On stage
“Tiny Beautiful Things” comes to Concord with performances by theatreKapow.

Bulletin Board
N.H. Boat Show and other opportunities to learn and play

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Stay safe in NH this summer

The New Hampshire Department of Health and Human Services (DHHS) and the NH Division of Public Health Services (DPHS) would like to remind residents and visitors to stay safe this summer. Below you will find several ways to enjoy the beauty of New Hampshire summers while protecting your health and safety.

Warmer weather often means more time spent outdoors and simple steps can be taken to reduce your risk of tick and mosquito borne illnesses. Application of insect repellent, wearing long sleeve shirts or pants, and use of repellent before eating, after sneezing or coughing, or use of the restroom. Be sure to follow safe food handling and storage practices while at picnics, barbeques, or other events where food is prepared or served. More information about safe food handling can be found at the NH DPHS Food Protection website.

Sun exposure can lead not only to sunburns but over time may lead to certain types of skin cancer. Long sleeve clothing, wide-brim hats, sunglasses, and UV-protective clothing provide protection from sun exposure. If using sunscreen, an SPF 30, or greater, broad spectrum UVA/UVB product provides appropriate protection from the sun. It is important to reapply as directed and after certain activities such as swimming. Other ways to protect yourself from the sun and how to reduce your risk for certain type’s skin cancer can be found at the Skin Cancer Foundation.

Water systems that have sat in storage for long periods of time, such as those in seasonal properties or Recreational Vehicles (RV), may be at risk of containing harmful bacteria such as Legionella, which can cause a serious form of pneumonia known as Legionnaire’s Disease. Seasonal property owners and RV owners should follow manufacturer recommendations for the maintenance of hot water heaters and other water system components.

Get caught up on routine health screenings and vaccinations. Recommendations for certain screenings for diseases such as colon and breast cancer have recently changed. Vaccines for preventable conditions like Mumps, Hepatitis, and Shingles are widely available year round, and a new adult vaccine for RSV may soon be available this summer. Talk to your healthcare provider about what tests, screenings, and vaccines are right for you.

The New Hampshire Department of Health and Human Services’ (DHHS) Division of Public Health Services (DPHS) is committed to protecting and promoting the health and safety of all New Hampshire residents and visitors year round and would like to wish everyone a safe and healthy summer.
Featuring 21 museums in New Hampshire’s Lakes Region, Merrimack Valley, and Seacoast, the New Hampshire Heritage Museum Trail is an educational destination for many secondary schools. “Many of us have developed field trips for students of varying ages,” noted Jeff Barraclough, president of the New Hampshire Heritage Museum Trail and executive director of member institution Millyard Museum in Manchester. “If you want your child or student to learn about New Hampshire and its rich history, take a field trip to a member institution on The Trail.” One such member institution is the American Inde-
The American Independence Museum (Exeter, NH), which is revamping its on-site field trips for the 23/24 academic school year. Designed for 5th graders, the program is entitled, *Multiple Perspectives: Patriots & Loyalists.*

“It’s a 2-hour program that provides students and homeschoolers with insight into the unique perspectives of loyalists, patriots, and those who remained neutral,” said Sarah Jaworski, program manager at the American Independence Museum. “It’s aligned with national curriculum standards and provides a hands-on, inquiry-based learning experience.”

The intent behind *Multiple Perspectives: Patriots & Loyalists*, noted Jaworski, is to help students recognize the “complex challenges” faced by people living in the colonies leading up to the Revolutionary War. “The hope is that students can connect what happened during Colonial times with present day life,” she said.

“History has a tendency to repeat itself.”

At Castle in the Clouds (CITC) in Moultonborough, Debbi Finkelstein, director of Education & Partnerships, expressed enthusiasm for their field trips, available for the first time since 2019. Offered in full- and half-day formats, field trips include a guided tour of Lucknow Mansion and guided hike.

“We have workbooks for students to use throughout the mansion with questions and activities that provide them with a variety of interactive and critical thinking opportunities,” she said.

Questions that guide CITC’s field trip curriculum include: ‘How does technology influence your life on a daily basis’ and ‘What can land use and change tell you about the people who inhabited the land?’

“The lesson plan itself pairs social studies (history) with STEM topics, such as geology and technology,” added Finkelstein. In reflecting on the educational experiences possible throughout The Trail, Barraclough said member institutions are an “underutilized resource in the state,” which is something he hopes can change. “We are actively working with schools to develop educational programs and field trips that complement the in-school learning experience,” he said. “We would love to work with more schools and educate even more students.”

To learn more about field trips at the American Independence Museum and Castle in the Clouds, visit independencemuseum.org and castleintheclouds.org, respectively.

In addition to the American Independence Museum and Castle in the Clouds, member institutions on the New Hampshire Heritage Museum Trail are located in New Hampshire’s Lakes Region, Merrimack Valley, and Seacoast. To learn more about The Trail or any member institution, visit nhmuseumtrail.org.
Jeff Warner presents “Music in My Pockets: Family Fun in Folk Music”

Join in on Friday, June 9, at 6 p.m. at the Josiah Carpenter Library on 41 Main Street in Pittsfield for this fun event. Singing games, accessible “pocket instruments” like spoons and dancing puppets, tall tales, funny songs, old songs and songs kids teach each other in the playground—all “traditional” in that they have been passed down the generations by word of mouth—will be seen, heard and learned.

We will revisit 1850 or 1910 in a New England town, with families gathered around the kitchen hearth, participating in timeless, hearty entertainment: a glimpse into how America amused itself before electricity. This program is recommended for adults and children ages 6 and above. For more information, contact Melissa Babcock at 603-435-8406.

Hiking with kids New England

Want to get outside with the kiddos this summer? Have no hiking experience (or maybe a little experience, or a lot of experience but none with kids tagging along) and want someone to tell you where to start? Join Gibson’s Bookstore on Saturday, June 10, at 11 a.m. as they welcome NH author and hiker/parent Sarah Lamagna (rhymes with lasagna) as she shares her new guidebook, “Hiking with Kids New England: 50 Great Hikes for Families,” and goes over the top things that she finds are the most useful to bring with you when hiking with kids. Kids are welcome at this event! Gibson’s Bookstore is located at 45 South Main St in Concord.

Treasure from the Isles of Shoals

There is treasure here but not the pirate kind. Scientific “digs” on Smuttynose Island are changing New England history. Archaeologist Nathan Hamilton has unearthed 300,000 artifacts to date on this largely uninhabited rock at the Isles of Shoals. Evidence proves prehistoric Native Americans hunted New Hampshire’s only offshore islands 6,000 years ago. Hundreds of European fishermen split, salted, and dried valuable Atlantic cod here from the 1620s. “King Haley” ruled a survivalist kingdom here before Thomas Laighton struck tourist gold when his family took over the region’s first hotel on Smuttynose. Laighton’s daughter Celia Thaxter spun poetic tales of ghosts and pirates. J. Dennis Robinson, a longtime Smuttynose steward, explores the truth behind the romantic legends of Gosport Harbor in this colorful show-and-tell presentation. This event takes place on Wednesday, June 14, at 12:30 p.m. at the Bow Old Town Hall, 91 Bow Center Road in Bow. For more information, contact Carol Barleon at 603-568-2812.
Antique Boat Show

Don’t miss the 23rd Annual New England Lyman Group Boat Show at the Wolfeboro Town Docks on Saturday, June 10, from 9 a.m. to 2 p.m. See a variety of classic Lyman and other Lapstrake wooden boats all enjoyed on New England lakes for decades. In addition to beautiful boats, we’ll have music, entertainment, silent auction and raffle. The NH Boat Museum will join us with information about their programs. Talk with boat owners and vote for your favorite boat! The New England Lyman Group, also known as NELG, has members who regularly use and enjoy their boats. Many members do their own boat maintenance and restoration. Founded in 1999 with the mission and purpose of promoting the use of Lyman boats, the NELG also supports activities that promote youth involvement and interest in wooden boat building, repair, and maintenance. For more information, see our website NewEnglandLymanGroup.com or check our FB page. You can also email NELGevents@gmail.com or call Betsy Bryant at 603 591-5176 with any questions.

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Budget hearings continue for Concord

Here's a look at what was included in last week’s City Newsletter:

**Upcoming Meetings**

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

- Zoning Board of Adjustment: June 14, 6 p.m.
- City Council: June 12, 7 p.m.
- Planning Board: June 21, 7 p.m.

Visit concordnh.legistar.com/Calendar.aspx for City Council and Planning Board agendas, which are posted prior to the meetings. View the City calendar for more meetings and events.

**June is Pride Month**

June is Pride Month and we pride ourselves on being a welcoming city for all. The City of Concord does not discriminate on the basis of race, color, religion, marital status, national/ethnic origin, age, sex, sexual orientation, transgender or disability in its programs, activities and employment practices.

**NH Property Tax Relief Program Applications**

Property owners who owned and resided in their homes on April 1, 2022 may apply to the State of New Hampshire for relief of a portion of the state education property tax. There is no age requirement or asset limit for this program. A single person whose total household income was $37,000 or less in 2022 and married person or head of New Hampshire households with total household income of $47,000 or less in 2022 may apply.

Completed forms and documentation must be postmarked no earlier than May 1, 2023 and no later than June 30, 2023 to the NH DRA, Taxpayer Services Division, PO Box 299, Concord, NH 03302-0299. Applicants will need a copy of their final 2022 tax bill, that were sent in December, and a copy of their 2022 federal tax return. If the property is in a trust, a copy of the entire trust document must be submitted. If you need a copy of your final City of Concord/Penacook 2022 tax bill, please contact Collections at 603-225-8540.

Questions about the program may be directed to the Department of Revenue Administration at 603-230-5920; press prompt #2. Hearing or speech impaired individuals may call TDD Access: Relay NH at 1-800-735-2964.

Application for the State of New Hampshire’s Low- and Moderate-Income Homeowner’s Property Tax Relief program are available on the Department’s website at https://www.revenue.nh.gov/forms/low-moderate.htm or apply online at NH Granite Tax Connect - Home under “Applications”. The forms may be obtained on the City of Concord’s website at https://www.concordnh.gov on the Assessing Department page, the link is on the left side of the screen under the Low & Moderate Tax Relief. The forms are also available at the Assessing office, Monday-Friday 8 a.m. to 4:30 p.m.

**Water Service Line Inventory Project**

In accordance with new federal EPA requirements of the Lead and Copper Rule, all water utilities in the country are creating a...
public inventory of service line materials by October 16, 2024. This regulation was developed to better protect communities from possible exposure to lead in drinking water.

A water service line is a pipe that transports water from the water main in the street to private property. The City maintains the service line from the water main in the street up to the curb box (water shut off), while the property owner is responsible to maintain the rest of the water service line after the curb box. Water service lines can be made of copper, plastic, brass, galvanized steel, or lead. The use of lead pipes and solder became banned in 1986, but older properties may still find lead present in the original plumbing. In Concord, water service lines are typically made of copper. The City has replaced any known lead pipes in the public City water system. However, lead service lines or lead-lined galvanized steel may exist within a private property. The City strongly encourages residents to identify and replace any lead pipes or plumbing materials.

The City of Concord has records of the material components of the City water service lines and most of the private water service lines that are maintained by property owners. However, the City will be contacting approximately 1,500 water customers to coordinate an inspection of their water service lines to update unknown records. This will require City staff to enter the property and inspect the service line where it enters into the basement, before the water meter. There will be no cost for this inspection and it will be completed in approximately 10 minutes. If lead pipes or plumbing materials are identified or assumed on the property, the City will provide recommendations to the property owner.

Find more information at www.concordnh.gov/waterservicelines.

**Everett Arena Roller Skating**

Roller skating returned to the Douglas N. Everett Arena this week! Skating hours are Wednesday, Thursday, Friday, and Sunday nights from 6 to 9 p.m. for a limited time through July 30. Admission is $5. Skate rentals are available for an additional $5 in the Everett Arena Pro Shop. Starting July 1, admission and skate rentals will both increase to $6 each.

Book a private roller skating event for a birthday party, field trip, or rainout event. Private events cost $150 per hour and include rentals. If interested, call the arena at 603-228-2784 or email everettarena@concordnh.gov.

Visit concordnh.gov/rollerskating for more information.

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ConcordMonitor.com/DadsDay

See site for details and all entry rules and requirements. Enter by June 14th 2023 12PM.
June 8, 1941: Yankee third baseman Red Rolfe of Penacook hits a homer in the first game of New York’s doubleheader sweep at Cleveland. Rolfe’s teammate, Joe DiMaggio, homers twice in the first game and has two hits in the second. His hitting streak now stands at 24 games.

June 8, 1798: State House chaplain Joshua Heywood is fired after two days on the job. His infraction: failure to pray for President John Adams.

June 9, 2002: Three-term Democratic Gov. Jeanne Shaheen formally announces her candidacy for U.S. Senate at Dover Town Hall, the place where she began her political career 12 years ago by declaring her bid for state Senate.

June 9, 1909: The cornerstone is laid for the New Hampshire Historical Society’s building on Park Street. It will be more than two years before the building is finished.

June 10, 2002: Dunbarton’s zoning board sends the developer of a proposed convenience store complex packing, unanimously turning down a requested exemption that would have allowed him to build near a historic crossroad. “I feel it’s a victory for Dunbarton,” says resident Patty Shearin. “It’s a victory for small towns all across the country. With educated evidence, you can defeat the big businesses that wish to change the towns in a way that you don’t wish them to.”

June 10, 2000: A U.S. Postal Service district manager has recommended that Chichester get its old ZIP code back, the Monitor reports. Official approval will come nearly one year later.

June 10, 1983: A celebration marks the opening of Eagle Square. Former mayor Martin Gross delivers a poem to mark the occasion.

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

June 11, 1975: The nation’s governors approve a proposal by Gov. Mel Thomson of New Hampshire to provide training in the use of nuclear weapons for members of the National Guard.

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

June 12, 2001: About 40 educators, health care workers, environmentalists and others march from Allenstown to Concord to mark the 10th anniversary of the Claremont school funding lawsuit.

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

June 12, 1905: J.N. Marston is collared for “driving his machine about the streets of Keene in a somewhat reckless manner.” He is caught after overtaking and overturing a horse-drawn buggy, injuring the two occupants. The police cite him for exceeding 8 mph.

June 12, 1804: Alarmed by the frequency of escapes from local prisons, Gov. John Gilman makes the first substantive proposal for a state prison in Concord. It will be more than eight years before the prison opens on North State and Tremont streets.

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

June 13, 2003: The state Supreme Court rules that the Franklin Elks Lodge discriminated against five women when it rejected them as members in 1997. The justices rule that although the lodge is a private organization, its membership is not exclusive enough to exempt it from anti-discrimination laws.

June 13, 2002: In a preliminary vote, the Concord city council unanimously approves the restoration of Fire Engine 1 to Concord’s Central Fire Station.

June 13, 1859: A huge fire on the southwest corner of Main and Pleasant streets in Concord. A great-grandson of Ebenezer Eastman, Concord’s first settler, he will become a prominent lawyer, bank president, railroad man, speaker of the New Hampshire House and school board member. In 1915, when Concord celebrates the 150th anniversary of its royal charter as a parish, he will be recognized as the city’s most prominent citizen and “president of the day.”

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Concord consumes a bakery, several stores and the South Congregational Church. When it becomes certain that the fire will destroy the granite-and-wood Greek Revival church, the Rev. Henry Parker gives one final pull to the church bell rope, and the bell is heard above the crackle of flames.

**June 13, 1954:** This is Freedom Day in New Hampshire, so declared by Gov. Hugh Gregg as a day of remembrance and prayer for those who have died resisting the Communist regime in Eastern Europe.

**June 13, 1833:** John Wentworth assumes the office of royal governor in Portsmouth. As such, he will lead an agrarian and mercantile colony of 98 towns totaling 52,000 people. The population of Concord, characterized by one historian as “an outpost of radical republicanism,” is 752. Exactly eight years after assuming the royal governorship of New Hampshire, John Wentworth moves with his family into Fort William and Mary in Portsmouth Harbor, under the protection of a British warship. He has been relatively benevolent in his reaction to the growing revolt against British rule of the colonies, and he is not bitter about his fate. From the fort he will write a friend: “Truly I can say with the poet in his Lear ‘I am a man much more sinned against than sinning.’"

**June 13, 1957:** President Dwight D. Eisenhower appoints James M. Langley, editor and publisher of the Concord Daily Monitor, to be U.S. ambassador to Pakistan. Langley will hold the job for just over two years.

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

**June 14, 2001:** The U.S. Senate votes to withhold federal money from school districts that deny use of their facilities to the Boy Scouts because of the organization’s exclusion of homosexuals. “I have never been prouder in my entire political life,” New Hampshire Sen. Bob Smith says in declaring his support.

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

June 8
- Everett Arena Roller Skating: 6 to 9 p.m. Douglas N. Everett Arena, 15 Loudon Rd., Concord.
- NHTA & SCC Annual Conference 2023: 8 a.m. to 4 p.m. Grappone Conference Center, 70 Constitution Ave, Concord.
- Stretch & Strengthen: 1 to 1:45 p.m. Stretch muscles, increase coordination & flexibility with gentle exercise, stretching & movement. Free. GoodLife programs & Activities, 254 N. State St., Unit L, Concord. kgagnon@goodlifenh.org.
- “Who’s Afraid of Virginia Woolf?”: 7:30 to 9:30 p.m. $16 - $22. Hatbox Theatre, 270 Loudon Rd., Concord. 603-715-2315. kevin@hatboxnh.com.

June 9
- Open Studio Art: 10 a.m. to noon. Spend time getting to know other local artists and their craft while working on your own. Free. GoodLife Programs & Activities, 254 N. State St., Unit L, Concord. kgagnon@goodlifenh.org.

June 10
- Acoustic Circle: 2 to 5 p.m. Acoustic Circle. Free. Area 23, 254 N. State St., Concord. 603-552-0137, mobilekirkmcneil@gmail.com.
- Granite State Roller Derby 2023: 6 to 8 p.m. $12. Everett Arena, 15 Loudon Rd., Concord.
- Guns to Gardens – NH: 10 a.m. to 2 p.m. Free. General Admission. Wesley United Methodist Church, 79 Clinton St., Concord. doreen@grantestateprogress.org.

June 11
- Free Talk and Q&A on Christian Science: 2 to 3 p.m. Free. First Church of Christ, Scientist, 33 School St., Concord. 603-224-0818. clerk@christian-scienceconcordnh.org.

June 12
- Stretch & Strengthen: 1 to 1:45 p.m. Stretch muscles, increase coordination & flexibility with gentle exercise, stretching and movement. Free. GoodLife programs & Activities, 254 N. State St., Concord. kgagnon@goodlifenh.org.
- Supporting Bone Health: 3 to 4 p.m. Learn all about bones and how to care for them! $5. GoodLife Programs & Activities, 254 N. State St., Unit L, Concord. kgagnon@goodlifenh.org.

June 13
- Chair Yoga: 9 to 9:45 a.m. Yoga can help your mind, body and spirit and enhance your quality of life. Free. GoodLife Programs & Activities, 254 N. State St., Unit L, Concord. kgagnon@goodlifenh.org.
- Low-impact Kung Fu and Tai

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Granite State Roller Derby will compete at the Everett Arena on June 10 at 6 p.m. Cost is $12.

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FREE SEMINAR
Visit melissaqueen.com for more info.
JUNE 17, 2023 | 9:30am-11:30am
Granite Ledges | 151 Langley Pkwy, Concord
Visit melissaqueen.com for more info.
Concord's Only Woman Mayor

Elizabeth Hager was elected Concord’s Mayor in 1988. She would serve just one term, though she remained on the City Council until 1990. To date, she is still the only woman to serve as Concord’s Mayor. Concord’s current Mayor, Jim Bouley, will interview Liz about the issues before the city back then, how those issues have played out today, her experience as Mayor, and why she remains the only woman elected Mayor of Concord.

Thursday June 8, 7pm
Kimball-Jenkins Carriage House
266 North Main St. Concord, NH

Presented by
The Concord Historical Society
266 North Main St Concord, NH
www.concordhistoricalsociety.org
Theatre KAPOW finishes its 15th season with the New Hampshire premiere of “Tiny Beautiful Things” based on the best-selling book by Cheryl Strayed and adapted for the stage by Nia Vardalos. The show will be performed at the Bank of New Hampshire Stage in Concord June 9 - 11.

Based on the acclaimed book by Cheryl Strayed (author of the New York Times best-selling “Wild”), “Tiny Beautiful Things” follows Sugar, an online advice columnist who uses her personal experiences to help the real-life readers who pour their hearts out to her. Academy Award nominee Nia Vardalos (My Big Fat Greek Wedding) adapts Strayed’s book into an enrapturing and up-lifting play that surges with emotion and is called by Variety “a theatrical hug in turbulent times.” “Tiny Beautiful Things” is about reaching when you’re stuck, recovering when you’re broken, and finding the courage to ask the questions that are hardest to answer. Tissues recommended.

“The sincerity, empathy, and sometimes shocking personal honesty with which she writes is beautiful and so compelling,” says theatre KAPOW company member Carey Cahoon as Sugar, who plays Sugar in the production. “Working on this production has required an incredible amount of vulnerability from all of us. The power of live theatre to invite and engage audiences’ empathy is so important in our world right now. I think we can all find something in Sugar’s advice that we can learn from.”

For Matt Cahoon, the director, the strength of this play is rooted in its resonance. “As a company, we are always looking for shows that speak to the universality of the human experience,” Cahoon said, “Tiny Beautiful Things’ accomplishes that in profound ways. By its very nature, Sugar’s column sought to provide advice that would be applicable to a wide swath of readers, the play accomplishes a similar resonance by having just three actors stand in for a large number of letter writers. But,” Cahoon continued, “the play also allows for an opportunity to use some of the magic of theatre making to tell these stories in fascinating and expressive ways.”

Meg Cronin, Professor of English and Director of College Writing at Saint Anselm College will be leading a post-show discussion along with the company following the matinee performance at 2 p.m. on Sunday, June 11. Professor Cronin’s talk will center on this piece as it has evolved in production alongside the company member following the matinee performance at 2 p.m. on Sunday, June 11.

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to an online advice column, then to a book, the play, and finally has made it to the screen in a new series being streamed on Hulu. Professor Cronin’s research and writing explores adaptations of the works of Jane Austen from novel to play to performance, and she will apply some of the process and insights from that research to her exploration of Cheryl Strayed’s work.

“Tiny Beautiful Things” features Carey Cahoon as Sugar and Peter Josephson, Rachael Longo, and Madeline Falcone as the Letter Writers. The show is directed by Matt Cahoon and stage managed by Samantha Autumn. Kyrie Ellison is working with the company again as Intimacy Coordinator. Longtime theatre KAPOW collaborator Tayva Young will be providing the lighting design and Barbara Holbrook returns as Costume Designer.

Performances are June 9 and 10 at 7:30 p.m. and June 11 at 2 p.m. at the Bank of New Hampshire Stage in Concord. For tickets or more information, visit tkapow.com.

Cheryl Strayed is the author of the #1 New York Times bestseller “Wild: From Lost to Found on the Pacific Crest Trail,” which was made into an Oscar-nominated film. Her bestselling collection of Dear Sugar columns, “Tiny Beautiful Things,” was adapted for a Hulu television show and as a play that continues to be staged in theaters nationwide. Strayed’s other books are the critically acclaimed novel, “Torch,” and the bestselling collection “Brave Enough”, which brings together more than one hundred of her inspiring quotes. Her books have sold more than 5 million copies around the world and have been translated into forty languages. Her award-winning essays and short stories have been published in The Best American Essays, the New York Times, the Washington Post Magazine, Vogue, and elsewhere. Strayed has also made two hit podcasts, Dear Sugars, which she co-hosted with Steve Almond, and Sugar Calling. She lives in Portland, Oregon.

theatre KAPOW (tkapow.com) develops ensemble productions of great dramatic literature to explore the human experience and inspire and challenge both artist and audience. theatre KAPOW places emphasis on the importance of rigorous formal training to develop an ensemble of skilled and dedicated theatre artists.

Visit tkapow.com to learn more.
The Black Heritage Trail of New Hampshire is pleased to announce its extraordinary program of events for its 2023 Juneteenth Celebration, “Reading the Bones: Celebrating the African Diaspora.” Events run from June 10 to June 19, and feature a diverse range of cultural and educational activities.

“We are excited to announce the lineup for our 2023 Juneteenth Celebration,” said JerriAnne Boggis, Executive Director of BHTNH. “This year’s celebration will showcase the diversity and resilience of the African Diaspora, and will provide opportunities for learning, healing, and community building.” From hosting its first ever BHTNH Reggae Festival to historic walking tours in Canterbury Shaker Village to an art reception, panel discussion and multiple musical performances, BHTNH is creating a vibrant, educational and inspiring program.

“Bringing people together to educate, honor and respect one another is always our mission” shares Boggis. “Our Juneteenth 2023 Celebration seeks to share our cultures, recognize the past, and hopefully inspire one another to work together and move forward as a community.” Boggis believes music is a great catalyst for community-building, and she is excited with the all-new BHTNH Reggae Festival on June 17th. Featuring legendary performers as well as those on-the-rise, the Reggae Festival is a ticketed event with family-friendly music and performances for all ages throughout the day and evening. “From our first ever Reggae Festival to the Akwaaba Ensemble drumming Performance at the African Burying Ground, to Camille A. Brown and Dancers at The Music Hall, and the Howard Gospel Choir at South Church, we will be dancing, singing and sharing love and respect for one another” says Boggis. “Our communities need this now more than ever.” All are welcome. For details on the program including free and ticketed events, please visit blackheritage-trailnh.org/juneteenth-celebration-2023/.

Reading the Bones: Celebrating the African Diaspora
June 10, 15, 16, 17, 18 and 19

Reading the bones is both an ancient and modern form of divination found in all civilizations. Divination is among the earliest human spiritual practices concerned with choosing actions that were in accord with the “will of heaven” to allay uncertainty, heal illness, or navigate issues of tribal importance.

Interestingly, the casting and reading of the bones takes on a different connotation when we consider the rediscovery of the 18th-century African burying ground in Portsmouth, NH. This accidental unearthing of African remains on a city street that had been forgotten, paved over, and built upon, forced the city and the state at large to acknowledge their history of enslaving humans and the presence of Africans in the region before enslavement.

Tons of Variety and Color!
Big & Beautiful Hanging Baskets

Father's Day is coming...
Dads like plants too!

16 Concord Insider — Thursday, June 8, 2023
BHTNH offers this week-long Juneteenth celebration to honor these early African settlers and their descendants for their extraordinary contributions to the growth of this region. We honor the African traders who interacted with the Indigenous tribal nations long before European settlers landed on these shores. We honor the Africans who survived the Middle Passage and the successive generations of the African diaspora who continue to contribute to the development, wealth and well-being of New England.

Program of events

For tickets, reservations and more information, please visit blackheritagetrailnh.org/juneteenth-celebration-2023

June 10
The celebration begins with a bus tour to Canterbury Shaker Village featuring tour guide Dr. Shirley Wajda. Entitled “African Roots: Herbal Medicine, Incubation & the Shaker Connection,” the tour explores the intersection of African and Shaker culture in New Hampshire. Costs for this tour includes transportation, entrance to Canterbury Shaker Village, guided tour, and lunch provided by Beans & Greens.

June 14
On Wednesday, June 14, a panel discussion entitled “Still, Uprooted? Heartache and Hope in New Hampshire,” will be held at the Currier Museum in Manchester. The discussion will highlight the experiences of displaced people coming from war torn countries and their journey to finding home and a sense of belonging in our state.

June 16
The celebration will continue Friday, June 16, with a free opening art reception at 3S Artpace in Portsmouth featuring the work of McKinley Wallace III. The exhibit, “If You Knew, Let it Be Us,” explores the themes of identity, ancestry, and legacy in the African American community.

June 17
On Saturday, June 17, festivities move to Strawberry Banke in Portsmouth for a Reggae Festival entitled “Chanting Down Babylon: Redemption Songs of the Diaspora.” The festival, highlighting the rich cultural heritage of the African diaspora, features live music, dance performances, food vendors and craft vendors, and some of Reggae’s iconic performers including Marcia Griffiths, Brigadier Jerry, Nadine Sutherland, and Glen Washington. Admission to this event is ticketed.

June 18
On Sunday, June 18, BHTNH will partner with the Music Hall in Portsmouth to present Camille A. Brown & Dancers in a performance called “Reclaiming Black Narratives.” The show explores the intersections of Black identity, history, and culture through dance. Admission to this event is ticketed.

June 19
On Monday, June 19, the closing day of the celebration, there will be an African drumming performance featuring Akwaaba Ensemble at the African Burying Ground in Portsmouth. Entitled “The Healing Rhythm of the Drums” the performance will celebrate the power of African music and drumming to promote healing and community building. The celebration concludes with a performance by the Howard Gospel Choir at South Church entitled “From Africa to America: We Are the Drums.” The performance celebrates the rich history of gospel music and its roots in African American culture. Admission to this event is ticketed.

Tickets

Tickets for ticketed events are available for purchase on the Black Heritage Trail of New Hampshire’s website, and all proceeds will go to support the organization’s mission to promote awareness and appreciation of African American history and culture in the state.

For more information about the 2023 Juneteenth Celebration, visit the Black Heritage Trail of New Hampshire’s website at blackheritagetrailnh.org/juneteenth-celebration-2023

About the Black Heritage Trail of New Hampshire

The Black Heritage Trail of New Hampshire promotes awareness and appreciation of African American history and life in order to build more inclusive communities today. BHTNH works to visibly honor and share a truer and more complete history of the state through exhibits, educational programs, curriculum development, guided walking tours and by documenting and making visible many of the sites that testify to the state’s rich Black history.

GROUP TOURS FROM CONCORD, NH

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RSVP’s Required - Visit our website to RSVP
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As the weather warms and daylight lengthens, Concord Parks and Recreation gears up for its trove of summer offerings. From swimming pools to movie nights to sports camps, residents will have plenty of options to enjoy the summer months.

The Concord Insider caught up with Parks and Rec director David Gill to discuss the upcoming summer offerings including a new splash pad at White Park.

Responses have been edited and condensed for clarity:

Insider: What’s Parks and Rec going to be offering this summer?

David Gill: The Parks and Recreation Department is going to continue to offer our traditional summer camps and sports specialty camps for the youth. Obviously, all the parks are open. Most of the parks and neighborhoods have either a basketball court or a playground nearby to play at.

We’re doing our best to open all six pools this summer. We have a new splash pad opening up at White Park. The challenge with the pools continues to be hiring staff, and then having the staff be able to take the Red Cross lifeguarding certification and pass.

Just about all the athletic fields, baseball, and softball fields are used throughout the summer for tourna-
ments. We have an adult softball league that uses our fields.

This summer, once again, we’re partnering with Red River Theatres, and we’ll have several outdoor movies in the park that are free for the residents. And then we’re also offering – thanks to a sponsorship from Concord Housing and Redevelopment – free swim lessons for Concord and Penacook youth.

Insider: Following up on the lifeguards, I feel like every summer every place is struggling to find them. How many do you need?

DG: The ideal number to have on payroll and go through the training is between 35 and 40. Having six community pools and the splash pad, we’re kind of unique in the nation for a community of this size to have that many swimming pools. We’ve had seven swimming pools in seven areas since 1937, 1938, so it’s a wonderful tradition that Concord has. But like everywhere, we’re doing our best to attract and train staff to get all the pools open.

Insider: You mentioned the splash pad. I know that’s going to be a point of excitement.

DG: This year, the White Park pool was on the docket to be fully renovated. The pool itself used to be only 2.5 feet deep, so the decision was to turn it into a splash pad. It’s the same footprint, same location in White Park. We’re using the same bathhouse and bathrooms, but it’s going to be an all-new splash pad with new pumps, filters, etc.

Insider: What else will you be offering that’s new this summer?

DG: Off the top of my head, that’s everything in a nutshell. We do adult tennis lessons. The parks have pickleball. We usually have pickleball clubs. This is the time for all the beginners to play together and all the skilled players to play together. We do that in the community center over the summer.

Insider: Pickleball is a big deal. I assume you’ve seen a relatively large increase in participation?

DG: Huge. Pickleball has been around since the ’60s and kind of arrived in Concord about eight years ago, so now we have four indoor courts at the community center. They’re multi-use, so we can use them for basketball and other activities. Then we have two courts lined in the Green Street Community Center, and in last year’s budget, we added six standalone pickleball courts up at Rolfe Park.

Insider: Anything else folks should know about that Parks and Rec will be offering this summer?

DG: We have an active Facebook page. All our information is on our website. We do a summer concert series, and then we also have concerts around the neighborhoods. A lot of good options to keep people active and busy.
book of the week

Far From the Light of Heaven
By Tade Thompson
(345 pages, Science Fiction, 2021)

Ragtime is a colony ship, carrying a thousand passengers to the Lagos system to begin new lives on the colony on the planet Bloodroot. First Mate Michelle Campion’s job is supposed to be largely ceremonial because the AI does all the work and AIs never fail.

Of course, you know where this is headed — when Campion is awakened before the other passengers she finds she is now the Captain because the AI has failed catastrophically: 31 passengers are not in their stasis pods. They are literally in pieces in a disposal unit.

An investigator from the planet, Rasheed Fin, and his android partner Salvo are sent up to the ship in response to Campion’s distress call. Meanwhile, the Lagos space station and others are awaiting the Ragtime’s all-clear notification, some less patiently than others. And Lagos’s unnecessary governor, a former space pilot named Lawrence Biz and his daughter Joké have arrived at the Ragtime to support Campion. Finally, there is a wolf. How did a wolf get on board a spaceship?

Thompson’s characters are interesting and believable. He takes the time to give their back stories as well as some background on Earth, the Lagos space station and the planet Bloodroot. Short chapters move the story along quickly, each focused through a place and a character. The book is a locked room mystery as well as a hard science fiction tale.

There was a point when I was sure I knew where the story was going and how it would resolve and I’m happy to say I was wrong. Maybe you’re cleverer than I am and you’ll see past all the false leads!

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Julia Miller
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