THE CONCORD INSIDER

RACE GOES DIGITAL

Payson Center for Cancer Care
June 3 - 9
Free and futuristically fundraising
6 Race rebooted
Rock ‘N Race looks different this year with runners out on their own, but need is the same.

10 Stretch
Flex and extend your spine with Cat and Cow.

4 Around town
What’s happening this week in the capital city.

find it
History .................................................................3
City newsletter .........................................................4
Rock ‘N Race ..........................................................6

Books ...........................................................................9
Making Good Health Simple ........................................10
Looking Back ............................................................12
June 3, 2002: In Manchester a lawyer who has been building a sexual abuse case against the Archdiocese of Boston for nearly a decade turns his attention to New Hampshire’s Bishop John McCormack. Attorney Rod- erick MacLeish of Boston questions McCormack behind closed doors for 5½ hours about his role handling sexual abuse allegations for Cardinal Bernard Law while working in the archdiocese in the mid-1990s.

June 3, 1975: Gov. Meldrim Thomson signs a bill allowing school districts to provide for voluntary recitation of the Lord’s Prayer.

June 3, 1902: The New Hampshire State Federation of Labor is organized.

June 3, 1944: The state’s hopes that “Nazi workers” will solve the labor shortage by harvest time are dashed. “There are not enough German prisoners to go around,” says Arthur French of Boston.

June 4, 1976: From Philadelphia, New Hampshire congressional delegate Josiah Bartlett writes to his wife Mary in Kingston: “The Congress have determined to oppose Britain with all their power ... Remember my Love to all the children.”

June 4, 1973: The Concord School Board votes to build a 450-pupil, $1.9 million school for grades 4-6 off Portsmouth Street. It will be known as Broken Ground School.

June 4, 2003: Just 29 hours after they cut holes in razor wire fences to escape from the North State Street prison in Concord, Philip Dick, Kevin Gil and Christopher McNeil are caught at a campground in Plymouth, Mass.

June 5, 2002: Katrina Swett formally announces her candidacy for Congress in the Second District, seeking to claim the seat her husband once held.

June 5, 1845: John Parker Hale and Franklin Pierce debate slavery before an overflow crowd at the Old North Meeting House in Concord. After one antiblack speech from Hale, a veteran known as Old John Virgin blurs out: “Give it to ‘em, Jack. Drive the poor vipers into their dens, and make ‘em pull their holes in after them.”

June 5, 1845: That day was remarkably fine.”

June 5, 1801: Isaac Butterfield dies in his hometown of Westmoreland. He was a major in the Continental Army who gained notoriety 15 years earlier when he surrendered his 390 troops to the British without a fight. Back home, he overcame his disgrace, with many believing he had acted to spare his men from slaughter by a vastly superior force. He served on many town committees and amassed some wealth. The cause of death: He was kicked by a horse.

June 5, 1989: Concord’s CAT buses roll for the first time. Rides are free for the first week. It’s the first public transportation available in Concord in 11 years.

June 5, 1985: Congressmen Bob Smith is the only New England congressman to vote against sanctions aimed at the apartheid regime in South Africa. He says they won’t accomplish their purpose.

June 6, 1985: The state’s liquor monopoly makes it worse. The first state liquor monopoly in New Hampshire, the first openly gay Episcopal bishop in the world.

June 6, 1927: The Manchester board of mayor and aldermen approves spending $15,000 to begin development of a Manchester airport.

June 6, 2001: Concord has won a $405,000 grant from the state Land and Community Heritage Investment Program, the Monitor reports. The money vastly improves the odds that a group trying to buy the Orchard at Sunnycrest Farms will reach its $1.3 million fundraising goal.

June 6, 1941: Yankee third baseman Red Rolfe of Penacook hits a homer in the first game of New York’s doubleheader sweep at Cleveland. Rolfe’s teammate, Joe DiMaggio, homers twice in the first game and has two hits in the second. His hitting streak now stands at 24 games.

June 6, 1798: State House chaplain Joshua Heywood is fired after two days on the job. His infraction: failure to pray for President John Adams.
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:

**CPL Zine**

The staff at Concord Public Library are thinking of you. We made this zine to reflect the strength of our community in challenging times. You can view it here: www.flip-snack.com/CPLNH/cpl-quarantine-zine-final.html. It contains recipes, activities, staff recommendations, and more.

**Parks and Recreation**

The staff at the Concord Parks and Recreation Department have been working hard to update our summer plans to make sure we can offer the safest facilities and best programming possible. We are following the Governor’s 2.0 updates and working with City Administration to begin reopening and offering services.

Please continue to follow social distancing while using our parks and open spaces, and continue to carry in and carry out your trash as maintenance staffing levels have been reduced. Also please note that all playgrounds remain closed at this time.

Summer will look different however we are looking forward to seeing everyone again soon.

Due to COVID-19 some of our summer events have been affected:

- We have canceled the two Nevers Band Concerts scheduled in June.
- We have canceled the City’s annual July 4 fireworks celebration.
- The Good News: Our skate board park has re-opened (for groups of 10 or less)
- Starting on Monday, June 1, outdoor sports practices can begin. Groups of 10 or less (including coaches). Leagues will need to schedule time on fields.
- Tennis courts and basketball courts remain open for groups of 10 or less.
- We are working with our partners to offer “drive in” concerts in July and August.
- Please visit our web site, concordparksandrec.com and social media sites for updates on our summer season.

**Hydrant flushing**

Hydrant flushing will continue for several weeks in different areas of the city. Concord water customers should view the tentative flushing schedules below to determine when flushing is scheduled to occur in their area. Customers should remember to avoid doing laundry during their flushing time and to run their tap on cold to flush the lines if discoloration occurs. Schedules are subject to change. Please visit concordnh.gov/springoperations to find updated information and verify scheduled flushing times as the season progresses.

- June 3: Broadway to Bow St., Stone St. to Nivelle St., Franklin St., Auburn St.
- June 4: South Street from Abbott Downing School to Iron Works Road and side streets, Centre St. to Dwinell Drive and side streets, Primrose St., Lilac St., Tower Circle
- June 5: South St. from Rockingham Road to Bow line and side streets, private flushings
- June 8: Commercial St., Constitution Ave., Portsmouth St., Eastman St., Locke Road, East Side Drive south of I-95 to

---

**Diamond Heart Pendant in White Gold**

A Family Business Since 1950

A Family Business Since 1950

Speer’s Fine Jewelry

24 North Main Street • Downtown Concord

www.SpeersFineJewelry.com • 603-224-1582

---

**Prepare for this fall by enrolling in a Tutorial Program this summer**

ParkerEducation.com

603-228-4209
June 11: Mountain Green Country Club Lane, Foxcross, Oakmont, Checkerberry Lane, Eastman Ave., Partridge Road, Redwing Lane, Robin Road, Cardinal Road, private flushing
June 12: East Side Drive, Mountain Road, private flushing

Utility and state work next week
Liberty Utilities may be working at the following locations next week:
- South State St. (21 to 69) including side streets (Wall, Fayette, Thompson, Monroe, Concord, and Laurel).
- Midway Paving will be in miscellaneous spots doing sidewalk repair for the gas service trenches.
- Midway paving will be installing new gas main on Perley St. from S. State St. to Main St.

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

The State of N.H. will be installing new steam lines on School Street. Work for this week includes the following:
- School St. (Green St. to N. State St.); the sidewalk (on the North side) and parking spaces will be closed for steam pipe installation. Pedestrian traffic will be detoured.
- School St. at the Intersection of N. State, the State of New Hampshire will continue installing new steam lines across N. State. There will be traffic disruptions, detours, lane closures and possible closures. Please avoid this intersection if possible.
- School St. from N. State to Main St., the State of New Hampshire will be installing new steam lines. They will be taking parking, closing the sidewalk on the north side of School St. and causing traffic disruptions.
- State of New Hampshire will be milling and paving on Park St. (N. State to Green St) and Green St. (Park St. to School St.)

City assessment and surveys
The Assessing Department is conducting a citywide reassessment to value properties at market value as of April 1, 2020. Last week, the department began sending out letters and surveys to commercial and industrial property owners. There are two surveys this year. One survey, which is sent yearly, requests information regarding the income and expenses pertaining to the real estate for the past year.

The second survey has been added due to the impact of COVID-19. The questionnaire asks about what changes may have or have occurred over the months of March – June 2020. The questions ask about rental payments, tenant openings or closings, modifications to mortgage payments and funds received from state and/or federal programs. Our hope is to gain a better understanding of what the impacts of COVID-19 are at this point in time.

These surveys will assist the Assessing Department by gathering information to determine a baseline of values prior to COVID-19 and what changes have been experienced due to COVID-19 thru June 2020. We hope that property owners who were sent the questionnaires will complete them and return to the Assessing Department by June 24. The information gathered is kept confidential and is not shared or made available to the public. Property owners’ cooperation will be pivotal in assisting the department in setting values for April 1, 2020.

If property owners have any questions regarding these surveys, they can call 603-225-8550 Monday through Friday 8 a.m. – 4 p.m. or email assessing@concordnh.gov.

FY21 proposed budget
The proposed FY21 budget is available online at concordnh.gov/Archive.aspx?ARCHID=5027. This web page also includes links to the Finance Committee’s budget schedule.

Are you overwhelmed by past due bills and mounting debt?
Let NHFCU help you with our Debt Consolidation Loan.

- Ease your stress
- Increase your credit score

Lending decision NOT based on your credit score!

(603) 224-7731
(800) 639-4039
70 Airport Road, Concord
47 N Main Street, Concord
71 Calef Highway, Lee

www.nhfcu.org

New Hampshire Federal Credit Union

NHFCU may lend to members only. Contact us to find out if you are eligible. All loans subject to credit approval.

Still Here to Help Pets

Call ahead for assistance 856-8756
We are open by Appointment Only
To see current programs visit: popememorialspca.org
Pet Adoptions are also by Appointment Only.
Go the (social) distance
Rock ‘N Race moves annual 5k fundraiser to virtual format

Covid-19 put a stop to Rock ‘N Race in its usual format, but it didn’t stop or slow down the need for cancer services. Throughout March and April, Payson Center saw between 40 and 60 patients each day for treatment and care.

Rock ‘N Race provides 50% of annual funding for programs and services of the Concord Hospital’s Payson Center for Cancer Care HOPE Resource Center. That’s cancer-fighting support for more than 1,000 people a year.

Without the Rock ‘N Race, those services are at risk and patients may not get all the support they need.

Payson Center is encouraging participants to form teams and ask family and friends to support their fundraising, then walk or run on their own during June. Participants can register online for Rock ‘N Race 2020: 6FT to 5K until June 30 at giveto.concordhospital.org/events/rock-n-race or download a registration form and mail it to Concord Hospital Trust, Attention: Rock ‘N Race, 250 Pleasant Street, Concord, NH 03301.

To help the Payson Center raise the funds needed to assure continuation of these vital services, founding donors Norm and Melinda Payson have made a one-time commitment to match what participants raise – dollar for dollar – up to $150,000. Through their wonderful generosity and your commitment and energy, the community can achieve our goal and meet the needs of those battling cancer in 2021.

Since 2003, Rock ‘N Race, sponsored by Merrimack County Savings Bank, has raised more than $3.5 million dollars for the Payson Center.

For more information, visit the registration page or facebook.com/RNR2020.
The Fletchtones perform as runners pass by during the Rock N Race 5K in downtown Concord on May 19, 2016.

Niall and Rory Campbell welcome the sprayed water at the Northwestern Mutual station during the 2017 Rock N Race.

Participants can register online for Rock 'N Race 2020: 6FT to 5K until June 30 at: rocknrace.org

FOR MORE INFORMATION, PLEASE CALL 603-227-7000 EXT. 5234
Two-time survivor benefited from center

Cancer treatment left Sara Johnson with the inability to taste or swallow. She met with Payson Center Oncology Dietician Megan Ryder, who suggested healthy alternatives for food or drinks that would work before, after and during cancer treatment. Megan worked with Sara’s insurance company and the nutrition company for food deliveries that helped keep her body strong while she was using a feeding tube.

Sara also utilized HOPE Resource Center support groups—a safe place where she could share her story and be with people that understood her cancer journey. Through HOPE’s lecture series, she learned from nationally known guest speakers about her disease and the anti-cancer lifestyle. She calls her education an eye-opening experience that has changed her life.

Cancer care requires transportation. Sara was provided with gas cards for her many trips to the hospital for treatments and appointments. She also received a discount grocery card to help her afford to make the right choices for food and nutrition that would help her body get and stay strong.

From the wig that matched her hair perfectly, to the aromatherapy that helped nausea, and books via the Payson Center library that she still utilizes, Sara feels that she has been given so much via HOPE Resource Center.

To Rock ‘N Racers, she says “I appreciate everyone that contributed towards those funds to help save my life and make me feel normal at a time when I was struggling. Thank you!”

“I appreciate everyone that contributed towards those funds to help save my life and make me feel normal at a time when I was struggling.”

Sarah Johnson
books of the week

Personal view of life and people in psychiatric ward

**Girl Interrupted**

By Susanna Kaysen
(Nonfiction, 192 pages, 1994)

Does reading this book make you crazy? Probably not, but for Susanna Kaysen she did her time in the psych ward and now she’s talking about it. About how when she popped a zit, they considered it picking at herself. Those moments when you feel like the train is moving when it’s really not, now that is true crazy.

Does hanging around other crazy people make you crazy?

Susanna was caught between a dream and a nightmare. Not really knowing where she fit in. She recounts the characters she got to know as her fellow patients. How people treated her knowing she was committed to a psych ward.

For those of you who like a good psychological read, you won’t want to miss this gem. This is a quick read. If you have seen the movie, do the story justice and read the book for all the facts. The best part is, this isn’t a work of fiction. This is her life! So is Susanna crazy? I’ll let you decide.

Visit Concord Public Library online at concordpubliclibrary.net.

**Amy Cornwell**

---

Master of mystery

Penny’s Inspector Gamache stories excite

**How the Light Gets In**

By Louise Penny
(Mystery, 404 pages, 2013)

When Chief Inspector Armand Gamache is summoned to the tiny village of Three Pines, he has no idea of the magnitude of the events that are about to unfold. With his homicide department in the Surete of Quebec falling apart, he looks forward to some time away in this idyllic setting. But before long, he starts to realize that a missing person in Three Pines, a woman who “fell” off the Champlain Bridge and even the unrest within his own department are all connected.

Three Pines is a sleepy little village not shown on any map, outside of cell tower range and limited in internet connection.

It is filled with quirky, kind-hearted residents and provides Inspector Gamache with a safe place to hide. Here he rallies his closest friends and colleagues together to slowly unravel the conspiracy at work in the highest levels of the Quebecois government and prevent an impending disaster. Multiple plot lines converge in an exciting finale that provides redemption and a new beginning for both Inspector Gamache and his colleagues.

*How the Light Gets In* is certainly a classic mystery, but also filled with themes of friendship and redemption. The book is the ninth in the Chief Inspector Gamache series, but can stand alone as well.

Visit Concord Public Library online at concordpubliclibrary.net.

**Michelle Landcastle**
**Cat/Cow Spinal flexion and extension**

**How:** Start with a deep inhalation and exhalation, and as you inhale again, begin in Table pose, where you kneel with knees directly underneath your hips, your legs are straight behind you, and your hands are spread wide beneath your shoulders. Check that your middle fingers make an 11. As you spread your palms wide, think about pressing into the joints where your fingers meet your palms. You might imagine a sixth finger between your thumb and your index finger and press into that space. As you press into your palms, as if you are making handprints in the sand, you are helping to distribute your weight throughout your arms, and can avoid dumping weight into the wrists.

Next, bring your attention to your spine as you press into the floor, and round and raise your spine up toward the sky. Scoop out the belly as you draw your abs in, and shake out your head and neck as you lower your chin toward your chest. Let your head be heavy, and imagine you can unzip the crown, and drop what you don’t need on your mat.

As you press into the floor and come back to a neutral spine, check in with your breath, inhale, exhale. Continuing to create handprints as you press into the mat, drop your belly into cow pose, press into your ribs, lift your eyes to the sky, and extend into the arch in your back. Continue breathing as you lift your spine up into Cat, finding...
more space for extension, and coming through neutral, drop your belly again into Cow and reach into your arch. Continue as long as you can find more space in your spine.

When you feel complete, sit back on your heels, and check in once more with your breath.

Benefits: As we age, vascularization retreats in the spinal region and the discs become calcified, so that the spine becomes shorter, more rigid and more brittle, and we can lose range of motion in the lumbar spine. A healthy spine not only stays supple, but remains elongated so that we feel taller and stronger.

Variations: You can look over the shoulder creating a side twist, so that looking over the left shoulder toward the heel, you can feel a stretch in your right side body, right hip and right glute. Try it on both sides.

You can extend your left leg long, and lift the leg so that the heel is in line with your hip, and send your right arm out long in front, pressing into the palm for a balancing challenge, and switch to the other side.

(Kris Lucas is a certified fitness instructor and teaches yoga at 43 Degrees North Athletic Club.)

From the Cow pose, relax to the neutral Table pose, then arch your spine upwards for the Cat pose. Move back to neutral and then repeat the Cow and Cat poses until you find more space in your spine.

---

### NHTI’s Business Training Center

**Summer Schedule 2020**

<table>
<thead>
<tr>
<th><strong>EXCEL &amp; DATA</strong></th>
<th><strong>GOOGLE FOR EDU</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Excel 101</strong></td>
<td>Google Classroom Clean Up</td>
</tr>
<tr>
<td>Date: June 17, 8:30-10:30am</td>
<td>Date: June 9, 1:00-3:00pm</td>
</tr>
<tr>
<td><strong>Data Analysis with Excel 102</strong></td>
<td>Clean Up Google Drive &amp; Mail</td>
</tr>
<tr>
<td>Date: June 24, 3-5pm</td>
<td>Date: June 24, 3:00-5:00pm</td>
</tr>
<tr>
<td><strong>Introduction to SQL</strong></td>
<td>G Suite 101</td>
</tr>
<tr>
<td>Date: July 15, 8:30-10:30am</td>
<td>Date: July 14, 9:00-11:00am</td>
</tr>
<tr>
<td><strong>Data Visualization</strong></td>
<td>Google Forms 101</td>
</tr>
<tr>
<td>Date: July 21, 3:00-5:00pm</td>
<td>Date: July 16, 9:00-11:00am</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>BUSINESS &amp; LEADERSHIP</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Lean Thinking &amp; Practice</strong></td>
</tr>
<tr>
<td>Date: August 18 &amp; 20, 8:30-11:30am</td>
</tr>
<tr>
<td><strong>Leadership Perspective</strong></td>
</tr>
<tr>
<td>Date: June 25, 9:00-11:00am</td>
</tr>
</tbody>
</table>

**MICROCREDENTIALS**

Advance your career or learn new job related skills

NHTI’s new Microcredential Programs are open for enrollment. Excellent for career advancement and entry level qualifications. All credits are transferable into accredited certificate & degree programs!

1-4 courses 6 - 12 credits

- **Teaching for All Learners**
- Homeschool Early Childhood Pedagogy
- **Basic Toolkit for Teaching**
- **Math for Business**
- **Math for Engineers**
- **Business Leadership**
- IT Help Desk Technician
- A+ Certification Alignment
- Understanding Addiction
- Four Domains of the Certified Recovery Support Worker

**Information Technology**

- **Programming Essentials in Python**
  - Date: 8/3 - 8/7 - 3 Credits
  - Aligned with PCAP Exam
  - Eligible for 51% off PCAP Exam
  - $720

- **Getting Started with Cyber Security**
  - Date: 7/13 - 7/17 Non Credit
  - Earn a Verified Cisco Academy Badge
  - Eligible for 51% off PCAP Exam
  - $249

**Google Certified Educator L1 & L2**

<table>
<thead>
<tr>
<th><strong>Google Educator Level 1</strong></th>
<th><strong>Google Educator Level 2</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Date: July 22, 8:30am-2:30pm</td>
<td>Date: July 28, 8:30am-2:30pm</td>
</tr>
<tr>
<td><strong>Virtual Summit featuring G Suite Edu</strong></td>
<td><strong>Mindful Communication</strong></td>
</tr>
<tr>
<td>August 11th ~ Only $129!</td>
<td>Practicing mindful communication can help you by helping others. Learn how to build the practice into habit.</td>
</tr>
<tr>
<td>June 2 or August 12th Only $69</td>
<td>June 2 or August 12th Only $69</td>
</tr>
</tbody>
</table>

**CUSTOMIZED TRAINING**

Create a training to improve employees skills. For groups of 6+

**See more online**

Go to cmonitor.mycapture.com to browse a variety of photo albums.

**CONCORD MONITOR**

Visit nhti.edu/business-training or contact (603) 230-4022 or nhtibtc@ccsnh.edu

Part of the Community College System of NH

Register today! Space is limited.
Course descriptions and online registration nhti.edu/business-training

Grow with Google PARTNER

Start here, GO ANYWHERE.

11 Concord Insider — Thursday, June 4, 2020
When I was a young child growing up in Concord during the early 1960s life was simple and the people kind. There was compassion and understanding and the complexities of adulthood still allowed adults to speak to their children. Conversations were good, stories were told and life was enjoyed by both the young and old.

At the age of seven I became friends with my next-door neighbor. His name was Donald and we seemed to get along quite well. Like any seven-year-old, I had a very active imagination and appreciated the time Donald spent with me, for he was a very good listener and he told me stories, far more interesting than stories you would read in a book.

You see, I was seven years old, but my new friend was a bit older. He just celebrated his 90th birthday and would walk down the street to the park, gold rimmed glasses, a black cane and not a care in the world. I often thought about the many stories he told me, especially since they were told to me over fifty years ago. My dear friend was born in 1877 and was Donald and we seemed to be friends for a while. I remember telling him that I wanted to bring a turtle home as a pet and keep it all for myself. Hearing this he asked me to take a seat on the park bench, it was July 4th weekend, 1966 and I certainly had all the time in the world to listen to Donald.

We sat on the bench absorbing the warm sunshine and Donald said he had another story that he wanted to share, one about turtles that lived in Concord many years ago. This certainly captured my attention and I listened closely. I held my turtle closely as Donald spoke.

Donald told me that when he was a young boy in the 1880s living in Concord he had thoughts very similar to my own. He went to Turtle Town Pond with his Dad shortly after his Dad’s wartime encounters with Confederate soldiers in the south. He told his Dad he wanted to capture a large snapping turtle and bring it home as a pet. Donald’s father listened to him as they enjoyed a warm summer day at Turtle Town Pond in the 1880s. Donald’s father shared a story with Donald about his own childhood, sitting at Turtle Town Pond with his young friends back in the year 1850. One of his best boyhood friends captured a large turtle at Turtle Town Pond that year and enjoyed the companionship, in 1850 the days were long, and the childhood activities were limited. Donald said his father shared this time in the shell. The boy honored this wish and returned the turtle, with his initials carved into the shell.

Donald told me that when his father was about ten years old in 1850. His fathers’ friend was about the same age, they both grew up in Concord and they both served in the Union Army as volunteers in a New Hampshire Regiment. Donald told me his father and his father’s friend both saw many horrible things during the war and they returned to Concord changed. They both had a better appreciation for life and their compassion was more.

When Donald was still young, he visited Turtle Town Pond that day with his father. His father told him to release the turtle he had captured while further explaining how precious life was to all creatures under the sun. Not just people but animals too.

Donald’s eyes misted a few times as he spoke to me about that visit to the pond with his father. The memory was strong and he was obviously reliving the moment again in his 90th year. Donald told me that the young boy that captured the turtle and carved his initials into the shell visited the very same pond when he was 90 years old. In fact, he visited the pond with Donald’s father. The boys were together at the pond in 1850 when they were ten years old, so the visit made to the same pond would have occurred around the year 1930. As Donald’s father sat with his dear old friend, both of them now 90 years old, they placed their bare feet in Turtle Town Pond. The cool refreshing water was enjoyed, as was the wonderful sunshine. There was movement to the side of the area where they were sitting on the shore and they stepped back startled.

When Donald finished his story that day in 1966, I felt a deep sadness. I knew that Donald would not be there forever to explain things to me. I also knew that his father was no longer with him, yet he still carried these important lessons within his heart, ready to share them with a young boy sitting on a bench in the park.

I returned my captured turtle to the pond. I learned something about life that day.

I watched Donald slowly walking home with his cane, the sun reflecting on his gold rimmed glasses.

Catching turtles from the pond

By JAMES W. SPAIN
For the Insider
### New 2020 Toyota Corolla LE

**Lease For** $74 MO For 24 Mos. Before Online Savings

**Buy For** $19,367

Additional Savings Available at [www.irwinzone.com](http://www.irwinzone.com)

### New 2020 Toyota RAV4 LE 4x4

**Lease For** $88 MO For 60 Mos. Before Online Savings

**Buy For** $25,669

Additional Savings Available at [www.irwinzone.com](http://www.irwinzone.com)

### New 2020 Toyota Tacoma SR Access Cab 4x4

**Lease For** $119 MO For 60 Mos. Before Online Savings

**Buy For** $25,568

Additional Savings Available at [www.irwinzone.com](http://www.irwinzone.com)

### New 2020 Toyota Camry LE

**Lease For** $98 MO For 60 Mos. Before Online Savings

**Buy For** $22,650

Additional Savings Available at [www.irwinzone.com](http://www.irwinzone.com)

### New 2020 Toyota Highlander L AWD

**Lease For** $189 MO For 60 Mos. Before Online Savings

**Buy For** $33,915

Additional Savings Available at [www.irwinzone.com](http://www.irwinzone.com)

### New 2020 Toyota Tundra SRS Double Cab 4x4 4.6L V8

**Lease For** $195 MO For 60 Mos. Before Online Savings

**Buy For** $39,292

Additional Savings Available at [www.irwinzone.com](http://www.irwinzone.com)

### New 2020 Ford Explorer XLT 4x4

**Lease For** $98 MO For 60 Mos. Before Online Savings

**Buy For** $37,999

Additional Savings Available at [www.irwinzone.com](http://www.irwinzone.com)

### New 2020 Ford RANGER XL 4x4

**Lease For** $99 MO For 60 Mos. Before Online Savings

**Buy For** $28,635

Additional Savings Available at [www.irwinzone.com](http://www.irwinzone.com)

### New 2020 Ford F150 Super Cab 4x4 XL

**Lease For** $98 MO For 60 Mos. Before Online Savings

**Buy For** $35,441

Additional Savings Available at [www.irwinzone.com](http://www.irwinzone.com)

### New 2020 Hyundai Kona Limited AWD

**Lease For** $99 MO For 60 Mos. Before Online Savings

**Buy For** $23,699

Additional Savings Available at [www.irwinzone.com](http://www.irwinzone.com)

### New 2020 Hyundai Tucson SE AWD

**Lease For** $78 MO For 60 Mos. Before Online Savings

**Buy For** $21,149

Additional Savings Available at [www.irwinzone.com](http://www.irwinzone.com)

### New 2020 Hyundai Santa Fe SE AWD

**Lease For** $116 MO For 60 Mos. Before Online Savings

**Buy For** $23,499

Additional Savings Available at [www.irwinzone.com](http://www.irwinzone.com)

### New 2020 Lincoln MKZ Reserve AWD

**Lease For Only** $354 Per Month For 24 Mos. Sale Price $41,568

### New 2020 Lincoln Corsair AWD

**Lease For Only** $417 Per Month For 24 Mos. Sale Price $46,003

### New 2019 Lincoln Nautilus AWD

**Lease For Only** $401 Per Month For 24 Mos. Sale Price $47,563

---

*Prices and offers 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 financed). All manufacturers residue to dealer. Manufacturer programs subject to change without notice. Ad vehicles reflect Irwin’s Savings Voucher. Special financing may affect sale price. In lieu of factory rebates. TFS Financing required. Expires 6-30-2020.*

---

*Savings based on MSRP. New vehicles only. 0% for 84 months on select Ford & Hyundai Models. Subject to credit approval. See dealer for complete details.*
MARKETING MANAGER

Sulloway & Hollis, a preeminent regional law firm, is now hiring for a Marketing Manager. Based out of the Concord NH office, the Marketing Manager coordinates with Firm Management, Practice Group leaders, and individual attorneys to develop and implement marketing activities, public relations, and client services, to increase visibility and brand recognition that strengthens and expands the Firm’s client base and New England regional presence, in addition to other duties. For more information on the position, please visit our website at www.sulloway.com/careers.

Resumes should be sent to the attention of Stephanie Hood, Chief Operating Officer, Sulloway & Hollis, 9 Capitol Street, Concord, NH 03301 or by email to shood@sulloway.com

Help Wanted

MERRIMACK SCHOOL DISTRICT
Merrimack, New Hampshire

Professional Openings 2020/2021 School Year

Merrimack High School
Math Teacher
Gifted and Talented Teacher
Latin Teacher
Social Studies Teachers (2)
English Teacher
Special Education Teacher
(Get Set Program)
Special Education Teacher
(Learning Center)
Special Education Coordinator

Merrimack Middle School
Science Teacher
Special Education Teacher

District Wide
Human Resource Assistant

Elementary Schools
K-5 Teachers
First Grade Teacher-one year only
Special Education Coordinator
Special Education Case Manager
Behavioral Specialist Grades 5 & 6
Behavioral Specialist K-4
Integrated Preschool Teacher

Support Staff Openings
Paraeducators
Kitchen Workers
Title 1 Tutor
Kindergarten Instructional Assistant
Custodians

Please apply on our website www.sau26.org
(603) 424-6200
EOE

We offer a competitive salary and excellent benefits.

When You're Ready to Quit.

We're Ready to Help.

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

www.cancer.org
1.800.ACS.2345
Hope. Progress. Answers.
ConVal is HIRING now for:

High School Principal – ConVal High School

Go to www.convalsd.net, click on “Careers” and complete an application.
“I have been extremely pleased with every visit, workshop and meeting I have been a part of at Crossroads Chiropractic. Dr. Stephanie has had a great influence in both mine and my wife’s lives. The lifestyle changes that she helps make easier are a great benefit to the adjustments that have made me feel better on every level. I cannot begin to express the complete happiness that has come from

A) my wife no longer having such dramatic headaches
B) I am lower back and neck pain free for the first time in a decade

The adjustments are wonderful but Dr. Stephanie and her staff make it spectacular.” - David J.

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

SPECIAL OFFER
Complete Structural Exam
with any necessary x-rays
$49
Expires 6/25/20
*results may vary

CROSSROADS CHIROPRACTIC...
Because life is better when you’re well-adjusted!

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