

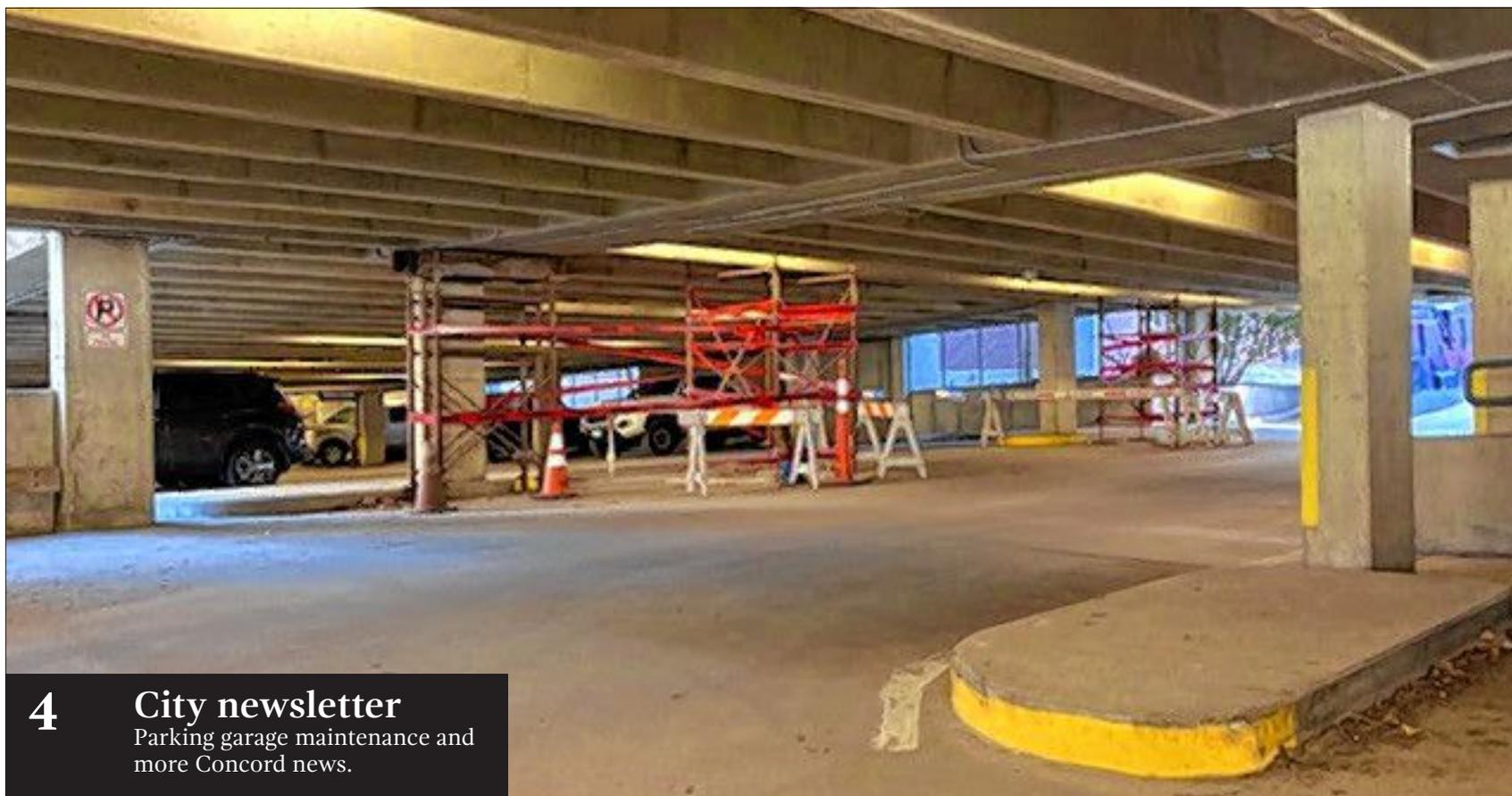


THE CONCORD
INSIDER

March 31 to April 6
Free and fickle

**Sort of
spring?**

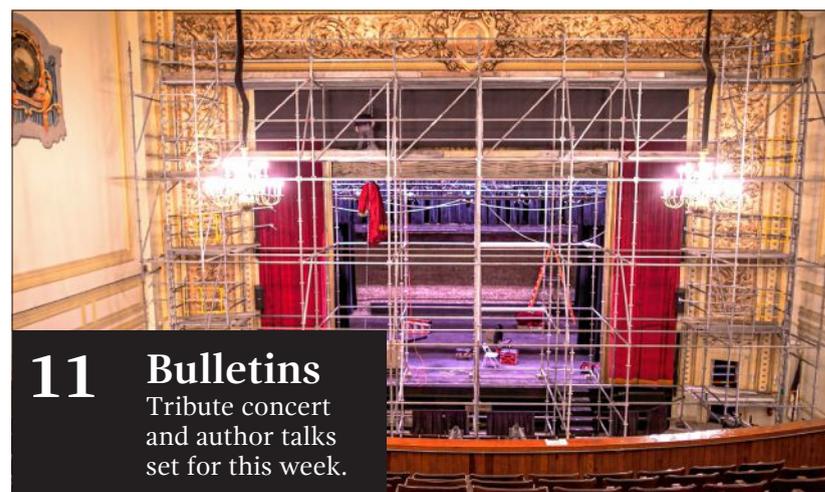
There's plenty to do no matter
what this season's weather throws



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Parking garage maintenance and more Concord news.



8 **Student leaders**
CASL class of 2022



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Tribute concert and author talks set for this week.

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book of the week

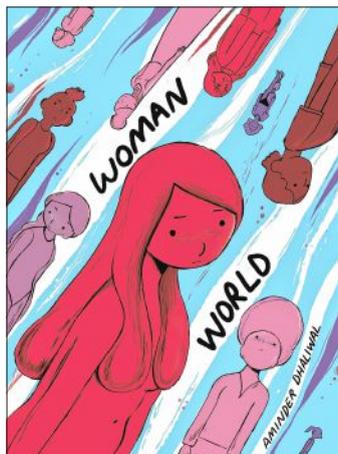
Woman World

By Aminder Dhaliwal
(247 pages, graphic novel, 2018)

In many ways, Aminder Dhaliwal's graphic novel *Woman World* is a story of the dystopia-that-wasn't. Set in a present or near-future Earth, this is the story of an exclusively female society that finds itself carrying on after a gradual, worldwide disappearance of men. After a predictably rocky transition (e.g. swaths of men being kidnapped, their ejaculate traded on the black market), the world's women unite, organize, and learn to move forward. Seeing them do so is an absolute pleasure.

At the book's opening, the author brings us up to speed with a flash-back synopsis of the male die-out that led to the present. Essentially, a genetic mutation caused all new babies to be born female, while all of the existing boys and men eventually died out naturally. Within a few generations, the world has become exclusively female (including, it's implied, a number of trans women — a detail that I love, even if it raises some logistical questions). Reproduction is possible in a laboratory, so humankind is not in danger of extinction. This is "soft" science fiction at its best, with Dhaliwal focusing entirely on the societal implications of a man-free world, versus how and why such a situation might occur.

Cut to the present. We're following the members of small community that has united under the banner of Beyoncé's *Thighs*. The women of Beyoncé's *Thighs* find themselves grappling not with "women's issues," but with human ones: unrequited love; the value of friendship and the sting of loneliness; conflict resolution; leadership; the power of nostalgia to both wound and heal. What's surprising



(although maybe it shouldn't be) is that the women are Basically Alright. Life goes on, albeit with slightly crumbling infrastructure and an uncontested nudist mayor. The characters' foibles are extremely funny, but also raise some interesting philosophical questions. How does feminism continue to exist in a world where women already have full and equal rights — and was something lost, gained, or both, in that transaction?

This comic was originally released in serialized format on Instagram, so it consists of a series of linked vignettes, rather than a continuous, linear narrative. We see characters with prosthetic limbs and mastectomy scars, living without shame or judgement among their sisters. The world after men is different, but not apocalyptic. Women have no choice but to learn to harness their own, and recognize one another's, talents: humanity's survival depends on cooperative work toward a common goal. This book is irreverent, quirky, and laugh-out-loud funny, but it also has a big heart. It's worth noting, too, that this title counts as a Fiction Graphic Novel for those who are participating in CPL's Ultimate Book Nerd reading challenge!

Visit Concord Public Library online at concordpubliclibrary.net.

Faith Miller Lakowicz

BÉLA FLECK
MY
BLUEGRASS
HEART

April 7
7:30pm

cca Capitol Center
for the Arts
CHUBB THEATRE

CCANH.COM

City hall, garage work underway

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

City meetings

City meetings are held in person in Council Chambers at 37 Green St. (unless otherwise specified on the City's calendar). Upcoming meetings include:

- Zoning Board of Adjustment: April 6, 7 p.m.
- City Council: April 11, 7 p.m.
- Planning Board: April 20, 7 p.m.

Fiber optic crews in the city

You have probably noticed lots of contractors in bucket trucks all over the City stringing new fiber optic cable to utility poles every which way. This work is being conducted by Breezeline, formerly known as Atlantic Broadband, and Fidium Fiber, which is a subsidiary of Consolidated Communications. The purpose of the project is to provide Concord residents with new options for high-speed internet and cable television. Some of the fiber cable installation is being performed directly by these two companies, but they have also hired a variety of subcontractors to perform various aspects of the work. Some concerns have been received from residents who have had trees limbed without permission and also damage to private property. If you happen to witness any instances of property damage, illicit tree trimming, etc. by contractors working on the City streets, please make note of their license plate number and call

the Engineering Services Division at (603) 225-8520 to speak with a representative or leave a detailed message with the address of the concern, what you witnessed, description of the truck/crew, and a call back number.

State St. garage

On March 14 the City Council appropriated \$200,000 to complete much needed repairs at the State Street Garage. Knowles Industrial Services, Inc. of Gorham, Maine has been engaged to complete the work.

The work began on March 21 and will be completed in mid to late June. The work includes installation of temporary shoring in both stair towers, partial replacement of an expansion joint, removal of loose overhead concrete, as well as miscellaneous repairs of select concrete beams, columns, and slabs; all as recommended by a February 2022 structural assessment of the facility.

These repairs are intended to be a stopgap measure pending future decisions by the City Council concerning large scale repairs and renovations, or potential replacement of the facility, as discussed in the February 2022 Needs Assessment.

City Hall work

Beginning this week and continuing for the next several weeks, some City Hall parking in the Prince Street lot will be affected during ongoing work. Handicapped parking spaces are relocated to the second row of parking. Barricades will limit vehicular traffic, but pedestrians should be aware

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NE-384645

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What's happening in
Allenstown?

READ CLAUDETTE VERVILLE'S
 TOWN CRIER COLUMN IN THE

SUNDAY MONITOR

concordmonitor.com

**Alan's
 Easter Brunch
 is Back!!!**

Reserve your spot NOW!!!

Sunday, April 17th
Brunch Buffet from 9am to 3pm

Buffet will include:
 fresh fruit • cheese and assorted crackers • assorted danishes breads
 • muffins • scrambled eggs • home fries • bacon • sausage beans • eggs
 benedict • pancakes • chef manned omelet station tossed salad • veggie
 crudite • pasta salad • peel and eat shrimp mashed potatoes • fresh
 vegetable medley • chicken picatta • tortellini alfredo • crab meat stuffed
 haddock • carving stations (roast leg of lamb, sliced prime rib of beef and
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And Traditional Easter Dinners available All Day!

**Complete Easter dinners available for takeout -
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 WORKSHOP**

*Who Qualifies & When to Apply For the VA's
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**April 12th
 11:30am - 2:00pm**

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• • • • •

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• • • • •

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 Allenstown, NH 03275 hillsbrookvillagenh.com

CITY NEWS FROM PAGE 4

that there will be equipment in the vicinity.

Outdoor dining in Concord

During the March City Council meeting, the City established a permanent outdoor dining policy in the City of Concord. This new program is an effort by the City to establish a uniform application and standards, as well as have a vibrant outdoor dining presence for local restaurants for the future. The 2022 season will run from April 15 through Nov. 15.

The outdoor dining program provides for the issuance of permits for restaurants in the downtown to use areas of the public sidewalk, squares, City properties, and public parking spaces near their businesses to accommodate customers' tables and chairs.

Restaurants interested in participating should apply for an outdoor dining permit available at concordnh.gov/outdoordining.

For questions related to this program, contact Health & Licensing Officer Gwen Williams in the Code Administration Office at 225-8580 or at gwilliams@concordnh.gov.

Annual list for tax exempt properties deadline

Per RSA 72:23-c, every religious, educational, and charitable organization that wishes to claim property tax exemption shall annually, on or before April 15, file BTLA form A-9 "List of Real Estate and Personal Property on which Exemption is claimed" with the Assessing Office.

The properties must be owned, used, and occupied by the organization directly for which they are established, provided that none of the income thereof is used for any other purpose than the purpose for which they are established.

In addition, every charitable organization or society

must also annually file a BTLA form A-12 "Charitable Organization Financial Statement" along with financial documents by June 1.

If you are unsure whether your organization would qualify for an exemption, please review RSA 72:23.

Failure to file the documents in a timely manner may result in property taxation for the 2022 tax year.

Personal Exemption Reminders

Property owners are reminded that the applications for the elderly, blind, and solar exemptions, as well as veteran credits, are due April 15. Information may be found in the Assessing Office, on the City website at www.concordnh.gov/assessing. Or, you may call (603) 225-8550 or email assessing@concordnh.gov and request that the application/s be emailed or mailed 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 need additional information; we will reach out to you via a letter.

On March 14, City Council met and approved changes to the elderly exemption for the 2022 tax year.

Changes are as follows:

- The net income for single applicants of not more than \$37,300.
- The net income for married applicants of not more than \$53,300.
- The asset limit, not including your residential home if it is a single family, of not more than \$98,000 for both single and married applicants
- Increase to the elderly exemption amounts: ages 65-74, \$80,000; ages 75-79,

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\$131,000; and ages 80 and older, \$223,000.

Neighborhood paving program

The City's Neighborhood Street Paving Program began this week with Continental Paving, Inc. as the City's paving contractor for this year. Work began Monday, March 28 on Foster Street, Granite Avenue, Curcice Avenue, and Prospect Street. All catch basin and manhole covers will be lowered, curbing will be removed, and pavement recla-

mation and grading will follow with base pavement applied tentatively by the end of the week if possible.

Work is weather permitting. Streets may be reduced to one lane or closed to through traffic. Parking will be prohibited on these streets between 7 a.m. and 5 p.m. Residents will have road access to their homes.

Summer jobs

The department has almost 60 positions open: cemetery and park laborers, summer camp counselors, and life-

guards. If you do not have the required certifications, do not worry we will take care of the cost. For more information, please visit governmentjobs.com/careers/concordnh.

City accepting outdoor sculptures for exhibit

The City of Concord and the Greater Concord Chamber of Commerce invite sculptors to submit entries for Art on Main, a public art exhibit in the city's historic downtown. Accepted entries will be on display from June through May 2023, and enhance the city's

award-winning Main Street.

Concord's Fifth Annual Outdoor Sculpture Exhibition is open to professional sculptors 18 years or older, preferably from New England. This initiative is a partnership between the Greater Concord Chamber of Commerce's Creative Concord Committee and the City of Concord. The Creative Concord Committee is made up of dedicated volunteers who work to enhance the creative economy in the Capital Region. New Hampshire's state capital features a destination downtown full of local shops, restaurants and cultural venues that at-

tract a high volume of visitors throughout the year. Art on Main enhances these attractions by creating an open-air gallery that is free for all to enjoy.

Artists may submit up to two works for consideration; each must be the property of the artist. All accepted artists will receive a \$500 stipend. Accepted artworks must be properly secured upon installation for the safety of visitors and the artwork itself. The City of Concord takes a 30% commission for any sculptures sold to promote the visual arts. The deadline for entries is April 29.

97TH ANNIVERSARY SALE!

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Meet the CASL Class of 2022

Twenty-five motivated high school sophomores from seven schools in the Greater Concord region are enrolled in Capital Area Student Leadership (CASL). Offered by the Greater Concord Chamber of Commerce, and underwritten by Northeast Delta Dental, CASL is the state's only regional student leadership and civics program. Enrolled students learn about Concord's history and inner-workings, gain hands-on experience in public speaking and other leadership skills, and meet professionals from a variety of industries who are actively involved in the Greater Concord community. This *Insider* issue highlights fourteen student participants in this year's program; view last week's issue to meet the rest of the CASL Class of 2022.



Carly Fuller

Bishop Brady High School
What is one word that describes you? Caring
If you could spend the day with one person, who would it be, and why? My mom.
What is something you want to learn more about? How to be more confident.



Boden Gendron

Bishop Brady High School
What is one word that describes you? Tranquil
If you could spend the day with one person, who would it be, and why? Nelson Mandela, because all of the achievements he has had, and how he pulled them off.
What is something you want to learn more about? How to have better charisma.



Calli Gray

Merrimack Valley High School
What is one word that describes you? Determined
If you could spend the day with one person, who would it be, and why? Sadie Robertson, an inspirational person and author.
What is something you want to learn more about? Behavioral patterns and studies of children.



Eliana Gross

Pembroke Academy
What is one word that describes you? Ambitious
If you could spend the day with one person, who would it be, and why? Dan Brown because I want to be an author and knowing the concepts of his books, I would like to talk to him about the limits he has surpassed.
What is something you want to learn more about? The people who lived in Concord before me and their inspiration to design Concord the way it is now.



Alyssa Ishii

Merrimack Valley High School
What is one word that describes you? Determined
If you could spend the day with one person, who would it be, and why? My dad's parents, because they live in Japan and I've never met them.
What is something you want to learn more about? Music and how to play more instruments.



Arik Linstad

John Stark Regional High School
What is one word that describes you? Emotive
If you could spend the day with one person, who would it be, and why? Sir Ian McKellen, because I've always wanted to be an actor and he would have so many tools of the trade to share.
What is something you want to learn more about? How leaders think, and what psychological tricks do famous leaders use to get people to follow them.



Cassidy Lankhorst

Merrimack Valley High School
What is one word that describes you? Loyal
If you could spend the day with one person, who would it be, and why? Niall Horan. I have loved him for 10+ years when he joined One Direction.
What is something you want to learn more about? The behavioral and educational science in Elementary Education.



Kayleigh Megowen

John Stark Regional High School
What is one word that describes you? Hard-working
If you could spend the day with one person, who would it be, and why? Brooke Raboutou because she placed 2nd and 3rd in the climbing world championship added with how she was one of two female climbers in the Olympics. She is also a full-time student and only 20 years old. I would love to see her average day of training,

studying, and maintaining her life.

What is something you want to learn more about? Either opening my own business or about wildlife around the world, and how taking initiative will help me in the future no matter what career I pick.

Owen Miller

Bow High School
What is one word that describes you? Iconic



If you could spend the day with one person, who would it be, and why? Taylor Swift because she is really inspirational in the strides she has made in the music industry. I also appreciate her music writing abilities and want to know more about that process.

What is something you want to learn more about? How I can use the skills I make here in CASL in the future.

Enrolled students learn about Concord's history and inner-workings, gain hands-on experience in public speaking and other leadership skills, and meet professionals from a variety of industries who are actively involved in the Greater Concord community.



Lilith Peterson

Concord High School
 What is one word that describes you? Trustworthy
 If you could spend the day with one person, who would it be, and why? Katie Ledecy. She is a very inspirational athlete. She is, by far, one of the best swimmers in the world yet she stays humble and has amazing sportsmanship.
 What is something you want to learn more about? How a community can support small businesses or how a larger community can support new businesses.

Owen Piper

Merrimack Valley High School
 What is one word that describes you? Risk-taker
 If you could spend the day with one person, who would it be, and why? The Rock, he seems cool and fun and inspiring.
 What is something you want to learn more about? My interests, and soccer.

Aislyn Reed

Bow High School
 What is one word that describes you? Epic
 If you could spend the day with one person, who would it be, and why? Matthew Gray Gubler because he's been in a lot of good shows.
 What is something you want to learn more about? The judicial system because I know nothing about it.

Juliette Tarsa

Bow High School
 What is one word that describes you? Enthusiastic
 If you could spend the day with one person, who would it be, and why? Paige Bueckers, because I want to ask how she accomplished such great things and the mindset of pushing through.
 What is something you want to learn more about? Architecture and interior design.

David Wicks

Concord High School
 What is one word that describes you? Helpful
 If you could spend the day with one person, who would it be, and why? David Ortiz. I'm a big baseball fan and watching him play when I was young inspired me to keep playing baseball.
 What is something you want to learn more about? The math and science behind everyday items.

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 to place your own ad!
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Based on a true story of rescue and survival on Mt. Washington
 Opens Friday, March 25th
 Early access screening Thursday, March 24 at 7pm!
RED RIVER THEATRES
www.redrivertheatres.org

entertainment

Live music

March 31

- Brian Booth at Hermanos at 6:30 p.m.
- Celtic Woman, Postcards from Ireland, will be at the Capitol Center for the Arts at 7:30 p.m.

April 1

- Paul Driscoll at Over the Moon Farmstead from 7 to 9 p.m.
- ABT Studio Company will be at the Capitol Center for the Arts at 8 p.m.
- River Sister at the Bank of N.H. Stage at 8 p.m.
- ODB Project at Penuche's at 9 p.m.
- Album party for June Sexton with opener Faith Ann at Area 23 at 8 p.m.

April 2

- Mikey G at the Downtown Concord Farmers Market from 9 a.m. to noon
- Jared Moore at Chen Yang Li from 7 to 10 p.m.
- Steve Dennis at Over the Moon Farmstead from 7 to 9 p.m.
- Delusive Relics and Bosey Joe at Area 23 at 8 p.m.
- Heart by Heart at the Capitol Center for the Arts at 8 p.m.
- Don Campbell Band (a Dan Fogelberg tribute) at the Bank of N.H. Stage at 8 p.m.

April 3

- Scott Solsky at New Hampshire Pizza Co. from 11 a.m. to 3 p.m.
- Tim Kierstead at Concord Craft Brewing from 2 to 4:30 p.m.
- Senie Hunt at Over the Moon Farmstead from 2 to 4 p.m.
- Brian Booth at Chen Yang Li from 3 to 6 p.m.

April 6

- Tribute to Johnny Cash at the Concord City Auditorium at 7:30 p.m.

April 7

- Bela Fleck: My Bluegrass Heart at the 7:30 p.m. at the

Capitol Center for the Arts

- Bach Lunch Lecture on Latino American Forkloric Music at the Concord Community Music School at 12:10 p.m.

- Kimayo at Over the Moon Farmstead at 7 p.m.

April 8

- Colin Hay at the Capitol Center for the Arts at 8 p.m.
- Dueling Pianos at the Bank of N.H. Stage at 8 p.m.
- Outside Health at Area 23 at 8 p.m.

April 9

- Adam Ezra Group at the Bank of N.H. Stage at 8 p.m.
- Crazy Steve Jam at 1 p.m.

and Bend the Ride at Area 23 at 8 p.m.

- Gershwin on Broadway at the Concord City Auditorium at 7:30 p.m.

- Arthur James at the Concord Farmers Market from 9 a.m. to noon

- Andrew Geano at Over the Moon Farmstead at 7 p.m.

- Paul Driscoll at Chen Yang Li at 7 p.m.

April 10

- The Queen's Cartoonists (Gile Concert series) at the Capitol Center for the Arts at 7 p.m.

- Dusty Gray at Concord Craft Brewing at 2 p.m.

- Colin Hart at Chen Yang Li at 3 p.m.

Stage Shows

- *Places You'll Go* will be staged at the Hatbox Theatre from March 25 to April 10 with shows Friday and Saturday at 7:30 p.m. and Sunday at 2 p.m. Tickets \$16 to 22 at hatboxnh.com.

- Discovering Magic will be at the Hatbox Theatre on April 6 at 7:30 p.m.

- Queen City Improv will perform at the Hatbox Theatre on April 7 at 7:30 p.m.

- Conversations with Concord area author will be held April 6 at 7:30 p.m. at the Bank of N.H. Stage.

Win! 2022-23 Ragged Mountain Skiing Mission: Affordable Season Pass



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Drawing Monday
April 4th!

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monitor
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NE-384584

bulletin board

Walker lecture

The Walker Lecture Series invites you to join us for "Counterfeit Cash," a tribute to Johnny Cash. Counterfeit Cash, a Johnny Cash tribute band, performs songs made famous by the man in black, including "Folsom Prison Blues," "Ring of Fire," and "Big River." The concert will be held April 6, at 7:30 p.m. at the Concord City Auditorium. It is free and open to the public. Learn more at walkerlecture.org.

Author talk

Gibson's Bookstore is pleased to join William Morrow and indie bookstore partners across America to present Kate Quinn in the virtual launch event for her new novel, *The Diamond Eye*. The virtual event will be held March 31 at 7 p.m.

(Preorders of *The Diamond Eye* from Gibson's Bookstore will receive en-

trance to a special VIP virtual reception with Kate Quinn at 6:30 p.m.)

The New York Times bestselling author of *The Rose Code* returns with an unforgettable World War II

tale of a quiet bookworm who becomes history's deadliest female sniper. Based on a true story.

Registration required at eventbrite.com/e/295334341967.

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history

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."

April 1, 2000: Concord's Matt Bonner gets a taste of Final Four basketball as a freshman, scoring four points and grabbing two rebounds in 14 minutes of play. His team, the University of Florida, defeats North Carolina, 71-59, to advance to the championship game.

April 1, 1817: There is still "good passing on ice on the river with horses," Benjamin Kimball, a Merrimack River ferryman, writes in his diary.

April 1, 1997: In a bout of April Fools weather on baseball's Opening Day, Concord gets seven inches of snow. Jaffrey gets 27 inches.

April 1, 1878: Shortly after midnight, April Fools pranksters dig up the body of executed murderer Joseph Lapage. They take it to the State House yard and suspend it from a gibbet-shaped water pipe frame. Special Detective E.B. Craddock and Officer Foster cut it down and bring it to Foster's stable behind the Phenix Hotel.

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

April 2, 1851: Concord's town meeting votes to end

the tolling of bells at funerals. The practice, the resolution says, "is productive of no good, and may, in case of the illness of the living, result in evil."

April 2, 1835: A second temperance society is formed in Concord. It calls itself the Concord Total Abstinence Society and will attract mainly middle-aged men. The city's Temperance Society already has 262 members, including 92 women.

April 3, 2003: Manchester will be home to a minor league baseball team by this time next year, city officials announce. The Boston Red Sox have agreed to allow the New Haven Ravens to move from Connecticut to Manchester, giving baseball fans the chance to attend minor league games in the Queen City for the first time since 1971.

April 3, 1945: Word reaches Concord that Staff Sgt. F. Hamilton Kibbee was killed on Jan. 31 while a prisoner of war in Germany. His wife Mary, who lives on South Street, last heard from him Jan. 7. The Kibbees have two children, ages 4 and 21 months.

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

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

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

Everett Arena in Concord will be named in his honor.

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

April 4, 2003: Two weeks into spring, the greater Concord area wakes up to 6.4 inches of snow and promises of more to come.

April 4, 2002: Former honors student and student council president Robert Tulloch spurns his lawyer's advice and admits to savagely killing two Dartmouth professors with his best friend.

April 4, 2001: Two .45-caliber bullets are found at Kingswood Regional High School in Wolfeboro as students arrive for the day. A search of the building finds no gun - and no apparent threat to anyone's safety.

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

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

April 4, 1974: Gov. Mel Thomson signs legislation reinstating the death

penalty in New Hampshire. "I feel like John Hancock when he finished putting his signature on the Declaration of Independence," he says. The new law calls for death by hanging.

April 4, 1924: Alf Jacobson is born. Jacobson will teach at Colby Sawyer College, be elected state Senate president and serve for many years in the House.

April 5, 2002: Charles Gravenhorst, a self-described pastor who hosts a late-night Christian show on Concord Community TV, is arrested on charges related to an alleged sexual assault in Maine.

April 5, 1816: In a rare self-appraisal, U.S. Rep. Daniel Webster of New Hampshire says his "antiquated notions" make it clear to him that he should have lived in "generations that have gone by." His political career has stalled in the ruins of the Federalist Party. Four months later, Webster will move from Portsmouth to Boston and resume his rise on the national stage.

April 5, 1797: Jonas Chickering of New Ipswich is born. A prominent manufacturer, he will build 14,000 pianos in his day and strive to perfect an instrument that will remain in tune and fit for use regardless of the weather.

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

April 6, 2002: As health insurance premiums rise by double digits, most New Hampshire health insurance companies are growing more profitable - reversing losses in the late 1990s that forced some competitors out of the market, the Monitor reports.

April 6, 2000: The New Hampshire Senate votes, 12-11, to repeal the state's inheritance tax, but the measure is doomed because it's linked to a plan to legalize video gambling. The House, which has already ruled out gambling legislation, will eventually agree on the inheritance tax repeal. The governor, however, will veto it.

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Ask any group how they like to get their news, and the chorus of responses will sound something like this: “Website. Phone. Paper. Facebook. Newsletters. Podcasts. Friends.” We’re increasingly hearing “E-Edition” added to the list, and with good reason. A growing number of our readers think the e-edition – which is more easily defined as a digital replica of our paper – serves as a valuable bridge between the traditional benefits of a newspaper and the technical advantages of our online world. For the many who still don’t quite know what it is, we’re taking this time to introduce to you our e-edition, where you can get the day’s news – or the news of the past month – in a newspaper format that’s meant to feel familiar.

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CLASS FILLER 6

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

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