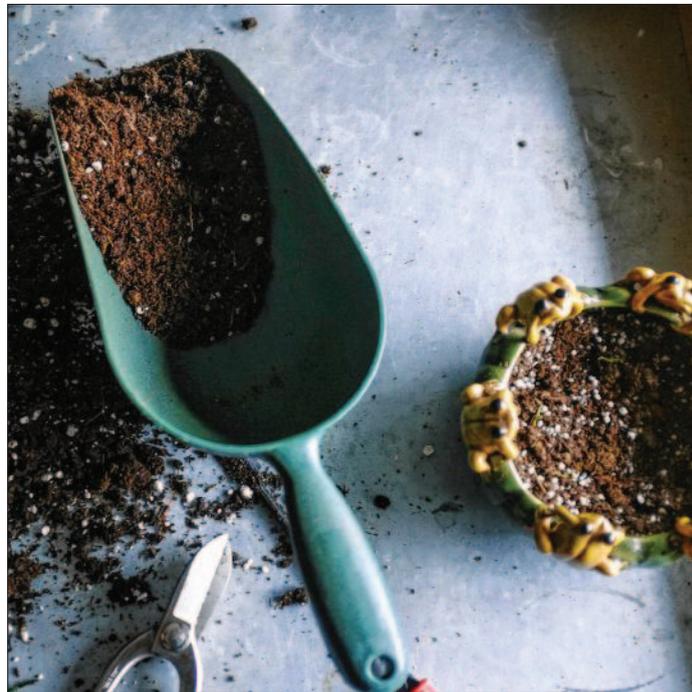
Tackle solo pursuit of planting

By **JOYCE KIMBALL**
For the Insider

Gardening is a great way to practice “social distancing” during the coronavirus crisis and a garden is a great place to be these days for several reasons.

First of all many of us are coming down with bad cases of “cabin fever” and working in our gardens would go a long way to freeing us from the confinement of our homes. There is a lot that can be done out there — and all by yourself! The COVID-19 outbreak is happening at a time when the days are getting longer and the temperatures are getting higher and we want to get outside anyway — and coincidentally — it is spring gardening season!

N. Astrid Hoffman of “The Living Seed Company,” a family owned-or-



While are at home, think about working in your garden.

ganic and heirloom seed company based in California states that we are

living in a difficult time, but growing a garden shows resilience. He goes on to say

“The act of planting a seed is an act of faith in tomorrow” and “During this time of limited movement, a garden is a place to find solace, joy and wonder — and hopefully great things to eat”. (Seed starting would also be a great project for kids that are now out of school and needing something productive to do).

It is still a bit too cool to plant things in the ground, but you can plant many flowers and vegetables indoors, so let’s plant some seeds! Hopefully New Hampshire garden centers will continue to be allowed to stay open so that we can purchase seed-starting supplies to raise seedlings to plant in our flower and/or vegetable gardens. We also hope that we will be in a position to purchase plants for our gardens, containers and window boxes from our local garden centers later in the spring. Ordering seeds and plants by mail is an alternative, however.

Some easy-to-start flower seedlings are zinnia, calendula, cosmos, nasturtium and sunflowers. This combination would add diversity to your garden and would also attract beneficial insects. Vegetables? Try your hand at planting beets, carrots, cucumbers, lettuce, peas, radishes, starting them from seed. Once the seedlings have matured and the ground has started to warm up, you will be ready to grow your own little Victory Garden, similar to back in World War II times when those on the home front grew gardens to ease the food shortages and to boost morale. Or consider planting a few vegetable plants in large containers on your deck or patio.

The UNH Cooperative Extension has a great deal of information available to

assist you with your gardening efforts via their website extension.unh.edu or by calling their Education Center & Info Line 1-877-398-4769. There is also a myriad of good information available online from many reliable sources.

If, however garden centers are forced to close in the coming weeks and/or you are unable to obtain what you need to plant an early garden, there are still things you can do to keep active, to tidy up your property and to get you outside to enjoy the outdoors.

- Pick up fallen branches, edge your garden beds, rake winter debris off the lawn

- Cut back dead ornamental grasses and perennial foliage.

- Dig up and divide overgrown perennials — start a new garden or give some away to your friends and neighbors! (Just give them “a heads up” and then leave them on their door step). They will love it!

- This would be a good time to add a layer of compost or other type of soil amendment to your garden, assuming you are able to purchase some from your local garden center or box store. Rake it in or just let the spring rains do the job.

Whatever you decide to do or are able to do with your plantings this spring amid the current uncertainty the COVID-19 pandemic has thrust upon us, know that you as an individual can still find some joy and peace of mind working in your gardens, whether big or small.

Happy gardening!

(Joyce Kimball is a UNH Cooperative Extension Master Gardener, former N.H. Federation of Garden Clubs president, and former president of the Bow Garden Club.)



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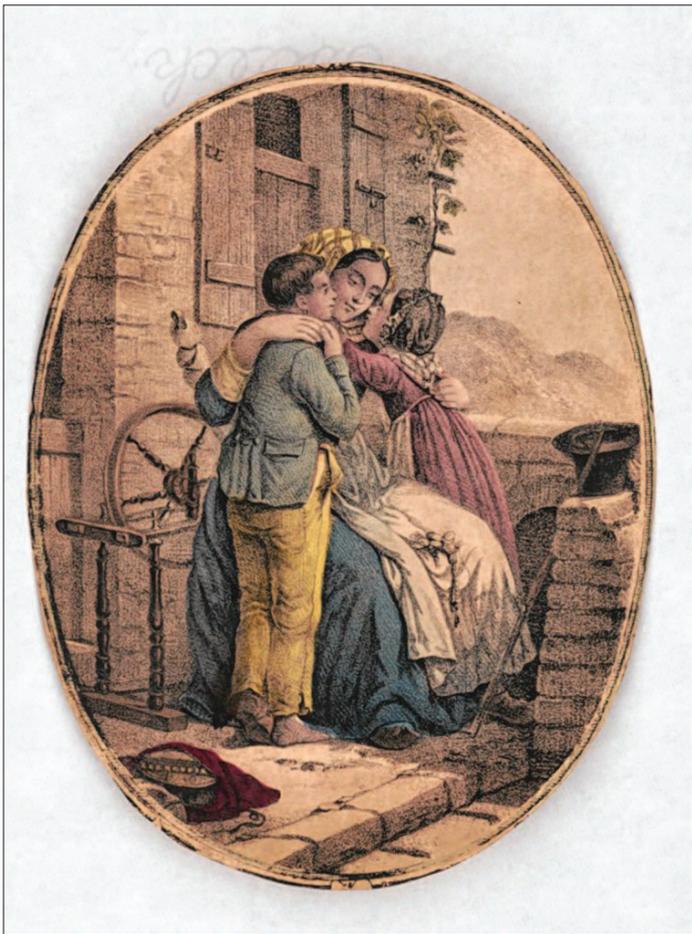
603-224-3368

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Note: All of our patients are screened before entering the building for COVID-19 exposure and appropriate social distancing changes have been made to our office operations.





Library of Congress

An 1840 drawing depicts a family sharing an embrace.

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researched across the land,
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different generations seen too,
traveled in time together,
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Years provided the topics,
the adventures on pages wrote,
the readers gathered around
newspapers,
enjoying each story of note.

Remember all the nostalgic times,
when life was still a charm,
read the tales from bygone days,
when life was simple and without harm.

James W. Spain

Welcome Home

Find real estate listings
and home design tips
in the *Sunday Monitor*.

concordmonitor.com/Arts-Life/Home-Garden.



Compassion

As we enter times unknown,
social distance a common thought,
people draw together,
the same enemy now fought.

Initial reaction on the street,
fear of something not known,
the people of the world gather,
compassion has finally shown.

Our current climate has changed,
not the politics or parties any more,
reach within yourself,
help the poor.

Faith restored once again,
in our fellow mankind,
it was really there all along,
somewhat hard to find.

As the people unite,
amongst a sadness not known,
help your brothers and sisters,
it is your compassion now shown.

James W. Spain

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LEARN MORE! Visit ccsnh.edu/WorkReadyNH or call (603) 230-3534

Napkins and 6 reasons to love soap and water

By **MIKE MORRIS**
For the Insider

'Napkins!" I grew up in a family of six. We had dinner together every night, and often played a game that involved the exclamation: "Napkins!" The rules were simple. Anyone at the table could make the call, and everyone at the table would hold up their napkins. Yes, we used actual paper napkins at dinner time. As you might imagine, the conditions of the napkins varied wildly. Some would be crumpled or torn. Some were in pristine condition. Napkin health also varied with the family meal: anything involving ketchup or spaghetti sauce would make for interesting outcomes. The "winner" was the owner of the most intact napkin, but the game was really about family connection. "Napkins" was a shared event, a little jolt of fun shot into the routine of family dinners.

We also washed our hands. I heard "wash up for dinner" before every evening meal. I don't re-



Courtesy of Mike Morris
Mike Morris sure does love soap and water.

member how seriously we took that command. I do recall that my mother had a few of them: "Clean up your room." "Brush your teeth." Also: "I love you."

As we navigate this universal curveball thrown into our daily lives, we've all been hammered with hand

washing. The when, why, how and how long of the Great Global Hand Wash connects us all. As I've spent more time with soap and water over the last three weeks, here are six things I love about soap and water.

1. Soapy Gloves. This is how we taught our kids to wash their hands. We have to thank Elsa from "Frozen" for the idea. "Wash your hands like you're wearing Elsa's gloves, made out of soap," we'd say to our kids.

And to ourselves. Sometimes those gloves would go all the way to the elbows. We've also had more than our share of water fights around the sink. "Let it go!"

2. My Wedding Ring. As I became more mindful of washing my hands, I took more notice of the only piece of jewelry that I own: my wedding ring. Heather and I were married on August 25, 2010, and I've worn that beautiful reminder on the fourth finger of my left hand since that day. Every time I soap up my hands, I'm given the opportunity to see that ring, to roll it around in my soapy fingers and to think of the amazing person that is Heather Morris.

3. My Grandfather. Horton Frank Ide was my mother's father. We called him Poppop. He was quite a vigorous scrubber. I still may have some towel burns from when he would show us how to wash and dry our hands properly. Poppop knew how to wash behind the ears, under the arms and between the toes. He was one clean dude.

4. Bar Soap. I spent most of my childhood using Dove or Ivory Soap. I can't recall when soap, once so simple, became complicated, but there sure are a lot of choices out there. Ivory was always "99.44 percent

pure." There was also Irish Spring, Zest and Camay in our house over the years. Like most folks, we use liquid soap now. We are partial to Dr. Bronner's, but there is still a bar of Ivory in the downstairs bathroom. One thing about bar soap: it helps keep your thumbs healthy. All that rolling around keeps your fingers and thumbs talking to each other, and it always amazes me how precise in its movements the human hand can be. My arthritic, guitar-playing thumbs often disagree with that.

5. My Dad. Patrick Winston Morris was the first person I can ever remember who owned a fingernail brush. The first time I saw it, I didn't even know what it was. I figured it might be some kind of grooming tool for his military haircut. The fingernail brush is a hand washing bonus. When I use mine these days, I think of you, Dad.

6. The Aftermath of the Great Global Hand Washing. When all this passes, maybe we'll keep up this mindful washing of our collective hands. Maybe not. I'll continue to pick up my fingernail brush and think of my Dad. I'll keep a bar of Ivory soap next to the Dr. Bronner's. I'll scrub like Poppop is watching over my shoulder, and spin that wedding ring like I'm dancing on my wedding day. I'll make soapy gloves when I'm home with my kids, and when I'm alone at the yoga studio.

I'll continue to wash my hands like I mean it. When the day comes when I can, once again, shake your hand, or give you a hug, I'll take my time, and linger awhile. Until we meet again, my friends. Stay 99.44 percent pure. And leave a little time to get dirty every day. "Napkins!"

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Canceled, postponed shows at Cap Center

The Capitol Center for the Arts has had to cancel or postpone shows due to COVID-19 closures. Here's a list of what's happened to shows as of Monday. The most updated list can be found at ccanh.com/updates-to-show-schedule.

Canceled

- Bachelor Live**
March 29, 7:30 p.m.
 - The Scarlet Letter**
March 31, 10 a.m.
 - Education Series: The Magic School Bus**
April 8 at 10 a.m. and 12 p.m.
 - Education Series: We the People**
April 14, 10 a.m.
 - Llama Llama**
April 17, 4 p.m.
 - Education Series: Biscuit**
May 18, 10 a.m.
 - Education Series: Doktor Kaboom!**
June 2, 10 a.m.
- Details on further cancellations are still in development.



—Courtesy CCANH

The Golden Girls Puppet Parody planned for this weekend has been postponed.

Rescheduled

- Celtic Woman Celebration**
Original date: March 24, 7:30 p.m.
New date: March 28, 2021
- Bela Fleck and the Flecktones**
Original date: March 26, 7:30 p.m.
New date TBD
- An Evening with Chevy Chase (w/screening of National Lampoon's Vacation)**
Original date: March 27, 7 p.m.
New date: October 24, 7 p.m.
- Juston McKinney**
Original date: March 28, 8 p.m.
New date: June 13, 8 p.m.
- Air Play**
Original dates: April 3, 7 p.m.; May 17, 7 p.m.
Current date: February 5, 2021, 7 p.m.

- That Golden Girls Show: A Puppet Parody**
Original date: April 4, 8 p.m.
New date: TBD
- Lake Street Dive**
Original date: April 9, 7:30 p.m.
New date: TBD
- Colin Hay**
Original date: April 10, 8 p.m.
New date: April 9, 2021, 8 p.m.
- Cash Unchained**
Original date: April 25, 8 p.m.
- Paula Poundstone**
Original date: May 1, 8 p.m.
New date: December 13, 7:30 p.m.
- Almost Queen**
Original date: May 2, 8 p.m.
New date: September 20, 7:30 p.m.
- Capital Jazz Orchestra: Here's to Sinatra**
Original date: May 3, 4 p.m.

- Gile Concert Series: Sons of Serendip**
Original date: May 6, 7:30 p.m.
- Theresa Caputo Live!**
Original date: June 19 and 20, 7:30 p.m.
New date: November 20 and 21, 7:30 p.m.
- New date: June 23, 7:30 p.m.**

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COURTESY OF JOSEPH ST. PIERRE

Downtown Concord is quiet as individuals and businesses follow instructions to stay at home.

chamber news

Resources for those impacted by closures

What the Greater Concord Chamber is doing to help businesses

The care you need.
The expertise you deserve.

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Homemakers
Hospice

Franklin
VNA & Hospice
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www.FranklinVNA.org

8 Concord Insider — Thursday, April 2, 2020

Recent events related to the rapidly evolving coronavirus have sent shockwaves through our communities. Kids are home from school. Restaurants and bars are closed. Travel plans altered. As Concord and the world brace for the challenges associated with COVID-19, serving New Hampshire's business community, nonprofits, members and their employees has never felt more vital.

What we're doing

We've been in contact with our federal delegation to advocate for stimulus spending that goes to local small businesses.

We've adjusted programming to free up health care and education professionals.

We're live streaming informative, professional development topics on Facebook and YouTube.

We're contacting mem-

bers and updating our website at bit.ly/OnlineDirectoryConcordNH with new and revised services.

We're working with state and city leaders to provide helpful resources.

The Capital Region Visitor Center will be temporarily closed to the general public and a number of staff will be working remotely. You can still contact the Chamber during regular operating hours by calling 224-2508. All staff are accessible via email.

Resources for businesses being impacted

NH Employment Security offers WorkShare as an alternative to layoffs during a difficult time:

Employers keep trained workers and are able to get up and running to full capacity faster, without having to rehire and/or train staff.

Employees keep their jobs and receive unemployment

benefits while their hours are reduced rather than eliminated.

Employees maintain their health benefits.

For more information on WorkShare call 528-9360 or email WorkShare@nhes.nh.gov.

Apply for an SBA Federal Disaster Loan at disasterloan.sba.gov/ela/Account/Login. The interest rate is 3.75% for small businesses and 2.75% for private non-profit organizations with terms up to 30 years.

Resources for individuals being impacted

Use NH Employment Security's programs:

Mature Worker is designed to assist individuals age 55 and over with re-employment and job search activities. Contact (603) 228-4056 or email matthew.m.cyr@nhes.nh.gov.

Return to Work provides a structured, supervised training opportunity for unemployed individuals. Eligible claimants may continue to collect unemployment compensation while in training. Contact (603) 228-4100 or email Carol.A.Aubut@nhes.nh.gov.

Work Now NH connects those that are job-ready with available job opportunities. Email: WorkNowNH@nhes.nh.gov.

File with the state for unemployment benefits at nhes.nh.gov/services/claimants/file.htm.

View open positions on the Chamber's website at bit.ly/FindWorkOpps.

Use the Chamber's Rx card to lower your prescription costs. There's no paperwork and it's free to use. Simply present it at check-out. Download yours from ConcordNHChamber.com/resources/chamber-rx-card.

We're here to help

We've teamed up with the City of Concord and Intown Concord to conduct a survey to measure the impact of COVID-19 on the business community. Please help us gather this critical research and complete the survey at www.surveymonkey.com/r/COVID19ConcordBizImpact.

Follow us on social media — we're actively sharing updates and streaming content with resources for members and the community. Links at ConcordNHChamber.com.

We created a "Coping With COVID-19" page and accompanying blog on our website that contains links to numerous resources and is updated daily. Go to ConcordNHChamber.com and click on the COVID-19 link on the front page.

Pitch in

Feeling helpless? You can help our community and those in the hardest-hit industries.

Donate: Granite United

Way established a COVID-19 Relief Fund where 100% of your donation will go directly to help people across the state. Text GUVHELPS to 41444. NH Charitable Foundation created a Community Crisis Action Fund to support nonprofits assisting the most vulnerable and industries like emergency response, health and child care on the front lines of COVID-19. Donate at www.nhcf.org.

Help our local retailers: Many have shopping-enabled websites and active social media accounts for doing business. Our online membership directory at bit.ly/OnlineShoppingNH has the latest information on who is offering those services as well as order by phone and shipping services for customers.

Restaurants: Order take-out, delivery, curbside pickup and holiday baskets from restaurants, cafés and gift/sweets shops. Our online directory shows area businesses offering those services at bit.ly/RestaurantsCarryoutDeliveryCurbside.

Make plans: Plan a future visit with attractions, museums, hospitality, transportation and travel. Purchase gift cards, season and all-access passes; donate your points; plan a delayed celebration and schedule a trip for later this year.

Support Arts and Entertainment venues: Make a donation, purchase gift cards and tickets to a future show, and donate the cost of ticket sales if events are canceled.

The value that these independent small businesses and organizations add to our local economy is immeasurable. Please support them during this unprecedented time.

We recognize that this is a challenging time for so many of you. For more tips and updates, visit our website at ConcordNHChamber.com/covid-19. We are here to support the community with resources and vibrant, timely com-



GEOFF FORESTER / Monitor file

Alan's Restaurant head chef and kitchen manager George Reagan serves up a take-out order on March 18. Order to go from your favorite restaurants to support them while dine-in is closed.

merce events designed to stimulate our economy and help everyone recover.

Incorporated in 1919, the

Greater Concord Chamber of Commerce is one of the largest chambers in the state with more than 950 members. New Hampshire's state

capital chamber of commerce develops economic opportunities, strengthens the business climate, and enhances quality of life in the Capital region.

A message to the community from NH Federal Credit Union

These are challenging, stressful times for everyone as we work through the COVID-19 Pandemic. We know that your first concerns are your health and well-being, as they should be. Financial strain can make you more vulnerable. Here are some things NHFCU is offering to provide relief in our community:

- Preventative/Emergency loans available with 90-day payment deferral
- Ability to skip one month's payment for those with consumer and VISA Credit Card accounts in good standing
- Free financial wellness webinars online including topics for at-home students
- Visit nhfcu.org and click on the Center for Finance & Education for the complete schedule

www.nhfcu.org

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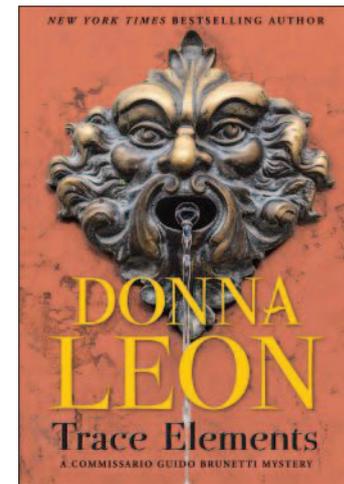
book of the week

Doing bad stuff for good reasons

Trace Elements

Author: Donna Leon
(Mystery, 278 pages, 2020)

Commissario Guido Brunetti and his co-worker, Claudia Griffoni are called to a hospice to hear the words of a dying young woman. The patient, Benedetta Toso, says that her husband, Vittorio Fadalto, took “bad money” from someone to pay for her care. And then Fadalto dies in a motorcycle accident soon after. Was it just an accident? Did Fadalto, an exhausted and grieving husband, simply fall asleep while driving? Or was it something else? Was he helped off of the road? Fadalto worked at a water testing company. He collected samples of water from sensors out in the fields, water that makes its way to Venice. This company is charged with keeping Venice’s drinking water safe. Brunetti and Griffoni meet with other workers at the company Spattuto Acqua, including the Director of Human Resources and the Lab Director and even the café workers. Fadalto was a conscientious worker, but he was judgemental of others and quick to point out if



they did something wrong. Brunetti, with the help of Secretary (and cyber sleuth) Signorina Elettra Zorzi look into the company’s records. And what they find is very disturbing. And now Brunetti and Griffoni must find out the truth, and what can be done about it.

A richly detailed sense of place and fully-defined characters make this newest in Donna Leon’s series a treat. We are given insight into Brunetti’s work and family life and wonder how he will deal with this moral dilemma, how to do the right thing?

Visit Concord Public Library online at concordpubliclibrary.net.

Robbin Bailey



Eat, Drink & Be Geeky:
A free monthly gathering to discuss all things science.

what's open

We all know many places have closed. But others remain open. A full list will be maintained at concordmonitor.com, and this partial printed list was last updated Monday morning.

To be included or to update your hours, email jmattes@cmonitor.com.

CONCORD

43 North Athletic: Virtual workouts available

A Cut Above: Closed

Alliance Audiology: Monday through Friday, 8:30 to 5 p.m. Call for appointment

Alton Woods: Rental office open weekdays 8 a.m. to 5 p.m., Saturdays 9 a.m. to 3 p.m.

Angelina's: Take out

Annika's Downtown Hot Dogs: Takeout only, Monday-Friday, 10:30 a.m. to 3 p.m.

Arnie's Place: Closed

Arnoldo Joseph: Closed

Aroma Joe's: Open 5:15 a.m. to 6 p.m. for drive-thru and takeout; Free 16 ounce hot or iced coffee to any health care worker now through March 31.

Art Plus: Weekdays noon to 5 p.m., Saturday noon to 4 p.m.; Mail order and curbside pick-up only through May 4

Bangor Savings Bank: Visit bangor.com for realtime updates.

Bar Harbor Bank & Trust: Normal hours for drive-up windows; make appointment-only in branch

Beefside: 9 a.m. to 7 p.m., takeout and delivery

Bee's Knees Animal Care: Open 24/7

Better Hearing Center: Reduced hours; appointment only

Big Jim's Lumber and Home Center: Normal hours

Britches: Closed through May 4; can be reached at

566-1733

Brookside Pizza: Delivery and takeout

Buffalo Wild Wings: Takeout and delivery through Uber Eats and Doordash

Cambridge Eating Disorder Center: Online PHP and IOP starting March 23. Call 715-5150 or email relliott@cedcmail.com

Candletree: Closed; delivery available

Capital Craftsman: Closed

Capital Area Veterinary Emergency Services: Emergency and ophthalmology services only 24/7; other departments closed

Capitol Center for the Arts and Bank of N.H. Stage: Buy tickets at ccanh.com, banknhstage.com or at 225-1111.

Capitol Paint and Wallpaper: Normal hours

Caring Gifts: Closed until May 4

Carlson's Motor Sales: Normal hours, open daily

CC Tomatoes: Delivery and takeout

Celeste Oliva: Closed; Shipping and curbside delivery

Centennial Hotel and Granite Restaurant: Closed until further notice

Cheers: Pick up and limited delivery, Thursday through Sunday 11 a.m. to 8 p.m.

Chief's Place: Normal hours for takeout

Cheney's Apple House Furniture: Closed until further notice; shop online

Cobblestone Florist: Monday-Friday 8 a.m. to 4 p.m.; Saturday 9 a.m. to 4 p.m.; Closed Sunday

Common Man: Take-out from 4 to 7:30 p.m. Sunday through Thursday and 4 to 8:30 p.m. Friday and Saturday. Call 228-3463

Concord Antiques: Closed until May 4

Concord Hospital Center

for Health Promotion: Closed for community classes until further notice

Concord Coop: Open Monday-Friday from 8 a.m. to 8 p.m., Saturday from 8 a.m. to 6 p.m. and Sunday, 10 a.m. to 6 p.m. Beginning March 20, the Co-op Concord location will open an hour earlier daily to serve customers who are age 60 and over only.

Concord Craft Brewing: Open noon to 6 p.m. Take out, home delivery, order online at us.orderspoon.com/brew4U

Concord Fencing Club: Closed until April 6

Concord Headlines: Closed until May 4

Concord Pediatric Dentistry: Emergency care only; call 517-7423

Constantly Pizza: Open Monday-Thursday from 11 a.m. to 10 p.m., Friday from 11 a.m. to 11 p.m., Saturday 11 a.m. to 10 p.m. and Sunday 11 a.m. to 9 p.m. for takeout and delivery. Boxed lunches, contact free

Crust & Crumb: Normal hours

Dominos: Sunday through Tuesday, 10:30 a.m. to midnight; Wednesday through Saturday, 10:30 a.m. to 1 a.m. Take out and delivery

Donatello's Pizza: Normal hours, takeout and delivery

Dos Amigos: Delivery and takeout service only, 11 a.m. to 8 p.m., \$3 delivery charge

Dr. Sacco Optometry: Limited hours in morning Monday, Tuesday, Thursday and Friday for urgent eye care needs

Endicott Furniture: Closed until May 4

El Rodeo Mexican Restaurant: Normal hours for delivery and takeout

Fifty Home: Closed. Online ordering and shipping

Fisherville Pharmacy: Weekdays, 9 a.m. - 7 p.m.; Weekends, 9 a.m. - 3 p.m.; Holidays, 9 a.m. - 1 p.m.

Five Guys: 11 a.m. to 10 p.m., takeout

F.W. Webb Co.: Weekday, 7 a.m. to 5 p.m. Call ahead for an appointment to maintain social distance

Gibson's Bookstore: Tuesday through Saturday, 10 a.m. to 4 p.m.; curbside delivery; 99 cent shipping

Gondwana & Divine Clothing Co.: Closed until May. Shop online; free front-door delivery in Concord area

Goldsmiths Gallery: Closed until May 4; Orders may be place by phone 224-2920

Goodlife: Closed until May 4

Granite Group/Ultimate Bath Store: Normal hours

Granite State Candy Shoppe: Building closed. Curbside pick up or ship

Granite State Naturals: Monday through Saturday, 10 a.m. to 5 p.m. for curbside pick-up

Grappone Automotive: (Service) Weekdays, 7:30 a.m. to 4:30 p.m. (Sales)



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Hermanos: Curbside and takeout only Call in order at 228-5788 or 224-5669; new hours of 3 p.m. to 8 p.m.

Hilltop Consignment: Closed until May 4; curbside pick-up and delivery arrangements available

Home Depot: Now closing at 6 p.m.

Indigo Blues and Co.: Appointment only

Joe Kings Shoe Store: Closed until May 4

Kristin Kennedy: Appointment only

Lithermans Limited: Order online, then stop in to pick up cans or kegs. Hours are 4 to 7 p.m. Wednesday through Friday and 2 to 5 p.m. Saturday and Sunday.

Lilise Designer Resale: Open for online sales via livestream

Little River Oriental Rugs: Closed temporarily

Live Juice: Monday through Saturday, 9 a.m. to 3 p.m. Takeout and delivery through ChowNow.

Longhorn Steakhouse: Curbside pick-up
Lovering Auto Group: Normal hours.

Market Basket: Additional hours Tuesday, Wednesday and Thursday from 5:30 a.m. to 7 a.m. the stores will be open ONLY to serve customers 60 and older. Open until 6 p.m. for all customers

Mapletree Farm: Weekends, noon to 3 p.m.

McDonalds-Fisherville Road: Open 6 a.m. to 11 a.m. drive-thru, delivery and take-out only

McDonalds-Main Street: Open 6 a.m. to 11 p.m. drive-thru, delivery and take-out only

McDonalds-Loudon Road: Open 6 a.m. to 12 a.m. drive-thru, delivery and take-out only

Makris Lobster & Steakhouse: Open 12 to 6

p.m., closed Mondays, retail store fish, lobster and meat and takeout

McLeod Florist: Weekdays, 8 a.m. to 1 p.m.; Saturday, 9 a.m. to 1 p.m.

Moe's Italian Sandwiches: Call for hours

Moritomo Japanese Restaurant: Normal hours for takeout only

Natural Wellness Corner: Curbside pick-up or shipped

Newell Post: Normal hours for takeout

Nonna's Place: Normal hours; full takeout menu

Nutrition Works: Telehealth appointments instead of in-person appointments; call 223-8119

Olive Garden: Curbside pick-up; some delivery

Orange Leaf: Closed

Petco: Reduced hours, 10 a.m. to 6 p.m., pet hand-off vet services

Pompanoosuc Mills: Normal hours

Pope Memorial SPCA: Pet adoption on hold

Puppy Love Hotdogs: Closed

Revelstoke Coffee: Closed

Revival: Take out Tuesday through Saturday, 4 p.m. to 8 p.m.

Roy Nails: Closed

Runners' Alley: Closed until May 4

Sals Pizza: Curbside, delivery. Minimum \$20

Sanel NAPA Auto Parts: Weekdays, 8 a.m. to 5 p.m.; Saturday, 8 a.m. to 1 p.m.

Sharing Yoga: Virtual and online classes at sharingyoga.com/grid-page/online-classes

Siam Orchid: Normal hours; delivery expanded to 15-mile radius

Soak Spa & Foot Heaven: Online product and gift certificate sales online

South Street Market: Normal hours

Spa Specialist Beauty Within: Closed for non-essential services. Gift

cards available online; free shipping.

Smokeshow Barbeque: Open limited hours for curbside pickup and takeout.

South End Laundry: Normal hours

Speer's Fine Jewelry: Call before you visit

Steeplegate Mall: Closed
Stitches: Normal hours

Sugar River Bank: Normal hours for lobby and drive-up windows

Szechuan Gardens: Normal hours for take out

Taylored Interiors: Closed

Tandy's : Takeout available 11 a.m. to 9 p.m. daily

The Barley House: Take out menu only; Friday and Saturday from 4 to 8 p.m.; 228-6363

The Red Blazer: Closed

Things are Cooking: Closed until May 4. Curbside pick-up or shipping

TJ Maxx: Closed

True Brew Café Closed through April 6

True Confections: Place order by phone for curbside pickup, 226-3536

Veamos Italian Kitchen II: Delivery or carry-out available

Vibes: Takeout daily 11:30 a.m. to 8 p.m. Delivery noon to 7 p.m. daily

Viking House: Closed until May 4

Walmart: Open 6 to 7 a.m. for customers 60 and older, open 7 a.m to 8:30 p.m. all customers

Washington Street Cafe: Closed

Willows Plant-Based Eatery: Closed; call for special hours 7151095

Windmill Family Restaurant: Daily for take-out and drive-thru, 7 a.m. to 8 p.m.

Who Doesn't Want That?: Order online

Your CBD Store: Normal hours. Free shipping. Curbside pick-up.

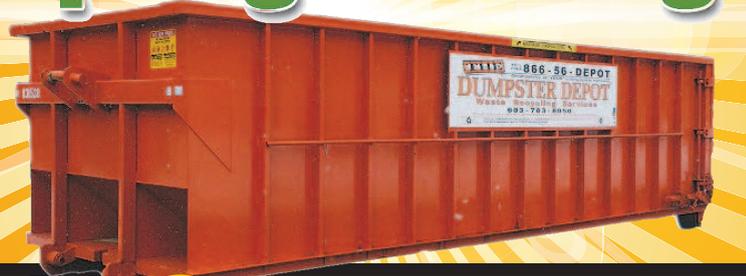
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COROLLA LE



Stk# LJC1097

LEASE FOR

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24
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BUY FOR

\$19,055

Before Online Savings

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NEW 2020 **TOYOTA**
CAMRY LE



Stk# LJC1087

LEASE FOR

\$96^{MO}
24
MOS

BUY FOR

\$23,280

Before Online Savings

Additional Savings Available at www.irwinzone.com

NEW 2020 **TOYOTA**
RAV4 LE 4x4



Stk# LJT355

LEASE FOR

\$88^{MO}
24
MOS

BUY FOR

\$25,566

Before Online Savings

Additional Savings Available at www.irwinzone.com

NEW 2020 **TOYOTA**
HIGHLANDER LE Plus AWD



Stk# LJT321

LEASE FOR

\$199^{MO}
24
MOS

BUY FOR

\$34,915

Before Online Savings

Additional Savings Available at www.irwinzone.com

NEW 2020 **TOYOTA**
TACOMA SR Access Cab 4x4



Stk# LJT264

LEASE FOR

\$129^{MO}
24
MOS

BUY FOR

\$26,101

Before Online Savings

Additional Savings Available at www.irwinzone.com

NEW 2020 **TOYOTA**
TUNDRA SR Double Cab 4x4 4.6L V8



Stk# LJT039

LEASE FOR

\$157^{MO}
24
MOS

BUY FOR

\$36,048

Before Online Savings

Additional Savings Available at www.irwinzone.com

Low lease: 24 mos, 10,000 miles per year, 1st payment, \$650 acquisition fee, \$626 dealer fee & (Corolla- \$4,723, Rav4- \$5,723 Tacoma- \$3,023, Camry- \$5,723, Highlander- \$6,453, Tundra- \$5,823, 4Runner- \$7,023) cash or trade equity due at signing, \$0 security deposit due. Subject to credit approval. Zero Down lease 36 Mos, 10,000 miles per year, with \$0 due at delivery, \$0 security deposit with approved credit. \$626 dealer fee is not included in sale price. No sales tax for NH residents. 0% financing subject to credit approval (72 payments of \$13.88 for every \$1,000 borrowed). All manufacturers rebates to dealer. Manufacturers programs subject to change without notice. Ad vehicles reflect Irwin's \$1,000 Savings Voucher. Special financing may affect selling price. TFS Financing required. Expires 4-30-2020

NEW 2020 **FORD**
EXPLORER XLT 4x4



Stk# LFT120

LEASE FOR

\$88^{MO}
24
MOS

BUY FOR

\$35,593

Before Online Savings

Additional Savings Available at www.irwinzone.com

NEW 2020 **FORD**
RANGER XL 4x4



Stk# LFT177

LEASE FOR

\$99^{MO}
24
MOS

BUY FOR

\$27,582

Before Online Savings

Additional Savings Available at www.irwinzone.com

NEW 2019 **FORD**
F150 Super Cab 4x4 XLT



Stk# KFT1341

LEASE FOR

\$98^{MO}
24
MOS

BUY FOR

\$36,242

Before Online Savings

Additional Savings Available at www.irwinzone.com

Low lease: 24 months, 10,500 miles per year, 1st payment, \$650 acquisition fee, \$626 dealer fee & (Explorer- \$4,728, F150- \$5,728 Ranger- \$4,878) due at signing, Zero Down Lease 36 months, 10,500 miles per year with \$0 due at delivery, \$0 security deposit with approved credit. No sales tax for NH residents. All manufacturers rebates to dealer. Manufacturers programs are subject to change without notice. FMCC financing may be required. 0% financing subject to credit approval (72 payments of \$13.88 for every \$1,000 borrowed). Special financing may affect sale price. Ad vehicles reflect Irwin's \$1,000 Savings Voucher. * See dealer for complete details. Expires 4-30-2020.

NEW 2020 **HYUNDAI**
KONA Limited AWD



Stk# LHT306

LEASE FOR

\$68^{MO}
36
MOS

BUY FOR

\$23,699

Before Online Savings

Additional Savings Available at www.irwinzone.com

NEW 2020 **HYUNDAI**
TUCSON SE AWD



Stk# LHT140

LEASE FOR

\$63^{MO}
36
MOS

BUY FOR

\$21,149

Before Online Savings

Additional Savings Available at www.irwinzone.com

NEW 2020 **HYUNDAI**
SANTA FE SE AWD



Stk# LHT105

LEASE FOR

\$79^{MO}
36
MOS

BUY FOR

\$23,499

Before Online Savings

Additional Savings Available at www.irwinzone.com

Low lease: 36 months, 10,000 miles per year, 1st payment, \$650 acquisition fee, \$626 dealer fee & Kona- \$4,999, Tucson- \$4,500, Santa Fe- \$4,500 cash or trade equity due at signing, REAL \$0 Down Sign & Drive 36 months 10,000 miles per year with \$0 due at delivery, \$0 security deposit with approved credit. No sales tax for NH residents. All manufacturers rebates to dealer. Manufacturers programs are subject to change without notice. 0% financing subject to credit approval (72 payments of \$13.88 for every \$1,000 borrowed). Special financing may affect sale price. Ad vehicles reflect Irwin's \$1,000 Savings Voucher. See dealer for complete details. HMF financing required. Expires 4-30-2020.

*Can't be combined with any other specials or discounts. Savings based off MSRP. New vehicles only. See dealer for complete details.

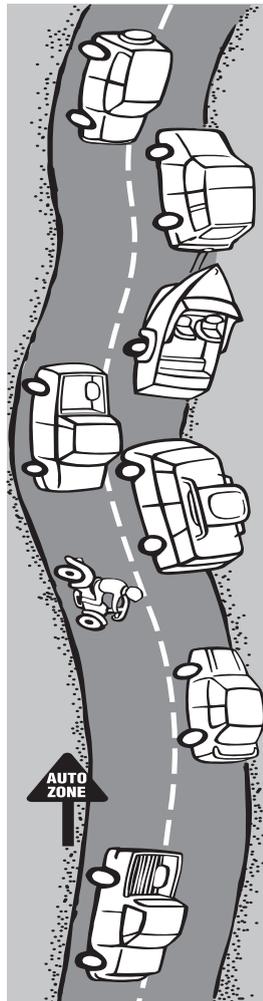
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Suncook, NH 03275 or email
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Michael Fredericksen, Principal
Laconia High School
345 Union Ave

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Henniker Community School Preschool through Grade 8
2020-2021 School Year Anticipated Openings

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English 5-8 (0501) or English 5-12 (0500) certification preferred

Grade 7/8 Science/STEM Teacher

Science 5-8 (1305) or a NH 7-12 science field certification preferred

Grade 6 Teacher

Elementary Education K-8 (1811) certification preferred

Special Education Teacher

General Special Education (1900) certification preferred

Library Media and Technology Specialist

Library Media Specialist (0036) certification preferred

Please submit a letter of interest, resume, *employment application, copies of all transcripts, copy of certification and three current letters of reference to:

Mr. Matthew Colby, Principal

Henniker Community School

51 Western Avenue, Henniker, NH 03242

*Employment application available at:

<http://www.sau24.org/index.php/employment-application>

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CHIROPRACTIC & OTHER STRATEGIES TO SUPPORT A HEALTHY IMMUNE SYSTEM DURING THIS TRYING TIME

Things can be pretty stressful right now in regards to the Coronavirus and all the news surrounding it. The last thing you need is more information to add to you and your family's already heightened stress levels because stress is one of the things that can lower your immune response and actually make you more susceptible.

Our office is a place of health, healing and support and we want to encourage you to stay calm, don't panic and give some thought to some simple things that you and your family can do in order to help lower your stress and improve your body's ability to respond at its best so that it is better able to block any threat to your health and the functioning of your immune system.



CHIROPRACTIC CARE

Research has shown that people with immune challenges not only have problems with how their immune system is functioning but they more importantly have problems with how their nervous system is functioning. The philosophy and science of chiropractic teaches us that all health challenges boil down to the inability to adapt to the onslaught of physical, chemical and emotional challenges we experience every single day.

This is also the current thinking when it comes to immunity and the physical obstructions between the nervous system, the immune system and the brain. Think about crossed wires, poorly written computer code or stepping on a garden hose with water flowing through it.

Our body's ability to adapt to internal and external health challenges and mount an immune defense and repair response is the key to overcoming the results of the physical, chemical and emotional stresses that fundamentally cause all human ailments.

One of the most important ways chiropractors help do this is to make sure the nervous system is not being obstructed and the connections are good. This is because the nervous system controls and coordinates all functions of the body - including the immune system.

Chiropractic is about removing obstructions to the proper functioning of the nervous system and improving connections. These obstructions are caused by shifts in the bones (vertebra) that make up the spine and these shifts obstruct the nervous system and create a disconnect.

Because the nervous system controls and coordinates all functions in the body, obstructing or disconnecting it can have an effect on every function of the body - and it often does.

These obstructions are referred to as vertebral subluxations in the scientific literature and adjusting them is how chiropractic helps people get and stay healthy.

In addition to getting checked for subluxations and having those obstructions removed by adjustments there are several other things you can do to keep your immune system fine-tuned now and at all times.

REDUCE STRESS LEVELS

Staying calm and lowering stress levels is important in this regard. We encourage you to try and do things like meditate, pray, do yoga, spend quality time with loved ones and anything else that reduces the flight or fight response you may be experiencing.

AVOID ALCOHOL

Avoiding excess alcohol will not only in and of itself help keep your immunity strong but less alcohol will help you sleep better, stabilize your mood and keep you in the moment.

DRINK LOTS OF WATER

Drinking plenty of water throughout the day is crucial for immune function and to keep your digestive system hydrated and keeps things moving along in that department.



VITAMIN D

Supplementing with Vitamin D is important at this time and has been shown to help your immune system stay tuned and sharp. This is even more important if you are not going outside as much and getting vitamin D from sunlight.

GET PLENTY OF SLEEP

Getting plenty of sleep will also help to lower your stress level but even on its own getting plenty of sleep will help your nervous and immune systems be at their peak.

GET PLENTY OF EXERCISE

Getting plenty of exercise is known to stimulate and enhance immune function and will also help to lower stress, improve blood flow and help with sleep.

REDUCE SUGAR CONSUMPTION

Reducing sugar consumption should be a high priority as refined sugar will only add heavily to the stress on your immune system.

EAT HEALTHY

The importance of a healthy diet cannot be understated. Avoiding processed foods and focusing on fresh, whole foods will provide the energy your body needs to produce all the raw material necessary to fuel your immune and nervous systems.

All of these, including chiropractic care, are called salutogenic which means they promote health. These are all proactive things we can all do to support our health and immune systems.

The last thing you want to do is get down on yourself or your family if you are not doing these things as that will only add to your stress.

Consider our office as your support team. Make it a priority to come in and get checked for subluxation and when your nervous system is better tuned you will have a clearer head and be better prepared to do these other things to support yours and your family's health.



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