EMBRACE NATURE

Go ahead, hug a tree. This week contains Earth Day and Arbor Day.
Spring projects around the city

The city manager’s office sent out the City Manager’s Newsletter last Friday. The full newsletter can be found by going to concordnh.gov and clicking the “Newsletter” button. Here are some highlights:

City information during COVID-19

We are continuously updating our coronavirus web page with information and resources. You can access it here: concordnh.gov/coronavirus. Downloadable PDFs with information for residents and businesses are available via this link.

Spring leaf collection begins

The city of Concord’s Spring Leaf Collection is underway.

Concord residents and curbside and recycling collection can participate by placing leaves in biodegradable yard waste bags (available at local retailers) or rigid containers labeled “leaves” (no plastic bags). Leaves must be at the curb by 7 a.m. on your scheduled trash collection day. Leaves raked loosely to the curb are only collected during Fall Leaf Collection.

Only leaves that are bagged or contained in a rigid container will be collected.

Spring leaf collection will continue for six weeks in coordination with trash collection through Saturday, May 30, 2020. The last week of collection will be delayed by one day with no trash or leaf collection on Monday, May 25 due to the Memorial Day holiday. Unacceptable items, including plastic bags, will not be collected.

Residents can also bring leaves to Earth Materials Recycling Center. Drop-off is free with proof of residency if the load is smaller than a non-commercial pickup truck. Residents will be required to empty contents at the facility to confirm that loads are 100% free of any unacceptable materials. Any container, bag, or miscellaneous item used to transport leaves to the earth recycling center must be taken back with the resident. Gelinis Excavation & Earth Materials Recycling Center’s hours are Monday through Friday, 8 a.m. to 4 p.m. beginning on April 20, with additional hours on Saturdays during leaf collection from April 18 through May 30 (with the exception of Memorial Day weekend when the facility will be closed for the holiday). They will be open on Saturday, April 18 from 8 a.m. to Noon. Please note that hours are weather dependent and are subject to change. Please call ahead to confirm specific dropoff times during the coronavirus pandemic at 545-4835 or visit their website for more information.

Find more information about spring leaf collection at concordnh.gov/leafcollection.

Trash bag program paused

The City of Concord is temporarily suspending the PAYT (pay as you throw) purple bag program beginning on Monday, April 20. A reinstatement date is to be determined, and will be communicated through the City’s website at concordnh.gov.

Here is some additional information about this temporary suspension:

- Residents cannot get a refund for bags previously purchased. Residents can continue to utilize the PAYT bags.
- More information will be available at concordnh.gov/coronavirus.

Online vital records

While city hall remains closed to the public, the City Clerk’s Office wants you to know that in addition to requesting vital records through the mail, residents may order vital records for any vital record event that has taken place in the State of New Hampshire, via the City’s online vital records ordering option.

Please call the City Clerk’s Office via email or phone between 8 a.m. and 4:30 p.m. Monday through Friday.

Dog license

License renewal process begins each April, with residents sitting outside of City Hall for hours prior to 8 a.m. when we open in the hopes of getting tag No. 1 within the City of Concord. In honor of that tradition, staff has reserved tag number’s 1 to 299, and will begin issuing these numbers at a future “April 1” date when municipal offices are once again open to the public.

In the meantime, those residents not vying for those low numbers can either renew said license(s) online or by mailing payments to the City’s Office.

Licenses may only be issued if we have current rabies information on file. Fee to email our office at cityclerk@concordnh.gov or call us at 225-8500 if you are unsure as to whether or not we have current rabies information on file.

Fees are $10, spayed or neutered $7.50, five or more dogs of same owner $20, first dog for owner 65 or older $2 (regular rate for any other dogs).

Owners who license a dog after May 31 are subject to additional fees. If you are no longer required to license a dog with the City of Concord, because you relocated outside of Concord or Peabody or you no longer have your pet, please give us a call at 225-8500 or email us at cityclerk@concordnh.gov and we will update our records.

The City Clerk’s Office is located at 41 Green St. Currently, our office can be reached by phone or email between 8 a.m. and 4:30 p.m., Monday through Friday.

Street paving

Continental Paving started working on Bog Road this week. The road will be closed to through traffic daily from 7 a.m. to 5 p.m. from Cabernet Drive to River Road. Work will continue for the next couple of weeks.

Burn permits

Firehouses are not issuing burn permits at this time, but through the N.H. Forests and Lands Division burn permits can be purchased online 24 hours a day, seven days a week for a cost of $3. Although online burn permits can be purchased at any time, open burning can only be conducted after 5 p.m. and before 9 a.m. Visit nhflwweb.sovsportsnet.net for more information.
In the next week or two, we’ll have some visitors at our home. I was going to tell them to wait, because it’s likely that they are unaware of the universal curveball that we are facing. It’s too late, though, because they have already left, and there is no way to reach them. These travelers will take their time, having left their winter stomping grounds in Florida, Mexico and Central America in early March. On the way, they may see the Panama Canal, the beaches of Miami, and the Mississippi Delta. They’ll end up as far west as Texas, and as far north as North Dakota. A few of the early birds are already in Maine. On the way to New Hampshire, they will see brilliant sunrises and fiery sunsets, cross mountain ranges and river gorges, and battle ferocious storms. They’ll spread northward over the eastern half of the United States, and will arrive soon, at your house, and at ours. The stories of their improbable journey will amaze and delight you.

Your visitors will be lovely little birds about the size of your thumb. The ruby-throated hummingbird makes this trip twice a year. In the spring, this mighty creature comes to the Granite State to breed and enjoy Red Sox games. The ruby throated hummingbirds may be a little disappointed in the baseball season this year, but will likely be thrilled to hear that the Sox have not lost a game yet. In our neck of the woods, the early birds arrive during the first week of May, and leave in September. These little visitors don’t even pack up any belongings. They just hit the road on a 2,000 mile journey.

Perhaps the hummingbirds have no choice. I imagine if they gave it too much thought, they might never leave their winter home. It’s beautiful down in Mexico in March. It’s not too hot during the day, and not too cold at night. There is plenty of food. And yet, despite the circumstances, they move on. They take action.

I won’t pretend to know what, or if, a hummingbird thinks, but I do know that my own thoughts can get so tangled up in my head that it’s easy to get stuck and do nothing. Especially in our current situation, it’s easy to get stuck. Sometimes, instead of just thinking, worrying or wishing our situation was different, we’ve got to do something about it. This is where the practice of yoga can be a valuable tool right now. This is why starting a practice might be the best thing you can do for your body, your mind and your current situation. No matter what that situation is, you can do something to improve it.

I talk to a lot of folks who are thinking about starting their own journey with yoga. They’ve heard that yoga can improve their lives, and their ability to handle stress. Most of them also have a list of reasons why they can’t start. There isn’t enough time. They’re too old, too inflexible or don’t know where to start. There are past injuries, new injuries and the demands of work and family. We can all find reasons why we can’t. It’s true for a yoga practice. It’s true for any fitness plan. The best time to begin is now.

It’s unlikely that you can walk into a yoga studio today. That may change soon, or it may not. The important thing is to start, right where you are. Whether you already have a practice, or are beginning one, take your time. Listen to what your body tells you. Whatever your level of experience, you are blessed with the most amazing super computer ever made: your human brain. It sits on top of the most amazing machine ever created: your human body. You may not be born to fly nonstop for 900 miles across the Gulf of Mexico. You may not spend the winter in Central America. You can, however, spend a few minutes on a yoga mat today. Take action. You are worth it.

This morning, I took an online yoga class from one of my fellow teachers. Your local studio likely has online options for you, too. This afternoon, I’ll dig out the hummingbird feeders that have spent the winter in our utility room. My wife, Heather, has already prepared the perennial gardens for the arrival of our visitors. We’re all at home a little more often, so we can welcome our ruby-throated travelers together. Let me know when you see that first fly by.
By ANNA BERRY
Society for the Protection of N.H. Forests

My favorite season was canceled. Well, not really. It’s been a bountiful sugar season in New Hampshire, and there’s still work going on as sap is boiled down to syrup.

But the state’s annual March Maple Weekend was canceled due to the ongoing COVID-19 global pandemic. It was a reasonable response amid a devastating month for humanity.

It is interesting, however, how life always finds a way — even in the darkness — and maybe that’s why we set our human lives to nature’s clock.

When I was growing up in Alaska, March did not mean the start of mud season. It was practically mid-winter, and only a little warmer than the time around the winter solstice when temperatures bottomed out at 40 below zero for weeks at a time. March — my birth month — meant watching dogsled races on the frozen banks by the river and the annual ice carving festival.

My dad would make elaborate sledding trails through the woods in front of my house for my birthday parties, and it was assumed that you’d bring your snowsuit to spend the afternoon careening down the hill. I never understood what the March 21 equinox signified because there were few signs of spring until the end of April.

In New Hampshire, as I’ve learned since moving here 15 years ago, March unfolds as a different story. Here,
what we Alaskans called break-up season is known as mud season. I look forward to the purple crocuses popping up out of the snow – or, in some years, from underneath brittle leaves – just as I complete another year around the sun.

Now that I’m raising New Hampshire-born children, I’m trying to instill my love of the outdoors in them – including an affinity for all things maple. Each year, our family drives into the countryside to visit a friend’s sugarhouse. We eat our weight in maple cotton candy and experiment with pulling maple candy from fresh snow. We’ve also taken a very muddy tractor ride to the Maple Museum.

This year, we’re planning to spend the spring closer to home to protect ourselves from the coronavirus and help save the lives of those we don’t know, too. My 4½-year-old twins aren’t old enough to understand what’s going on or why their child care center is closed. With the world in upheaval, I’ve already come to find that children light the way. They remind me to notice the wild world outside even if it’s only as far as our backyard. And, as we try to keep some aspects of our lives consistent, for their sake and ours, our connection to the outdoors is a non-negotiable.

Hugging a tree

Last weekend, we tried an easy experiment outside and hugged a tree. It sounds silly, but science says that literally putting your arms around a tree – any tree – increases your levels of oxytocin, which can instill a sense of calm. It’s also a pretty easy ask for kids to try. (A hat tip here to my colleague Ryan Smith for the suggestion.)

First, we measured how far our arms could go around a tree. Then, we took a photo of the tree bark to upload into the iNaturalist app. iNaturalist, a joint initiative of the California Academy of Sciences and the National Geographic Society, allows you to photograph wildlife and wild species you observe and quickly crowdsource identification if you provide your location. Plus, you’re contributing to biodiversity science!

The app identified our tree as a shagbark hickory (Carya ovata). However, upon further review by naturalist Dave Anderson, it could also be a sugar maple. We should have taken a few more photos of the branches and leaves to help with the identification.

We also looked for signs of spring – emerging buds on branches and green stems poking up from thawing earth – and listened for birds and animals who might be returning to the woods.

Connect with nature

A chipmunk peeks out of its hiding place on a warm early spring day.

Luckily, whether you’re self-isolating inside, keeping to your neighborhood or you have easy access to forests and fields, it’s easier than ever to grow your connections to the natural world. The Society for the Protection of New Hampshire Forests and many other local nonprofits are offering a myriad of digital and virtual educational resources for all ages. Here are a few that might be of interest:

■ Our (Out)doors are Open: The Forest Society has pulled together a number of digital links and tools on our website at forestsoociety.org/our-outdoors-are-open-0. If you’re headed outside, you can use our online reservation guide to find a property that is open to visitors. Fifty-eight of the properties host marked trails. We encourage you to visit a local (to you), lower-trafficked reservation to ensure you

can stay at least six feet apart from other visitors to the trails. If you’re staying inside, the Forest Society will be hosting weekday “Lunchtime LIVE” broadcasts on Facebook featuring educational talks on wildlife, forestry and other topics.

■ Our friends at New Hampshire Audubon recently hosted a Facebook live Q&A with their education coordinator and an animal ambassador, the Barn Owl. The presentation kept our whole family entertained and we learned why owls have so much mobility in their necks compared to humans. Follow your favorite environmental nonprofit organizations on social media to see the latest new content.

■ The New Hampshire Agriculture in the Classroom, agclassroom.org/NH, runs a special program that brings classes of students to farms. But, they also provide curriculum to schools and families, from maple recipes for pre-schoolers to a lesson on sap value calculation for middle-schoolers.

■ Wildlife cameras: Peep in on live video of a peregrine falcon nest on top of the Brady Sullivan building in Manchester or watch other broadcasts from around the country.

■ Use the iNaturalist app to participate in community projects, too.

As for my family, we’re busy planning a few hikes and camping trips for the summer, reminding ourselves that better times will be ahead. I’m also using our time indoors to find a few treasured, tattered paperbacks that have traveled with me from Alaska to New Hampshire. They bring me comfort each time I return to the pages.

One of my favorites is Pilgrim at Tinker Creek by Annie Dillard, who reminds us how to see by sharing her everlasting reflections on the natural world she finds outside her door.

She wrote: “It has always been a happy thought to me that the creek runs on all night, new every minute, whether I wish it or know it or care, as a closed book on a shelf continues to whisper to itself its own inexhaustible tale.”

(Anna Berry is the digital outreach manager for The Society for the Protection of New Hampshire Forests. This article originally appeared in the N.H. Union Leader.)
I n order to “flatten the curve” and reduce the spread of COVID-19, please do your part to abide by official guidelines and recommendations, including social distancing, in order to recreate responsibly.

As of the writing of this article, N.H. residents have not been discouraged from going outside. Thus, our wildlife sanctuaries remain open to the public at this time.

However, we strongly urge those – including those in the outdoors – to stay local while seeking out these opportunities, and to practice social distancing measures as outlined by the CDC:

Sanctuary top ten best bets for enjoying spring

With spring come renewed opportunities to view spectacles of the natural world on N.H. Audubon’s wildlife sanctuaries – bird and amphibian migration, wildlife mating displays, spring blooms and the return of the insects that feed on them, saturation of the earth through the spring melt, and much more. During this uncertain time of social distancing and relative isolation, we are all still surrounded by these wonderful signs of the natural world, which we need more than ever. Fortunately, chances are you need not be on an Audubon sanctuary to experience some of these things. I have been enjoying sunny, warm spring days gazing skyward to see Bald Eagles, Turkey Vultures, and Red-tailed Hawks beginning their migrations over our skies, and enjoying the sky dance of American Woodcocks with my children at a nearby field. Perhaps your own backyard, too, offers such opportunities, and if so, consider yourselves among the more fortunate nature lovers right now.

But, perhaps your local sanctuary is one of N.H. Audubon’s wildlife sanctuaries that is up and running for public use at this point, such as one of those suggested below. Our lands are among the best places in the state to bear witness to spring’s natural marvels. There is always something new to learn and enjoy if you look a little closer and more intently in a familiar place. Some of our top spring picks are highlighted below.

CAUTION: Please note that “mud season” conditions dominate across much of the state during April and into early May, so not all trails are open or recommended at this point in the season. Be prepared and use caution and common sense in both parking and hiking situations. In addition, there may still be snow and ice on some trails, especially along shaded sections. Expect deeper snow and ice to persist in areas including central and northern N.H. and in higher elevations. We are also into tick season at this point, too, in many areas, so please take appropriate precautions when hiking our trails.

Please refer to the trail guides for site-specific visitor information, including visitor guidelines. Our staff and volunteers have worked hard to prepare many of our sanctuaries for an increase in visitation during this challenging time; however, we are unable to guarantee changing conditions.

Bellamy River Wildlife Sanctuary, Dover
Salt marshes and spring waterfowl migration on Little Bay

Waterfowl migration is in full swing! On coastal rivers and bays, such as both Great and Little Bay, you can view Bufflehead, Common Goldeneye, and Red-breasted Mergansers feeding and beginning their breeding displays, some of which involve males comically ‘head-bobbing’ and calling to the on-looking females. Look for these strikingly-patterned ducks along the Cove Trail and Clements Point Trail where they border the Bel- lamy River and Little Bay. Note that parking is quite limited here.

Hebron Marsh Wildlife Sanctuary, Hebron
Open fields and views of Newfound Lake

Dabbling ducks are con- gregating in Hebron Marsh, the largest and most impor- tant wetland to wildlife on Newfound Lake. When the snow and ice retreat, expect to find dozens of Canada Geese, Mallards, American Black Ducks, Wood Ducks and Green-winged Teal (as well as a few other species) ‘tipping up’ as they dabble for food in the emergent vegetation. This spectacle is best viewed from the grassy area to the south of Ash Cottage. Here, you will also find an interpretive kiosk with more information about the trails and wildlife of the area, and you may wish to hike the Beaver Trail along the Cocker- mouth River in search of other spring signs like blue-birds and turtles.

Willard Pond Wildlife Sanctuary, Antrim and Hancock
Shoreline and mountain trails in the heart of the Monadnock Region’s ‘Supersanctuary’

This largest of N.H. Audubon’s wildlife sanctuaries has a diversity of trails and experiences, but the commonality across all of them is an abundance of exposed granite. Large granite boulders that dot the sanctuary’s trails make for endless fascination. Search for porcupine scat and the occasional phoebe nest tucked in a sheltered spot. For a water view, the Mill Pond Trail is a short walk with two stream crossings that may yield views of Wood Ducks and Hooded Mergansers feeding on the pond. The sanctuary’s most popular hike – Bald Mountain via the Tamposi Trail – is a regional favorite, and provides endless visibility to the south and east, a vantage point that is great for spring hawk watching.

Dahl Wildlife Sanctuary, North Conway
Managed fields and protected floodplain forests along the Saco River

See, smell, and touch life in the understory of a mature silver maple floodplain forest in high water season, and learn about the unique history and current management of this special habitat. Visitors may notice shredded stumps and vegetation that remains from this past winter’s field management in which several acres of young forest were cut back to promote early successional (shrubland) habitat. In a few years, these spots will again be full of breeding warblers, buntings, and other birds that depend on this limited habitat feature. The Saco River in spring may flood into the lower portions of the sanctuary, boosting regeneration thanks to its deposits of nutrients. *Please note: Temporary parking is available in the LL Bean parking lot until store reopens.

Silk Farm Wildlife Sanctuary, Concord
The sky dance of the woodcock and vernal pools in the

Capital City

Though the McLane Center is closed at this time, the sanctuary trails and connecting trail system is open and full of spring sign! The flight display ‘sky dance’ of the American Woodcock can best be seen on warm evenings from the bike path along Silk Farm Road and the Old Orchard Trail. To quietly observe Wood Frogs breeding, look in the vernal pool complex behind the trailhead kiosk in the area of the wooden bridge. Please keep in mind that noise and movement will disturb them, and that no dogs are permitted here.

Hoyt Wildlife Sanctuary, Madison/Eaton
Glacial features abound at the edge of Purity Lake

This 135-acre sanctuary is mainly forested and includes considerable lakeshore frontage on Purity Lake, where it abuts the Purity Spring Resort, which is owned by the Hoyt family. A trail system allows visitors to access some interesting features of the property including glacial features like eskers and a kettlehole named ‘No Bottom Pond’. There are ample opportunities for seeing wildlife including nesting Common Loons and other wetland species. *Please note: Temporary parking is available at the Mill and Millbrook parking areas located on the adjacent Purity Spring Resort until resort reopens.

View a virtual tour of Hoyt Sanctuary from Purity Spring Resort’s Heather McKendry!

Thompson Wildlife Sanctuary, Sandwich
Experience the sights of sounds of spring in an expansive marsh system in the Lakes Region

This “forever wild” sanctuary contains nearly 100 acres of important wetland habitats, much of which can be viewed from a short boardwalk trail system that meets accessibility standards. An abundance of wildlife – including over 200 species of birds, n-
Battery Point, this sanctuary by Manchester Water with adjacent lands owned Audubon Center. Together home to the Massabesic was acquired in 1993 and is extravaganza near Manch- Sanctuary, Auburn tuary on Trailfinder.

land walk.

mended for a longer wood-

conditions pass in May, the aged. When mud season

cial distancing if you must

vent crowding on certain parking on roadsides to pre-

hiking area and avoid parking on roadsides to pre-

bears its name and provides

spring birds arrive) walk.

for a nice soundscape on an otherwise quiet (until the spring birds arrive) walk. For a longer walk, connect to trails owned and man-

aged by the Lakes Region Conservation Trust across the street. We are fortunate that, thanks to the work of multiple agencies, organizations and land trusts, there are so many great places to get out-

side and recreate in all parts of the state. If parking lots are full, please seek another hiking area and avoid parking on roadsides to pre-

vent crowding on certain trails. To find a trail near your own community, see trailfinder.info/trails

And, remember, stay local and practice social distancing and safe hiking practices!

(Phil Brown is director of land management for the N.H. Audubon.)

features trail access to Lake Massabesic, as well as a va-

riety of upland habitats includ-
ing mixed forests and open fields. The fields are

managed for grassland nesting birds, while nest

boxes are actively managed for Tree Swallows and Eastern Bluebirds, which add a splash of color and sound to the browns of early spring. Maps providing full trail descriptions are avail-

able at the Massabesic Audubon Center.

View Massabesic Sanctu-
y on Trailfinder.

Massabesic Wildlife
Sanctuary, Auburn
Bluebird and tree swallow extravaganza near Manch-
ester

This 49-acre sanctuary was acquired in 1993 and is home to the Massabesic Audubon Center. Together with adjacent lands owned by Manchester Water Worksa that extend north to Battery Point, this sanctuary

BIRDING FROM PAGE 7

northern hardwood forests, home to numerous birds and mammals. The yellow-
blazed Brookside Trail follows a water feature that bears its name and provides

for a nice soundscape on an otherwise quiet (until the spring birds arrive) walk.

Throated Sparrows as the

drumming Ruffed Grouse and the songs of Winter Wrens and White-

throated Sparrows as the spring progresses. By May, the woodlands turn into a cacophony of birdsong! An extensive trail system with

treeheads allows visitors to spread out and explore many of the habitats including both Cherry and Little Cherry Ponds. These areas are managed by partners including the Friends of Pondicherry, a local vol-

unteer group. We strongly recommend picking up a Pondicherry trail guide, which is more up to date.

View Pondicherry Sanctu-
y on Trailfinder.

Pondicherry Wildlife
Sanctuary, Jefferson and

Whitefield

Experience some of the
classic sounds and signs of
spring in the North Country This 6,000-acre ‘crown jewel’of the sanctuary system is managed jointly as part of a National Wildlife Refuge with the US Fish and Wildlife Service. The refuge protects an incredible diversity of woodland and wet-

land habitats and is home to rare species of plants and wildlife, including over 230 species of birds (125 of which breed here). Listen for drumming Ruffed Grouse and the songs of Winter Wrens and White-

throated Sparrows as the spring progresses. By May, the woodlands turn into a cacophony of birdsong! An extensive trail system with

treeheads allows visitors to spread out and explore many of the habitats including both Cherry and Little Cherry Ponds. These areas are managed by partners including the Friends of Pondicherry, a local vol-

unteer group. We strongly recommend picking up a Pondicherry trail guide, which is more up to date.

View Pondicherry Sanctu-
y on Trailfinder.

Proctor Wildlife San-
yctuary, Center Harbor
Tall pines and a mean-
dering stream provide soli-
tude in the Lakes Region

What the tiny Proctor Wildlife Sanctuary lacks in size, it makes up for in the size of many of the White Pines that dominate the entrance to its beautiful trails. These trees are a gateway to surrounding mixed and

vertebrates – can be seen

trance to its beautiful trails.

Pondicherry trail guide,

of Pondicherry, a local vol-

unteers including the Friends

of the state. If parking lots are full, please seek another hiking area and avoid parking on roadsides to pre-

vent crowding on certain trails. To find a trail near your own community, see trailfinder.info/trails

And, remember, stay local and practice social distancing and safe hiking practices!

(Phil Brown is director of land management for the N.H. Audubon.)
**Ghost Wall**

By Sarah Moss  
(fiction, 152 pages, 2018)

*Ghost Wall* chronicles a family’s two-week stay in the woods of Northumberland in North East England. This setting is all too impor-
tant – Northumberland is known as a prehistoric stronghold with evi-
dence of early civilization found in rock structures and hillforts across the county.

The family accompanies a group of young students and their professor for an excursion of what is deemed “experimental archaeology” as they all try to live as one would during the Iron Age. The odd group, tunic-clad and eager, forages, traps, slaughters, and sings in an attempt to re-enact and re-imagine how the land was once lived upon.

Tensions grow higher as the legends of the area begin to test the sanity of the group and as boredom and fear rise in the younger members. Moss brilliantly reworks iron age ritual into a modern day mentality that leaves the reader questioning how much humanity has really changed throughout time.

*Ghost Wall* masterfully addresses complicated issues of masculinity, family ties, and the complexities of imagination in its brief 150 pages. Though a bit of a “dark” story, it is encapsulating and is perfect for those looking for a quick read that pulls you in and draws you back out with a new perspective.

Visit Concord Public Library online at concordpubliclibrary.net.  

Laura Judge

**Virtual Red River**

Red River Theatres has created a “Virtual Cinema” to allow audiences to rent the indie films they would typically be showing right now, with proceeds benefiting the theater. New films are available each week and added to an ever-growing library. Find a full list of titles at redrivertheatres.org. The “ticket” fees vary but most are $12.

When people purchase a film to screen they are emailed a unique link to access the film. A portion of each ticket goes directly to support Red River Theatres. Films available now include “The Booksellers,” “The Times of Bill Cunningham,” “Beyond the Visible,” “Saint Frances,” “Best of CatVideoFest,” “Sorry We Missed You,” “Extra Ordinary,” “The Whistlers,” and “Once Were Brothers.” You can also become a member or donate to Red River Theatres at redrivertheatres.org/support.

**Happy birthday Hubble**

The McAuliffe-Shepard Discovery Center will have a virtual celebration on April 24 for the 30th anniversary of the Hubble Space Telescope. The special Facebook live event is scheduled for 2 p.m. at facebook.com/MSDiscoveryCenter. There will be an unveiling of a never-before-seen Hubble image, a discussion of the Hubble’s discoveries, activity ideas and a time for questions.

For more information, visit starhop.com.

**Caps requested**

Concord Hospital is seeking donations of surgical caps with ties and buttons near the ears (not the bouffant style). If you’re able to sew and donate caps for our employees, any pattern that includes ties and buttons near the ears will meet our needs. Other items on their wish list include sewn medical masks, half-face respirator rated P95 or above, unscented hand lotion, simple elastic headbands with buttons for masks, N95 masks, hand sanitizer, non-latex gloves (any size), new digital thermometers, brown paper lunch bags, and individually wrapped hard candies and mints. Donations can be dropped off at the visitor entrance of the hospital. For more details, visit concordhospital.org/about-us/newspublications/2020/medical-supply-donations.

---

**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 masks, N95 masks, hand sanitizer, non-latex gloves (any size), new digital thermometers, brown paper lunch bags, and individually wrapped hard candies and mints. Donations can be dropped off at the visitor entrance of the hospital. For more details, visit concordhospital.org/about-us/newspublications/2020/medical-supply-donations.

---

**Virtual movies and more**

**Virtual Red River**

Red River Theatres has created a “Virtual Cinema” to allow audiences to rent the indie films they would typically be showing right now, with proceeds benefiting the theater. New films are available each week and added to an ever-growing library. Find a full list of titles at redrivertheatres.org. The “ticket” fees vary but most are $12. When people purchase a film to screen they are emailed a unique link to access the film. A portion of each ticket goes directly to support Red River Theatres. Films available now include “The Booksellers,” “The Times of Bill Cunningham,” “Beyond the Visible,” “Saint Frances,” “Best of CatVideoFest,” “Sorry We Missed You,” “Extra Ordinary,” “The Whistlers,” and “Once Were Brothers.” You can also become a member or donate to Red River Theatres at redrivertheatres.org/support.

**Happy birthday Hubble**

The McAuliffe-Shepard Discovery Center will have a virtual celebration on April 24 for the 30th anniversary of the Hubble Space Telescope. The special Facebook live event is scheduled for 2 p.m. at facebook.com/MSDiscoveryCenter. There will be an unveiling of a never-before-seen Hubble image, a discussion of the Hubble’s discoveries, activity ideas and a time for questions.

For more information, visit starhop.com.

**Caps requested**

Concord Hospital is seeking donations of surgical caps with ties and buttons near the ears (not the bouffant style). If you’re able to sew and donate caps for our employees, any pattern that includes ties and buttons near the ears will meet our needs. Other items on their wish list include sewn medical masks, half-face respirator rated P95 or above, unscented hand lotion, simple elastic headbands with buttons for masks, N95 masks, hand sanitizer, non-latex gloves (any size), new digital thermometers, brown paper lunch bags, and individually wrapped hard candies and mints. Donations can be dropped off at the visitor entrance of the hospital. For more details, visit concordhospital.org/about-us/newspublications/2020/medical-supply-donations.

---

**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  
(603) 224-7731  1-(800) 639-4039
Microcredentials at NHTI

NHTI's Microcredentials offer under employed, unemployed or employed people a way to build their resumes with field-specific skills and to get ahead.

Offering Microcredentials in fields such as early childhood education, education, information technology, business and engineering technology mathematics, business leadership, and addiction counseling.

Online, 8-week classes begin May 11 through the summer!

Register today and change your future!

You belong here at NHTI, visit www.nhti.edu/micro for more information.

<table>
<thead>
<tr>
<th>Business</th>
<th>Business Leadership</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Course Number &amp; Name</strong></td>
<td><strong>Credits</strong></td>
</tr>
<tr>
<td>BUS 101C Introduction to Business</td>
<td>3</td>
</tr>
<tr>
<td>BUS 152C Foundations of Leadership</td>
<td>4</td>
</tr>
<tr>
<td>BUS 245C Organizational Behavior</td>
<td>4</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Early Childhood Education</th>
<th>Homeschool Early Childhood Pedagogy</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Course Number &amp; Name</strong></td>
<td><strong>Credits</strong></td>
</tr>
<tr>
<td>ECE 101C Growth and Development of the Young Child</td>
<td>3</td>
</tr>
<tr>
<td>ECE 143C Teaching and learning STEAM</td>
<td>3</td>
</tr>
<tr>
<td>ECE 215C Infant and Toddler Development and Programming</td>
<td>3</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Education</th>
<th>Teaching for All Learners</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Course Number &amp; Name</strong></td>
<td><strong>Credits</strong></td>
</tr>
<tr>
<td>EDU 101C Introduction to Exceptionalities</td>
<td>3</td>
</tr>
<tr>
<td>EDU 104C Instructional Technology</td>
<td>3</td>
</tr>
<tr>
<td>EDU 200C Supporting Students with Challenging Behavior</td>
<td>3</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Basic Toolkit for Teaching</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Course Number &amp; Name</strong></td>
</tr>
<tr>
<td>EDU 101C Introduction to Exceptionalities</td>
</tr>
<tr>
<td>EDU 104C Instructional Technology</td>
</tr>
<tr>
<td>EDU 201C Legal and Ethical Issues in Education</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Information Technology</th>
<th>IT Help Desk Technician (A+ Certification Alignment)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Course Number &amp; Name</strong></td>
<td><strong>Credits</strong></td>
</tr>
<tr>
<td>IST 104C PC/Mobile Hardware and Networking</td>
<td>3</td>
</tr>
<tr>
<td>IST 109C PC OS Security and Cloud Fundamentals</td>
<td>3</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Mathematics</th>
<th>Math for Business</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Course Number &amp; Name</strong></td>
<td><strong>Credits</strong></td>
</tr>
<tr>
<td>MATH 124C College Algebra</td>
<td>4</td>
</tr>
<tr>
<td>MATH 251C Statistics</td>
<td>4</td>
</tr>
<tr>
<td><strong>AND/OR</strong></td>
<td><strong>MATH125C Finite Mathematics</strong></td>
</tr>
<tr>
<td>MATH 125C Finite Mathematics</td>
<td>4</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Math for Engineers</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Course Number &amp; Name</strong></td>
</tr>
<tr>
<td>MATH 124C College Algebra</td>
</tr>
<tr>
<td>MATH 140C Precalculus</td>
</tr>
<tr>
<td><strong>AND/OR</strong></td>
</tr>
<tr>
<td>MATH 251C Statistics</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Social, Education and Behavioral Sciences</th>
<th>Understanding Addiction</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Course Number &amp; Name</strong></td>
<td><strong>Credits</strong></td>
</tr>
<tr>
<td>ADCL 120C Survey of Addictive Behavior</td>
<td>3</td>
</tr>
<tr>
<td>ADCL 235C Physiology and Pharmacology of Addiction</td>
<td>3</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>The Four Domains of the Certified Recovery Support Worker (CRSW)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Course Number &amp; Name</strong></td>
</tr>
<tr>
<td>ADCL 230C Four Domains of Certified Recovery Support Worker (CRSW)</td>
</tr>
</tbody>
</table>
Friday is National Arbor Day. As communities, schools, organizations, companies, and residents adjust to a new routine, there is still a lot of uncertainty (and anxiety) in the air. We’re witnessing shutdowns and event cancellations across the country to slow the spread of COVID-19.

But the spirit of Arbor Day remains strong. This public health crisis has taught us to be more agile and creative in finding ways to celebrate trees and connect with nature. After all, there are many benefits to being around trees, including less stress.

Here are six easy ways you can celebrate Arbor Day while practicing social distancing.

1. **Hike Through a Forest**
   Find a nearby trail in a forest (or park) and go for a walk, hike, or bike ride. Natural settings are effective in lowering stress. Exercising outdoors compared to exercising indoors helps people feel more revitalized, engaged with others, and less tense.

2. **Online Nature Learning**
   When you can’t make it outdoors, stay in and learn about it. Carly’s Kids Corner is full of fun and educational resources to connect children with nature. The site, arborday.org/kids includes interactive games that highlight the value of trees.

3. **Draw Your Favorite Trees**
   This is a great activity to do with young ones. Bring out the colored pencils and crayons and start drawing your best artwork. You could even use it as an extension of Carly’s Kids Corners by trying to identify the trees and including some tree facts.

4. **Nature-based Crafts**
   Indoor days are perfect for arts and crafts. Pinterest is full of creative ideas for crafts made with natural materials like pine cones, needles, leaves, and twigs. See what you can find in your backyard and let your imagination get to work.

5. **Order a Tree**
   Can one ever have too many trees? Whether you find a tree from a local nursery or the Arbor Day Foundation Tree Nursery, nothing says Arbor Day like buying and planting a tree. The tree you plant will benefit your whole community. Times like these remind us of the importance of healthy communities.

6. **Become a Member**
   When you become a member of the Arbor Day Foundation, you support tree planting efforts around the globe.

   There is a lot of uncertainty in the air. Although we don’t know what the coming weeks look like, it’s still important to take time to pause, relax, and continue to celebrate the good things. Trees are proven to reduce stress and improve well-being. If ever there was a time for trees, now is that time.

   Have a happy and healthy Arbor Day!
Long Ago
Easter

As we reflect alone,
on our Easter from long ago,

family together then,
this year not quite so.

Missing the people,
I love so very dear,

knowing they are safe,
though they can't be near.

I understand this is life,
how it must be,

perhaps next year will be fine,
we shall see.

The gathering was missed,
love was still there though,

as we reflect alone,
on our Easter from long ago.

James W. Spain

looking back

Rock of Rattlesnake Hill

By JAMES W. SPAIN
For the Insider

The largest block of granite ever quarried in New Hampshire was cut and loaded by the New England Granite Company on August 7, 1894, in Concord. This granite block was cut from Rattlesnake Hill and weighed 38 tons and was sold for the price of $50,000. Once cut from New England Quarry the block was transported down Rattlesnake Hill to the cutting shed near the railroad tracks on North State Street, across from the present-day Blossom Hill Cemetery.

When this massive granite block left Concord, it was transported by the railroad to Westerly, Rhode Island, for processing and preparation for a grand mausoleum.

The mausoleum was constructed in Woodlawn Cemetery in New York for William Foster, a very wealthy gentleman that made a fortune manufacturing kid skin gloves.

The structure is canopied with a cruciform footprint and one of the first constructed in this era with an "open air" concept void of doors and windows. The Rattlesnake Hill block provided a granite base weighing just shy of 40 tons and measures 42 by 24 feet. Under the slab there are catacombs constructed for eight additional burials. The mausoleum is finished with a double sarcophagus containing William Foster’s remains. There is a total of 16 Tuscan columns and over 1,100 tons of granite used in the structure which is 52 feet high.

To this day, there is almost 40 tons of granite from Rattlesnake Hill, Concord, resting alongside some of the most famous Americans, such as Duke Ellington, Herman Melville and many more.
The Irwin Automotive Group Plans to continue to serve our customers with amazing car buying and service needs! In these uncertain times, for your convenience and piece of mind, we've made a lot of changes to how we do business. We will continue to offer the same high-quality service that we always have, while keeping our employees and our customers as safe and healthy as possible. We’re offering low and no-contact options for our sales and service departments. If there is anything we can do for you please contact us. Otherwise, be safe and healthy!

### Cars and Pricing

<table>
<thead>
<tr>
<th>Model</th>
<th>Lease Offer</th>
<th>Buy Offer</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Toyota</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Corolla LE</td>
<td>$75/MO</td>
<td>$19,055</td>
</tr>
<tr>
<td>RAV4 LE 4x4</td>
<td>$88/MO</td>
<td>$25,566</td>
</tr>
<tr>
<td>Tacoma SR Access Cab 4x4</td>
<td>$129/MO</td>
<td>$26,101</td>
</tr>
<tr>
<td><strong>Ford</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Explorer XLT 4x4</td>
<td>$88/MO</td>
<td>$35,593</td>
</tr>
<tr>
<td>Ranger XL 4x4</td>
<td>$99/MO</td>
<td>$27,582</td>
</tr>
<tr>
<td>F150 Super Cab 4x4 XLT</td>
<td>$98/MO</td>
<td>$36,242</td>
</tr>
<tr>
<td><strong>Hyundai</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kona Limited AWD</td>
<td>$68/MO</td>
<td>$36,048</td>
</tr>
<tr>
<td>Tucson SE AWD</td>
<td>$63/MO</td>
<td>$21,149</td>
</tr>
<tr>
<td>Santa Fe SE AWD</td>
<td>$79/MO</td>
<td>$23,499</td>
</tr>
</tbody>
</table>

*Additional Savings Available at www.irwinzone.com

**Manufacturer's suggested retail price (MSRP).**

**Sale price after all rebates and financing incentives.**

**Tax, title, license, $599 documentation fee, and dealer fee (if any) not included in sale price.**

**Lease cannot be combined with other special incentives.**

**Financing from participating FMCC lenders required. 0% APR financing subject to credit approval.**

**Subject to credit approval. No sales tax for NH residents.**

**Excludes state and local taxes, tags, title, insurance, and dealer fees.**

**See dealer for complete details.**

---

**Financing may affect sale price.**

**In stock vehicles only.**

---

**Additional Savings Available at www.irwinzone.com**

---

**See dealer for complete details.**
April 22, 2003: Criticizing what he calls the Bush administration’s “lasting damage” to the environment, Democratic Sen. John Kerry promises to “make environmental justice the law of the land” and to create a new enforcement office within the Environmental Protection Agency if he’s elected president in 2004. By strengthening and enforcing environmental protections, the United States actually could create more jobs and boost economic recovery, Kerry tells a crowd of about 100 environmental activist gathered at the Society for the Protection of New Hampshire Forests for an Earth Day celebration.

April 22, 1746: Indians break into Woodwell’s Garrison, west of modern-day Contoocook, and take eight occupants to Canada. Two Coos County Democrats “defame” the Indians and the New Hampshire Sunday News reports that the “Indians have burnt a house and killed a man.”

April 22, 1843: Convinced that the end of the world is near, a considerable number of people in Concord and elsewhere neglect all worldly business and give themselves up to prayer. A few become insane, some destitute.

April 22, 1864: The Sanborn block, home to the offices of the New Hampshire Patriot, is destroyed by fire.

April 22, 1864: Parker is born in Manchester home in Wilmot. His mother is a reporter, both near and far, for the Manchester and the News and Sentinel and the News and Sentinel. Parker is born in Littleton.

April 22, 1865: Thirteen-year-old Larry West of Concord is killed with a 12-gauge shotgun. The weapon discharges accidentally while he is climbing a tree to shoot a porcupine.

April 23, 1845: Harriet P. Dame dies in Concord at the age of 85. She was renounced for having ventured south with the 2nd New Hampshire Infantry Regiment during the Civil War. She served as a nurse and helpmate to the soldiers and was captured at Bull Run.

April 23, 1900: The Monitor reports that Mrs. John Maken of Manchester will spend $150 on flannel for shirts for the First New Hampshire Volunteer Infantry Regiment.

April 23, 1945: John Harrigan is born in Littleton. Harrigan will become a reporter for the Nashua Telegraph and the New Hampshire Sunday News before taking over as publisher of both the Coos County Democrat and the News and Sentinel of Colebrook. When reporters, both near and far, are looking for the voice of the North Country, they will often turn to Harrigan.

April 23, 1945: President Franklin D. Roosevelt, now president, has re-elected him to a lowly clerical job. Benjamin Brown French reminisces in his journal about the early days of their friendship. In 1831, on the way to serve in the New Hampshire House, the two met in Hopkinton, Pierce on horseback, French in a chaise. In Concord, “we took rooms at Gass’s Eagle Hotel, nearly opposite each other, & then commenced a friendship that has been, on my part, almost an affection. From that day to this I have not wronged Frank Pierce in thought, word or deed.”

April 24, 1845: The Portsmouth Journal reports that neither the 40-year-old federal prohibition on the slave trade nor the ships built in the Portsmouth Navy Yard for the African Squadron have managed to stop the wholesale capture of blacks in Africa. “So expeditiously do the fast sailing vessels employed in the slave trade manage their business,” the paper reports, “that they will run into some inlet, where four hours suffice for them to take in wood, water, and several hundred slaves.”

April 24, 1900: President Ford visits the site and is greeted at Concord airport and introduced to the Legislature by Gov. Meldrim Thomson. Thomson, however, has let it be known that he’s promoting a challenge to Ford in the presidential primary from former California governor Ronald Reagan — and, failing that, Thomson plans to run himself.

April 25, 1902: The statue of Commodore George H. Perkins of Hopkinton is dedicated behind the State House. Perkins was a Civil War naval officer who helped Admiral David Farragut take New Orleans and win the Battle of Mobile Bay. As the tablet on the statue records, Farragut called Perkins “the bravest man that ever trod the deck of a ship.”

April 26, 1948: On the first day of spring vacation, Concord students take to the streets of downtown brandishing placards. Their cause: a new swimming pool in West Concord. The state Board of Health closed the old one as unsanitary in 1945, and a committee of the city’s alderman has recommended against spending $110,000 to build a new one.

April 27, 1861: The city of Concord appropriates $10,000 to aid the families of local volunteers who go off to war. It expects the state to reimburse it, and for the most part it will. By the end of the year, the city will have doled out $3,000 to soldiers’ families.

April 27, 1975: Gov. Meldrim Thomson says a planned protest at the Seabrook nuclear plant site is “cover for terrorist activity,” adding: “Once the demonstrators occupy the site, they do not plan to leave alive.”

April 27, 1987: Fire breaks out in the south end of the Legislative Office Building in Concord. Hundreds gather to watch as a cool wind whips the flames pouring from the roof. Water streams out the door and down the steps into the street. The building suffers extensive smoke and water damage.

April 28, 2003: People from across New Hampshire come to two-hour public hearings in Concord to register their dissatisfaction with the $2.7 billion House budget proposal. The sessions are dominated by talk of cuts to social services: adult care programs, mental health treatment programs and Medicaid, among others.

April 28, 2001: A Concord doctor has been charged with sexually assaulting a patient in her bed at the state’s psychiatric hospital, the Monitor reports. The doctor is also accused of giving the patient addictive drug prescriptions in exchange for sex.

April 28, 2000: The House Judicial Conduct Committee announces it has decided not to investigate state Supreme Court Justice John Broderick or retired justice William Johnson. The committee votes to continue investigating allegations of misconduct by Justice Sherman Horton and Chief Justice David Brock.

April 28, 1752: On a trapping expedition north of Plymouth, young John Stark leaves camp to check his traps and is captured by Indians. He is beaten, taken north to Canada, forced to run the gauntlet and, after five or six weeks in captivity, released when a ransom of 40 pounds is paid.

April 29, 2002: After months of campaigning, Democrat Martha Fuller Clark formally announces her second run for Congress, laying out her priorities—protecting children and Social Security and making life better for families.
**Help Wanted**

**Overnight Staff Position (Allenstown)**
Temporary Full time/Part time position is available for an Awake overnight staff person to supervise 8-15 year-old boys at a residential school in Allenstown, NH. Must be at least 21 years of age with an Associate’s Degree in related field; a high school diploma (or equivalent) with at least 7 years parenting experience and be at least 30 years old. This position calls for staff to stay AWAKE during working hours. Working hours are from 11:00 pm to 9:00 am 4 nights a week. (Approximately 40 hours). Please send resume to: paulrivo88@gmail.com

---

**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](http://www.cancer.org) 1-800-ACS-2345
Hope. Program. Answers.

---

**American Heart Association**

Until there’s a cure, there’s the American Diabetes Association.

---

**Go ahead, be DARING!**

Satisfy your thirst for adventure with one of the motorcycles listed in the Classifieds. To learn more or to place an ad, call

**Concord Monitor**
One Monitor Drive
Concord, NH 03302-1177
603-224-7777
www.concordmonitor.com

---

**Contoocook Valley Regional School District SAU #1**
Peterborough NH

ConVal is **HIRING NOW** for Multiple Positions:

**District:**
- Assistant Principal – Peterborough Elementary School
- School Psychologist
- School Nurse
- Certified Occupational Therapist (COTA)
- Special Education Paraprofessional
- ConVal Preschool for All Program
  - Preschool Case Manger
  - Preschool Social Worker
  - Pre-School Paraprofessional

**High School:**
- Director of School Counseling
- Special Education Administrator
- High School Graphic Design Instructor
- High School Physical Science Teacher
- Special Education Teacher

**Elementary School:**
- Elementary Teacher
- Kindergarten Teacher
- Special Education Teacher

Go to [www.convalsd.net](http://www.convalsd.net), click on “Careers” and complete an application.

---

**MERRIMACK VALLEY SCHOOL DISTRICT**

105 Community Drive, Penacook, NH 03303
[www.mvsdpride.org](http://www.mvsdpride.org)

**Permanent Substitute Custodian Needed**

Merrimack Valley School District has an immediate opening for a Permanent Substitute Custodian. Applicants should have high school diploma, general knowledge of cleaning products/procedures, ability to lift 75 lbs. Pay is based on experience and ranges from $13.81 to $17.21 per hour with potential overtime. Competitive benefit package.

All applicants must submit completed application and 3 current letters of reference to the address above. Position will remain open until satisfactorily filled. Please email Fred Reagan at freagan@mvsdpride.org with questions.

Application can be picked up at the superintendent’s office or on the District’s web site.

---

**BUSINESS ADMINISTRATOR**

**SAU#79, Gilmanton School District** is seeking a part-time Business Administrator to oversee all financial functions of the District including, Operation of School, Food Services, Federal Grants and Budget. The Business Administrator provides support to the Superintendent and the Board in the areas of Technology and Transportation, CIP Development and interactions with the Town’s Budget Committee and Selectmen. Salary and Benefits are negotiable depending qualifications and experience. The Board seeks to fill this position with a start date of July 1, 2020. Applicants must be certified or eligible for an Alt IV certification upon hire. Interested parties should provide a letter of interest, resume, transcripts and three (3) current letters of recommendation. All documents should be mailed to John A. Fauci, Superintendent of Schools, SAU#79, Gilmanton School District, P.O. Box 309, Gilmanton, NH 03237.

---

**Help Wanted**

**– BUSINESS ADMINISTRATOR –**

**SAU#79, Gilmanton School District** is seeking a part-time Business Administrator to oversee all financial functions of the District including, Operation of School, Food Services, Federal Grants and Budget. The Business Administrator provides support to the Superintendent and the Board in the areas of Technology and Transportation, CIP Development and interactions with the Town’s Budget Committee and Selectmen. Salary and Benefits are negotiable depending qualifications and experience. The Board seeks to fill this position with a start date of July 1, 2020. Applicants must be certified or eligible for an Alt IV certification upon hire. Interested parties should provide a letter of interest, resume, transcripts and three (3) current letters of recommendation. All documents should be mailed to John A. Fauci, Superintendent of Schools, SAU#79, Gilmanton School District, P.O. Box 309, Gilmanton, NH 03237.

---

**– BUSINESS ADMINISTRATOR –**

**SAU#79, Gilmanton School District** is seeking a part-time Business Administrator to oversee all financial functions of the District including, Operation of School, Food Services, Federal Grants and Budget. The Business Administrator provides support to the Superintendent and the Board in the areas of Technology and Transportation, CIP Development and interactions with the Town’s Budget Committee and Selectmen. Salary and Benefits are negotiable depending qualifications and experience. The Board seeks to fill this position with a start date of July 1, 2020. Applicants must be certified or eligible for an Alt IV certification upon hire. Interested parties should provide a letter of interest, resume, transcripts and three (3) current letters of recommendation. All documents should be mailed to John A. Fauci, Superintendent of Schools, SAU#79, Gilmanton School District, P.O. Box 309, Gilmanton, NH 03237.
NEW RESEARCH SHEDS LIGHT ON CHRONIC NECK PAIN & SPINAL DEGENERATION

RESEARCH REVEALS CHIROPRACTIC MAY ALLEVIATE UNNECESSARY SUFFERING

Recent research reported in the *Annals of Vertebral Subluxation Research* on a woman suffering with neck pain for over 20 years reveals that chiropractic may play an important role in managing these patients. The literature included supports the role of chiropractic in those suffering from related health challenges and calls for more research in this area.

“Research is revealing that structural shifts of the spine such as disc problems and degeneration secondary to vertebral subluxation can be improved following chiropractic care” stated Dr. Matthew McCoy, a chiropractor, public health researcher and editor of the journal that published the study. McCoy continued “This case adds to the body of scientific literature suggesting that chiropractic should play an important role in managing people with structural spinal distortions, chronic pain and degeneration.”

Abnormal spinal alignment and posture are associated with poor general health, physical function, emotional function, social function, neck and low back pain. Normal spinal alignment and movement provides shock absorption and leverage, which protects the spinal cord and nerves from the forces of gravity and other daily traumas one may encounter.

McCoy stated “Abnormal spinal alignment and posture also increase stress and strain to the nerve and blood supply of the spinal cord. This can seriously affect the nervous system.”

It is a rare phenomenon for resolution of these abnormalities in the absence of intervention. However, there is literature that supports the effectiveness of chiropractic to restore a healthy spinal alignment and motion according to the research, thereby lowering the risk of chronic pain, degeneration and poor health.

This case describes a 78-year old woman who had been suffering with neck pain for over 25 years, severe degenerative disc disease, and osteoporosis. Her pain was so severe she could not perform all her job duties, leaving her to work less hours. Daily activities like driving was scary and dangerous as she could not turn her head to check traffic due to the worsening of her condition. She ultimately had to turn in her license because she was a public safety risk.

The chiropractor examined her and found structural spinal shifts, tight muscles, and limited range of motion in her neck. Orthopedic testing, x-rays, and MRI confirmed these findings. These structural shifts can lead to obstruction of the nerves and it is this obstruction, called vertebral subluxations, that chiropractors correct.

Following chiropractic adjustments, she reported improvement in her symptoms and that for the first time in over 25 years she was pain free. She was able to return to full duty hours at work and get her license back to drive.

The study’s author called for additional research to investigate the clinical implications of chiropractic in this population.

Reduction of Neck Pain and Immobility in a 78-Year-Old Patient with Severe Degenerative Disc Disease and Osteoporosis Using Gonstead Chiropractic Care for Vertebral Subluxation: A Case Study

Sarah Hock DC, CACCP & Mike McIntyre, DC
*Annals of Vertebral Subluxation Research* - April 6, 2020 - Pages 43-49

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

*Results may vary

CROSSROADS CHIROPRACTIC...
Because the body heals itself!

THREE CONVENIENT LOCATIONS

**Concord**
224-4281
556 Pembroke St • Pembroke
Dr. Stephanie
Dr. Jennifer

**Lakes Region**
677-1444
3 Annalee Place • Meredith
Dr. Graham

**Epping/Lee**
679-3222
629 Calef Highway • Epping
Dr. David

WWW.CROSSROADSCHIROPRACTIC.COM