Add edible flowers to your cooking

By JOYCE KIMBALL
For the Insider

What is not only pretty in your flower gardens or containers but tasty as well? How about nasturtiums, pansies and daylilies for "starters"?

Edible flowers have a long culinary history, having been used for centuries in countries all over the world to add color, aroma and flavor to food dishes. And many have health benefits as well. Flower cookery has been traced back to Roman times and to the Chinese, Middle Eastern and Indian cultures. Edible flowers were especially popular in the Victorian era during Queen Victoria's reign.

After falling out of favor for many years, cooking and garnishing with flowers is back in vogue once again. Today, this nearly lost art is enjoying a welcome revival. Many restaurant chefs and innovative home cooks now garnish their entrees with flower blossoms for a touch of elegance or to add flavoring to their dishes. They also often mix edible flowers together with micro greens for gourmet salads.

A number of edible flowers are also beneficial to your health. Dandelions for instance, are rich in Vitamin D as are pumpkin flowers. Rose petals contain Vitamin E, lavender contains Vitamin A and hibiscus contains substantial amounts of antioxidants. Many also contain iron and even calcium. And there are certain edible flowers that aid in digestion, insomnia and other common human maladies.

Nasturtium (Tropaeolum majus) are certainly the most well-known of the edible flowers, recognized for their spicy-scented blossoms that possess a distinct peppery tang that work well as garnishes for salads and equally well for cheese plates and the like. Nasturtiums are available in a number of yellow, red and orange varieties, are very easy to grow and flower abundantly.

Pansies (Viola spp.) and their viola relatives are probably the most popular edible flowers these days, most likely because of their beautiful and colorful "faces." Pansies (Viola spp.) and their viola relatives are probably the most popular edible flowers these days, most likely because of their beautiful and colorful "faces" and mild, slightly peppery flavor — and you can eat the entire flower. Pansies are lovely in salads, candied in desserts and simply as a colorful garnish for any meal, be it savory or sweet — or to simply decorate a dish you are serving.

Calendula (Calendula officinalis), also known as "the poor man's saffron," calendula flowers have flavors ranging from spicy to bitter, tangy and peppery — similar to expensive imported saffron. Calendula is available in a diverse range of cheerful reds, yellows and oranges and when you use its petals in your cooking, they add a yellow tint to your dish along with their saffron-like flavor. As with most edible flowers, you need to separate the petals from the flower head. They can then be used to scatter over salads or be added to flavor butter as well as cheese and rice dishes. Petals you have dried and stored make a nice addition to winter soups.

All roses are edible and old-fashioned heirloom roses are especially delicious! Something to keep in mind though, only fragrant roses will have flavorful petals. The darker varieties of roses tend to have the most flavor, however they are all on the sweet side with overtones ranging from apple and strawberry to cinnamon and mint. Sprinkle rose petals on desserts or on top of salads for both visual appeal and taste. Freeze rose petals in ice cubes and float them in fruit punches or add them to syrups, jellies and any sweet spread. Note: Be sure to remove the more bitter, white portion of the petals before using them in a recipe.

Daylily (Hemerocallis spp.) blossoms are almost succulent and have a mild, sweet flavor, similar to romaine lettuce. Some people like to stuff the cavities of daylilies with softened cream cheese, guacamole, etc. to serve as a very admired and appreciated appetizer at summer events. One of the tastiest versions is Hemerocallis fulva, the orange daylily that grows quite exuberantly most anywhere. This species is often referred to as "Tiger Lily" however that is not correct. And as their name implies, the daylily only survives one day, therefore you will want to pick only what you want to be used for food. If you like them, you will want to add "Tiger Lilies" to your flower gardens or containers.

Pansies (Viola spp.) are delightful in salads, and especially good with sweet and spicy foods. They add a punch of color and flavor to any dish you are serving. They are also noted for their peppery flavor which can be mild or spicy depending on the variety. Pansies are easy to grow and very attractive in salads, soups and main courses.

Calendula flowers are available in a variety of colors, including orange, yellow and red. They are rich in vitamins and minerals and have a mild, slightly peppery flavor. Calendula flowers are often used to garnish salads and main courses, and can also be added to soups. They are also known to have medicinal properties and are used to treat a variety of ailments.

Roses, both edible and ornamental, offer a range of flavors and uses. Edible roses are available in a variety of colors, including white, pink, and red. They are rich in vitamins and minerals and have a mild, slightly peppery flavor. Roses can be used to garnish salads, soups, and main courses, and can also be added to ice cream and cocktails. They are also known to have medicinal properties and are used to treat a variety of ailments.

Lavender flowers are a popular addition to salads and desserts. They are rich in antioxidants and have a mild, slightly aromatic flavor. Lavender flowers can be used to garnish desserts, and can also be added to ice cream and cocktails. They are also known to have medicinal properties and are used to treat a variety of ailments.

Edible flowers are a delightful addition to any dish. They add a touch of color and flavor, and are easy to grow and harvest. Whether you are a chef or a home cook, there are many options available to choose from.

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Edible flowers are a delightful addition to any dish. They add a touch of color and flavor, and are easy to grow and harvest. Whether you are a chef or a home cook, there are many options available to choose from.
Impatiens (Impatiens walleriana) are not commonly known as edible flowers but they are and they are probably the easiest to locate! While they do not possess a great deal of flavor, they are wonderful as a visual garnish and can also be candied. You might also want freeze them in ice cubes or drop them into a cocktail.

There are many more edible flowers and uses for them, but hopefully the ones I have touched on here will give you a good start. “Happy Gardening and Bon Appetit”!

Important: Only certain flowers are edible. Some are even poisonous, like foxglove, crocus and sweet pea. And when choosing edible flowers to eat or decorate an entrée, make certain to choose only those that are pesticide-free and chemical-free.

(Joyce Kimball lives in Bow and is a UNH Cooperative Extension accredited Master Gardener.)

Nasturtium (Tropaeolum majus) are certainly the most well-known of the edible flowers.
Everyone can agree that there are many things that have been really awful about quarantine. Among the positives has been the extra time I have had to spend with my sister. Usually we are both so busy that we don’t always have the time to appreciate each other or even realize how much fun it is to be together.

All the extra time at home during quarantine has helped my sister and I remember how lucky we are to have each other and to create a lot of new adventures. That got me thinking about this topic for my column.

Gracie and Molly Banzhoff were sisters, best friends, dancers, musicians, students at Rundlett Middle School and Concord High School and just your average teenagers. But there is one thing that made them unique and which we need much more of in this world. They were the kind of teens who were and are known for their kindness to everyone.

Unlike some teens whose #lifegoals might be popularity or gathering up likes on social media, Gracie and Molly put their energy into being kind. They stood up for kids at their schools who they saw being left out, they were includers rather than excluders, and they were kind to everyone long before #kindnesschallenge was a thing.

When they were in middle school (Molly) and high school (Gracie) they spent an afternoon playing American Girl Dolls with my sister and I when we were in elementary school. They must have been bored at some point but they acted like it was the most fun activity ever. That’s just the...
“Do you think you have a purpose? If so, what?
I think mine is to make people happy! Does that make you happy? Yes? Purpose fulfilled!”

Molly Banzhoff, 13, of Concord

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Happier than people who received kind acts for others were happier than people who reported kind things others did for them.

Of course it’s easy to be happy when life is easy, but what about staying happy and being kind to others when things are hard? How many people can do that? Can you? When Gracie lost her sister and best friend when Molly died, she could have become mean, angry and full of hate because of the terrible event that affected her life. No one would have blamed her. Instead, Gracie continues to go out of her way to help others just like she and Molly always did together. She takes the time to send others a positive message randomly just to brighten their day. She teaches dance to little kids at CDA and she loves them just like she’s their big sister. She gives motivating advice to younger girls and reminds them what matters in life and she stays positive and hopeful even when she faces difficult times.

On the anniversary of Molly’s death this year, Gracie posted this message below on Instagram as advice to us all about how to live life. These are very wise words that we should all follow:

“Never take life, and the people in it for granted, especially ones that are the most close to you. Because in just an instant they could be gone forever. I know we can’t exactly hug one another right now but you can still call and tell them how much they mean to you and that you love them. It’s never too late. Be kind to someone today, and everyday.”

Kindness challenge

This week’s Kindness Challenge is the Gracie and Molly Banzhoff ‘Make Someone Happy Today’ Challenge.

This week, do one kind act for someone else every day for seven days. Keep track of what you do. Make it your goal to make others happy with your acts of kindness and your own happiness will grow too! Acts of Kindness do not have to be huge – hold a door open for someone, smile at a stranger, lend a helping hand at home without being asked, give a compliment, call someone you haven’t talked to in a while, make a kind comment on someone’s social media that you don’t usually comment on. Pay attention to your own happiness during the week as you do kind acts to make other people happy.

At the end of the week you will have added happiness to many other people’s lives and you will increase your own happiness too.

Share your acts of kindness from the week and your stories of how your kindness added happiness for yourself and others. Post your stories of Making Someone Happy Today to Instagram @kindnesschallenge or email your stories of making others happy to kindnesschallenge@gmail.com.
Reopening of city buildings

The City of Concord is taking a phased approach to reopen facilities during the COVID-19 pandemic with guidelines in place for the health and safety of staff and the public.

As of Monday, June 8, several City facilities will be open by appointment only. Please note that guests will be required to wear a mask (their own or one will be provided) and answer basic screening questions before entering the buildings. Steps taken to protect the public include mask usage by City employees, the installation of sneeze guards, hand sanitizing stations, and increased sanitization in City facilities.

Residents are still encouraged to utilize online services whenever possible. A table with a drop box, applications, and other information will continue to be setup inside the Code Administration lobby at 37 Green Street. There is also a mail slot in the front door of City Hall. More information is available in the videos that Concord TV helped us put together (see videos below).

Mail slot in front door of City Hall (41 Green St.):
- Renewal of Motor Vehicle/Motorcycle/Trailer Registrations
- New Motor Vehicle/Motorcycle/Trailer Registrations
- Property Tax Payments
- Utility Payments
- Vital Record Requests
- Dog Licensing Payments
- Timber Tax Intent to Cut Applications and Reports
- Gravel Tax Intent to Excavate Applications and Reports
- Parking Ticket Payments
- Utility, Driveway, Excavation & Encumbrance Permit Applications

Available in Code Administration Lobby (37 Green St.):
- Building & Trades Permits
- Building Plans / Reviews
- Health & Licensing Applications
- Zoning Board of Adjustment Applications
- Sign Permit Applications
- Planning Board Applications

Assessing, City Clerk’s Office, Collections, Community Development, Economic Development, Engineering & Planning (41 Green St.)

These offices will be open by appointment only beginning on Monday, June 8. Please contact the office or a staff member directly to schedule an appointment.

- Assessing – 225-8550 / assessing@concordnh.gov
- City Clerk’s Office – 225-8500 / cityclerk@concordnh.gov
- Collections Office – 225-8540 / collection@concordnh.gov
- Community Development & Economic Development – 225-8595 / communitodevelopment@concordnh.gov
- Engineering – 225-8520 / engineering@concordnh.gov
- Planning – 225-8515 / planning@concordnh.gov
- Beaver Meadow Golf Course (1 Beaver Meadow Drive)

Beaver Meadow Golf Course reopened on May 11 with guidelines in place to provide a safe and enjoyable experience to guests. Please see their website for more information: bmgc.golf or call 228-8954.

Code Administration (37 Green St.)

The Code office will be open by appointment only beginning on Monday, June 8. Please call 225-8850 or email code@concordnh.gov to schedule an appointment. Please note that forms, applications, and a drop box are available in the lobby at 37 Green Street.

Concord Fire Department and Concord Police

Concord Fire Department’s Headquarters and Concord Police Department’s lobby will continue to be closed to the public at this time.

For emergencies, call 9-1-1. If you are a victim of domestic violence in need of assistance, please call New Hampshire’s statewide do-
mestic violence hotline at (866) 644-3574.
To report a non-emergency to the Concord Police Department, ask a question about parking, make a delivery or register as a sex offender, please call 225-8600.
Cash payments for parking tickets can be made via the drop box outside City Hall. They can also be paid online at concord.t2hosted.com/Account/Portal.

Anyone looking to obtain a fire permit can do so here nhdfiweb.sovsportsnet.net. Please note that the issuing of permits is weather-dependent.

Concord General Services (311 North State Street)
Concord General Services’ administration office and facilities will be open by appointment only beginning June 8. The department will continue to have staff available to answer the phone during regular business hours of 8 a.m. to 5 p.m., Monday through Friday. Please direct any inquiries to 228-2737, general_services@concordnh.gov, or utilize the online request tracker at concordnh.gov/requesttracker. Visit concordnh.gov/general-services for information about public works services.

Concord Human Services (28 Commercial St.)
The office will be open by appointment only beginning June 8. Please contact staff at 225-8575 or human_services@concordnh.gov to schedule an appointment. The department will continue to have staff available to answer the phone during regular business hours of 8:30 a.m. to 4 p.m., Monday through Friday – except Wednesday, when hours are 9 a.m. to 4 p.m.

Everett Arena (15 Loudon Road)
The Everett Arena is currently closed. A summer event schedule is available online and is being updated constantly as new information is available. Roller skating is scheduled to begin on July 7.

Information and updates will continue to be shared online at concordnh.gov/coronavirus.

Parks and Rec
The staff at the Concord Parks and Recreation Department has 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. 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 three Nevers Band Concerts scheduled in June.
■ We have canceled the City’s annual July 4 fireworks celebration.

City pools update: We have made the difficult decision not to open the outdoor pools this summer. This decision was made with the best interest and safety of both the pool users and employees.

Summer camps: For the past several weeks we have been working closely with the New Hampshire Parks & Recreation Association as they have been working with the Governor’s Reopening Task Force to create guidelines for summer day camps. We are happy to announce the Governor just announced summer day camps can begin on June 22. Online registration remains open for summer camps with several weeks already full.

Offices update: Parks and Recreation Offices at the City Wide Community Center will re-open on June 8 from 9 a.m. to noon for appointments only (the center itself will remain closed at this time). To schedule an appointment, please send an email to recreation@concordnh.gov and a member of our staff will respond with 1 business day. Additional updates will be shared at concordparksandrec.com as they become available.

Library curbside program
Patrons can place items on hold with your library card and pick up when they are ready. You can place the hold online or call 225-8670. Have your card ready. Try to limit to five items per card. You will receive a call when your items are ready and can schedule a time to pick them up. When you arrive for your pick-up time, your item will be checked out and waiting for you on the pick-up table.

Pick-up times will be Tuesday from 9 a.m. to 5 p.m., Thursdays, 11 a.m. to 7 p.m. and Saturdays from 9 a.m. to 1 p.m.

Meetings
Monday, June 15, 7 p.m.: City Council meeting, second public hearing on the proposed FY21 budget, tentative budget adoption
Wednesday, June 17, 7 p.m.: Planning Board meeting
These meetings are being held electronically and will be live streamed on the City of Concord’s YouTube channel (you can watch them there after the meeting if you cannot attend, as well as past Finance Committee and other meetings). Links will be shared ahead of the meetings.
You can also access agendas and Zoom meeting instructions via the following link concordnh.legistar.com/Calendar.aspx.

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 www.concordnh.gov/springoperations to find updated information and verify scheduled flushing times as the season progresses.
making good health simple

Perfect your push ups

By KERRY BARTON
For the Insider

With gyms closed and at least some social distancing precautions expected to continue through the summer, it might be hard to keep up the routines you are used to doing. However, it is still important to stay active for a healthy body and mind. Instructors from 43 Degrees North will be sharing quick exercises with the Insider that you can do at home.

Looking for a quick, get it done efficient whole body exercise that will strengthen your chest, arms and core? Something that you can add everyday almost anywhere to help you feel stronger? Do you want to tighten up arms and add more muscle tone?

If you said yes to all those questions, it’s time to add push ups to your daily workout! Just adding 2-3 sets of 12 push ups three times a week, will increase strength, add muscle tone, and help you feel great!

Straight Leg Push Up

1. Get down on all fours. Place your hands slightly wider than your shoulders.
2. Straighten arms and legs into full plank position.
3. Holding core tight, lower upper body down so that chest is just above the ground. Be sure to keep head and neck in neutral alignment with your spine. Careful not to drop your head as you lower.
4. Pause and then push your body back up to full plank. Keep that core tight!
5. Repeat!

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Push Up Modification

You can modify, using an elevated surface. For example, place hands on an elevated surface such as a step, bench or window sill. Keep core strong, rub cage down. Lower so that chest is just above elevated surface and then press up.

Modified Push Up on Knees

1. Get down on all fours, resting on knees. Place your hands in front of you, slightly wider then your shoulders.
2. Straighten arms and holding core strong into modified knee plank position. Think about body weight settling equally between hands and fleshy part just above the knee cap.
3. Lower upper body down so that chest is just above the ground. Be sure to keep head and neck in neutral alignment with your spine. Careful not to drop your head as you lower. (*See elevated modification if needed or for variety.)
4. Pause and then push your body back up to full plank. Keep that core tight!
5. Repeat!

(Kerry Barton is a certified fitness instructor and teaches group exercise at 43 Degrees North Athletic Club.)

Push up from knees

Sterling Silver Starfish Pendant and Earrings

WorkReadyNH

Online Courses Now Available!

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

WorkReadyNH is a tuition free program designed to equip job seekers and career builders with the skills NH employers are looking for in their employees.

Offered through NH’s Community College, WorkReadyNH helps participants develop essential workplace skills including: critical thinking and decision making, teamwork, effective communication, and customer service.

WorkReadyNH (WRNH) is a partnership between CCSNH and the NH Department of Employment Security and is funded through the NH Job Training Fund. CCSNH is an equal opportunity employer, and adaptive equipment is available upon request to those with disabilities.

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Online Courses Now Available!
book of the week

Manage money like a master

Cold Hard Truth: On Men, Women, and Money

By Kevin O’Leary
(Nonfiction, 272 pages, 2013)

You know him as Mr. Wonderful on ABC’s Shark Tank. Now hear what his thoughts really are on his one true love, money. How does one of the well-known millionaires actually live and spend his beloved dollars? This book has reader participation. Mr. Wonderful himself has you fill out an income and expenses list to get your true financial number. If your number happens to be negative, (like most of ours?), he will tell you all the top ways to flip it around to positive with actionable tasks.

He offers tips on how to navigate life. From kids to investing he’ll tell you what he really thinks. Is higher education really worth the cost? Is having a mortgage better than renting? Should you give your kids an allowance? His answers will surprise you.

Get a glimpse at how the other side lives. This book is written with a lot of personality. Kevin O’Leary talks to his readers in a surprisingly down-to-earth manner; he doesn’t talk down to you. Love him or hate him, he actually has some really good money advice. Take the bits that you want and start living your life a little more like one of the Sharks.

Visit Concord Public Library online at concordpubliclibrary.net.

Amy Cornwell
Old North Cemetery

There is a place I go,
quiet, sacred and full of lore,
to spend time with history,
men and women that made it more.

Nature surrounding,
I walked this dew-covered morn,
with a coachmaker, a slave,
two governors and a president torn.

People that once walked our town,
now entombed and heaven sent,
lives lived so differently,
though equal in the present.

Each story now suppressed,
their words remain to this day,
for each life lived,
had something to say.

Their days have ended,
they speak no more,
there is a place I go,
quiet, sacred and full of lore.

James W. Spain

Old North Cemetery in Concord, New Hampshire.
June 11, 1776: Dr. Josiah Bartlett and William Whipple, representing New Hampshire in the Continental Congress in Philadelphia, write to the colony’s president, Meshech Weare, that a committee has been appointed to draft a declaration of independence. “As this is a Subject of the greatest importance,” they write, “we beg we may be furnished with the Sentiments of our Constituents as we wish to Act agreeable to them let our own be what they may.”

June 11, 1875: The widow of John A. Winslow, captain of the USS Kearsarge of Civil War fame, climbs Mount Kearsarge to select a granite boulder to adorn her husband’s grave. The people of Warner help her move the stone to the railroad station for the trip to a Boston cemetery.

June 11, 1837: Samuel Coffin Eastman is born in Concord. A great-grandson of Ebenezer Eastman, Concord’s first settler, he will become a prominent lawyer, bank president, railroad man, speaker of the New Hampshire House and school board member. In 1915, when Concord celebrates the 150th anniversary of its royal charter as a parish, he will be recognized as the city’s most prominent citizen and “president of the day.”

June 12, 1800: The federal government buys its first naval yard, an island in the Piscataqua River off Portsmouth. It pays a private citizen, William Dennett Jr., $5,500 for the land. The bill of sale is filed in York County, Maine. The deed is filed in Rockingham County, N.H.

June 12, 1886: The Daniel Webster statue is dedicated in front of the State House.

June 12, 1905: I.N. Marston of Dublin is the first motorist in New Hampshire to receive a speeding ticket. Shortly after the first statutes governing motor vehicle conduct are enacted, Marston is collared for “driving his machine about the streets of Keene in a somewhat reckless manner.” He is caught after overtaking and overturning a horse-drawn buggy, injuring the two occupants. The police cite him for exceeding 8 mph.

June 12, 1892: Eva Brunel is born in Worcester, Mass. She will have a career as an athletic director, but her claim to fame will be as owner and operator of Chinook Kennels in the village of Wonalancet. The kennels will train northern sleddog dogs for Rear Admiral Richard Byrd’s first and second Antarctic expeditions and for cold-weather military service during World War II. At the 1932 Winter Olympics at Lake Placid, Eva Seeley will be the only female sled-dog driver.

June 12, 1954: This is Freedom Day in New Hampshire, so declared by Gov. Hugh Gregg as a day of remembrance and prayer for those who have died resisting the Communist regime in Eastern Europe.

June 13, 1767: With pomp and circumstance, John Wentworth assumes the office of royal governor in Portsmouth. As such, he will lead an agrarian and mercantile colony of 98 towns totaling 52,000 people. The population of Concord, characterized by one historian as “an outpost of radical republicanism,” is 752.

June 13, 1833: With several of his pupils, Samuel Gridley Howe, a Boston surgeon renowned for his work with the blind, demonstrates his techniques at New Hampshire’s Representatives Hall. “The books used for the blind were exhibited, and the blind read from them with considerable facility,” one observer in the large crowd will write.

June 14, 1776: New Hampshire’s General Court adopts a resolution asserting “that our Delegates at the Continental Congress . . . are hereby Instructed to join with the other Colonies in Declaring the thirteen united colonies a free & independent state.” Four days later, Meshech Weare, the colony’s president, will forward the resolution to Josiah Bartlett and William Whipple in Philadelphia.

June 14, 1944: Speaking on the causes of juvenile delinquency, Dr. Anna Philbrook, a psychiatrist at the State Hospital, says: “Children are growing up in homes where they have no facilities for play, where parents are so deeply concerned with earning enough money to buy the food needed by the family that they cannot spare the time to guide their children to healthful recreation.”

June 14, 1962: Astronaut Alan Shepard of Derry is in Concord for the unveiling of his portrait at the State House. After a week of speeches and banquets, he says, he is glad the picture shows him in a space suit so people will know that “at least once in a while I do work.”

June 15, 2000: Concord Police Chief Bill Halacy submits his resignation, just two years after taking over the department. “The position is so totally consuming,” he says. “I’m feeling like I’m missing out on a lot of the rest of my life.”

June 15, 1983: The Legislature fails to override Gov. John Sununu’s veto of a bill establishing Earth Care Week in honor of the late governor Hugh Gallen. Sununu objects to the section of the bill stating concern for protecting New Hampshire and the planet from the destruction of nuclear war.

June 15, 1776: Three men, including Concord’s Timothy Walker Jr., write a resolution instructing Dr. Josiah Bartlett and William Whipple, New Hampshire’s delegates in Philadelphia, to join “in declaring the 13 united colonies a free and independent state.” New Hampshire will support such a declaration “with our lives and fortunes,” the resolution says.


June 17, 1977: The federal Environmental Protection Agency approves construction of the Seabrook nuclear power plant.
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Dr. Graham is one of the best professionals in the area. Service is prompt and is quick as well as friendly staff. I would recommend Crossroads Chiropractic to anyone and everyone. - Pat R.

I use to have headaches daily and migraines at least once a week… I met with Dr. Graham and he did the examination. To my surprise it was not in my lower back, where I had always had pain, but in my neck… I have to say I have been going for 2 years now and rarely do I have headaches and I can count on my hand the amount of migraines I have had. Thank you to Dr. Graham and the staff (Leah, Wanda, and Dr. David), without you I still would be in daily pain! - Elyse P.

I’m happily entering my 7th year with these Caring, Loving, Professional Chiropractors and have had many positive healthy accomplishments since I joined them! Dr John, through his amazing Cranial Sacral Therapy, has made my life more tolerable from my past 4 neck operations and other issues. Only wish, my wife, Janice, and I had met them years ago! - Charlie H.

I hardly get sick now compared to years ago. I recently pulled my lower back out again and they were so amazing! Both Dr Steph and Dr. Jen came in on the weekend just for me. What could have left me off my feet for months only took a few weeks of adjustments to get me feeling better!! Couldn’t imagine my life without Crossroads! My husband and I both go now and will be going for many years to come! - Lisa X.

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