



THE CONCORD

INSIDER

Jan. 4-10

Free and warm

Waiting on winter

Icy activities on the horizon,
even if snow is still sparse

inside **the** Insider

theconcordinsider.com



8

Artful ice

Intown Concord gearing up to host another Winter Fest.

6 Contest winners



find it

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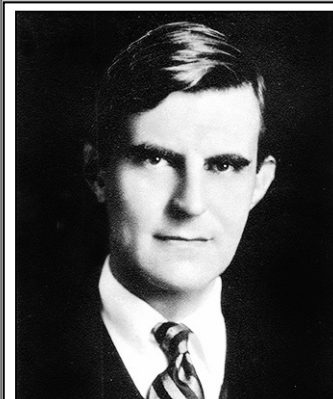
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Driven By People



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John Gilbert Winant

New Hampshire's innovative Depression-era governor, defied his own party to align himself with Franklin Roosevelt and Social Security, and inspired hope in beleaguered World War II London as the U.S. ambassador to England.

This will be part 2 told by special guest Steve Shurtleff, an American politician from the state of New Hampshire. He formerly served as Speaker of the New Hampshire House of Representatives.

Thursday, January 11th | 7pm

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book of the week

'Why Has Nobody Told Me This Before?'

By Dr. Julie Smith
(351 pages, self help,
2022)

"Why Has Nobody Told Me This Before?" is a concise and accessible self-help book for folks looking to strengthen their personal repertoire for dealing with life's ups and downs. "People should not have to pay to come and see someone like me just to get access to...education about how their mind works," says the author, clinical psychologist Dr. Julie Smith, in the introduction. "This book ... is a toolbox filled to the brim with different tools" to help readers understand and plot a response to common mental health struggles, such as low mood, grief, self-doubt, and coping with anxiety.

Smith structures this book in short chapters with a summary at the end of each. Interspersed throughout the text are diagrams and prompts to help illustrate the ideas in the chapter and promote self-reflection. The book is full of practical, straightforward tips, which

Why Has Nobody Told Me This Before?

DR. JULIE SMITH



are written in plain English rather than esoteric psychological jargon. For example, a passage from Chapter 8, On a Meaningful Life, reads, "Emotions are always a part of our experience. But, just like the weather, some moments are pleasant and others are hard to endure. ... Sometimes we are not happy because we are human and life is difficult a lot of the time. ... Happy moments are just one flower in a very large bouquet." I enjoyed the print version of this book because it allowed me to really absorb the visual models that don't translate well to audio. However, the audio-book version (available on Hoopla) features the au-

thor's delightfully soothing British accent, which is a great enhancement in its own right.

This book is not an appropriate resource for diagnosing or treating serious mental illness, nor is it meant to serve as a substitute for visiting a professional therapist if that is something that you find valuable. It is, however, a way to help readers understand and manage their responses to some of life's most common stressors. Metacognition — thinking about thinking — is a powerful tool for gaining insight into our triggers and coping mechanisms and changing our unhealthy behavior patterns. Dr. Smith's advice can help readers to be more self-aware, resilient, and in control in their own lives, without the time and expense of seeing a professional. After all, we are only human, and we're each only here for a limited time span. We may as well work to make the best of it, and Dr. Smith is here to help.

Visit Concord Public Library online at concordpubliclibrary.net.

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bulletin board

Curbside Christmas tree collection begins

Concord residents with curbside trash and recycling collection can place their Christmas trees curbside for disposal on their trash collection day starting on Jan. 2. Christmas trees will be collected for two weeks through Jan. 12. Due to the New Year's Day holiday on Monday, trash and tree collection will be delayed by one day throughout the first week. Trees must be placed at the curb with residential trash and recycling by 7 a.m. to not miss collection. All lights, ornaments, tinsel, and decorations must be completely removed from the tree. Wreaths and artificial trees will not be collected. Trees will be collected with a separate truck from trash and recycling, so items may be collected at different times. Residents can also bring trees to the Concord Transfer Station at 77 Old Turnpike Rd., for free during January. Transfer station hours are Monday through Saturday from 8 a.m. to 4 p.m. The transfer station will be closed on Monday, Jan. 1 for the holiday.

Thrift store open

Chapter 2 Thrift Shop is open on Jan. 7 from 9 to 11:30 a.m. at St Paul's Church, Centre St., parking lot entrance. Chapter Two Thrift Store assists with needs for low-cost clothing and household goods in the greater Concord community. Donations of gently used, in season clothing are appreciated.



Casella employees collect a Christmas tree with curbside trash.

Courtesy

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calendar

Jan. 4

■ **Bach's Lunch: Drumming to Build Community:** 12:10 to 1 p.m. Grace Schust & Lindsey Schust will give a talk on West African drumming traditions & the use of drumming as a cross-cultural bridge/community builder. Concord Community Music School, 23 Wall St, Concord. 603-228-1196. ccms@cc-musicschool.org.

■ **Books & Brew:** 5:30 p.m. Heights Branch Library, 14 Canterbury Rd., Concord. jsalemy@concordnh.gov.

■ **Nature In Focus: Images of Flora, Fauna, and Landscapes of New England:** 11 a.m. to 5 p.m. McLane Center, 84 Silk Farm Rd., Concord. (603) 224-9909.

■ **STEAM for Littles:** 10 a.m. Free. Concord Public Library, 45 Green St., Concord. jsalemy@concordnh.gov.

Jan. 6

■ **Handbell Choir Open House - Granite State Ringers:** 10 a.m. to noon. Open house visitors will be able to try playing handbells and handchimes, and learn about GSR's programs for new and experienced ringers. Free. Granite State Ringers studio, 2 Industrial Park Dr., Building 2,

Suite 3, Concord. GSREvents07@gmail.com.

■ **Hockey Game:** 7:30 to 9:20 p.m. Douglas N. Everett Arena, 15 Loudon Road, Concord.

■ **NHTI Men's and Women's New Year Classic:** J NHTI, 31 College Dr., Concord.

■ **Storytime Stations at the Heights:** 9:30 a.m. Enjoy books, crafts, activities, and felt board/manipulatives at your own pace with our self-guided stations. (Recommended for ages 0-9) Free. Heights Branch Library, 14 Canterbury Rd., Concord. jsalemy@concordnh.gov.

Jan. 7

■ **English Country Dance:** 3 to 6 p.m. English dances draw from the court and country dances of the 17th century through the 21st. The dances are taught and called to live music. \$10. Auditorium at Howard Recreation Center on Gallen State Office Park, Brown & Kent Roads, Concord. 603 397 0042. nhec@comcast.net.

Jan. 8

■ **Gibson's Book Club discusses The Master and Margarita, by Mikhail Bulgakov:** 5:30 to 6:30 p.m. Book club discussion. Free. Gibson's Book-

store, 45 S. Main St., Concord. 603-224-0562. gibsonsevents@gmail.com.

Jan. 9

■ **Business After Hours :** 5:30 to 7 p.m. \$7 - \$25. Budget Blinds & ADF Flooring, 248 Sheep Davis Rd., Suites 8 and 10, Concord. (603) 224-2508. events@concordnhchamber.com.

■ **Organized Chaos:** 4 p.m. Free. Concord Public Library, 45 Green St., Concord. jsalemy@concordnh.gov.

■ **Yoga for 50+:** 5 to 5:55 p.m. Yoga is a gentle way to stretch, strengthen, build muscular endurance, flexibility, & relieve stress. \$55. GoodLife Programs & Activities, 254 N. State St, Unit L, Concord. kgagnon@goodlifenh.org.

Jan. 10

■ **Art with Steve: Snow Capped Mountain:** 1 to 3 p.m. New England has some of the most beautiful mountains in the Northeast, capture one of your very own. \$35. GoodLife Programs & Activities, 254 N. State St, Unit L, Concord. kgagnon@goodlifenh.org.

■ **BEMER Appointments:** 11:45 a.m. to 1 p.m. The effects of a single 15 minute BEMER session can last up to 12 hours. \$10.

GoodLife Programs & Activities, 254 N. State St, Unit L, Concord. kgagnon@goodlifenh.org.

■ **Hockey Game:** 7:30 to 9:20 p.m. Douglas N. Everett Arena, 15 Loudon Road, Concord.

■ **Preschool Storytime:** 9:30 a.m. Free. Concord Public Library, 45 Green St., Concord. jsalemy@concordnh.gov.

■ **Reception with Bob Fleck for Nature in Focus: Images of Flora, Fauna, and Landscapes of New England:** 4 to 6 p.m. McLane Center, 84 Silk Farm Rd., Concord. (603) 224-9909.

■ **Web Wednesday:** 9:30 a.m. Free. Heights Branch Library, 14

Canterbury Rd., Concord. jsalemy@concordnh.gov.

Jan. 11

■ **Bach's Lunch: Midday Mindfulness, Music, & Movement:** 12:10 to 12:50 p.m. Join CCMS faculty Tony Varga and Heather Bigelow Hearne for a free, interactive experience introducing the benefits of expressive arts therapies. Free. Concord Community Music School, 23 Wall St, Concord. 603-228-1196. ccms@ccmusicschool.org.

■ **Fitness & Core- Thursday:** 9:30 to 10:25 a.m. W\$55. GoodLife Programs & Activities, 254 N State St, Unit L.

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very merry

Downtown holiday spree contest wrapup

Winners of the downtown Concord holiday spree include Bob Bussiere of Concord, Karen Landes of Henniker and Debra Samaha of Concord.

Winners got \$10 gift cards from the following downtown businesses: Concord Co-op; Goldsmiths Gallery; Runners Alley; She's A Lady/Spruce; Wine on Main; Joe Kings Shoe Store; Granite State Candy; Britches of Concord; Viking House; Cobblestone; Simply Birkenstock; Indigo Blues; Gems 1st; Fabulous Looks; United Shoe Repair; Roys Nails; DIY Craft & Thrift; Capitol Center for the Arts/Bank of NH Stage; Capital Craftsman; Gibsons Bookstore; Constantly Pizza; Detailed Stained Glass; Root Up Concord; Dandelion Consignment; Plus, The Concord Monitor gave a \$50 gift card to the Common Man to encourage sharing the bounty.



Courtesy

Debra Samaha of Concord



Courtesy

Karen Landes of Henniker

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Concord Winter Fest returns to downtown

The Hotel Concord and Intown Concord are excited to announce Concord NH Winter Fest will be returning for its sixth year in a row! Enjoy ice-carving demonstrations and meet some of New England's most talented ice carvers on Friday, Jan. 26 followed by an ice carving competition and Concord NH Winter Fest on Saturday, Jan. 27, and Sunday, Jan. 28, 2024 from 11 a.m. to 4 p.m. This is an outdoor event so be prepared for the elements. Weather permitting there will be a free trolley service on Saturday to bring people back and forth to Black Ice Pond Hockey

Tournament.

Friday

10 a.m. to 4 p.m.: Art & Bloom

3 to 9 p.m.: Sponsored ice carvings on the State House lawn

Saturday

10 a.m. to 4 p.m.: Art & Bloom

11 a.m.: Ice carving competition starts on The State House Lawn.

11 a.m. to 4 p.m.: Vendors and food trucks

11 a.m. to 3:30 p.m.: Beer garden

11 a.m. to 3 p.m.: Telescope viewing with the McAuliffe-Shepard Dis-



Monitor file

Alex Bienieck of Wentworth works on his ice sculpture of the Old Man on the Mountain on the State House lawn during the ice sculpture competition during the 2021 Winter Fest on Jan. 29, 2021. Intown Concord will offer hot cocoa, hot cider, and snacks throughout the festivities.

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Some of New England's most talented ice carvers will compete during Concord NH Winter Festival, presented by Intown Concord, The Hotel Concord and Breezeline. This annual icy celebration attempts to coincide with the Black Ice Pond Hockey Tournament.

covery Center
3 p.m.: Ice carving competition ends
3:30 p.m.: Awards announcement
4 p.m.: First day of festival concludes

Sunday
11 a.m.: Ice carving viewing starts on the State House lawn
11 a.m. to 4 p.m.: Vendors and food trucks
11 a.m. to 3:30 p.m.: Beer garden
11:30 a.m. to 12:30 p.m.: Snow-ga with Blossom Yoga, 11:30 AM - 12:30 PM
11 a.m. to 3 p.m.: Telescope viewing with the McAuliffe-Shepard Discovery Center
2 p.m.: Vendors and Beer Garden close on Capitol Street
2 to 4 p.m.: Winterfest Family Dance Party with Mr. Aaron at Bank of NH Stage. Tickets are \$10 each for kids (18 and under). Grownups will get in free with at least one paid child.



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CONCORD MONITOR

Merrimack County looks back at 2023

By JESSICA L. RIENDEAU

County of Merrimack

Many people wonder what the role of county government is. For some, the answer is apparent; for others the answer may not be so clear. A look back at the major achievements and celebrations of Merrimack County during 2023 will shed some light on our role – to support a healthy, vibrant, safe, and resilient life for all Merrimack County residents.

Health: County nursing homes and assisted living facilities offer restorative care and rehabilitation, and promote quality of life and wellness to the elderly. Both the Merrimack County Nursing Home and Assisted Living Facility provide quality care to those who call us “home.” In addition to traditional health and medical care, Merrimack County strives to provide recreational and leisure activities, while keeping convenience and comfort at the forefront of all services. This year marked the 200 Anniversary Celebration of Merrimack County, and it was evident that nobody enjoyed the various festivities more than our beloved residents. Looking ahead, an upcoming renovation to Gerrish Manor will improve the residential space of the Assisted Living Facility.

Vibrancy: Merrimack County has taken extraordinary efforts to enhance the vibrancy of all our communities throughout the county. This year, approximately \$1.7 Million in American Rescue Plan Act funds were passed along to community partners throughout Merrimack County to support community-driven goals that build an opportunity-rich region and strengthen families,



Monitor file

schools, and neighborhoods. Awards such as those issued to Community Action Program Belknap-Merrimack Counties, Inc. will serve to expand trans-

portation routes from Concord to Franklin. If you're an outdoor adventurer, the funds awarded to Friends of the Merrimack River Greenway Trail, the Con-

cord-Lake Sunapee Rail Trail, or even the Franklin Outing Club (Veterans Memorial Recreation Area will enhance your recreational opportunities. And

in the near future, you'll have the opportunity to visit a new greenhouse being established with grant funds issued to the Concord Community Management Association, for all your local farmers' market needs. While this highlights only a few of the awards, Merrimack County provided funding for 30 different projects throughout the county in 2023.

Safety: Some people may not take into account the county's obligation to keep communities safe by providing law enforcement and promoting crime prevention, holding offenders accountable through prosecutorial procedures, and operating a detention facility. The criminal justice system is complex, and the services provided by the county are vital. The Merrimack

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County Sheriff's Office, Merrimack County Human Services Pretrial and Diversion Division, the Merrimack County Attorney's Office, the Merrimack County Advocacy Center, and the Merrimack County Department of Corrections all play an integral role in the safety of our county and its individual communities. Additionally, the Communications Division of the Sheriff's Office provides emergency and non-emergency dispatch services for the Sheriff's Office and seventeen other agencies within the county. Of the numerous achievements in 2023, one of the most noteworthy is the continuation of the Drug Abuse Resistance Education (D.A.R.E.) program offered through the Sheriff's Office. Students from multiple schools throughout Merrimack County graduated the D.A.R.E. program this year, a crucial component to keeping our county safe and drug free.

Resiliency: Community resilience is the ability of a community to use available

resources to respond to, withstand, and recover from adverse situations. Merrimack County is dedicated to its role in improving resilience county-wide. Program such as the Merrimack County Human Services Navigator Program and the Merrimack County Advocacy Center's Adverse Childhood Experiences (ACEs) Response Team help provide valuable services that directly impact individuals, families, and communities alike. Living in supportive environments, with trauma informed practices, help to enhance community members' coping skills that lead to improve-

ments in quality of life for those living in Merrimack County. In 2023, the Navigator Program has worked with over 400 clients, assisting in areas such of housing, Medicaid and health care, fuel and electric assistance, transportation, and food insecurity to name a few. It came as no surprise when the Navigator team received an Achievement Award from the National Association of Counties (NACo), honoring their efforts to provide innovative, effective county government programs that strengthen services for residents. Also in 2023, the Merrimack County Advo-

cacy Center implemented a new program, Helping Ensure Appropriate Response to Trauma (H.E.A.R.T.), which allows for collaboration between the county and local school districts to ensure that children who experience child abuse, neglect, or other adversity can heal, survive, and thrive in their community and at their school.

Looking ahead, 2024 is shaping up to be a productive year as well. Merrimack County looks forward to several initiatives that we hope will continue to contribute to the livelihood of the county. From exploring renewable energy projects

to engaging with the Community Power Coalition of New Hampshire, we are hopeful we can continue to positively impact the residents of our county. While balancing the numerous administrative responsibilities the county holds, we are dedicated to delivering these, and more, essential services to ensure the health, vibrancy, safety, and resiliency of Merrimack County in 2024. Wishing you a year of health and the kind of happiness that truly matters. Happy New Year from all of us at Merrimack County!

For more information, visit merrimackcounty.net.

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history

Jan. 4, 2003: A federal judge has denied Gary Sampson's plea to escape the death penalty, the Monitor reports. Sampson is accused of killing Robert "Eli" Whitney of Penacook along with two Massachusetts's men. He will be found guilty in Massachusetts and sentenced to death, the first time the state has issued such a sentence since 1973.

Jan. 4, 1859: The Coos Republican of Lancaster prints a list of all town residents who had died the year before - and the cause of death. The tally: 11 from consumption, 3 from apoplexy, four from typhoid fever, 3 from lung fever, 1 from scarlet fever, two from inflammation of the bowels, 2 from congestion of the lungs, 1 from cancer, 1 from paralysis and one from old age. Of those 29 deaths, more than half were under 30 years old.

Jan. 4, 2001: Elizabeth McLaughlin, a 101-year-old resident of Concord's Havenwood-Heritage Heights Retirement Community, gets some extra attention for a day after being invited to the governor's inaugural address at the State House. "It (was) a day I never expected," McLaughlin says later. "I'm not an important girl at all."

Jan. 4, 1943: The state announces that the number of New Hampshire traffic fatalities for 1942 was down significantly - 42 as opposed to 102 in 1941. The state attributes the drop mainly to wartime gasoline rationing.

Jan. 4, 1946: The Nashua Telegraph announces that the Brooklyn Dodgers will bring a minor league baseball team to Nashua. Unknown to residents is Dodger President Branch Rickey's plan to bring African American players to New Hampshire as part of his campaign to break major league baseball's color line.

Jan. 5, 2003: One person is killed and three more are hurt when a possible gas explosion causes an elevated

tennis court to collapse in Grantham.

Jan. 5, 2002: The Concord police found firsthand evidence of methamphetamine's creeping presence last month in an attic crawlspace on Northeast Village Street, the Monitor reports. There, in the Heights home, officers found a pH tester and chemical bottles. Methamphetamine, also known as "crank" and "speed," has long been a top concern for law enforcement officials in the West and Midwest. But only recently has the narcotic turned up in New England, law enforcement officials said.

Jan. 5, 1996: The early-morning low temperature in Concord is a brisk 18 below zero.

Jan. 5, 1776: In the first of five Provincial Congresses in New Hampshire, delegates adopt a temporary constitution. The document makes New Hampshire an independent colony six months before the colonies jointly declare their independence. Recalling the objectionable actions of recently departed Royal Gov. John Wentworth, the framers make no provision

for a governor. Meschec Weare becomes New Hampshire's president. The permanent state constitution will not take effect until June 1784.

Jan. 5, 1943: In his Monitor editorial, Editor James M. Langley calculates that "we" have completed 20 years of editorial writing, averaging 2,250 words a day 300 days a year. The editorial is headlined: "13,500,000 FUTILE WORDS."

Jan. 5, 1864: -This is the deadline for New Hampshire to send 3,768 troops to the field, including 132 from Concord. The state and city have met their quotas without a draft. Veterans re-enlisting to answer this call received \$502 in bounties, new recruits \$402. Concord has paid out \$64,100 in bonuses and received \$52,400 in reimbursements from the state.

Jan. 6, 2003: Several Penacook residents ask the city to save their beloved, but most likely doomed, Rolfe barn: They ask the city to seize it through eminent domain. The request is made in a petition filed just minutes before city hall closes. After months of battles between

history buffs and property developers, the Penacook Historical Society will own the barn.

Jan. 7, 1942: Concord starts a three-day spell of bitterly cold weather with a low temperature of 15 below zero. The next day it'll be 25 below, and the day after that, the temperature will fall to 22 below.

Jan. 7, 1904: At its annual meeting, the First Church of Christ Science thanks Mary Baker Eddy of Concord for her gift of \$120,000 toward the Concord church, now under construction.

Jan. 7, 1942: A tannery is

proposed for the large Penacook factory once used by New Hampshire Spinning Mills. Nearby residents plan to protest.

Jan. 7, 1735: Abigail Danforth is the first white child born in what will later be the town of Boscawen.

Jan. 8, 2001: No tax being considered as a way to pay for public education would inherently harm the state's economy or mar its social fabric, the governor's tax commission reports. The panel suggests a combination of taxes is desirable but demurs on the question of which taxes.

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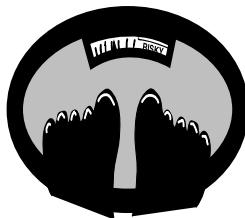
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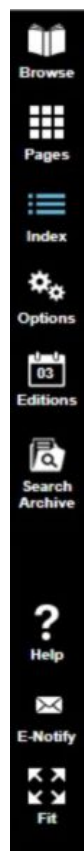


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