

# THE CONCORD INSIDER

OCT. 13-19  
The Think Pink edition

## Making Strides

Walk for a cure in  
annual event Sunday  
at Memorial Field

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## Parking

The Governor Hugh Gallen State Office Park is available for parking. Please enter the parkway off Pleasant Street or Clinton Street. Please avoid using Fruit Street. There will be parking signs and attendants available to assist you.

**Accessible Parking:** The Memorial Field parking lot will be reserved for those with accessibility needs.

## Need assistance?

Our trained Volunteer Ambassadors, wearing neon green shirts and big smiles, are happy to assist you.

## Safety

Please leave dogs, bicycles, all wheeled recreational items at home. This is for the safety of all of our participants. Children and strollers, wagons and wheelchairs are welcome.

## Registration

Register online at [MakingStridesWalk.org/NH](http://MakingStridesWalk.org/NH)

If you have donations to turn in, please go to the Registration Tent.

The NH T Shirt Challenge ran until Sept. 21. T shirts were printed for participants that raised \$125 online by that date. If you haven't picked up your shirt, go to the Registration Tent.

Additional T shirts are not available on event day.

## Team members

Meet your team leader at your team sign, arranged alphabetically. Team leaders will collect additional donations and turn them in at the Registration Tent.

Teams registered by Sept. 27 have a team sign, arranged alphabetically on the

# MAKING STRIDES NEED TO KNOW

**Sunday, Oct. 16 (rain or shine)**

**Memorial Field, 70 South Fruit Street, Concord**

**Registration: 11 a.m.; Opening Ceremonies: 12:30 p.m.; Walk starts: 1 p.m.**

field. Please do not remove your sign, as they are graciously donated by Advantage Signs, Inc. and will be used each year. If your team doesn't have a sign, please join the crowd and feel the spirit of the day.

## Team photos

Team Photo Stations will be available from 11 a.m. to 12:30 p.m., located to the left of the stage. Large team photos will be taken at the stage.

**Request of Team Leaders:** Please turn your shirt around if your team name is printed on the back, or write Team Name on white board and hold in the photo. We will email your team photo to you post event.

## Welcome tent

Located directly in front of you as you enter the field. "I am Making Strides for" stickers, Awareness Ribbons, Survivor Sashes, Day of Event Programs, Lost & Found and assistance are available here.

## Strides store

Making Strides merchandise will be available for purchase 11 a.m. to 4 p.m. All proceeds benefit Making Strides Against Breast Cancer. Cash, checks, debit

and credit cards are accepted.

## Selfie station

Take photos of you and your group using the Making Strides Logo backdrop. #MakingStridesNH

## Garden of Hope

Visit this beautiful garden dedicated to all those lives touched by breast cancer. Tie a ribbon in honor of or in memory of someone you hold in your heart today.

## Stories of Hope

Team Leaders, volunteers and sponsors over the years, share why they are inspired to Make Strides.

## Take action

The American Cancer Society Cancer Action Network ACS Can is the nation's leading cancer advocacy organization that is working every day to make cancer issues a national priority.

## Survivor Place

Both newly diagnosed and those celebrating years of survivorship are all welcome to stop by Survivor Place. Survivors of all ages and all stages experience the caring, support and hope in the Survivor Tent. Informa-

tion regarding the programs and services of the American Cancer Society will be available. Bring your family and caregivers for conversation and friendship.

**Survivor Procession:** At 12:30 pm, Survivors are invited to gather at the Welcome Tent to walk in unity to the stage for our time honored tradition, the Group Survivor Photo.

## Opening ceremonies

Out of respect for our survivors, please refrain from leaving the field until the survivors have reconnected with their loved ones. When we all begin the walk together, it makes for a powerful display of unity in the fight against breast cancer. The course is not secured prior to 1 p.m. For your safety, please do not walk the course prior to 1 p.m.

## Survivor Way

A shorter, 2.5-mile route for survivors and their families. Walk as little or as much as you want or take a ride back to the field in one of our courtesy buses.

## Courtesy buses

Multiple buses will be circling the route for anyone who would like a ride back to Memorial Field. There are bus stops located on the opposite side of the street from the pedestrian traffic.

## Portable restrooms

Available at Memorial Field, on Survivor Way and at the half way point of the route on Silk Farm Road.

## Water stations

Along the route, at every mile. Recycle stations will also be available.

## Finish line

All are invited to make signs of support and cheer walkers at the finish line back at Memorial Field. Walkers will start coming across the finish line at 1:30 p.m, thousands will follow in the next few hours.

## Refreshments

Join us after the walk for refreshments donated by area businesses.

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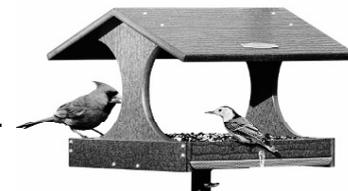
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# Welcome to Making Strides 2022



I am pleased to invite you to Making Strides Against Breast Cancer of New Hampshire as we mark our 30th Anniversary of this event.

All Making Strides Against Breast Cancer events in New Hampshire are combined into this one powerful event. We will have people from across the state, with every county represented, joining together on Oct. 16, 2022 at Memorial Field in Concord. A moment not to be missed is the powerful, Opening Ceremonies at 12:30 p.m. Survivors are honored and give a focus to the day with their survivor procession and group photo. All are welcome.

Together, we are making a tremendous

impact creating awareness, supporting survivors and their families, and raising money for important American Cancer Society breast cancer research and programs.

I am grateful to you for your participation and fundraising, which are making a difference in the lives of people from our NH communities. This event is personal to me, as I participate to honor my sister and mother, both lost to the disease. I also believe in the hope that the American Cancer Society provides. Please invite a friend to join you.

Share the Powerful Spirit of an Extraordinary Day. Making Strides Against Breast Cancer allows our community to

embrace a bittersweet mix – the celebration of the exceptional courage of survivors and the meaningful tribute to those who we have lost. Join us to turn passion into action. Make Strides on purpose and with purpose.

I invite you to consider joining our statewide volunteer committee to help us in 2023. This is a year round effort and I welcome the opportunity to speak to you about how you can get involved.

**Cydney Dodge**  
2022 Event Chair

Making Strides Against Breast Cancer of NH  
cydney.dodge@gmail.com  
Register at [makingstrideswalk.org/nh](http://makingstrideswalk.org/nh)



Scenes from past Making Strides Against Breast Cancer events in Concord. This year's event will include walkers from across the state.

FILE PHOTOS

# Why we walk

At Making Strides Against Breast Cancer of NH, cancer survivors are the Guests of Honor. We understand that the experience of a cancer diagnosis and treatment is as unique as each individual and likewise, a survivor's experience at Making Strides reflects that uniqueness. People can participate just a little, a great deal, or to whatever extent they are comfortable and the day is meaningful.

What is a Survivor? Cancer survivorship is now



COURTESY

considered part of a continuum – a person is considered a survivor from that moment of diagnosis, throughout treatments and for many years beyond. At Making Strides, survivorship equates to camaraderie, support and hope. Survivors of all ages and all stages,

male or female are welcome and encouraged to embrace the powerful spirit of this most extraordinary day.

Because a cancer journey is a family journey, our Survivor Place tent welcomes all family members – a safe place where comfortable

**SEE SURVIVORS PAGE 6**

The 1999 Making Strides Against Breast Cancer event was far smaller than what we see today, but it still included a central theme to the day's event – recognition of survivors.

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# TREND

acupuncture + integrative medicine

## “SHE HELPED ME SO MUCH”

Concord resident Sarah S. had been experiencing the side effects of chemotherapy and radiation. **“My feet and legs felt numb and I wasn’t able to do the things I wanted to, like playing with my kids or walking our dogs. I needed to find something to try and fix that.”**

Then she met Concord’s very own Kristen Markwith, Licensed Acupuncturist, Doctor of Acupuncture.

**We specialize in difficult to treat cases and chronic conditions, autoimmune disorders, autoimmune disorders, neurological conditions, and peripheral neuropathy.**

Peripheral Neuropathy is the pain, discomfort and numbness caused by nerve damage of the peripheral nervous system. Chemotherapy and other drugs used to treat cancer can cause peripheral neuropathy.

Sarah was experiencing the burning, numbness, tingling and sharp pains that those suffering with neuropathy often describe. “My legs felt so weak, painful, and numb all at the same time.” Sarah hadn’t been able to do the things she wanted to with her family and was worried to even leave the house.

**Unfortunately, Sarah’s story is all too familiar for the over 3 million people in the U.S. suffering from Peripheral Neuropathy.**

If you’re unfortunate enough to be facing the same disheartening prognosis, you’re not sleeping at night because of the burning in your feet. You have difficulty walking, shopping or doing any activity for more than 30 minutes because of the pain. You’re struggling with balance and living in fear that you might fall. Your doctor told you to, ‘just live with the pain’ and you’re taking medications that aren’t working or have uncomfortable side effects.

Fortunately, six months ago Sarah read an article about Kristen Markwith, Licensed Acupuncturist, Doctor of Acupuncture, and the work she was doing to treat those suffering from Peripheral Neuropathy, without invasive surgeries or medications.

Kristen Markwith, founder of Trend Acupuncture and Integrative Medicine in

Concord, NH., is using the time tested science of Acupuncture and a technology originally developed by NASA that assists in increasing blood flow and expediting recovery and healing to treat the debilitating disease.

**“Now when I wake up in the morning, I have the energy to play with my kids. I am not worrying about my legs and feet. I have so much more energy,” Sarah enthusiastically describes life after receiving Kristen’s treatments. “I can play tag with my kids!”**

Sarah is now able to enjoy walks with her family and dogs, sometimes she is even able to walk 1-2 miles.

**“It’s life altering. As far as I’m concerned Kristen saved my life!”**

Kristen Markwith has been helping the community for over 10 years using the most cutting edge innovative integrative medicine. Specializing in chronic pain cases, specifically those that have been deemed ‘hopeless’ or ‘untreatable,’ she consistently generates unparalleled results.

What was once a missing link in community healthcare is now easily accessible to the residents in and around Concord.

If you’ve missed too many events or memories because of pain or you passed on a walk with your family because you are afraid of your leg weakness, it’s time to call Kristen Markwith and the staff at Trend.

Kristen Markwith is once again accepting new patients.

**Side effects from chemotherapy or radiation? Call (603) 456-8294 to schedule a consultation!**



**163 Manchester Street, Unit 2  
Concord, NH  
[www.TrendAcupuncture.com](http://www.TrendAcupuncture.com)**

## making strides walk

### SURVIVORS FROM PAGE 4

seating, snacks, conversation and support are provided. In turn you will realize a strengthening through the gifts of others who have experienced all those familiar feelings of anxiety, fear, and the unique challenges of a cancer diagnosis and survivorship. Information regarding the American Cancer Society's programs and services locally and beyond, are provided. You will be welcomed by volunteers who will assist you with your questions or concerns with sensitivity and understanding and guide you through the day.

As part of our Opening Ceremonies, the Survivor Procession and the Group Survivor photo are powerful and inspiring and give focus to the day for all attendees. Survivors are invited to gather near the Welcome Tent before the start of Opening Ceremonies at 12:30pm. Survivors walk together to the stage, encouraged and supported by cheers from family, friends and the community.

The day of Making Strides Against Breast Cancer is a meaningful and emotional day for anyone whose life has been touched by breast cancer. It can be a time to reflect on this life-changing experience and to enjoy the support and camaraderie of those around you. Please join us and experience Survivorship at Making Strides Against Breast Cancer of NH on Oct. 16.



Group photos recognize survivors in 2018 (top) and 2021.

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## making strides walk



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Julieann Hennessy and her husband, Larry Hennessy.

“I make strides because in 2019 I was diagnosed with breast cancer. Thankfully it was found early. There are many people that still go undiagnosed until they’re in the later stages. My sweet mother-in-law went undetected until her cancer was stage 4. She was only with us for 17 months after. My hope is to help raise enough awareness, so that one day families won’t have to go through losing loved ones. I make strides for my children and grandchildren.”

Julieann Hennessy  
Team Hennessy  
Franklin



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Visit [makingstrideswalk.org/nh](http://makingstrideswalk.org/nh) to make a donation even after the event

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**Oct 14th - 8pm**



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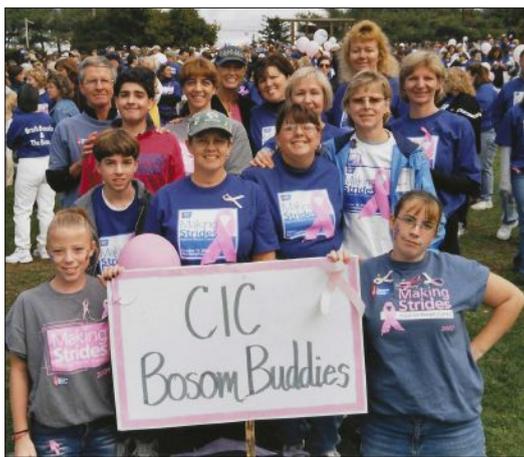
**603.225.1111**

**making strides walk**



The Coe Brown Lady Bears, dedicated students from Coe-Brown Northwood Academy, have made Making Strides a team tradition for many years. This photo was taken in 2007.

COURTESY



The Concord Imaging team has been supporting Making Strides since its start 30 years ago.

COURTESY



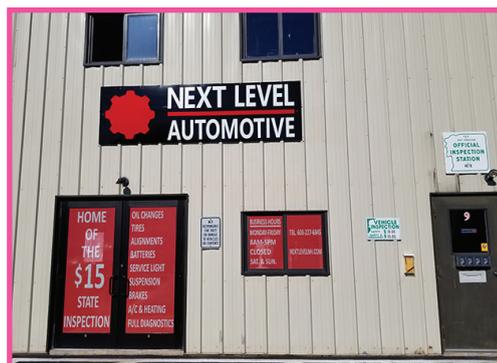
Sign-making is donated by Advantage Signs. Volunteers have worked to create signs for 64 new teams this year, joining many returning teams.

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## making strides walk



COURTESY

From left: Patricia Bissonnette, Bridget McKerley, Maryann Gage, Pam Bissonnette, Sue Morse, and Mary "Gin" Bissonnette.

"I walk for the many generations of men and women who have been affected by breast cancer such as my Nana and my mother. I walk for the future of hope for my daughter. I walk to encourage survivors, support caregivers and to remember in loving memory of those lost to this disease."

**Bridget McKerley, Strides 4 Mom, Bow**

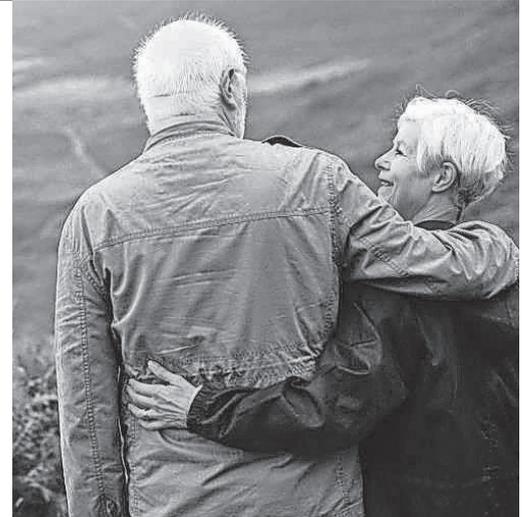
"I MAKE STRIDES for the multiple women in my life who have first degree relatives that have been diagnosed, survived and some who have lost their battle with breast cancer. As their odds significantly increase due to mere genetics. I fight TWICE as hard in hopes to never hear the words "I have breast cancer" from their mouths. I make strides for my generation and the next, in hopes to decrease the statistics and raise awareness about prevention. In hopes one day it won't be my mother, my sister, my best friend, my god-daughter or my future daughter."

**Emily Laro, Team Soldiering On, Concord**

**ABOUT HOPE LODGE:** Hope Lodge is an American Cancer Society home away from home for cancer patients and a caregiver, while they are receiving treatment in Boston. Offered free of charge, Hope Lodge allows patients to focus on their health, not driving back and forth to Boston. The only requirement is that the patient lives 40 miles away from their treatment. It's more than just a building. It's a resource to support cancer patients in a meaningful way. Visit the Hope Lodge Tribute area Sunday to write a note of encouragement that will be shared with the guests staying at the Lodge.

## I'VE SAVED FOR A LIFETIME, AND NOW I COULD LOSE IT ALL?

- What if I lose my house and life savings to a nursing-home stay?
- What if after my death, my adult child divorces or dies? Will my estate transfer to their spouse? What about my grandchildren?
- What if my adult child is battling creditors or drug addiction and inherits the estate?



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**\*For the health and safety of our guests and speakers, this seminar will follow current COVID-19 protocols.**

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1:00 pm - 3:00 pm

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(More seminars being held throughout New Hampshire! See the website for a full listing.)



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# making strides walk



ABOVE: Walkers get a warm welcome at the 2017 finish line at Memorial Field in Concord.

RIGHT: Visit the Garden of Hope, where you can tie a ribbon in honor of someone special.



COURTESY Linda Lorden, president of The Merrimack, Cydney Dodge, volunteer event chair for Making Strides of NH, Diana Johnson, vice president marketing officer at The Merrimack, and Nancy Mathis, senior development manager at Making Strides of NH, at a recent donation ceremony.

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## **CONSIGNMENT**

**Drop off Thur Oct 13th and  
Friday Oct 14th (hard goods only)**

***Drop off times: 11 a.m. to 5 p.m. both days***

**Saturday Ribbon cutting at 9 a.m.**

***\*Don't miss it!\****

## **SALE HOURS**

**Saturday Oct. 15th, 9 a.m. - 5 p.m.**

**Sunday Oct. 16th, 12 p.m. - 3 p.m.**

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## bulletin board

### Don't think about Daphne!

Josh Malerman (Bird Box) visits Gibson's Bookstore on Thursday, Oct. 13 at 6 p.m. to send shivers down your spine as he presents his new horror novel Daphne!

Horror has a new name: Daphne. Daphne may have been killed decades ago, but that doesn't mean she's gone. A brutal, enigmatic woman stalks a high school basketball team in a reimagining of the slasher genre by the *New York Times* best-selling author of *Bird Box*.

Masks are strongly encouraged but no longer required for vaccinated attendees. If you cannot make this event, signed copies of *Daphne* may be ordered from the Gibson's Bookstore website.

### What were the founders thinking?

In 1787 delegates gathered in Philadelphia to address a wide variety of crises facing the young United States of America and produced a charter for a new government. In modern times, competing political and legal claims are frequently based on what those delegates intended. Mythology about the founders and their work at the 1787 Convention has obscured both fact and legitimate analysis of the events leading to the agreement called the Constitution.

Richard Hesse explores the cast of characters called "founders," the problems they faced, and the solutions they fashioned on Monday, Oct. 17 at 2 p.m. at Haven-

wood Heritage Heights in Concord. This program, *The Founding Fathers: What Were They Thinking?* is available as an in-person or online presentation. Visit [nhhumanities.org](http://nhhumanities.org) for more.

### Lederer on language

Richard Lederer, former *Concord Monitor* language columnist and educator at St. Paul's School, and the author of more than 50 books about language, history, and humor, including his best-selling *Anguished English* series, visits Gibson's Bookstore on Monday, Oct. 17 from 12 to 1 p.m. to make us laugh and to sign books for early holiday shoppers. No registration is required. For more information, visit [gibsonsbookstore.com/event/lederer](http://gibsonsbookstore.com/event/lederer).

### Digging into Native history

Abenaki history has been reduced to near-invisibility as a result of conquest, a conquering culture that

placed little value on the Indian experience, and a strategy of self-preservation that required many Abenaki to go "underground," concealing their true identities for generations to avoid discrimination and persecution. Robert Goodby reveals archaeological evidence that shows their deep presence here, inches below the earth's surface. This program,

Digging into Native history in New Hampshire on Tuesday, Oct. 18 at 6:30 p.m. at Boscawen Public Library, is available as an in-person or online presentation.

### Poetry Society

The Poetry Society of New Hampshire is back! Visit Gibson's on Wednesday, Oct. 19 from 4:30 to 6 p.m. as we step back into verse! We're starting the evening with readings from poets Gail DiMaggio and Kay Morgan, followed by a poetry open mic. Bring your favorite

poem to read, or something you've been working on, or come with appreciative ears to listen! Tell a friend, as we seek to regrow our poetry community meetings in New Hampshire and at Gibson's.

### Neighborhood night

The Concord Young Professionals Network (CYPN) invites local young professionals and college students to its upcoming monthly networking Neighborhood Nonprofit Night on Wednesday, Oct. 19 from 5:30 to 7:30 p.m. at the Payson Center for Cancer Care at Concord Hospital. This annual event offers you the opportunity to network with peers and learn more about how you can become more civically engaged in our community nonprofits through board participation and volunteer opportunities.

We've invited NH nonprofits who are specifically looking for young profes-

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sionals passionate about making a difference as a volunteer, board member, and more. Have fun, network with peers, enjoy refreshments, and enter to win one of our many amazing door prizes - this is truly an event you won't want to miss! There is no cost to attend, but pre-registration is appreciated.

### Walker Lecture Series continues

"Dances with Words" combines the talents of best-selling language author Richard Lederer and folksinging humorist Bill Shipper. These two sparring punsters will perform Rich's educational word fun set to Bill's original music on Wednesday, Oct. 19 at 7:30 p.m. at the Concord City Audi. Visit [walkerlecture.org](http://walkerlecture.org) for details.

### Anxiety audit

New Hampshire author Lynn Lyons, psychotherapist and anxiety expert, returns to Gibson's Bookstore on Thursday, Oct. 20 at 6:30 p.m. to present her new book on anxiety manage-

ment: *The Anxiety Audit: 7 Sneaky Ways Anxiety Takes Hold and How to Escape Them*. Lyons, whose advice appears regularly in *Psychology Today* and the *New York Times*, offers an eye-opening look at the 7 sneaky ways that anxiety and worry weave their way into our families, our friendships, and our jobs, and provides actionable steps to reverse the cycle and reclaim our emotional well-being. Lyons is also the author of the hugely popular parenting book, *Anxious Kids, Anxious Parents*.

*The Anxiety Audit* is a guide for us all: with no overly scientific or diagnostic language, just real talk and time-tested tactics from a respected therapist, it is a relatable and practical guide to untangling yourself from the grips of worry and fear. Using stories, real-world examples, and helpful dialogues to retrain the way you think and react, trusted anxiety expert Lynn Lyons helps you recognize the sneaky ways these anxious patterns and cycles of worry take hold in your life. By

making small and consistent adjustments, you can reverse their negative impacts and move forward with renewed clarity and confidence.

### Black New England Conference

The 2022 Black New England Conference, Where the Money Resides: An Exploration of Racialized Access & Historic Exclusion from Wealth, opens on Friday, October 21 with two provocative panels on the historic barriers African Americans faced as they sought to accumulate wealth.

The first panel, "The Rise and Fall of Enslaved and Free Blacks of Affluence," features University of Oklahoma Associate Professor Karlos Hill, Najee Brown, Founder of Theatre for the People, and University of Rhode Island Professor Marcus Nevius. These panelists will share the history of the devastation of Tulsa Oklahoma's "Black Wall Street," the role the Black theatre played in financially sustaining major Black commu-

nities, and the economics of enslavement and the informal economic systems that developed where enslaved and free Blacks came together.

The second panel, "By Decree: Laws and the Systemic Barriers to the Acquisition of Wealth," scheduled for 10:45 a.m. on Friday, features bestselling author Richard Rothstein, and UNH Professor Karen A. Spiller, in conversation with Shelley Walcott, a former WMUR anchor and commu-

nication specialist.

Other presenters of note on the opening day include author Mehrsa Baradaran who will deliver the Lunchtime Keynote Address and Professor Ibram X. Kendi who will be joined in conversation at the BNEC 16th Annual Awards Dinner and Keynote Event. Scheduled for Oct. 21 and 22 at Southern NH University in Manchester, BNEC 2022 is presented by the Black Heritage Trail of New Hampshire.

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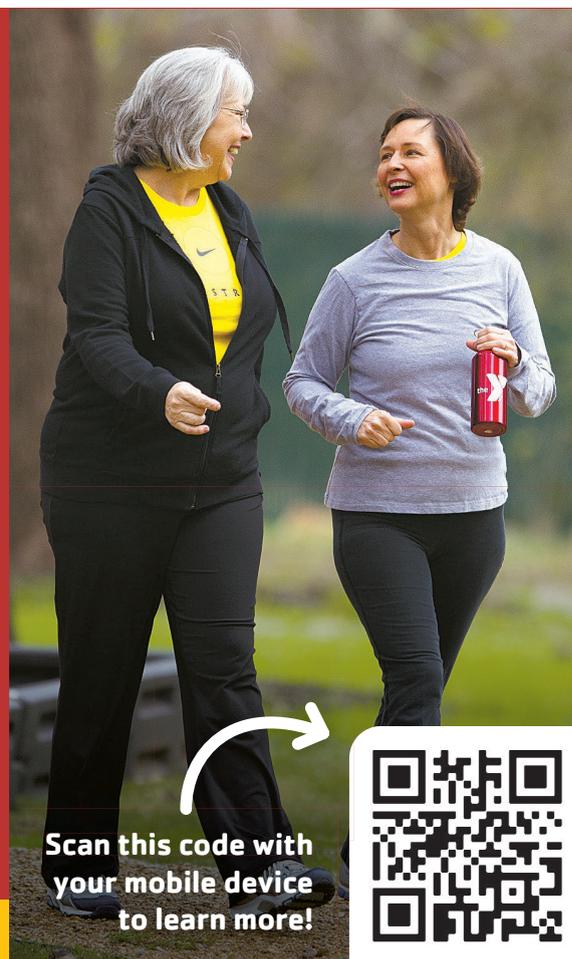
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# entertainment

## Live music

### Oct. 13

■ Mike Morris at Hermanos from 6:30 to 9 p.m.

■ Gardner Berry at Area 23 from 7 to 10 p.m.

### Oct. 14

■ Off Duty Angels (ODA) at Makris Lobster & Steak

House from 7 to 10 p.m.

■ Henry LaLiberte at Over the Moon Farmstead from 7 to 10 p.m.

■ Rev Todd Seely at Area 23 from 8 to 11 p.m.

■ Lucas Gallo & Friends at Penuche's Ale House

### Oct. 15

■ Scott Solsky at Contoocook Farmers Market from 9 a.m. to 12 p.m.

■ The Hart of Sound (Colin Hart) at Contoocook Cider Company from 1 to 4 p.m.

■ Rebecca Turmel at Over the Moon Farmstead from 2 to 5 p.m.

■ Acoustic Jam with John Farese at Area 23 from 2 to 5 p.m.

■ John Franzosa at Hermanos from 6:30 to 9 p.m.

■ The Hart of Sound (Colin Hart) at Over the Moon Farmstead from 7 to 10 p.m.

■ The Lone Wolf Project at Chen Yang Li from 7 to 10 p.m.

■ Downtown Dave & The

Deep Pockets at Area 23 from 8 to 11 p.m.

■ ODB Project at Penuche's Ale House

### Oct. 16

■ Kimayo at Contoocook Cider Company from 1 to 4 p.m.

■ The Hart of Sound (Colin Hart) at Concord Craft Brewing from 2 to 4 p.m.

■ Jeff Lines at Makris Lobster & Steak House from 2 to 5 p.m.

■ Tom Boisse at Over the Moon Farmstead from 2 to 5 p.m.

### Oct. 18

■ Kid Pinky at Hermanos from 6:30 to 9 p.m.

### Oct. 19

■ Kimayo at Uno Pizzeria & Grill from 6 to 9 p.m.

■ Kid Pinky at Hermanos from 6:30 to 9 p.m.

### Oct. 20

■ Craig Fahey at Hermanos from 6:30 to 9 p.m.

■ NH Music Collective Showcase Artist Showcase at Area 23 from 7 to 10 p.m.

### Oct. 21

■ Fuzz Box at Makris Lobster & Steak House from 7 to 10 p.m.

■ Zak Trojano at Over the Moon Farmstead from 7 to 10 p.m.

■ Hank Osborne & Friends at Area 23 from 8 to 11 p.m.

■ The Special Guests at Penuche's Ale House

### Oct. 22

■ Alex Cohen at Contoocook Cider Company from 1 to 4 p.m.

■ Amanda Adams at Over the Moon Farmstead from 2 to 5 p.m.

■ Acoustic Jam with Jack Bopp at Area 23 from 2 to 5 p.m.

■ John Franzosa at Hermanos from 6:30 to 9 p.m.

■ Lucas Gallo at Chen Yang Li from 7 to 10 p.m.

■ Dan Fallon at Over the

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Moon Farmstead from 7 to 10 p.m.

■ Ken Clark at Area 23 from 8 to 11 p.m.

■ Andrew North & The Rangers at Penuche's Ale House

## Stage shows

■ MasterChef Jr. Live will be at the Capital Center for the Arts on Oct. 13 at 7 p.m.

■ Storytelling — Behind the Songs with Steven Chagnon & Kate West will be at the Bank of NH Stage on Oct. 13 at 8 p.m.

■ The Community Players of Concord NH's Children's Theatre Project presents "The Wind In The Willows" on Oct. 14 at The Concord City Audi from 7 p.m. and on Oct. 15 at 2 p.m.

■ One Man Star Wars, written and performed by Charles Ross, will be at the Capital Center for the Arts on Oct. 14 at 8 p.m.

■ Marcus Rezak's Shred is Dead ft. Vinnie Amico & Russ Lawton will be at the Bank of NH Stage on Oct. 14



The Dropkick Murphys will play in Concord on Oct. 20

at 8 p.m. with opening act Andrew North and the Rangers

■ The Government Inspector by Nikolai Gogol; adapted by Jeffrey Hatcher, will open at Hatbox Theatre on Oct. 14 and 15 at 7:30 p.m. and Oct. 16 at 2 p.m.

■ The Boy Band Project will be at the Bank of NH Stage on Oct. 15 at 6:30 p.m. and 9 p.m.

■ BAT: The Official Meat Loaf Celebration will be at the Capital Center for the Arts on Oct. 15 at 8 p.m.

■ Walker Lecture Series

presents Dances with Words at The Concord City Audi on Oct. 19 at 7:30 p.m.

■ Dropkick Murphys: This Machine...Theatre Tour with opening act Jamie Wyatt will be at the Capitol Center for the Arts on Oct. 20 at 7:15 p.m.

■ Ghost Light will be at

the Bank of NH Stage on Oct. 20 at 8 p.m.

■ Josh Turner, with Annie Brobst, will be at the Capitol Center for the Arts on Oct. 21 at 8 p.m.

■ The MET: Live in HD Medea will show at the Bank of NH Stage on Oct. 22 at 12:55 p.m.



## Indigenous People Past, Present, Future

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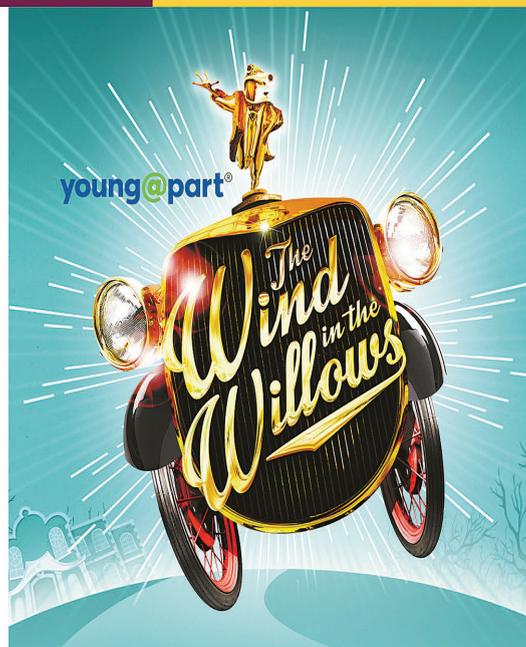
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music by  
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lyrics by  
**Anthony Drewe**

based on the book by  
**Kenneth Grahame**

[communityplayersofconcord.org](http://communityplayersofconcord.org)

## city news

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](http://concordnh.gov) and clicking the "Newsletter" button. Here are some highlights:

### October group hike

Join Trail Ranger Carl on Saturday, Oct. 15 at 9:30 a.m. for a 2.5 to 3 mile loop at Oak Hill Trails. The trails have varying terrain with some moderate slopes. Hunting season will be open, so it's always wise to wear bright colors when out on the trails.

All are welcome, including well-behaved dogs on-leash. (Rain cancels this hike).

Park at the Shaker Road

trail head parking lot. The trail map can be found at [concordnh.gov/trails](http://concordnh.gov/trails).

### Election information

Sample ballots for the November 8, 2022 election are available on the Secretary of State's website: [sos.nh.gov/elections/sample-ballots](http://sos.nh.gov/elections/sample-ballots). Once you click into the site, you can select your ward from the dropdown menu.

### New ambulance at Manor Station

Thanks go out to everyone who joined at the Manor Station in Penacook to officially put Ambulance 5 into service and celebrate the addition of a 4th ambulance.

Thanks for the support of

the community, the City Council and the City Manager who all made this possible.

### Splash pad in progress

Things are coming together at the new splash pad at White Park.

Crews from South Shore Granite Pools have formed up the apron deck. This section will be separated from the splash pad component by a flexible, water resistant, joint system. This space is designed to be a dry area outside the water feature play zone where families can join together to watch the fun.

Work continues on schedule for the opening next summer.

### Halloween dodgeball

Join at the City Wide Community Center for a 6 v. 6 elimination dodgeball tournament on Saturday, Oct. 29, from 6 to 9 p.m.

Teams must be dressed in themed or matching Halloween costumes. Prizes will be awarded to the tournament champions as well as the best-dressed team.

Please note that you must sign up a full team. No individual player registrations. Cost is \$50 per team. Register at [concordparksandrec.com](http://concordparksandrec.com).

### Electrician training

The Audi is looking for more team members to run the sound or light board. Earn extra money and see some great shows!

If interested, contact Terri Stevenson at [tstevenson@concordnh.gov](mailto:tstevenson@concordnh.gov). Must be 18+.

### Bringing the library to you

Be on the look out for Concord Public Library's two new e-bikes, Abbot and Downing, at some upcoming library events.

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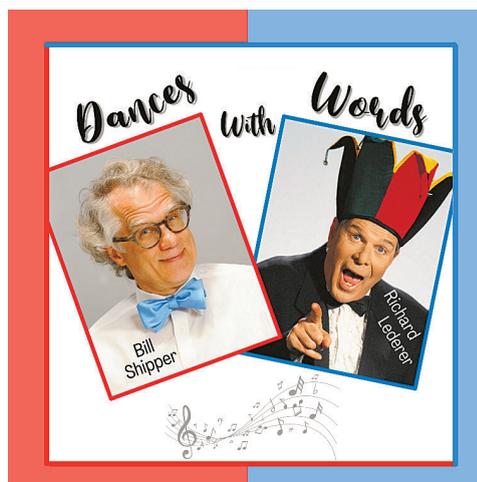
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## Trivia night

The trivia challenge is back! Join us at Lithermans Limited in Concord to test your trivia skills at Beat the Librarians Night on Thursday, Oct. 13 at 6 p.m. Create a team of 4-6 players and compete against a group of librarians made up of staff from the Baker Free Library and Concord Public Library. Bookish trivia will appear alongside questions about science, sports, pop culture and more.

## Halloween hunt

Pick up your score card for the Halloween Photo Scavenger Hunt as you find and take photos of the required items throughout October.

Return the completed form between October 24 and 31 for a speeky sweet reward.

## More hours added

The Penacook Branch now has expanded hours on Tuesdays and Thursdays. Visit Tuesdays from 9 a.m. to 2 p.m. and Thursdays from noon to 5 p.m.

## Grab your skates

Ice season continues at the Everett Arena. Skating hours are Monday through Friday from 11:30 a.m. to 1 p.m., and Sundays from 5:30 to 7:30 p.m. Saturday hours began on October 8, from 11:30 a.m. to 1 p.m.

Admission is \$6 and free for ages 3 and under. Skate

rentals are available for \$6 at the arena's pro shop. Ice skating lessons will be offered by Concord Parks & Recreation with registration starting in October. Ice skating will continue through March 16, 2023.

Adult stick practice is offered for ages 14 and up on Mondays, Wednesdays, and Fridays from 10 to 11:15 a.m. through March 15. Additional hours occur Monday through Thursday from 3:30 to 4:45 p.m. through November 23.

Admission is \$10 and free for goalies. Helmet and gloves are required, and full equipment is recommended.

Youth stick practice is available for ages 13 and

below on Friday afternoons from 3:30 to 4:45 p.m. through November 25. Admission is \$10 and free for goalies. Full equipment is required. Find more information at [concordnh.gov/skating](http://concordnh.gov/skating).

## National Custodian Day

Concord's General Services Department recently celebrated the City of Concord Custodial Staff.

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sleep. That's why we celebrated National Custodian Day in October, to recognize the hard-working City staff who diligently work, often unseen, to make sure we have public properties that are spotless and sanitary.

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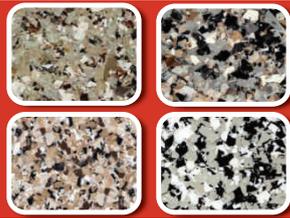


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## this week in history

**Oct. 13, 1863:** In a letter, New Hampshireman Benjamin Brown French, whose job as commissioner of public works includes handling matters for the First Family, complains to a relative of his difficulties with Mary Todd Lincoln. "The Republican Queen," he writes, "plagues me half to death with wants with which it is impossible to comply."

**Oct. 13, 1987:** The temperature in Concord falls to 22 degrees, a record low.

**Oct. 14, 2003:** The Bow High girl's soccer team wins 1-0 over Derryfield, giving career victory No. 100 to Coach Kelly Farrell.

**Oct. 14, 1846:** A Northfield girl, Susan Maria Hills, is killed when her clothes catch fire from an open fireplace.

**Oct. 15, 2003:** Hillsboro's famous stone arch bridges are nationally recognized as historic civil engineering landmarks. They join the Mount Washington Cog

Railway and the Cornish-Windsor Covered Bridge as the only New Hampshire landmarks to receive the engineering honor, which is awarded to structures that are unique and have national and local importance.

**Oct. 15, 2002:** Concord High juniors get the news that their statewide test scores rose significantly in all four subjects on the test, with the most notable jumps in language arts and math.

In an effort to boost scores during the testing period in May, the school adopted a controversial reward system for students who took the test. Rewards included bagels, yogurt and McDonald's apple pies.

**Oct. 15, 2001:** Backed by many of the Republican establishment's heaviest hitters, U.S. Rep John E. Sununu declares his plans to run against U.S. Sen. Bob Smith in next year's high-stakes Senate race.

**Oct. 15, 2000:** About 1,800 people take part in

Concord's leg of the Making Strides Against Breast Cancer walk. The local event raises \$157,000 for research.

**October 15, 1814:** Daniel Webster returns to Washington to resume representing New Hampshire in the U.S. House. Congress convenes in the U.S. Patent Office, the only federal building the British Army did not burn in a raid on Aug. 24.

**Oct. 16, 2001:** Citing safety concerns relating to the Sept. 11 attacks, the Steeplegate Mall cancels its annual trick-or-treat night.

**Oct. 16, 1940:** All men in the state between the ages of 21 and 36 are counted for the draft. By the end of World War II in 1945, 36,000 men will have been drafted, and 22,500 more will have enlisted.

**Oct. 16, 1975:** The Reagan for President campaign opens a headquarters at the New Hampshire Highway

SEE HISTORY PAGE 20



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**HISTORY FROM PAGE 19**

Hotel in Concord. Hotel owner Matthew Morton agrees to a temporary replacement of the wording on the huge sign atop the building from "Highway Hotel" to "Reagan for President," creating an ostentatious precedent for future political candidates.

**Oct. 17, 2002:** Jane Berwick, who has volunteered with the Concord Boys and Girls Club, the Capitol Center for the Arts, the United Way and the Kiwanis, among others, is named Citizen of the Year by the Greater Concord Chamber of Commerce at the group's 83rd annual dinner in Concord.

**Oct. 17, 2001:** Dixville Notch resident Neil Tillotson dies at the age of 102. He invented the latex balloon, chased Pancho Villa with Pershing's Cavalry, and cast the first vote in U.S. presidential elections for more than four decades.

**Oct. 17, 1908:** Robert Abial "Red" Rolfe is born in Penacook. He will play baseball with the New York Yankees from 1934 to '42

and be hailed by many as the team's best third baseman ever. His career will bridge those of Lou Gehrig and Joe DiMaggio. He will bat .293 lifetime and play in six World Series. After retiring as an active player, he will coach baseball and basketball at Yale, coach professionally in both sports, manage the Detroit Tigers and serve as athletic director at Dartmouth College.

**Oct. 17, 1988:** A developer announces plans for a shopping center on the edge of Concord's South End Marsh, an environmentally sensitive area. The project will not be built; other unsuccessful attempts to develop the area will follow.

**Oct. 17, 1939:** David Souter is born in Melrose, Mass. He will attend Concord High and Harvard and eventually rise to the U.S. Supreme Court.

**Oct. 17, 1973:** Concord officials meet to discuss ways to improve conditions on Concord Heights, after a \$25,000 consultant points out: "There's no village center, no coherence, no

meeting place. There's no there when you get there."

**Oct. 17, 1983:** Gov. John Sununu denies that a new policy requiring state officials to get his approval before releasing state revenue and spending data constitutes a gag order. Rather, he says, it is an attempt to stem the flow of misleading and incomplete information to the public.

**Oct. 18, 2003:** The Rev. Gene Robinson responds to the international turmoil accompanying his pending consecration, saying he will become New Hampshire's Episcopal bishop not for his own gain but to answer God's call. ". . . I feel God is calling me to move forward, and quite frankly, I wouldn't be holding up as well as I am if God weren't very close to me right now," says Robinson, whose homosexuality is threatening to divide the Anglican church.

**Oct. 18, 2001:** Nearly 100 people attend a Concord hearing on a proposed zoning ordinance. Residents discuss proposed development in the Penacook Lake watershed and floodplain

concerns about commercial development in Penacook.

**Oct. 18, 1988:** Attorney Ray D'Amante announces the name of Concord's soon-to-be-built mall: Steeplegate. Concord, he says, is a city of steeples and they will be incorporated into the mall as a prominent design feature.

**Oct. 19, 2003:** A Manchester widow is going after

big tobacco, the Monitor reports. Julien Longden smoked for 32 years died of lung cancer at the age of 49. Now his widow, Sheila Longden, is asking a Hillsborough County jury to make the Philip Morris tobacco company pay for the pain suffered by her husband and his death. The trial is the first of its kind in New Hampshire.

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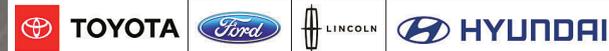
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## REAL ESTATE FOR RENT

### Apartments Unfurnished



99 Clinton Street, Concord  
**Open House Daily**

- \* Two bedroom garden-style and townhouse apartments in a beautiful country setting
- \* Indoor heated pool, sauna, jacuzzi, fitness facility and tennis courts
- \* Covered parking and storage available
- \* Garden-style units include heat

Call (603) 224-2268 for hours and info.



A Division of  
Mesiti Real Estate, Inc.

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## EMPLOYMENT

### Help Wanted

**RN, LNA, LPN, CCHT** needed for kidney dialysis. Dialysis experience preferred, but not a must. Please call 603-528-3738 or send resume to Central NH Kidney Center, 87 Spring St, Laconia, NH 03246

## REAL ESTATE FOR RENT

### Business/Commercial

Loudon: Fox Pond Plaza Rt 106,  
1st flr retail 300+  
sqft/ht/ac/elec inc 798-3128

### Rooms

**THE WHITFIELD HOUSE,**  
86-86 1/2 Pleasant St., Concord.  
Semi-Private Lodging.  
603-225-9734

## AUTOMOTIVE & BOATS

### Autos Wanted

**Absolutely All Cars & Trucks**  
**Wanted.** Will pay up to \$600.  
Call Murray's Auto  
Recycling 425-2562

# PROFESSIONAL SERVICES

### Carpentry

**RALPH A. POTTER** Building,  
Remodeling, Decks, Small jobs.  
Roofing & Metal Roofing  
603-228-2366

### Home Improvement

**STEVE'S HOME REPAIRS**  
All phases of building,  
Remodeling,  
Installation of  
Cabinets  
Trim Carpentry  
Deck & Siding Repairs  
Window Replacements  
Gazebo Kit Sales &  
Installation  
call (603) 748-4902  
or email:  
sedgecomb01@gmail.com

### Field Mowing

## TRACTOR FOR HIRE WITH OPERATOR

SERVING HENNIKER &  
SURROUNDING TOWNS

- MOWING**
- Fields
  - Pastures
  - Overgrowth
- DRIVEWAYS**
- Hardpack
  - Grading
  - Leveling

List of jobs that can be  
done is long!  
Call for a free estimate

Call 603-470-6660 or email  
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### Dump Runs

## LOOSENZ

Junk, Appliances,  
Furniture, Cleanouts,  
Small Moves,  
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Houses, Garages,  
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From Truck Loads  
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**LEE'S TREE SERVICE**  
40 Years Exp.  
Fully Insured 648-2975

## NO PAIN. NO GAIN.

Maintaining a moderate weight  
may reduce your risk of heart attack.



**American Heart Association**

## CONCORD MONITOR

### PART TIME DOCK PERSON

The Concord Monitor has a Part Time open position in Penacook, the ideal candidate will work independently and as part of a team, be organized, energetic and detailed-oriented.

The position is largely responsible for the sorting of publications and distribution of newspapers off of trucks to our independent carrier force. Knowledge of MS Excel and Word is preferred. Must have the ability to bend and lift up to 40lbs.

Interested applicants should e-mail their resume (with salary requirements) to:  
**cdubuque@cmonitor.com**

NE-394394

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To have the

**CONCORD MONITOR**

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FILLER DELIVER

# CONCORD MONITOR

INDEPENDENT CONTRACTORS

- Deliveries take approximately 3 – 3 /12 hours
- No collections
- Delivery deadlines 6:30 a.m. weekdays, 7 a.m. weekends
- Both Store & Home deliveries
- Reliable vehicle and proof of insurance

For More information email:

[jmorgan@cmonitor.com](mailto:jmorgan@cmonitor.com)

or Call Joe at **603-369-3393**

please leave a message

## CONCORD MONITOR



**Clean Out Your Closets With Classified**

Wouldn't you love to clean out your overloaded closets and get paid for it? It's easy to do with Classifieds.

You'll be able to reach thousands of interested shoppers with just one ad.

Call and reserve your space today!  
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## Job Opening for SAU #85 SUNAPEE SCHOOL DISTRICT

### ADMINISTRATIVE ASSISTANT at School Administrative Unit SAU 85

#### PREFERRED QUALIFICATIONS:

- High school diploma or equivalent
- Minimum of two years of successful experience in a comparable office position
- Excellent communication, language, interpersonal, and organizational skills
- Proficient in Microsoft Office and Google Tools
- Ability to maintain confidentiality
- Ability to function as part of a team
- Ability to work with frequent interruptions
- Ability to perform multiple tasks at once

± Salary commensurate with experience and includes  
District Benefit Package

*This is a permanent, full-time position (Flexible Schedule may be considered)*

**Starting Date: As Soon as Possible**

Please send letter of interest, resume, transcripts and 3 current letters of reference to:

SAU #85

70 Lower Main Street

Sunapee, New Hampshire 03782

Or email: Russell Holden [Rholden@SAU85.org](mailto:Rholden@SAU85.org)

***This Position will remain open until successfully filled.***

NE-401881

## When You're Ready to Quit. We're Ready to Help.



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

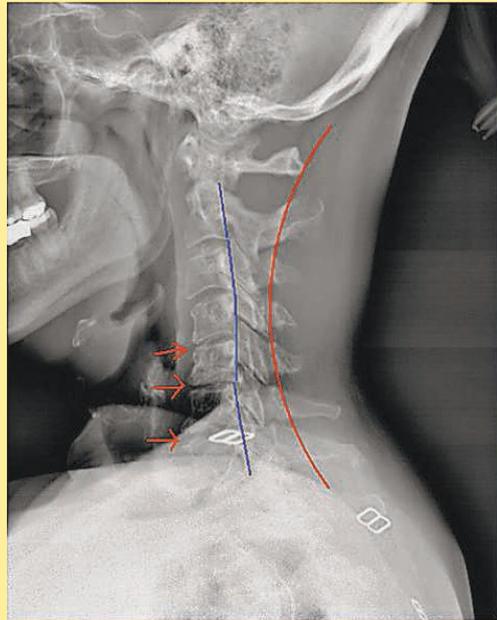


[www.cancer.org](http://www.cancer.org)  
1.800.ACS.2345

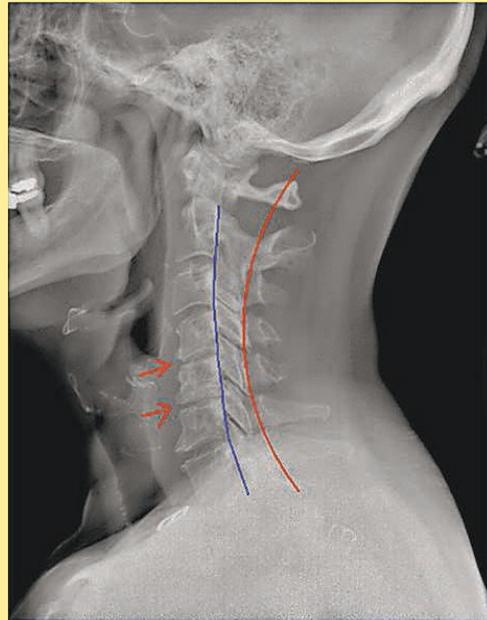
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# Fall into Health

## AT CROSSROADS CHIROPRACTIC



**BEFORE**



**AFTER**

- Great results
- Affordable
- Holistic approach
- Convenient flex scheduling
- Experienced, caring doctors
- Family friendly atmosphere
- Thorough spinal evaluation



Congratulations to Denise C.  
**October Practice Member of the Month**

### People come to Crossroads Chiropractic for help with:

- |                          |                      |                      |               |                           |
|--------------------------|----------------------|----------------------|---------------|---------------------------|
| • Chronic Ear Infections | • Acid Reflux        | • Sciatica           | • Scoliosis   | • Numbness in Arms/ Hands |
| • Headaches              | • Colic              | • ADD/ADHD           | • Asthma      | • Migraine Headaches      |
| • Neck Pain              | • Digestive Problems | • Anxiety/Depression | • Allergies   |                           |
|                          | • Low Back Pain      |                      | • Torticollis |                           |

*\*Results may vary*

**SPECIAL OFFER**  
**Complete Structural Exam**  
 with any necessary x-rays  
**\$49**  
 Expires 11/10/22

**CROSSROADS CHIROPRACTIC...**  
*Because the body heals itself!*



### THREE CONVENIENT LOCATIONS

- |  |   |  |
|--|---|--|
| <b>CONCORD</b><br><b>(603) 224-4281</b><br>556 Pembroke St • Pembroke<br><b>Dr. Stephanie</b><br><b>Dr. Jennifer</b> | <b>LAKES REGION</b><br><b>(603) 677-1444</b><br>3 Annalee Place • Meredith<br><b>Dr. Graham</b> | <b>EPPING/LEE</b><br><b>(603) 679-3222</b><br>629 Calef Highway • Epping<br><b>Dr. David</b> |
|--|---|--|

[WWW.CROSSROADSCHIROPRACTIC.COM](http://WWW.CROSSROADSCHIROPRACTIC.COM)