Adventure ahead

Walker Lecture Series presents bestselling author Michael Tougias
9 Mandolins
Music School holds virtual festival.

6 City news
A look at happenings around the city of Concord.

10 Author adventures
Bestselling author Michael Tougias shares his latest book, a memoir, at Walker Lecture event.
TAKE YOUR SHOT TO WIN!

Visit concordmonitor.com/monitormania to enter today!

Over $1,000,000 In Prizes!

Visit website for full description of prizes and contest details.
Friendship brightens life

The Brilliant Life of Eudora Honeysett

By Annie Lyons
(372 pages, fiction, 2020)

Eudora Honeysett is an elderly woman who lives in London. She doesn’t have anything to live for. She has no friends or family, and a cat who bites her. She doesn’t want to have her last moments be in an ambulance, racing to a hospital. She wants to die on her own terms, and so she contacts a clinic in Switzerland. She wants to go there to die. The people at the clinic are wonderful and compassionate, and tell her to call Rose when she is being bullied at her new school. Eudora remembers her own very different childhood, losing her father in World War II; and trying to keep the peace between her anxious mother and wild younger sister. Eudora and Rose become great friends, and Eudora is the one that Rose runs to when there is an emergency with Rose’s mother. Eudora is needed and loved, and sees that there is a lot of joy in the world, a lot to live for.

This warm-hearted book has a lot of humor in it. I really enjoyed reading about Eudora’s journey. She was depressed and alone, but eventually she starts seeing life from Rose’s sparkling point of view.

Visit Concord Public Library online at concordpubliclibrary.net.  

Robbin Bailey

Finding community through cooking

Angelina’s Bachelors: A Novel, with Food

By Brian O’Reilly
(359 pages, fiction, 2011)

Angelina and Frank are a young couple living in Philadelphia, surrounded by a caring Italian family, and a large network of friends. They have a terrific life together, and a loving relationship. The only thing missing is a child. Angelina has a passion for cooking, and is always happy in the kitchen. Then Frank, still a young man, dies suddenly of a heart attack. Angelina is heartbroken and lost. The only thing that helps her feel a little better is cooking. This works out in this close community and soon Angelina is cooking for seven bachelors! They get to know each other and become a kind of family. And they help Angelina when she finds out that she is going to have a baby. This is a heart-warming book about creating a community, and the healing power of cooking and food. Each chapter includes a recipe of a dish that appears in the book, like “Francelico Chocolate ‘Dream’ Cake,” “Eggs Benedict Florentine,” “Cherry Pear Pie,” “Straciatella (Roman Egg Drop Soup),” and “Osso Bucco.” There’s a handy recipe index in the back. The author, Brian O’Reilly, is the creator and executive producer of Food Network’s Dinner: Impossible. “His chief collaborator is his wife, culinary writer and producer Virginia O’Reilly. In a perfect world, they believe, there’d be pie every day.” I heartily agree! The combination of the food, recipes, and the charming characters make this a very satisfying read.

Visit Concord Public Library online at concordpubliclibrary.net.

Robbin Bailey
My 25 Years in Provence

By Peter Mayle
(208 pages, travel biography, 2018)

I’m doing a little armchair traveling these days. Peter Mayle is the author of the books A Year in Provence, Toujours Provence, Encore Provence and more.

Twenty-five years ago Peter and his wife Jennie decided to move from England to a small village in Provence. Peter writes about all manner of things Provence: the beauty of the landscape with its fields of flowers and lavender, the unusual villagers, the local customs and festivals. He writes of luscious-sounding meals and farmer’s markets filled with just-picked local produce, the seasons, the wildlife, truffle hunting, tourists, and beginning to learn French. And each is described in Mayle’s humorous and charming way. He and Jennie are old friends of film director Ridley Scott. Ridley is the director of the Alien movies, Gladiator, Blade Runner and The Martian.

Years ago Peter wrote a movie script about a young English businessman who inherits a vineyard in Provence. But there are others who claim that they are the rightful heirs. Peter was surprised when Ridley asked him about it, as Ridley usually directs big blockbuster movies. But it turns out that Ridley wanted to spend more time in his home in Provence, and so Peter’s script turned into the film A Good Year. It’s a charming romantic comedy with a lovely setting in Provence, and the scenery is a huge part of its appeal. My Twenty-five Years in Provence gives you a chance to live the dream of buying a house in France and becoming one of the fortunate locals.

I read this book on my phone using the Libby app. It makes me imagine what it would be like to drive past fields of lavender and find a little café in Provence. Maybe I’d sit outside with a glass of the local red and people watch. But right now I will make do with the lilacs blooming outside my front door, a sunny day, and a glass of ice tea.

Visit Concord Public Library online at concordpubliclibrary.net

Robbin Bailey
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:

**Fraud alert**

The Concord Police would like to make the community aware of a scam that is currently taking place. Some Concord residents have been receiving phone calls from what appears to be from the Concord Police Department (225-8600). The caller is claiming to be from the Concord Police Department and is requesting folks to place money onto gift cards and then have the gift card information transferred via the telephone. The Concord Police would not request or solicit anything in this manner. Please be vigilant when receiving calls of this nature. It appears that the Police Department’s phone number is being spoofed through the use of an online app. If you have received a call similar to what has been described please contact your local police department.

**Parks and Rec**

The Parks and Recreation Department has opened five of the tennis courts and the running/walking track at Memorial Field. Please note there are no porta toilets at the complex at this time and the park is carry in/carry out of trash. As other recreation areas open, the department will update the website, concordnh.gov/666/Parks-Recreation, and Facebook page, facebook.com/ConcordParknRecDept.

**Turkey River Watershed**

The Upper Merrimack Watershed Association is seeking your input as we develop the comprehensive restoration and management plan for the Turkey River watershed. Your essential local knowledge and...
Weatherize Concord

The City of Concord launched Weatherize Concord earlier this week. Weatherize Concord is a campaign to increase participation by Concord homes and businesses in weatherization and energy efficiency programs administered by NH Saves and the Belknap-Merrimack Community Action Program. The campaign is organized by the Concord Energy and Environment Advisory Committee with support from Liberty and Until.

Improving building energy efficiency is a crucial step towards accomplishing our city's renewable energy and emissions reduction goals, including our 100% Renewable Energy Goal and the Climate Mayors Agreement. Weatherization and energy efficiency upgrades are subsidized through this program and provide direct benefits to the building owners and renters by reducing annual energy spending by an average of at least 20%. These upgrades also improve building comfort, safety and health.

Learn more about this campaign at WeatherizeConcord.org. Watch the community conversation though Concord TV at youtube.com/watch?v=wy8pSwNhX1.

Exemption reminder

Property owners are reminded that new applications for the elderly, blind, and solar exemptions and any veteran credits are due April 15. Information may be found on the City website at concordnh.gov, proceed to the Assessing department, or you may call 225-8550 or email as sessing@concordnh.gov and request the application be mailed or emailed to you. The most important issue at this time is getting the application in the mail with an April 15 postmark or submitted in person by April 15. We encourage you to provide any and all documentation on or before the deadline; if you haven’t received a specific document, it can be provided after the deadline. If we are in need of additional information, we will reach out to you via a letter.

On March 8, 2021, City Council met and approved changes to the elderly exemption for the 2021 tax year.

Income changes are as follows:

- The net income for single applicants of not more than $36,250
- The net income for married applicants of not more than $50,750

The asset limit, not including your residential home if it is a single family, remains unchanged at $95,000 for both single and married applicants.

Road load limits

Concord General Services has posted "No Trucking - Load Limit 9 Tons" signs throughout Concord. This is performed annually at the onset of spring to protect roads from heavy vehicles during the spring thaw. This does not impact the average car or truck, but will prohibit heavy construction vehicles and commercial trucking from traveling posted streets until load limits are lifted. Load limits are dependent on weather and road conditions, but will likely last through the end of March or early April. Permits are not issued for spring road load limits, but drivers can call our office to request travel permissions if necessary of 1-2 loads before noon.

Spring SALES EVENT

Over 750 Fabrics

0% Financing Available 
& Free Layaway

For the Dining Room

Futons and Sleepers
... For the Bedroom

And... Much More

Save Now!

We’ve got the Help You Need!

SALES EVENT

Over 350 Fabrics

0% Financing Available

& Free Layaway

For the Dining Room

Futons and Sleepers
... For the Bedroom

And... Much More

Save Now!

We’ve got the Help You Need!

SALES EVENT

Over 350 Fabrics

0% Financing Available

& Free Layaway

For the Dining Room

Futons and Sleepers
... For the Bedroom

And... Much More

Save Now!

We’ve got the Help You Need!

SALES EVENT

Over 350 Fabrics

0% Financing Available

& Free Layaway

For the Dining Room

Futons and Sleepers
... For the Bedroom

And... Much More

Save Now!

We’ve got the Help You Need!

SALES EVENT

Over 350 Fabrics

0% Financing Available

& Free Layaway

For the Dining Room

Futons and Sleepers
... For the Bedroom

And... Much More

Save Now!

We’ve got the Help You Need!
These weight restrictions help minimize additional road damage from heavy vehicles to weakened road structures. Road structures are naturally weakened this time of year from the frequent freezing and thawing cycles. The fluctuating temperatures can cause the ground to shift, leading to cracks in the pavement, frost heaves, and potholes. Crews continuously patch potholes and make road repairs when possible. Any pothole concerns can be reported directly to our crews at concordnh.gov/seeclickfix or by downloading the MyConcordNH app.

**Drought conditions**

As of March 18, abnormally dry conditions have slightly increased in New Hampshire since last week. Conditions last week included 37.54% of the state, while this week now includes 38.22%. Moderate drought conditions remain unchanged at 14.93% for New Hampshire, while 46.85% of the state is currently not experiencing any drought conditions. The National Weather Service predicts a 33-40% probability of above average precipitation for the region in the next 8-14 days. Concord’s water consumption continues to remain low, which is consistent for this time of year. Please continue to use water wisely. We thank everyone for their efforts to conserve water. Every drop counts! Drought conditions will continue to be monitored. Find drought updates and water conservation tips at concordnh.gov/conservation.

**State of the city**

Join the Greater Concord Chamber of Commerce for a virtual forum focused on the capital city on April 8 from 9 to 10 a.m. This event features Mayor Jim Bouley and City Manager Tom Aspell. Learn what capital improvements are on the horizon and what challenges and opportunities are ahead. Our speakers will discuss this year’s priorities and open up the conversation to our audience with a Q&A session. This event will also recognize the City of Concord’s 2020 and 2021 Police Officers of the Year. Please join us in thanking them for their service. This event is generously sponsored by Charter Trust Company. You must register in advance to attend this event. Contact Emily Marsh at emmarsh@concordnhchamber.com.
Mandolin Festival to be held virtually

The 19th Annual March Mandolin Festival will be held March 27 and 28, via Zoom, and hosted by the Concord Community Music School in Concord. This year, the festival features Marla Fibish, Baron Collins-Hill, and David Surette, with special guest vocalist Susie Burke. This two-day event offers group workshops on a variety of topics, jam sessions, and a Saturday evening concert.

Last March, the festival was the last live musical event that many participated in, Susie and David included. They were very lucky, in that it appeared that no one in the mandolin community came down with COVID as a result of the weekend.

The virtual music events will allow for students to participate from all over the country and all over the world, without the limiting factors of travel and cost. So we are hoping to have a great turnout of mando-folk from all over. In addition, on both Saturday and Sunday, we will have an epic Group Tunes jam featuring highlights from all the group tunes we have learned and played over the last 19 years. A list will be sent out upon registration.

To register for the festival workshops, visit ccmusic-school.org/index.php/about-the-concord-community-music-school/gening/review-events/375-march-mandolin-festival-2021/individual-registration. Or, you can send a check for $150 made out to Concord Community Music School, 23 Wall St., Concord, NH 03301. Please include your address, phone number and email address with any form of payment!

Schedule

Saturday, March 27
Workshop One: 10:30-11:45
Baron Collins-Hill: A deep dive on mandolin technique and tone production
Marla Fibish: The mandolin in Irish music - history, development of styles, key contributors, etc.

Workshop Two: 12:00-1:15
David Surette: Right hand technique through different picking patterns and meters
Baron Collins-Hill: Learn a Scandinavian tune
Lunch: 1:15-2:30

Workshop Three: 2:30-3:45
Marla Fibish: Phrasing, variation and ornamentation in Irish music
David Surette: Bill Monroe: repertoire and legacy

Workshop Four: 4:00-5:15
Group tunes jam with David Surette
Evening concert: 7:30-9 p.m.
Marla Fibish brings her American-born, Irish-accented mandolin style back to our festival, where she was a big hit a few years ago. Marla is internationally renowned as one of the top Irish-style players, and hopefully for part of the concert she will be joined by her husband (and ace guitarist) Bruce Victor, as the duo Noctambule.

Baron Collins-Hill is a versatile and highly-skilled "all rounder," a great player on the mandolin, tenor guitar, and tenor banjo, and the guiding light behind the website mandollessons.com, which provides top-notch mandolin instruction with a series of impeccably produced videos focusing on traditional music.

And David Surette, founder and artistic director of the Mandolin Festival, will be joined by his long-time musical partner (and lovely wife) Susie Burke, for a set of tunes and songs spotlighting their take on the classic folk duo, featuring Susie's straight-from-the-heart vocal style as well as David’s graceful touch on the mandolin and cittern.

This year, we have the opportunity to bring in as many folks as want to be there, and we would like to offer this concert on a Pay What You Will format. In the “before times,” the ticket price for this concert was $20. This year, we are instead welcoming your donations at any level (larger or smaller!) to support the Music School's outstanding faculty and programming.

We could love to have you in the audience, so please join us for what promises to be a great night of music.


Sunday, March 28
Workshop Five: 10:30-11:45
Baron Collins-Hill: Improvisation and melodic variation for fiddle tunes
Marla Fibish: Irish polkas - keeping them lively and fun to play (and learn a couple)

Roundtable Q&A: Noon to 1 p.m.
Lunch: 1:00-2:00
Workshop Six 2:00-3:30
Group tunes jam with David Surette
Tougias to present on memoir

By SARAH PEARSON
Monitor staff

Michael Tougias spent his childhood getting into scraps along the Connecticut River in his hometown of Longmeadow, Mass., and farther north at a vacation spot on Lake Morey in Fairlee, Vt., on the border with Orford, N.H.

He shares some of those stories in his memoir, his 30th book, The Waters Between Us. He will discuss his book, those stories and growing up in the 1960s during a Walker Lecture Series event on April 7 at 7:30 p.m. held via Zoom.

“This story is near and dear to my heart,” Tougias said.

The stories begin with humorous, and occasionally life-threatening, exploits, which strained Tougias’ relationship with his father.

Tougias described his younger self as a wild and out-of-control kid.

He says he was a voracious reader of adventure books, which inspired his quest to be a mountain man, owning a cabin in the forest and living off the land. Part of that dream would come true: at 22, he would buy a cabin in the Vermont woods.

The book, and the presentation, then takes a more serious turn after a family emergency alters his family life.

Tougias’ sister, Lynn, was injured in a car accident and he watched as his father dedicated his life to taking care of her, but also managing to stay connected to his sons.

His father never wanted attention for taking care of Lynn, but he has since died and Tougias thought it was time to recognize him.

Tougias says his father was a social man, and after the accident, instead of going out, he would have friends always coming to the house. He still found a way to be a caretaker and balance the other parts of his life.

“The lesson I learned was, we have a choice on how to respond when bad things happen to us,” Tougias said.

Tougias is bestselling author, know for The Finest

Michael Tougias, then 12, and his brother, Mark, age 10, with their catch of the day in 1968.
Michael Tougias smiles as his father holds the fish he caught. Tougias says he was too nervous to hold his fish himself.

LECTURE SERIES FROM PAGE 10

Hour, Fatal Forecast, Overboard, King Philip’s War, and There’s A Porcupine In My Outhouse: The Vermont Misadventures of a Mountain Man Wannabe, as well as the True Rescue series aimed at readers age 8 to 12, writing the very books that once inspired him.

Tougias continues to live in Massachusetts and still owns his little cabin, still without indoor plumbing, in Vermont.

To participate in the Walker Lecture Series and receive the link, join the email list at walkerlecture.org.
March 25

Excel 102 - The Productivity Bootcamp: 1 p.m. - 4:30 p.m. $249. NHTI, 31 College Drive. amollica@ccsnh.edu.

Beyond the Hearing Aid: Hearing Assistance Technology: 10 a.m. - 11 a.m. Assistive Listening Devices and visual phone and doorbell signalers are just some of the aids available to enhance one’s awareness of sounds. Free. Held via Zoom. GoodLife Programs & Activities. kgagnon@goodlifenh.org.

Stretch & Strengthen: 1:30 p.m. - 2:25 p.m. Stretch your muscles, increase your coordination, self-confidence & flexibility with gentle exercise, stretching and movement. Free. Held via Zoom. GoodLife Programs & Activities. kgagnon@goodlifenh.org.

Zumba: 9 a.m. - 11 a.m. $15. Health Club of Concord, 10 Garvins Falls Road.

March 27


March 29

Peace & Justice Conversations: Compassionate Listening: 7 p.m. - 8 p.m. General Admission. Online via Zoom. 228-0559. info@nhpeaceaction.org.

Tranquil Yoga: 5 p.m. - 6 p.m. Class will focus on traditional yoga poses, breathing and balance, ending with guided meditation! $25. Held in the ZI's. GoodLife Programs & Activities. kgagnon@goodlifenh.org.

March 30

Author Paula Munier, “The Hiding Place,” with Hank Phillipi Ryan: 7 p.m. - 8 p.m. $25. Held via Zoom. GoodLife Programs & Activities. kgagnon@goodlifenh.org.

Tickets by donation, $10-$20. Held via Zoom. Gibson’s Bookstore. 224-0562. gibsonsevents@gmail.com.

Citizen of the Year Celebration: 4 p.m. - 5:15 p.m. $100 for a table of six. Online / Bank of New Hampshire Stage, 16 S. Main St. 224-2508. emarsh@concordnhchamber.com.

Refinancing Non-Mortgage Debt: 6 p.m. - 7 p.m. Free. Webinar. marketing@nhfcu.org.

Introduction to Tai Chi: 3:30 p.m. - 4:25 p.m. The various Tai Chi postures all are built on the Jings and Stances and Stepping that you learn in the first class. $70. Held via Zoom. GoodLife Programs & Activities. kgagnon@goodlifenh.org.

Tai Chi and QiGong: 2 p.m. - 2:55 p.m. Tai Chi can offer many rewards such as strengthening your body and a better ability to focus your mind as well as release tension. $70. Held via Zoom. GoodLife Programs & Activities. kgagnon@goodlifenh.org.

Tai Chi for Healthy Aging and Better Balance: 12:30 p.m. - 1:25 p.m. A falls reduction program to help with balance as well as some strategies to avoid slips and falls. $70. Held via Zoom. GoodLife Programs & Activities. kgagnon@goodlifenh.org.

Take a Seat Chair Pilates: 10:15 a.m. - 11:10 a.m. Class uses the Pilates technique and is enhanced by the use of props for added resistance to increase strength and flexibility. $25. Held via Zoom. GoodLife Programs & Activities. kgagnon@goodlifenh.org.

March 31

Communicating Mindfully: 5 p.m. - 7 p.m. This 8-part series introduces participants to the basics of Communicating Mindfully. $495. Required text included: “Communicating Mindfully” by Dan Huston. NHTI Business Training Center online. amollica@ccsnh.edu.

Data Analytics for Leaders Verified MicroCredential Certificate: 9 a.m. - 11 a.m. $725. NHTI Business Training Center, 31 College Drive. amollica@ccsnh.edu.

Horseshoe Pond Toastmasters Club: 12 p.m. - 1 p.m. Need to improve your communication or leadership skills? Visit a Toastmasters club meeting to find out what Toastmasters can do for you. Free. Virtual. 223-1287. jkasper@nedelta.com.

Webinar: The Overspent American: 3:30 p.m. - 4:30 p.m. Free. marketing@nhfcu.org.

Walker Lecture Series: Two NH Revolutionaries: 7:30 p.m. - 9 p.m. Free. Screened on Concord TV. 333-0035. walkershowinfo@gmail.com.

Virtual Depression and Bipolar Support Group: 7 p.m. - 8:30 p.m. Anyone with mental health issues (and also their support persons) are welcome. This is a non-denominational group. Free. No registration needed. Online. 224-2664.

WMUR Channel 9 Morning Weatherman Kevin Skarupa: 9:15 a.m. - 10:15 a.m. Kevin Skarupa will discuss the extreme weather of this winter from mildly warm with no snow to a crazy February full of snowfall. $5. Held via Zoom. GoodLife Programs & Activities. kgagnon@goodlifenh.org.

April 1

Webinar: Freshen Up Your Credit: 6 p.m. - 7 p.m. Free. marketing@nhfcu.org.

Pope Memorial SPCA 5K Virtual Dirty Paws Fun Run: 12 a.m. - 11:30 p.m. PMSPCA’s Virtual 5K Dirty Paws Fun RunComplete your Fun Run anytime, anywhere from April 1 to April 10. Register today at pope-memorialspca.org. $25 for single person, $75 for family. Pope Memorial SPCA of Concord-Merrimack County. 856-8756. scamara@popememorialspca.org.

Body & Breath Yoga: 5 p.m. - 6 p.m. Class will feature breathing techniques and intuitive approaches to yoga poses and movement. Practice on a yoga mat, or a chair. $25. Held via Zoom. GoodLife Programs & Activities. kgagnon@goodlifenh.org.

Big Jim’s Home Center Bargain Outlet

287 South Main Street, Concord, NH | 603-227-9571 | bigjimsnh.com

Vanities Galore!

Locally owned since 1954

15% OFF ANY ONE FULL-PRICED ITEM

Offer good through April 3, 2021
Please bring this coupon — one coupon per customer

Bird Feeders • Birdbaths • Bird Houses
Bird Seed and Suet • And Much More

Limited hours, call ahead

102 Fisherville Rd, Concord NH 603-224-3522
### New 2021 Toyota Corolla LE
- **LEASE FOR** $89/MO** for 24 MOS
- **BUY FOR** $18,649 Before Online Savings
- Additional Savings Available at www.irwinzone.com

### New 2021 Toyota RAV4 LE 4x4
- **LEASE FOR** $99/MO** for 24 MOS
- **BUY FOR** $25,979 Before Online Savings
- Additional Savings Available at www.irwinzone.com

### New 2021 Toyota Tacoma SR5 Access Cab 4x4
- **LEASE FOR** $139/MO** for 24 MOS
- **BUY FOR** $33,518 Before Online Savings
- Additional Savings Available at www.irwinzone.com

### New 2021 Toyota Camry LE
- **LEASE FOR** $99/MO** for 24 MOS
- **BUY FOR** $22,686 Before Online Savings
- Additional Savings Available at www.irwinzone.com

### New 2021 Toyota Highlander XLE AWD
- **LEASE FOR** $99/MO** for 24 MOS
- **BUY FOR** $38,139 Before Online Savings
- Additional Savings Available at www.irwinzone.com

### New 2021 Toyota Venza XLE AWD Hybrid
- **LEASE FOR** $99/MO** for 24 MOS
- **BUY FOR** $34,770 Before Online Savings
- Additional Savings Available at www.irwinzone.com

### New 2021 Ford Explorer XLT 4x4
- **LEASE FOR** $68/MO** for 24 MOS
- **BUY FOR** $32,098 Before Online Savings
- Additional Savings Available at www.irwinzone.com

### New 2021 Ford Ranger XL Super Cab 4x4
- **LEASE FOR** $99/MO** for 24 MOS
- **BUY FOR** $29,233 Before Online Savings
- Additional Savings Available at www.irwinzone.com

### New 2021 Ford F150 Super Cab 4x4 XL
- **LEASE FOR** $99/MO** for 24 MOS
- **BUY FOR** $35,853 Before Online Savings
- Additional Savings Available at www.irwinzone.com

### New 2021 Hyundai Kona SE AWD
- **LEASE FOR** $79/MO** for 24 MOS
- **BUY FOR** $18,518 Before Online Savings
- Additional Savings Available at www.irwinzone.com

### New 2021 Hyundai Tucson SE AWD
- **LEASE FOR** $69/MO** for 24 MOS
- **BUY FOR** $21,382 Before Online Savings
- Additional Savings Available at www.irwinzone.com

### New 2021 Hyundai Santa Fe SE AWD
- **LEASE FOR** $89/MO** for 24 MOS
- **BUY FOR** $23,208 Before Online Savings
- Additional Savings Available at www.irwinzone.com

### 2020 Lincoln Aviator Reserve AWD
- **LEASE FOR** $613 Per Month For 24 Mos
- **SALE PRICE** $58,975

### 2020 Lincoln Corsair AWD
- **LEASE FOR** $398 Per Month For 24 Mos
- **SALE PRICE** $40,704

### 2020 Lincoln Nautilus AWD
- **LEASE FOR** $498 Per Month For 24 Mos
- **SALE PRICE** $45,143

### Notes:
- Low lease: 24 mos, 10,000 miles per year. 1st payment, $650 acquisition fee, $494 dealer fee & (Corolla: $3,750, RAV4: $5,100, Tacoma: $5,750, Camry: $6,070, Highlander: $7,150, Venza: $7,230) cash or trade equity due at signing. Subject to credit approval. $649 dealer fee is not included in sale price. No sales tax for NH residents. All manufacturers rebates to dealer. Manufacturers programs subject to change without notice. Ad vehicles reflect Irwin’s $1,000 Savings Voucher. Special financing may affect selling price. In lieu of factory rebates, TFS Financing required. Expires 3-31-2021.

- Low lease: 36 mos, 10,000 miles per year. 1st payment, $650 acquisition fee, $494 dealer fee & (Explorer: $5,705, F-150: $7,005, Ranger: $6,245) due at signing. No sales tax for NH residents. All manufacturers rebates to dealer. Manufacturers programs are subject to change without notice. 0% financing subject to credit approval (72 payments of $13.88 for ever $1,000 borrowed). Special financing may affect sale price. Ad vehicles reflect Irwin’s $1,000 Savings Voucher. See dealer for complete details. Expires 3-31-2021.

- All discounts, manufacturers rebates and promotions including the $1,000 Irwin Bonus Voucher. Please contact the dealer for complete details. VIN: 3M3JF295XO609203 Expires 3-31-2021.

- Lease For Only $613 Per Month For 24 Mos
- **SALE PRICE** $58,975

- Lease For Only $398 Per Month For 24 Mos
- **SALE PRICE** $40,704

- Lease For Only $498 Per Month For 24 Mos
- **SALE PRICE** $45,143
Now Hiring

Explore and apply for open roles near you at jobs.lowes.com.

Lowe's is an equal opportunity employer committed to diversity and inclusion.

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.Progression.Answers.

CONCORD MONITOR INDEPENDENT CONTRACTORS

- Deliveries take approximately 3 – 3/12 hours
- No collections
- Delivery deadlines 6 a.m. weekdays, 7 a.m. weekends
- Both Store & Home deliveries
- Reliable vehicle and proof of insurance

For More information email: jmorgan@cmonitor.com
or Call Joe at 603-369-3393 please leave a message

CONCORD MONITOR
1 Monitor Drive
(off of Sewalls Falls Rd)

OUR BEST PRICES EVER!
25% OFF ALL PRODUCTS
Use promo code MB25

No More Loud TV!

TV·EARS
Over 2.5 million satisfied customers
30-day risk free trial

Put on your TV·Ears and hear TV with unmatched clarity

877-683-0636
M-F 6 am – 6 pm PST

pleAse RECYCLE THIS NEWSPAPER
March 26, 2003: Roland Allen of Penacook dies at the age of 82. For more than 60 years, Allen involved himself in nearly every aspect of Penacook life. From running the Penacook Fibre Co. to founding the village community center to serving on the local school board, he seemed to have been everywhere in town at once. In his spare time, he was a prolific songwriter, an amateur inventor and (gasp!) a devoted Yankees fan.

March 26, 2002: A new study shows that the combined willpower of town meeting voters across New Hampshire raised more money for conservation this year than any other public or private program, conservation group or fund-raising campaign, the Monitor reports.

March 26, 1969: The Legislature votes to cut five days off the sentences of prisoners who donate a pint of blood to the American Red Cross.

March 26, 1948: Steven Tallarico is born. In Sunapee in the late 1960s he will form his first serious band, The Strangers. In 1970 he’ll team up with bassist Tom Hamilton, who went to high school in New London, and guitarist Joe Perry, who once worked at a restaurant in Sunapee. The new band is called Aerosmith, and Tallarico will change his name to Tyler. The rest is rock history.

March 26, 1853: Concord elects its first mayor, Joseph Low, a grand-looking man with a gold-headed cane. Before this date, the city was a town, run by selectmen.

March 26, 1947: State Sen. Arthur Bean asks the Legislature to allow Concord and Bow to create a man-made lake on the Turkey River, to be called Concord Lake. The lake would be used for recreation and as a backup city water supply. It would be the state’s 10th largest, after Winnipesaukee, Squam, Winnisquam, Newfound, Ossipee, Wentworth, First Connecticut and Massabesic. The Legislature will approve the plan, but city voters will ultimately turn it down.

March 27, 2002: The Capitol Center for the Arts lifted the curtain this month on an ambitious $3 million capital campaign to give the city a sleeker, more functional and attractive focal point, the Monitor reports. If successful, supporters say the project will cement the center’s future as the premier cultural arts venue in northern New England.

March 27, 1998: Is it summer already? Concord residents enjoy a high temperature of 76 degrees.

March 27, 1997: The New Hampshire House votes overwhelmingly to support the policy objective of Gov. Jeanne Shaheen’s $50 million plan to expand public kindergarten. The proposal heads now to the Finance Committee, which will debate how to pay for the plan.

March 28, 2002: A four-alarm fire destroys a 100-year-old farmhouse in Northwood. A teenage boy is the only one home at the time, and he escapes with minor injuries. Investigators blame a toaster oven, left on but unattended.

March 28, 1921: Winter is barely over, but ice-out is declared on Lake Winnipesaukee.

March 28, 1975: Responding to Rep. Eugene Daniell’s attack on him from the floor of the House the previous day, Union Leader publisher William Loeb says: “I dare Rep. Daniell to make those remarks in a place where he is not protected by legislative privilege.” Daniell’s answer: “He calls me ‘stinky’ and ‘skunky,’ and I said if he’d like to have a nickname, then I’d address him as ‘yellow belly.’ ”

March 28, 1919: Gov. John Bartlett signs a law prohibiting the teaching, advocacy or practice of Bolsheviki ideas in New Hampshire. Bartlett issues a statement warning “Bolsheviki” that he has ordered law enforcement “to rake the state with a fine-tooth comb to find evidence of their work. . . . No cost will be spared to suppress the social viper.”

March 29, 2003: Parents whose children attend Concord’s Dewey School are disappointed with the proposal to move the school’s first graders to Kimball school, the Monitor reports. “Dewey has an outstanding school culture,” said Mary Carter, whose daughter already went through the school and whose two younger children will head there in the next few years. “From my experience, schools are mysterious places in terms of what makes them exceptional, what makes them places that sit in children’s minds as golden places.”

March 29, 2000: Concluding their investigation into whether state Supreme Court Justice Stephen Thayer committed bank fraud on loan applications, federal prosecutors announce he did nothing wrong. In two days, Thayer will resign from the court.

March 29, 1945: The Monitor reports that Sgt. Walter Carlson, missing in action since Dec. 21, is now known to be a POW in Germany. Carlson, a Concord police sergeant before the war, will remain in a prison camp for 71 days before being liberated. After the war, he will be Concord’s longtime police chief.

March 29, 1945: Local grocers break the bad news even to customers who put in their orders early: Because of wartime shortages, there will be no hams for Easter this year.

March 29, 1909: George Foster, a real estate man and investor, takes over the Abbot and Downing Co., once again saving it from collapse. Foster will bail out just over two years later, and yet another new owner will try his hand.

March 29, 1936: John Durkin is born. He will work for two years as a lawyer in the New Hampshire attorney general’s office, serve as insurance commissioner from 1968 to 1973 and be elected to the U.S. Senate for one term in 1974.

March 30, 2003: Seven hours and a world away from Concord, about two dozen central New Hampshire residents are training at Fort Drum, N.Y., for war in Iraq, the Monitor reports. “I love doing the work and wearing the uniform,” said Spc. Patrick Powers of Merrimack, 21. “To me, it’s a symbol of everyone who came before us.”

March 30, 1965: The New Hampshire Education Association makes a pitch for a standard minimum teachers salary of $5,000 per year. More than 40 percent of the state’s public school teachers currently make less. Legislative leaders from both parties say they’re wary of interfering with local control.

March 30, 1964: The state agrees to buy the summit of Mount Washington from Dartmouth College. The cost: $150,000. The state gets 50 acres, the Summit House, the old Tip Top House and building housing the Mount Washington Observatory.

March 31, 2003: Angry Catholics intent on forcing the resignations of Bishop John McCormack and Auxiliary Bishop Francis Christian say they will use parish visits and a website of damming evidence to pursue both men more aggressively than anyone here has before. “Someone who fails to protect children as egregiously as they did deserves to lose their job,” says Anne Coughlin of Concord, a founder of New Hampshire Catholics for Moral Leadership. “We will not relent until we’ve reached that goal.”

March 31, 1968: Nineteen days after Sen. Eugene McCarthy captured 42 percent of the Democratic vote in the New Hampshire primary, President Lyndon B Johnson tells a national television audience: “I shall not seek, and I will not accept, the nomination of my party for another term as your president.”

March 31, 1731: Four years after Concord’s settlement begins, townspeople appropriate 10 pounds “for the instruction of the children in reading, etc.” The first teacher is Hannah Abbot, 30. The following year, the town will order the selectmen to “find books for the use of the inhabitants . . . on the town’s cost.”

March 31, 1791: David George, a Concord tailor, advertises his new prices: $3 for a genteeel suit of superfine broadcloth; $2 for an ordinary suit of coarse cloth.

March 31, 1800: Concord residents vote “to accept a bell if one can be obtained by subscription, and cause the same to be rung at such times as the town may think proper.”
NEW RESEARCH SHEDS LIGHT ON PAINFUL MENSTRUAL CRAMPS

RESEARCH REVEALS CHIROPRACTIC MAY ALLEVIATE SUFFERING

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

“Numerous case studies and some clinical studies are revealing that there is a relationship between abnormalities in the spine, the nervous system, reproductive system, and endocrine system” stated Dr. Matthew McCoy, a chiropractor, public health researcher and editor of the journal that published the study. McCoy added “In the case report presented, the woman was suffering from painful menstrual cramps that resolved under chiropractic care because of the nature of the nervous system and its relationship to the spine and internal organs. Research indicates that minor shifts in the structure of the spine may impact function, suggesting that these structural shifts may be a factor in a number of disorders.”

According to researchers the nervous system controls and coordinates all functions of the body and structural shifts in the spine can occur that obstruct the nerves and interfere with their function. By removing the structural shifts, chiropractic improves nerve supply and function.

The 37-year-old woman reported on in this study had been experiencing dysmenorrhea and difficulty sleeping. The pain and cramping was so debilitating she would have to take days off from work during her menstrual cycle. She also suffered from shoulder and low back pain.

The chiropractor examined her and found structural shifts in her neck, mid back, low back, and sacrum. Range of motion, thermal scans, and muscle scans confirmed these findings and their effect on her nervous system. These structural shifts can lead to obstruction of the nerves and it is this obstruction, called vertebral subluxations, that chiropractors correct.

Following chiropractic care she experienced better sleep and her menstrual cramps were no longer debilitating. Her cycle also shortened from five days to three. Her shoulder and low back pain also improved.

Resolution of Dysmenorrhea in a 37-Year-Old Female Following Chiropractic Care to Reduce Vertebral Subluxations: A Case Study
Jennifer Wozniak, DC & Kevin Schultz, DC
*Annals of Vertebral Subluxation Research* ~ January 20, 2021 ~ Pages 1-8

SPECIAL OFFER
Complete Structural Exam with any necessary x-rays $49
Expires 4/15/21

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