

Jan. 11-17
Free and lively

THE CONCORD INSIDER

**Arts, crafts
and more**



10 Reflection on 2023



4 Calendar

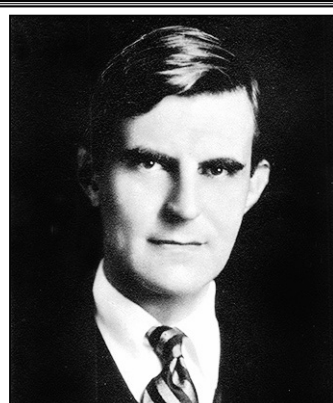
Hockey games, book clubs and more

find it

Book of the week	9
Bulletin board	3
This week in Concord history	12

CONCORD MONITOR EDITOR
JON VAN FLEET
(jvanfleet@cmonitor.com)
NEWS EDITOR
HANNAH SAMPADIAN
(hsampadian@cmonitor.com)
INSIDER NEWS TIPS
(news@theconcordinsider.com)
ADVERTISING DIRECTOR
STEVE PARE
(spare@cmonitor.com, 369-3229)

The Concord Insider is published weekly by the Concord Monitor. Our offices are located at 1 Monitor Drive, Concord, NH. Our postal address is P.O. Box 1177, Concord, NH, 03302-1177.



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

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



AFFILIATES IN PODIATRY, PC

Dr. Jeffrey Davis
Dr. Thomas Detwiler
Dr. William McCann
Dr. Joseph Weaver

DO YOU SUFFER FROM HEEL PAIN?



Affiliates in Podiatry is utilizing the latest technology in the treatment of chronic heel pain. We are pleased to offer Extracorporeal Pulse Activation Treatment (EPAT) for patients who have been suffering from prolonged heel pain.

This non-surgical procedure helps to heal painful ligaments and promotes the body to heal itself. This and other conservative treatments eliminates the potential for surgery.

If you, a family member, or friend have been suffering from heel pain (arch pain), it is important that a proper evaluation be performed by one of our trained Doctors.

Please call our office for an appointment to determine whether these treatment options are right for you.

CONCORD 248 Pleasant Street Suite 203 603-225-5281
MEREDITH 169 Daniel Webster Highway 603-279-0330

www.FootDoctorsNH.com

LITTLE RIVER ORIENTAL RUGS
RUG
CLEANING
EXPERTS
10 N MAIN | 225.5512
NHRUGS.COM | TU-SA:10-5

bulletin

NHTI introduces Workforce Education

NHTI is introducing Workforce Education, a new collaborative educational department to expand the college's efforts in providing essential skillsets and continuing education. The goals include increased opportunities and empowerment for community members looking to expand their career knowledge and learn a new skill.

Previously known as the Business Training Center, the new Workforce Education department has undergone the rebrand to further encourage career and personal exploration with NHTI.

Workforce Education, or "WE," signifies NHTI's commitment as a solutions provider for New Hampshire's employers, employees, and prospective students. The department's tagline, "Together, WE can help you succeed" expresses



File photo

NHTI's commitment to helping to local workforce upskill and evolve with the needs of the community.

In 2023, New Hampshire signified the priority of workforce education by providing \$2 million to fund the delivery of new programs

and support for students enrolled in these programs. NHTI recently received seed funding to develop a new education certificate program and expand health programs in medical assisting, licensed nursing assisting, and phlebotomy.

To browse WE's current course offerings, visit us online at [NHTI.edu/workforce](https://nhti.edu/workforce).

Bach series for January continues

Come join Concord Community Music School music therapist Tony Varga and dance movement therapist Heather Bigelow Hearne on Jan. 11 at 12:10 p.m. for an interactive experience introducing the benefits of expressive arts therapies. Attendees can enjoy an easily digestible menu of thera-

peutic exploration by singing, playing instruments and moving right from the comfort of their own seats.

All Bach's Lunch events are free and open to the public, thanks in part to the generosity of its sponsor, The Walker Fund. This event is part of our 40th Anniversary Year celebration and will be held in our historic Recital Hall. For additional details, call 603-228-1196 or visit ccmusic-school.org/event/bachs-lunch-midday-mindfulness-music-movement.

Make ROOM



Come on in and get comfortable



In Stock and Ready To Deliver



ALWAYS FREE LAYAWAY & 0% FINANCING

CHENEY'S APPLE HOUSE FURNITURE

603-753-6200 | 191 Village Street, Penacook

NHFurnitureStore.com

Monday - Friday: 9:30AM to 6:00PM

Saturday: 9:30AM to 5:00PM | Sunday 11:00AM to 3:00PM

Your Local Florist

for personal service & unmatched beauty

We make flowers personal with custom arrangements and friendly, helpful service from a design team dedicated to ensuring your complete satisfaction

Thoughtful & Beautiful Arrangements for Every Occasion & Celebration

Anniversary | New Baby | Birthday

Holidays | Get Well | Sympathy



Find us on [f](https://www.facebook.com/nicolesgreenhouseandflorist)

We know it's a month away, but we wanted to remind you that Valentine's Day is Wednesday, February 14th.

91 SheepDavis Road,
Pembroke, NH 03275

603-228-8294

nicolesgreenhouseandflorist.com

Winter Hours:

Mon - Sat 9 a.m. - 5 p.m.

Sun Closed



calendar

Ongoing

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

Jan. 11

■ **Bach's Lunch: Midday Mindfulness, Music, & Movement:** 12:10 p.m. - 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. 603-228-1196. ccms@cc-musicschool.org.

■ **Fitness & Core- Thursday:** 9:30 a.m. - 10:25 a.m. Workout focuses on core strength, flexibility, and a total body conditioning. \$55. GoodLife Programs & Activities, 254 N State St, Unit L, Concord. kgagnon@goodlifenh.org.

■ **Kid Crafternoon: Finger Knitting:** 3:30 p.m. You bring your hands, we'll bring the yarn. It's time to learn how to finger knit! (Recommended for ages 5-10) Free. Concord Public Library, 45 Green St. jsalemy@concordnh.gov.

■ **Monthly Forum: Catalyst Projects for Building Concord's Tax Base:** 11:30 a.m. - 1:15 p.m. \$35 - \$45. Holiday Inn, 172 N. Main St., Concord. (603) 224-2508. events@concordnhchamber.com.

Jan. 13

■ **Hockey Game:** 3:30 p.m. and 5:30 p.m. Douglas N. Everett Arena, 15 Loudon Road.

■ **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. 15

■ **Peace & Justice Conversations: Connecting Across the Racial Divide:** 7 p.m. - 8 p.m. Free. General Admission. Online via Zoom. 603-228-0559. doreen@nhpeaceaction.org.

Jan. 16

■ **French Conversation Club:** 5 p.m. Free. Concord Public Library, 45 Green St., Concord. jsalemy@concordnh.gov.

■ **Low-Impact Kung Fu and Tai Chi:** 12 p.m. - 1 p.m. \$14 - \$20. \$20 drop-in price. Multi-class bundles available for less. Zenith Martial Arts, 40 Thorndike St., Concord. 603-513-9993. zenith-martialarts@gmail.com.

Jan. 16

■ **Shake, Rattle, and Roll:** Jan. 16, 9:30 a.m. Free. Concord Public Library, 45 Green St., Concord. jsalemy@concordnh.gov.

■ **Songweavers Open Sing/Drumming:** 9:30 a.m. - 8



Capitol Center for the Arts

BNH STAGE
CHUBB THEATRE



DRUM TAO

Thursday
January
25th





BOBBY RUSH

Sunday, January 21



ROCKSTAR KARAOKE

Saturday, January 27



STEP AFRIKA!

Tuesday, January 30



ERTH'S DINOSAUR ZOO LIVE!

Saturday, February 10

CCANH.COM

603.225.1111



LIVE FREE
HEATING • COOLING • ELECTRIC

CALL FOR YOUR ELECTRICAL INSPECTION TODAY!

Family Owned and Operated Since 2014!
Your source for:

- *Heating
- *Cooling
- *Electrical

Heating, Cooling and Electrical Solutions to Keep YOU Comfortable!

(603) 270-9182

www.livefreehc.com

<https://www.facebook.com/livefreehvac>



GENERAC



MITSUBISHI ELECTRIC
HEATING & AIR CONDITIONING



DIAMOND CONTRACTOR
ELITE



p.m. Songweavers is a community chorus, open to women of any age who like to sing. No musical experience is required. Join us for a free open sing. Free. Concord Community Music School, 23 Wall St, Concord. 603-228-1196. ccms@ccmusic-school.org.

Jan. 17

■ **BEMER Appointments:** 11:45 a.m. - 1 p.m. The effects of a single 15 minute BEMER session can last up to 12 hours. \$10. Call to register at 603-228-6630. \$10. GoodLife Programs & Activities, 254 N State St. kgagnon@goodlifenh.org.

■ **Hockey Game:** 3:30 p.m. - 5:20 p.m. Douglas N. Everett Arena, 15 Loudon Road.

■ **Luncheon:** 12 p.m. - 1 p.m. Come join us for lunch! \$0 for 60+ Suggested donation of (\$3) Under 60 is \$6. Cash only. Register by Jan. 10 at 8am. \$0 - \$6. GoodLife Programs & Activities, 254 N State St. kgagnon@goodlifenh.org.

■ **Poetry Society of New Hampshire open mic:** 4:30 p.m. - 6 p.m. Poetry open mic Gibson's Bookstore, 45 S. Main St., Concord. 603-224-0562. gibsonsevents@gmail.com.

■ **Preschool Storytime:** 9:30 a.m. Free. Concord Public Li-



FLICKR

Concord Public Library will be making midwinter decorative lanterns with upcycled bottles and string lights on Jan. 17.

brary, 45 Green St. jsalemy@concordnh.gov.

■ **Upcycled Lanterns:** 1:30 p.m. and 6:30 p.m. We'll be making midwinter decorative lanterns with upcycled bottles and string lights. Free. Concord Public Library, 45 Green St. jsalemy@concordnh.gov.

■ **Web Wednesday:** 9:30 a.m. Free. Heights Branch Library, 14 Canterbury Rd. jsalemy@concordnh.gov.

Jan. 18

■ **Bereavement Group:** 10 a.m. - 12 p.m. Join us for a monthly bereavement group facilitated by bereavement counselors

from Bayada Hospice. Free. GoodLife Programs & Activities, 254 N State St, Unit L. kgagnon@goodlifenh.org.

■ **STEAM Team:** 3:30 p.m. Free. Concord Public Library, 45 Green St., Concord. jsalemy@concordnh.gov.

Jan. 19

■ **CCMS Student Recital:** Jan. 19, 7 p.m. - 8 p.m. Join us January 19, 2024 for a student recital in our historic Recital Hall. Free. Concord Community Music School, 23 Wall St. Isabean@cc-musicschool.org.

■ **Harnessing History: On the Trail of New Hampshire's State Dog, the Chinook:** Jan. 19, 3 p.m. - 4:30 p.m. Free. Concord Public Library, 45 Green St., Concord. jsalemy@concordnh.gov.

■ **Technology One on One:** Jan. 19, 9 a.m. - 12 p.m. 30 minute 1 on 1 session where participant can ask questions on any device (computer, phone or tablet) \$10. Call 603-228-6630. \$10. GoodLife Programs & Activities, 254 N

State St. kgagnon@goodlifenh.org.

Jan. 20

■ **Celebrate Youth Mentoring!** 11:30 a.m. - 1 p.m. Celebrate Youth Mentoring Month at this free family event with games and activities, snacks, information from past, present and future mentors! Free. City Wide Community Center, 14 Canterbury Road. 603-228-7604. Imiller@friendsprogram.org.

■ **Hockey Game:** 3:30 p.m. and 5:30 p.m. Douglas N. Everett Arena, 15 Loudon Road.

■ **Kids' DIY-U Workshop: My First DIY Toolbox:** 10 a.m. - 1 p.m. Free. Lowe's Home Improvement, 90 Fort Eddy Road.

■ **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. jsalemy@concordnh.gov.

WEED FAMILY AUTOMOTIVE

Maintenance & Repairs for all makes & models

Family friendly service at a fair price

124 Storrs St, Concord • WeedFamilyAutomotive.com • 603.225.7988

Comfort is King...Queen...Full...& Twin

NEW ENGLAND MADE SINCE 1899

ADJUSTABLE FRAMES AVAILABLE

We specialize in two-sided Mattresses for even wear & longer life.

Since 1925

Endicott Furniture Company

12 SOUTH MAIN ST., CONCORD, NH • 603-224-1421 • 800-224-1421
MON-FRI 9-6, SAT 9-5:30, CLOSED SUN

WWW.ENDICOTTFURNITURE.COM

HUGE SELECTION Of Quality Furniture **Made in USA**

Follow Us

BUDGET BLINDS
Style and service for every budget.

CAPPIE'S CAPITAL AREA PROPERTIES
Voted Best Home Decor

BUY TWO Get One FREE

- ◆ Blinds
- ◆ Shades
- ◆ Shutters
- ◆ Drapes
- ◆ Motorized
- ◆ Shades

budgetblinds.com/concordnh

FREE CONSULTATION

Call **603-369-6597** today to schedule your **FREE** in-home design consultation.

Chloé LaCasse inspires and advocates

Concord Young Professionals Network (CYPN) introduces you to the “Young Professional of the Month,” Chloé LaCasse. Each month, the CYPN Steering Committee recommends individual in the community it thinks readers would enjoy getting to know better.

Chloé LaCasse

Where do you live? The southside of Concord.

Where do you currently work? I’m self-employed as a Motivational Speaker at The Making of Self, offering thoughtful, inclusive transgender education and consulting. And I’m a Designer/Carpenter, helping

folks realize and accomplish their renovation ideas.

Why do you choose to live in the Greater Concord area? I moved to Concord in the early 2000s because of its central location, and at the time, reasonable rents. I’ve stayed because of its thoughtful growth and proximity to the State House and Legislature.

Tell us a little bit about your experience in advocacy. In 2016 I came out as transgender, and just happened to fall into the campaign to bring trans nondiscrimination protections to New Hampshire. From 2016-2018 my life changed dramatically, and for the



Chloé LaCasse

COURTESY

EVERY SATURDAY - 9AM TO NOON

Enjoy great local fare with 30+ Vendors and Live Music

Downtown Concord Winter Farmers Market

7 Eagle Square, Downtown Concord Behind the Clock Tower

A wide selection of local farmers goods will be offered, including fresh produce, meat, dairy, bread, treats, soap, crafts, and much more. Enjoy live music while you shop with your favorite local farmers and producers once again.

DowntownConcordWinterFarmersMarket.com

At the **Y** I learned...

the Y YVCA

FIND YOUR WHY at The Granite YMCA

\$0 JOIN FEE January 1 – 16 Valid 1/1 – 1/16/24.

\$5 JOIN FEE January 17 – 31 Valid 1/17 – 1/31/24.

The Granite YMCA | www.graniteymca.org

to eat healthier

my alphabet

LOCATIONS: Concord • Manchester • Goffstown • Rochester • Portsmouth

Host your own event at Red River Theatres!

Private Movie Screenings

Corporate Events

Fundraisers

We want to hear from you!
info@redrivertheatres.org
 (603) 224-4697 ext. 17



RedRiverTheatres.org

better. I made many new friends and colleagues as we crisscrossed the state educating folks about what being transgender is and isn't. I found myself volunteering for the ACLU and Rights & Democracy and then being hired by the latter. My world expanded tenfold as I learned more about myself and how my life and story intersected with others. I, along with others, shared our collective voices, and in June of 2018 the Governor signed into law trans nondiscrimi-

nation.

What is something you would like to see added or brought to Concord? Affordable Housing! We need a lot more of it sooner rather than later. "Market Rate" is no longer affordable to most working-class folks, and everyone deserves access to clean, safe, and affordable housing.

What do you like to do for fun? As I've gotten older, I've become a total foodie. Concord has some great restaurants old and new! Some of my favorite

menus are at The Common Man and The Barley House. My favorites hangs are Margaritas and Teatotaller.

Last book you've read? Who Stole the American Dream, by Hedrick Smith (2013).

What is one of your life goals? To be a homeowner.

What organizations are you involved with? I'm lucky to volunteer time as I can to the wonderful folks at Kent Street Coalition, Granite State Progress, 603 Equality, and Manchester True Collaborative.

Who would you really like to meet? Alive: Alexandria Ocasio-Cortez. Passed: Novelist James Baldwin.

Tell us a few interesting facts about yourself! 1. I'm ambidextrous. 2. I love synth rock/pop. A Flock of Seagulls — hells yeah! 3. People know me today as an informed, effective communicator able to shift between the thoughtful and off-the-wall silly. But until I came out, I had never once spoken publicly. In fact, I went out of my way to avoid those things. It really goes

to show the beauty of falling in love with yourself. In that moment of self-acceptance, you effectively claim your power and can begin to live authentically. The light you create as a result can and will help others find theirs as well. There is no greater feeling!

Join CYPN on Tuesday, January 17 from 5:30 to 7 p.m. at Kyle Brown Performance. Network with friends, and get inspired for a healthy new year! Sign up for all CYPN events at concordnhchamber.com.

A free, weekly email newsletter looking at local arts and culture events.

CONCORD MONITOR

MARQUEE

Sign up at concordmonitor.com/newsletters.

Valhalla Flooring

We specialize in the installation of Hardwood, Vinyl, Laminate Floating Flooring, Interior painting, Kitchens and Stairways

Over 20 years experience. Veteran owned.

Find us on [Facebook](https://www.facebook.com/valhallaflooring) @valhallaflooring

Call today for a **FREE Estimate**
(603) 252-8104

**FAST CASH
FOR YOUR HOME
ANY CONDITION
"AS IS"**

Need to sell fast?

- Single Family • Multi family • Mobile homes
- Inherited unwanted property

No Problem!

CALL TODAY (603)266-5015
danziger199@yahoo.com

grappone

GRAPPONE MAZDA

NEW LOCATION
134 MANCHESTER STREET
CONCORD, NH

GrapponeMazda.com
603.210.4387

Driven By People

mazda

Call us for all your HVAC needs!

SUNRISE

HEATING & COOLING

(603) 507-2600

Family Owned • Fully
Licensed/Insured Contractors

sunriseheatingac@gmail.com

Are you looking for affordable senior living options?

John H. Whitaker Place is an affordable 55+ residential community that provides an unparalleled combination of private apartment living and personal care services that facilitate independence.

Learn more... Visit us online at whitakerplace.org or call 603-753-9100 to arrange an in-person tour.

[Facebook](https://www.facebook.com/JohnHWhitakerPlace) [YouTube](https://www.youtube.com/JohnHWhitakerPlace)

John H. Whitaker Place
ASSISTED CARE COMMUNITY

live music

What can the spirit believe?

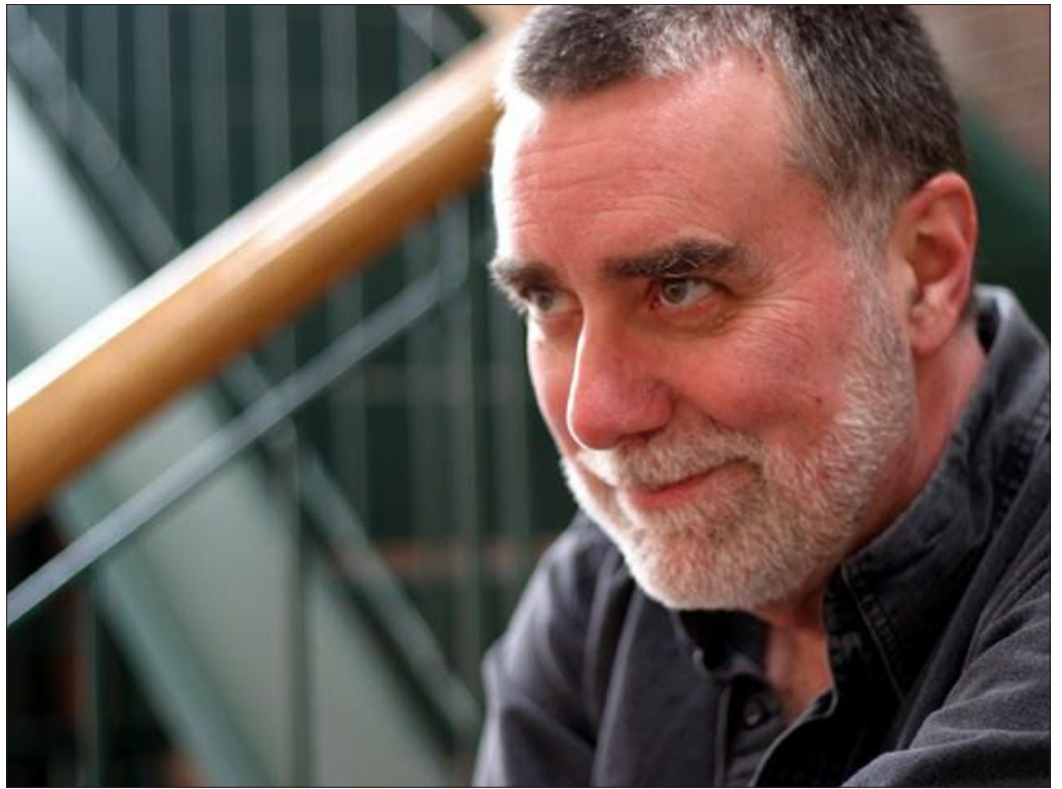
Join the Concord Community Music School for an evening of works by hometown Concord composer William Fletcher on Jan. 20 at 7 p.m.

A selection of vocal and chamber music will range from his earliest to his most recent pieces. Many of the pieces were written for long-term friends and colleagues, often at their request and with their particular gifts and tastes in mind.

Featured performers are Peggo Horstmann-Hodes, Calvin Herst, Stephanie Ratté Jenkins, Kathy Southworth, Elizabeth Gun-

logson, Jennifer Paris-Yeaton, and Mosaic Ensemble. Fletcher's music aspires toward warmth, lightness and joy, things he feels the world always needs more of. This event is part of our 40th Anniversary Year celebration and will be held in our historic Recital Hall.

Tickets are \$20 adults/\$15 students and seniors. Seating is limited, so purchasing tickets in advance is recommended. For additional details, call 603-228-1196 or visit ccmusic-school.org/event/what-can-the-spirit-believe.



William Fletcher

—Courtesy

Senior Real Estate Specialist SRES



When Should You Sell Your Home?
ASK SUE
Susan Roemer is Specially Trained
In Senior Transitions With 20 Years
of Capital Region Knowledge

Better Homes and Gardens REAL ESTATE | **THE MASIELLO GROUP**

Call or Email for a Confidential Consultation
603-491-0833 | SRoemer@masiello.com



CONCORD MONITOR

LOCAL NEWS AS IT HAPPENS

all access
HOME DELIVERY & DIGITAL



scan the
QR code to
subscribe



DISCOVER A NEW, STUNNING HIGH-RISE APARTMENT COMMUNITY!

the
RESIDENCE
at **1000 ELM**

The Residence at 1000 Elm has it all: style, location, comfort, and convenience, all rolled into a modern, animal-friendly environment you'll love coming home to! The Residence at 1000 Elm offers beautifully renovated 2-bedroom apartment

homes. These luxurious units showcase gleaming quartz countertops in both the kitchen and bathroom, stainless steel appliances, in-unit washer and dryer, designer flooring throughout, central air conditioning, and conveniently located off I-293.

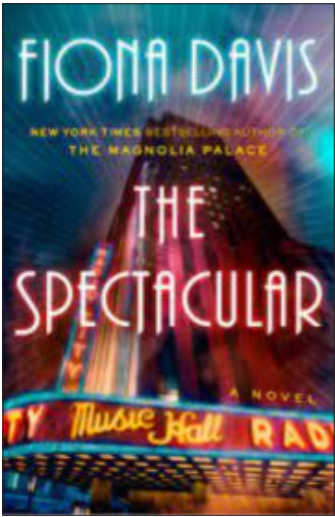
Contact us TODAY for your personal tour: 603.836.7909 | 1000elm.com | 1000 Elm Street, Manchester, NH

book of the week

The Spectacular

By Fiona Davis
(368 pages, historical fiction, 2023)

If you like historical fiction, the latest offering from Fiona Davis would be a great choice. "The Spectacular" combines a backstage Radio City Music Hall story set in 1950's New York with an unsolved police hunt for a mad bomber and delivers a truly engaging read. The heroine, Marion Brooks, defies the conventions of the day to join the Rockettes and becomes embroiled in solving the identity of the elusive person who has been bombing city landmarks for sixteen years. The story is packed with historical details, fascinating characters, and a window into the origins of criminal pro-



filing. If you're a fan of dance, romance, history, the Rockettes, or true crime, The Spectacular will not disappoint. Visit Concord Public Library online at concordpubliclibrary.net.

Holly Howes

Find us on **facebook**
facebook.com/ConcordMonitor

KOUNG SUSHI MART 2

(603) 715-9243

239 Loudon Rd Concord NH
Tue - Sat 11am - 8pm | Sun 11am - 7pm

Find us on Facebook

www.facebook.com/people/Koung-Sushi-Mart-2/61554516652585/?mibextid=LQQJ4d

FRESH SUSHI DAILY

WELCOME 2024!

WITH 24% OFF ADOPTION FEES FOR ADULT PETS IN JANUARY

POPE MEMORIAL SPCA
Concord Merrimack County

94 SILK FARM RD. CONCORD NH
PMSPCA.ORG 603.856.8756

NEW TEETH IN ONE DAY!

All-on-4® Dental Implants

Vermont's Newest Technology! Unbreakable Teeth™ Available Today!!

Do you have dentures that don't work?
Tired of never ending teeth repair?
Are you missing one or more teeth?
Are you losing your facial shape?
All-on-4® Dental Implants & Unbreakable Teeth™ are the Permanent Answer!

© Dental-Trust

BEFORE

Unstable Denture

- Ruins Food's Taste
- Unnatural, Bulky Plastic
- Goopy, Unsanitary Adhesive
- Weak Bite, Poor Chewing
- Gagging & Choking
- Embarrassing Accidents
- Fake Smile
- Makes You Look Old

© Dental-Trust

AFTER

All-on-4® Teeth

- Taste Food Again!
- No Bulky Plastic
- No More Goo, Ends Bad Breath!
- Strong Bite, Chew Everything!
- No More Gagging!
- Ends Accidents, Security
- Instantly Look Younger!
- **Full Set of Teeth, 1 Day**

PERMANENT RELIEF. A PHONE CALL AWAY!

"I used to put my hand over my mouth to hide my teeth. When Dr. Janisse told me he could help, I had some doubts but I embarked on the voyage out of desperation! I made the decision to trust him and it was the best decision ever! I am very afraid of dentists, so this was a big step for me. I would do it all over again in a heartbeat. Jed and all his staff made it a great experience. I am so happy with the results. People ask me if I had a facelift! The results have been that dramatic. I felt so good about my smile that I went on a diet and I have lost 30 lbs. I feel like I am back to my old self again. I love to smile now! I would encourage anyone that is giving some thought to this to totally put your trust in Dr. Janisse and his team. They will not let you down!"

-Elise E.

Dr. Jedidiah Janisse
217 Maxham Meadow Way, #104C
Woodstock, VT 05091
802-499-2141
www.SunsetValleyDental.com

SUNSET VALLEY DENTAL

A Courtesy for You!

Regular Fee \$472.00

Courtesy Consultation
(Regular Fee \$172)

Courtesy CT Scan¹
(Regular Fee \$300 both arches)

Free Report – Unbreakable Teeth™ & All-on-4® Implants

CALL 802-499-2141 FOR A COURTESY CONSULTATION!

NE-432483 ©Dental-Trust ¹For in-office use only. ²Based on fracture toughness, Vickers, and flexural strength in University tests.

A message of gratitude for the New Year



COURTESY

A message of gratitude as we look toward the New Year

Every year, the Concord Multicultural Festival brings people from all backgrounds together to share and celebrate diverse cultures with food, music, art, and activities. The Festival is a beacon of joy, a favorite of many, and a place where warm memories and meaningful connections are made.

During and after the 2023 Festival, we heard many

times: "This was the best year ever!" – and we agree!

Each year, the Concord Multicultural Festival grows – more vendors, performers, attendees, and volunteers; bigger impacts, and stronger connections. We are lucky to have so many sponsors, supporters, and volunteers – it truly takes a village!

Here are just a few of the impacts and successes we've seen over the years:

- Artists who started with us are now listed on the NH Arts Council's Traditional Artist Roster

- Food vendors have opened restaurants

- Volunteers have become leaders

- Stories of newcomers are told through our partnerships with media, allowing for more understanding and tolerance in the community

SansAge Medical Aesthetics

DERMAL FILLERS LASER TREATMENTS XEOMIN INJECTIONS

WWW.SANSAGEMEDICALAESTHETICS.COM

287 SOUTH MAIN STREET, SUITE #3
CONCORD NH 03301 • 603-440-0271

Country Carpet & Oriental Cleaning
When Quality Counts

- Carpet Cleaning • Rug Washing
- Upholstery Cleaning

Free Pickup & Delivery!

Call (603) 526-8485 or Text (603) 746-2240
NHCARPETCLEANERS.COM

DUNCRAFT
Wild Bird Superstore Since 1952

15% OFF
ANY ONE FULL-PRICED ITEM

EXCLUDES SALE ITEMS
Offer good through February 17, 2024
Please bring this coupon – one coupon per customer

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

Limited Store Hours, Please Call Ahead
102 Fisherville Rd, Concord NH • 603-224-3522

ALL THINGS BASEMENTY!

ERICKSON FOUNDATION SOLUTIONS
LEAKS • CRACKS • CRAWL SPACES

- Basement Waterproofing
- Foundation Repair
- Crawl Space Repair
- Concrete Lifting & Leveling
- Radon Mitigation
- Humidity & Mold Control

Contact us for a **FREE ESTIMATE**
603-718-3776 / fixmyhomenh.com

■ Young BIPOC children see positive representation performing and being celebrated on stage

■ New Americans are able to proudly share their heritage

■ American-born residents are able to celebrate and reconnect with their heritage and culture of their ancestors

■ Incredible local economic benefits

Thank you, for being part of our village. Whether you are a supporter, participant, volunteer, or attendee you play a key role in our mission and all of these impacts, and we are truly grateful for you.

Help us kick start 2024

As the festival grows in size and scope, so do the expenses. We rely on the support of sponsorships from local businesses and organizations, and donations from generous community members like you. Your support goes directly into the Festival, helping us to create an experience that is not only fun, but meaningful, fulfilling, and safe for all who participate.

Here's how:

■ All of our artists and

performers are compensated

■ New American food vendors are supported; and participation is accessible for everyone

■ Our BIPOC co-chairs receive stipends, but otherwise, the festival is run by a dedicated team of passionate volunteers

■ There are many expenses that aren't as exciting but still important like permits, equipment rentals, and safety measures

If you wish to make a donation, visit secure.givelively.org/donate/granite-united-way/2024-concord-multicultural-festival

We wish you and yours all the best as we head into 2024

Sincerely,

Jessica Livingston,
festival director



COURTESY

The Gem Of The South End! Our Laundromat Has It All!



We have single loaders, double loaders, triple loaders, four load, five load and six load washers. Our machines accept debit, credit, and cash

We have years of experience with wash, dry and fold!
South End Laundromat 71 Downing Street Concord

Clean, Safe, Great-Tasting Water

SYSTEMS TO REMOVE

Arsenic	Iron
Radon	Odor
Uranium	Low pH
PFAS	Bacteria
Hardness	Staining
Taste	Manganese

603-641-5767

Secondwind
water systems, inc.
www.secondwindwater.com



Daniels
MOVING SPECIALISTS
When Your Move Counts, Count on Us!

We offer free estimates for all of your local, long-distance, and commercial moving needs.

Additionally, we provide free delivery of any supplies that you may need to complete your move.

With our expert packing and crating, door-to-door service, and full insurance coverage, we guarantee a successful moving experience-- stress-free.

603-CAN-MOVE
info@movedaniels.com

movedaniels.com



A Senior Living Community



Warmth | Friends | Laughter
Joint venture between Genesis
& Capital Region Health Care

Active seniors can enjoy an exciting lifestyle with fun daily activities. Granite Ledges of Concord is a lively community which supports our residents' independence, while offering the security of a 24-hour staff, as well as personalized care services when they are needed.

Call to arrange a tour today!

151 Langley Parkway | Concord, NH
603-224-0777 | genesishcc.com

Granite
LEDGES
OF CONCORD

history

Jan. 11, 2002: Dozens of residents from small towns between Concord and the Seacoast are expected to meet in Barrington with state officials to review options for stopping, or scaling back, what could be the state's largest water-bottling operation, the Monitor reports. USA Springs, the Pelham based company that hopes to construct a water-bottling plant on 100 acres it owns on the Barrington/Nottingham town line, wants state permission to withdraw up to 439,000 gallons a day from the bedrock beneath, or enough to satisfy 2,200 households. But members of Save Our Groundwater insist the plant's water withdrawals will drop the water table for miles around, drying up private wells and concentrating contaminants in what water is left.

Jan. 11, 2001: Bill Clinton returns to New Hampshire one last time as president. He tells a packed Dover High School gymnasium that he has kept the commitments he made eight years ago in a famous speech at the Dover Elks Club. Then Clinton had promised to work his heart out "until the last dog dies." To thunderous applause today, he says, "The last dog is still barking."

Jan. 11, 2000: Carlton Fisk, who grew up in Charlestown and was a three-sport star at the town's high school, is elected to the Baseball Hall of Fame.

Jan. 11, 1993: A fire forces nine nuns out of the Carmelite monastery on Pleasant Street in Concord.

Jan. 12, 2002: Hooksett has been growing quickly for decades, but plans now in the works could increase the number of homes there by 49%, the Monitor reports. It's a looming boom that illustrates a regional trend: Growth from metropolitan Boston is wending farther north into New Hampshire.

Jan. 12, 1943: State Rep. Norris Cotton leads the charge for a ban on smoking in Representatives Hall during House sessions. The tobacco habit, he says, "is distasteful and obnoxious to the many non-smoking members." He says the House is the only legislative body in the world that allows smoking during deliberations. The bill passes 203-129.

Jan. 13, 1908: Edwin Bedee dies in Plymouth just five days after his 75th birthday. Bedee was in Ford's Theater the night President Lincoln was shot. He rushed into the president's box and held Lincoln's head while a surgeon looked for the wound. It was Bedee, a captain in the 12th New Hampshire Infantry,

who discovered that Lincoln had been shot in the head.

Jan. 13, 1942: Gov. Robert O. Blood announces the rules and regulations for air raid blackouts. The Monitor publishes his message with a guide to identifying the country of origin of military aircraft.

Jan. 13, 1943: Responding to the governor's call for Victory gardens and home farming, Concord Mayor Charles McKee says: "Concord citizens can keep pigs and chickens in their backyards if they want to. There is no city ordinance to stop them."

Jan. 13, 1968: Marine Lt. Alfred Russ, 24, of Hancock dies of wounds in Quang Tri Province. He is the 99th serviceman from New Hampshire to die during the

Vietnam War.

Jan. 14, 1824: The "other Concord" – in the North Country – officially changes its name to Lisbon, ending confusion with New Hampshire's capital city.

Jan. 14, 1902: Gen. Simon G. Griffin of Keene dies at 77. Griffin led the 6th New Hampshire Volunteer Infantry Regiment, became a brigadier general in 1864 and, for his leadership in the battles around Petersburg, Va., was promoted to major general. After the war, he became a businessman and served as speaker of the New Hampshire House. Just before his death, Griffin wrote Keene's town history.

Jan. 15, 1932: It's a January thaw to remember: For the third day in a row, the temperature in Concord

tops 60 degrees.

Jan. 15, 1942: Sherman Adams leads a rescue party on snowshoes to the rescue of a bomber crew after their plane crashed into the side of Mount Jim near North Woodstock. Adams's party brings five of the seven crew members out alive. Two perish. The plane was based at Westover Field in Chicopee, Mass. When it crashed, three bombs exploded.

Jan. 15, 1901: A young chicken farmer in Derry writes to a literary editor: "I send you this selection from the poems I have been writing with a view to a volume some day." The editor publishes one of the poems but not until five years later will she hear again from Robert Frost.

Truckloads of Unique Inventory Arriving Weekly

BIG JIM'S
HOME CENTER
BARGAIN OUTLET



Kitchens-Bathrooms-Flooring-Windows-Doors-More

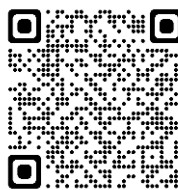
287 South Main St. Concord
603-227-9571 **bigjimsh.com**

Nobody does it like...



CONCORD
NISSAN
and Certified Pre-Owned Supercenter

New/Used Cars-Service-Parts



175 Manchester Street, Concord, NH

www.concordnissan.com

603-224-1300



EJ's on Main

172 North Main Street,
Concord, NH 03301

Located within the Holiday Inn!

Let us do the work tonight, place an order and takeout on sight!



Treat the entire Family with our Take-Out or Dine-In Services

Open:

4:30 PM - 10:00 PM

Monday-Thursday

4:30 PM - 11:00 PM

Friday and Saturday

4:30 PM - 9:00 PM

Sunday

Phone: (603) 224-DINE (3463)
Hotel Main Line: (603) 224-9534



Resolve to Advocate for a Child

Become a CASA this year.
In-person and virtual trainings
available starting this month.

casanh.org/infosessions



IRWIN

AUTOMOTIVE GROUP

Bisson & Union Ave Laconia NH
603-524-4922 | irwinzone.com

NEW KEYS

FOR THE NEW YEAR

Sales Event

NEW 2024 TOYOTA COROLLA LE



Stock # RJC083

SAVE UP TO
\$2,389
OFF MSRP

Lease for only
\$59
For 24 Months

NEW 2024 TOYOTA RAV4 LE AWD



Stock # RJT099

SAVE UP TO
\$2,620
OFF MSRP

Lease for only
\$228
For 24 Months

NEW 2023 TOYOTA HIGHLANDER L FWD



Stock # PJT995

SAVE UP TO
\$2,778
OFF MSRP

Lease for only
\$329
For 24 Months

NEW 2023 TOYOTA TACOMA Double Cab SR5 4x4



Stock # PJT929

SAVE UP TO
\$1,000
OFF MSRP

Lease for only
\$243
For 24 Months

Low lease: 24 months, 10,000 miles per year. 1st payment, \$645 acquisition fee, \$699 dealer fee & \$6,151 due at signing. No sales tax for NH residents. All manufacturers rebates to dealer. Special financing available for 36 months. MSRP: Corolla-\$23,354, Rav4-\$31,844, Highlander-\$38,503, Tacoma-\$39,620. Subject to credit approval. Manufacturers programs are subject to change without notice. See dealer for complete details. *TFS financing is required. Expires 1-31-2024.

NEW 2024 CHEVROLET TRAILBLAZER LS AWD



Stock # 24197

Lease For Only
\$245/mo* FOR 24 MONTHS

NEW 2024 CHEVROLET EQUINOX LT AWD



Stock # 24184

SAVE UP TO
\$3,900
OFF MSRP

Lease for only
\$72
For 24 Months

NEW 2024 CHEVROLET TRAX LS



Stock # 24236

Lease For Only
\$235/mo* FOR 24 MONTHS

NEW 2024 CHEVROLET SILVERADO Custom Double Cab 4x4



Stock # 24094

SAVE UP TO
\$12,000
OFF MSRP

Lease for only
\$98
For 24 Months

Low lease: 24 mos 10,000 miles per year. 1st payment, \$695 acquisition fee, \$699 dealer fee & \$6,679-Equinox, \$3,339-Trailblazer, \$9,177-Silverado, \$2,845-Trax cash or trade equity due at signing. \$0 security deposit due. 1.9% financing available on most models up to 36 months. (36 payments of \$28.60 for every \$1,000 borrowed). Subject to credit approval. No sales tax for NH residents. All manufacturers rebates to dealer. Manufacturers programs subject to change without notice. Up to savings on select vehicles. See dealer for details. GM Financing required. Expires 1-31-2024

NOW AVAILABLE

FREE

PICK-UP & DELIVERY

FOR SERVICE CUSTOMERS

AVAILABLE FROM HOME OR WORK

ALL MAKES AND MODELS

For service at our 51 and 59 Bisson Ave Locations. See dealer for complete details.

NEW 2023 FORD ESCAPE Active AWD



Stock # PFT187

SAVE UP TO
\$5,072
OFF MSRP

Lease for only
\$139
For 24 Months

NEW 2023 FORD EXPLORER XLT AWD



Stock # PFT141

SAVE UP TO
\$5,018
OFF MSRP

Lease for only
\$289
For 24 Months

NEW 2023 FORD BRONCO SPORT Big Bend 4x4



Stock # PFT059

SAVE UP TO
\$3,795
OFF MSRP

Lease for only
\$211
For 24 Months

NEW 2023 FORD F-150



SAVE UP TO
\$13,500
OFF MSRP

Low lease: 24 months, 7,500 miles per year. 1st payment, \$645 acquisition fee, \$699 dealer fee & \$6,156 due at signing. No sales tax for NH residents. All manufacturers rebates to dealer. Special financing available for 36 months, subject to credit approval. Manufacturers programs are subject to change without notice. FMCC financing may be required. * See dealer for complete details. Expires 1-31-2024.

NEW 2024 HYUNDAI PALISADE SEL Premium AWD



Stock # RHT180

SAVE UP TO
\$1,898
OFF MSRP

Lease for only
\$199
For 36 Months

NEW 2024 HYUNDAI KONA SE AWD



Stock # RHT235

SAVE UP TO
\$377
OFF MSRP

Lease for only
\$159
For 36 Months

NEW 2024 HYUNDAI TUCSON SEL AWD



Stock # RHT210

SAVE UP TO
\$3,318
OFF MSRP

Lease for only
\$169
For 36 Months

NEW 2023 HYUNDAI SANTA FE SEL AWD



Stock # PHT557

SAVE UP TO
\$6,551
OFF MSRP

Lease for only
\$139
For 36 Months

Low lease: 36 months, 10,000 miles per year. 1st payment, \$699 dealer fee, \$650 acquisition & \$10,706-Palisade, \$6,706-Tucson, \$6,706-Kona, \$6,706-Santa Fe cash or trade equity due at signing. No sales tax for NH residents. All manufacturers rebates to dealer. Manufacturers programs are subject to change without notice. See dealer for complete details. HMF financing may be required. Expires 1-31-2024.



NEW 2023 LINCOLN NAUTILUS

Stock # PLT034

SAVE UP TO
\$5,497
OFF MSRP

Lease for only
\$482
For 24 Months

PLT034. MSRP (\$58,120) 24 mo. lease, 7,500 miles/yr. Lease with \$7,982 due at signing. \$6,156 Cash or Trade Equity plus dealer fee, 1st payment & \$650 acquisition fee due at signing. No sales tax for NH residents. Please contact the dealer for complete details. VIN# 2LNPM8K80PBL18716. Expires 1-31-2024.



NEW 2023 LINCOLN CORSAIR

Stock # PLT041

SAVE UP TO
\$4,794
OFF MSRP

Lease for only
\$399
For 24 Months

PLT041. MSRP (\$48,760) 24 mo. lease, 7,500 miles/yr. Lease with \$7,899 due at signing. \$6,156 Cash or Trade Equity plus dealer fee, 1st payment & \$650 acquisition fee due at signing. No sales tax for NH residents. Please contact the dealer for complete details. VIN# 5LMCJ1DA2PUL25117. Expires 1-31-2024.



NEW 2023 LINCOLN AVIATOR

Stock # PLT029

SAVE UP TO
\$3,789
OFF MSRP

Lease for only
\$671
For 24 Months

PLT029. MSRP (\$70,685) 24 mo. lease, 7,500 miles/yr. Lease with \$8,171 due at signing. \$6,156 Cash or Trade Equity plus dealer fee, 1st payment & \$650 acquisition fee due at signing. No sales tax for NH residents. Please contact the dealer for complete details. VIN# 5LM5J6XC2PCL23093. Expires 1-31-2024.

PROTECT WHAT MATTERS MOST

Whether you are home or away, protect what matters most from unexpected power outages with a Generac Home Standby Generator.



**\$0 MONEY DOWN
+ LOW MONTHLY
PAYMENT OPTIONS**

Contact a Generac dealer for full terms and conditions



**REQUEST A FREE QUOTE
CALL NOW BEFORE THE NEXT POWER OUTAGE
(978) 926-3604**

FREE 7-year Extended Warranty* – A \$735 Value!

*To qualify, consumers must request a quote, purchase, install and activate the generator with a participating dealer. Call for a full list of terms and conditions.

GENERAC®

PROFESSIONAL SERVICES

Carpentry

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

Dump Runs

LOOSENZ

**Junk, Appliances,
Furniture, Cleanouts,
Small Moves,
Lawn Mowing
Houses, Garages,
Basements & Attics
From Truck Loads
to Dumpsters**

**Serving Central
New Hampshire
7 Days a Week
603-753-8555
603-568-7291**

Home Improvement

STEVE'S BUILDING REPAIRS
Specializing in small home
repairs 45 years experience
in building and remodeling

This Old Man covered in scars
will be the one you give

FIVE STARS

call (603) 748-4902
or email:
sedgecomb01@gmail.com
for more information



CONCORD MONITOR

INDEPENDENT CONTRACTORS

ANDOVER

- Deliveries take approximately 4 - 4 1/2 hours
- 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

or Call Joe at 603-369-3393

please leave a message

CONCORD MONITOR

 **Until there's a cure, there's the
American Diabetes Association**

Manufacturing Manager

New Hampshire Ball Bearing's Astro Division is located in Laconia, NH—heart of the scenic Lakes Region. Astro is a World-Class 450+ person, climate-controlled manufacturing facility that produces spherical bearings, rod ends, sub-assemblies and other precision metal parts for the aerospace industry.

This dynamic leader will manage a three shift manufacturing operation with direct oversight of a supervisory staff supporting all production departments.

Will play an integral role in the development and implementation of action plans to support our tactical and strategic goals. Must excel at working in a very dynamic, demanding and fast paced team oriented, environment.

A successful candidate will have a Bachelor's degree, 10 years of progressive leadership experience in a manufacturing environment, success at building and sustaining a high performance team, possess excellent written and verbal communication skills, experience managing department budgets and a strong working knowledge of lean and six sigma tools.

NHBB is a company entrenched in continuous improvement and we seek leaders who embrace a similar mindset.

If you are interested in joining our progressive team, please apply on line to our website, or email your resume directly to Human Resources:

NHBB, Inc. Astro Division
155 Lexington Drive • Laconia, NH 03246
www.nhbb.com • Email: nparker@nhbb.com



New Hampshire Ball Bearings, Inc.

MinebeaMitsumi Group

NHBB is an equal opportunity employer all qualified applicants will receive consideration for employment without regard to race, color, religion, sex, national origin, disability status, protected Veteran status, or any other characteristic protected by law.

Due to compliance with U.S. export control laws and regulations, candidate must be a U.S. citizen, U.S. permanent resident, or have asylum or refugee status in the U.S.

NE-435047

**SUPPORT
RESEARCH.**

IT WORKS WONDERS.

**The American
Heart Association**

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.

www.MesitiRealEstate.com

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



866-703-3104

BOGO 40% OFF

ENDS 1/31



**RENEWAL
by ANDERSEN**
FULL-SERVICE WINDOW & DOOR REPLACEMENT

HAPPY 23RD BIRTHDAY CROSSROADS!



↑
Baby Brooke
is now a Doctor
of Chiropractic
herself!



After being born and raised in Concord, my goal was to give back to the community which had given me so much. 23 years ago this week, I opened the doors to Crossroads Chiropractic with a mission to educate and adjust as many families as possible towards OPTIMAL HEALTH through NATURAL chiropractic care.

I can't imagine a more REWARDING and JOYOUS journey. From babies with colic, to toddlers with chronic constipation, kids with asthma and adults with debilitating back pain and headaches, I've witnessed what some might call "miracles."

Chiropractic is about removing obstructions to the proper functioning of the nervous system and improving CONNECTIONS. These obstructions are caused by shifts in the bones (vertebra) that make up the spine and these shifts obstruct the nervous system and create a disconnect. Because the nervous system controls and coordinates

ALL functions in the body, obstructing or disconnecting it can have an effect on every function of the body – and it often does.

Chiropractic adjustments don't "cure" ailments, they promote optimal function, allowing the body to heal itself.

I've been honored to dedicate my time, energy and heart to Crossroads and our community. Thank you to our team members, doctors, practice members and local partners that have made these 23 years beyond amazing. Here's to another two decades of happy families creating great health naturally!

*Haven't had a chiropractic evaluation lately?
Give us a call, we'd love to be your family's chiropractor.*

- Dr. Stephanie

People come to Crossroads Chiropractic for help with:

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

* Results may vary

SPECIAL OFFER

Complete Structural Exam

with any necessary x-rays

\$59

Expires 1/25/24



CROSSROADS CHIROPRACTIC...

Because life is better when you're well adjusted!

THREE CONVENIENT LOCATIONS

CONCORD
(603) 224-4281
556 Pembroke St • Pembroke
Dr. Stephanie
Dr. Jennifer

LAKES REGION
(603) 677-1444
3 Annalee Place • Meredith
Dr. Graham

EPPING/LEE
(603) 679-3222
629 Calef Highway • Epping
Dr. David

WWW.CROSSROADSCHIROPRACTIC.COM