

THE CONCORD INSIDER

Jan. 25-31
Free and frozen



Artistry in the ice



JAN
26

3 PM - 9 PM

JAN
27

11 AM - 4 PM

JAN
28

11 AM - 4 PM

3 DAYS OF ICE CARVINGS!



WWW.INTOWNCONCORD.ORG

frozen fun

Concord Winter Fest returns for sixth year

The Hotel Concord and Intown Concord are thrilled to announce the return of Concord NH Winter Fest for its sixth consecutive year, Jan. 26 to 28. The event promises a weekend filled with ice-carving demonstrations, competitions, vendors, and a variety of family-friendly activities.

Friday, Jan. 26

10 a.m. to 4 p.m.: Art & Bloom at Kimball Jenkins
3 to 9 p.m.: Sponsored ice carvings – State House Lawn
5 to 7 p.m.: Free wine tasting at Wine on Main

Saturday, Jan. 27

10 a.m. to 4 p.m.: Art & Bloom at Kimball Jenkins.
10 a.m.: Red River's \$5 movie – "Singin' in the Rain"
11 a.m.: Ice carving competition starts on The State



Courtesy of Intown Concord

Activities are offered on the State House Lawn at a past Winter Fest in Concord.

House Lawn

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

11 a.m. to 3:30 p.m.: Beer Garden on Capitol Street.

11 a.m. to 3 p.m.: Telescope viewing with the

McAuliffe-Shepard Discovery Center at The State House Lawn

1 to 4 p.m.: Free wine

tasting at Wine on Main
3 p.m.: Ice carving competition ends
3:30 p.m.: Awards an-

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)

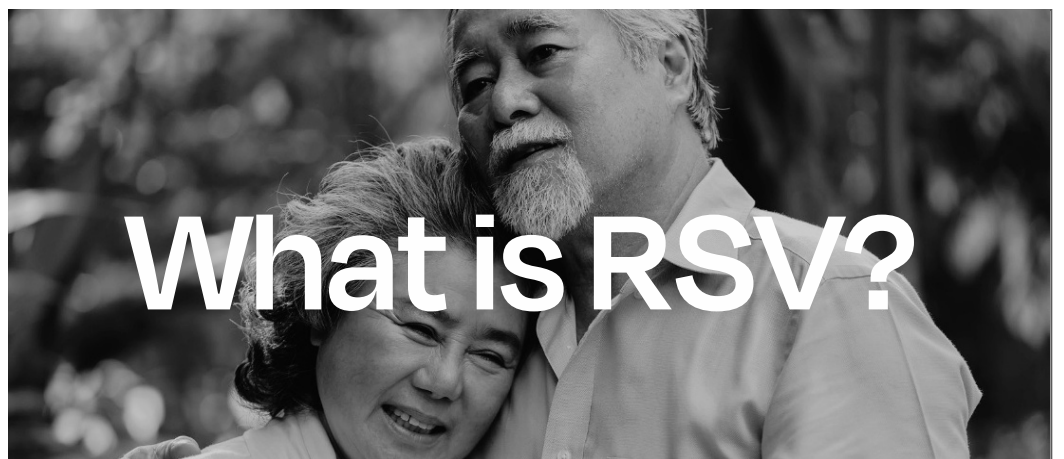
The Concord Insider is published weekly by the Concord Monitor. Our offices are located at 1 Monitor Drive, Concord, NH. Our postal address is P.O. Box 1177, Concord, NH, 03302-1177.

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



Resolve to Advocate for a Child

Become a CASA this year.
In-person and virtual trainings available starting this month.
casanh.org/infosessions



RSV is a common respiratory virus that can cause serious illness in older adults.

Every year RSV causes 60,000 to 160,000 hospitalizations in older adults nationwide. Your risk increases if you have heart disease, lung disease or a weakened immune system. This year you can protect yourself with the RSV vaccine for adults 60 and older.



Ask your doctor or pharmacist about the RSV vaccine today.
Learn more at stayprotected.nh.gov



nouncement

4 p.m.: First Day Festival concludes

Sunday, Jan. 28

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

11 a.m. to 2 p.m.: Vendors and Food Trucks on Capitol Street

11 a.m. to 2 p.m.: Beer Garden on Capitol Street

11:30 a.m. to 12:30 p.m.: Snow-ga with Blossom Yoga in front of The State House arch

11 a.m. to 2 p.m.: Doggie meet and greet with Darbster Rescue

11 a.m. to 3 p.m.: Telescope viewing with the McAuliffe-Shepard Discovery Center on the State House Lawn

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 get in free with

at least one paid child.

This outdoor event, scheduled from 11 a.m. to 4 p.m. on Jan. 27 and 28, offers a unique experience for attendees to witness ice-carving demonstrations, participate in various winter activities, and enjoy the festive atmosphere. Please come prepared for the elements.

For more information about Concord NH Winter Fest, visit intownconcord.org.



Courtesy of Intown Concord

Ice carvers take place in the competition in front of the State House at a previous Winter Fest downtown.



Courtesy of Intown Concord

Ice carvers take place in the competition in front of the State House at a previous Winter Fest downtown.

Did you know?

Fun facts about February

February is **National Chocolate Month**

February 7th is **Send a Card to a Friend Day**

February 20th is **Love your Pet Day**

Week of February 18th is **Random Acts of Kindness Week**

February 28th is **Floral Design Day**

And obviously **February 14th is Valentine's Day**



Anniversary | New Baby | Birthday
Holidays | Get Well | Sympathy



91 SheepDavis Road,
Pembroke, NH 03275
603-228-8294
nicolesgreenhouseandflorist.com

Winter Hours:
Mon - Sat 9 a.m. - 5 p.m.
Special hours
Sun Feb 11 open 10am-4pm

WINTER SAVINGS EVENT

Warm up with **Hot Deals!**
Now Through February 5th

\$50 GIFT CARD
Good Towards
Anything You Buy!
2 WEEKS ONLY!

Purchase of \$499 or more. Prior sales excluded.
Cannot be combined with any other offer. Now through February 5, 2024



0% INTEREST FINANCING
12 MONTHS FOR QUALIFIED BUYERS.

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

FOLLOW

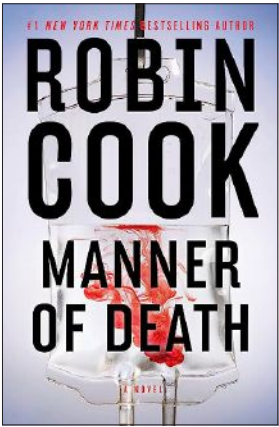
book of the week

'Manner of Death,'
by Robin Cook
(2023, 337pages, genre:
medical thriller)

Dr. Jack Stapleton and NYC Chief Medical Examiner Laurie Montgomery are back with another chapter in the medical examiner's office in NYC. What starts out as a simple way to interest a senior pathology resident in his required month of rotation at the of-ice turns as the resident, looking to avoid actually attending autopsies, proposes a research project into recent suicides, and quickly

stumbles into something unbelievably sinister.

Follow as Jack and Laurie are also pulled into the mystery, where they eventually expose and stop the greedy doctors who are behind the attempt to cover up their company's liability through the nastiest means possible.



The book ends with a change in direction for Dr. Montgomery's career, leaving readers to anticipate what she might end up involved in next, as she gets out of administration and back on hands-on forensic pathology.

Visit CPL at www.concord-publiclibrary.net
Meredith Dahlrose

Share what's happening in your community.

Email snapshots to communitynews@cmonitor.com.

CONCORD MONITOR



SansAge Medical Aesthetics

DERMAL FILLERS

LASER TREATMENTS

XEOMIN INJECTIONS

WWW.SANSAGEMEDICALAESTHETICS.COM

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

CONCORD MONITOR

LOCAL NEWS AS IT HAPPENS

all access

HOME DELIVERY & DIGITAL

scan the QR code to subscribe

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

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

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.



New show opening



The upcoming exhibition at TVAS features the work of Susan Rock of Bow.

COURTESY

February 3 to March 2

The upcoming exhibition at TVAS features the work of Susan Rock, of Bow. The exhibit, "An Artist's Musings on Lincoln Today and Mixed Media," opens Feb. 3. Rock is a multimedia artist whose work has been exhibited throughout New Hampshire. One of her watercolor scenes received an Artist of Merit Award in Two Villages Art Society's Summer Member Show.

An avid gardener, Rock often depicts garden scenes and still life floral arrangements. She also uses paint to express her interest in President Abraham Lincoln. "I thought about our current national dilemmas and find hope for the future through Lincoln's words," she says. About a third of the work in the exhibit is associated with Lincoln, his accomplishments, and his legacy.

"When painting, the most important element for me is how the color speaks," she says. "It is ever fascinating to see how a loaded watercolor brush will react over icicle white paper, and then how another color merges and both speak poetry while

I watch.

An opening reception with the artist will be held on Feb. 3 from noon to 2 p.m. Light refreshments will be available and music will be provided by Lindy and Charlie Head. More information on our website.

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

#1 Furniture Store



Come on in and get comfortable



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

CELEBRATING COMMUNITY & THE MAGIC OF CINEMA

RED RIVER THEATRES

ONE MORNING ONLY!

Singin' in the Rain

**SATURDAY,
JANUARY 27**

10:00 AM

RED RIVER THEATRES
11 S MAIN ST, STE L1-1
CONCORD, NH
603.224.4600 x 2

**GET TICKETS NOW AT
REDRIVERTHEATRES.ORG**



SEE ONE OF THE GREATEST FILM MUSICALS BACK ON THE BIG SCREEN

calendar

Jan. 25

■ **Adult Drop In Basketball:** 12 p.m. - 2 p.m. Green Street Community Center, 39 Green St, Concord.

■ **Aging Brain:** 10 a.m. - 11 a.m. Learn how our senses change as we age and the impact it may have on our day-to-day life. \$5. GoodLife Programs & Activities, 254 N State St, Unit L, Concord.

kgagnon@goodlifenh.org.

■ **Concord Garden Club 21st Annual Art and Bloom Event:** 2 p.m. - 5 p.m. Concord Garden Club 21st Annual Art and Bloom Exhibit Free. Kimball Jenkins Estate, 266 N. Main St, Concord. 6036884155. jesskbarnett@gmail.com.

■ **Drop In Pickleball:** 11 a.m. - 2 p.m. City Wide Community Center Gymnasium, 14 Canterbury Rd, Concord.

bury Rd, Concord.

■ **Drop In Pickleball:** 8 p.m. - 10 p.m. Green Street Community Center, 39 Green St, Concord.

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

■ **The Postman and the Rockstar:** 5 p.m. A dynamic new photographic exhibition on site at Kimball Jenkins, in the mansion on Main St in Concord! Free. Kimball Jenkins, 266 N Main St, Concord. stacy@kimballjenkins.com.

Jan. 26

■ **Concord Garden Club 21st Annual Art and Bloom Event:** 10 a.m. - 4 p.m. Concord Garden Club 21st Annual Art and Bloom Exhibit Free. Kimball Jenkins Estate, 266 N. Main St, Concord. 6036884155. jesskbarnett@gmail.com.

■ **Drop In Pickleball:** 12 p.m. - 3 p.m. City Wide Community Center Gymnasium, 14 Canterbury Rd, Concord.

■ **Drop In Pickleball:** 9 a.m. - 12 p.m. Green Street Community Center, 39 Green St, Concord.

■ **Nature In Focus: Images of Flora, Fauna, and Landscapes**

of New England: 11 a.m. - 5 p.m. McLane Center, 84 Silk Farm Road, Concord.

■ **Rock the Bands:** 9 a.m. - 9:55 a.m. Spend 55 minutes with Rhonda and tone your legs, arms, abs, and more! Fri, \$55. GoodLife Programs & Activities, Concord. kgagnon@goodlifenh.org.

■ **Your Body Tune Up:** Jan. 26, 9:45 a.m. - 10:40 a.m. Go at your own pace but get your heart rate up and benefit from a good workout. \$55. GoodLife Programs & Activities, 254 N State St, Unit L, Concord. kgagnon@goodlifenh.org.

Jan. 27

■ **Concord Garden Club 21st Annual Art and Bloom Event:** 10 a.m. - 4 p.m. Concord Garden Club 21st Annual Art and Bloom Exhibit Free. Kimball Jenkins Estate, 266 N. Main St, Concord. 6036884155. jesskbarnett@gmail.com.

■ **Hockey Game:** 3:30 p.m. and 5:30 p.m. Douglas N. Everett Arena, 15 Loudon Road, 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. 29

■ **Adult Drop In Basketball:** 8 p.m. - 10 p.m. Green Street Community Center, 39 Green St, Concord.

■ **Drop In Pickleball:** 11:30 a.m. - 2:30 p.m. City Wide Community Center Gymnasium, 14 Canterbury Rd, Concord.

■ **Drop In Pickleball:** 9 a.m. - 12 p.m. Green Street Community Center, 39 Green St, Concord.

■ **Purple Finches Youth Chorus Open Sing:** 4:10 p.m. - 7:15 p.m. Try out what it's like to be a Purple Finch at this free Open Sing. Times vary by age; check our web site or call for details. Free. Concord Community Music School, 23 Wall St, Concord. 603-228-1196. ccms@ccmusic-school.org.

■ **Teens & Tweens Pizza Mania!** 6 p.m. - 7:30 p.m. Join us for an evening that's all things PIZZA! We'll taste test & critique local pizzas, craft a pizza key-chain or necklace, make dessert pizzas! Free. Concord Public Library, 45 Green St., Concord.



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

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

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 bigjimsnh.com







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

jsalemy@concordnh.gov.

Jan. 30

■ **Adult Drop In Basketball:** J12 p.m. - 2 p.m. Green Street Community Center, 39 Green St, Concord.

■ **Canterbury Singers Open Sing:** 7 p.m. - 8:15 p.m. Canterbury Singers is a non-auditioned, professionally directed choral experience for men and women. Join us for a free Open Sing and try us out. Free. Concord Community Music School, 23 Wall St, Concord. 603-228-1196. ccms@ccmusicschool.org.

■ **Drop In Pickleball:** 11 a.m. - 2 p.m. City Wide Community Center Gymnasium, 14 Canterbury Rd, Concord.

■ **Drop In Pickleball:** 8 p.m. - 10 p.m. Green Street Community Center, 39 Green St, Concord.

■ **French Club:** 5 p.m. - 6 p.m. Concord Public Library, 45 Green St., Concord.

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

■ **Intro to Dungeons and Dragons for Adults:** 6:30 p.m. - 7:30 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. \$20 drop-in price. Multi-class bundles available for less. Zenith Martial Arts, 40 Thorndike Street, Concord. 603-513-9993. zenithmartialarts@gmail.com.

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

■ **Pilates for 50:** 10:15 a.m. - 11:10 a.m. Class uses the Pilates technique for added resistance

to increase strength and flexibility. goodlifenh.org/activity/pilates-for-50-10/2024-01-30/. GoodLife Programs & Activities, 254 N State St, Unit L, Concord. kgagnon@goodlifenh.org.

Jan. 31

■ **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, Unit L, Concord. kgagnon@goodlifenh.org.

■ **Cardio for Heart Health:** 10:30 a.m. - 11:25 a.m. Improve your overall strength, flexibility, and balance through low impact cardio exercise. \$55. GoodLife Programs & Activities, 254 N State St, Unit L, Concord. kgagnon@goodlifenh.org.

■ **Come eat with us and support Pembroke Academy Yearbook Club:** 4 p.m. - 8 p.m. Please support the Pembroke Academy Yearbook Club in their pursuit to upgrade equipment, attend educational workshops, & fuel their creativity. Free. 20% of meal value will be donated to PA by D'Angelo. D'Angelo, 126 Loudon Rd, Concord. 603-485-7881. kmyers@sau53.org.

■ **Drop In Pickleball:** 9 a.m. - 12 p.m. Green Street Community Center, 39 Green St, Concord.

■ **Hillsbrook Village at Allentown: How to Handle Challenges of Dementia:** 1 p.m. - 3 p.m. This presentation will give you the tools to overcome the difficult moments you and your loved one may face. Free. GoodLife Programs & Activities, 254 N State St, Unit L, Concord. kgagnon@goodlifenh.org.

■ **Hockey Game:** 5:30 p.m. and 7:30 p.m. Douglas N. Everett Arena, 15 Loudon Road, Concord.



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	Phone: (603) 224-DINE (3463) Hotel Main Line: (603) 224-9534
4:30 PM - 11:00 PM	Friday and Saturday	
4:30 PM - 9:00 PM	Sunday	



Capitol Center for the Arts
BNH STAGE
CHUBB THEATRE





STEP AFRiKA!
January 30



ROCKSTAR KARAOKE
Saturday, January 27



WINTERFEST FAMILY DANCE PARTY
Saturday, January 28



Genticorum
Friday, February 9



ERTH'S DINOSAUR ZOO LIVE!
ON STAGE
65 MILLION YEARS IN THE MAKING!
Saturday, February 10

CCANH.COM

603.225.1111

Art contest spotlights youth mental health

Children's System of Care

Submissions are now open for the New Hampshire Children's System of Care (CSoC) sixth annual Magnify Voices Expressive Art Contest. Now through April 21, New Hampshire students in fifth through 12th grade are invited to submit a creative piece about their experiences and connections to mental health. An initiative of CSoC, Magnify Voices raises

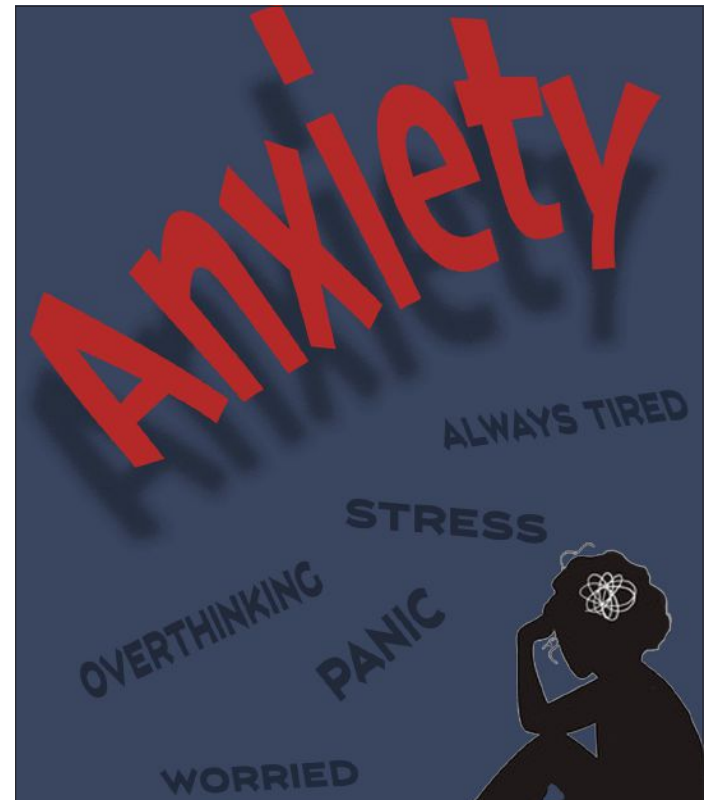
awareness, erases stigma, and effects change to help ensure the social and emotional health of youth in the Granite State.

"Youth mental health is a very serious issue that requires our understanding, attention and action, and we look to raise awareness of this through the Magnify Voices Expressive Art contest," said Deb Jurkoic, Magnify Voices Committee Coordinator and NAMI NH

Family Network Coordinator. "Over the past five years, we have received many personal and powerful pieces of artwork from New Hampshire's youth. We continue to be impressed by their courage in sharing their stories to help others know they are not alone and to raise awareness of youth mental health."

According to the National Alliance on Mental Illness (NAMI), one in six youth in N.H. experience a mental health disorder each year. Early intervention for mental health improves outcomes throughout life. In 2020, 57 percent of Granite Staters with depression age 12 to 17 did not receive any care. An inadequate mental health system negatively impacts individuals, families, and communities.

The NH Children's System of Care (CSoC) started Magnify Voices in



Courtesy of CSoC

The 2023 Magnify Voices People's Choice Award went to high school student Makayla P. for her drawing titled The Shadows of Anxiety.

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



At the Y I learned...



to make
connections

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

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

2019 during Mental Health Awareness Month in May to highlight the inadequacies in the system that serves youth and families. The art contest is part of a larger, national effort to recognize the vital importance of positive mental health for a child's healthy development. Since the contest began, there have been over 260 youth entries.

"When I'm in my room sadness and anger strangle my brain as I sit there and remain in my pain," writes middle school student, Kyra F., in her 2023 poem submission titled My Mind in Mere Minutes. "Thinking about everything – the happy girl appearances I'm trying to obtain, the weight I don't want to gain, the good friends and grades I'm trying desperately to maintain, and the fact that everyone must think I'm insane..."

Submissions for Magnify Voices can be in the form of a short video, song, performance, or interpretive dance (two minutes or less); an essay or poem (1,000 words or less); or a design medium such as a sculpture, photography, painting, or diorama. Twelve finalists

will be chosen by a panel of judges, including youth judges, and will be announced at the celebration event on May 22 at New England College in Henniker. The People's Choice Award will be voted on by the public and announced at the event. In addition to the celebration event, all submissions will be displayed at other exhibits and events around the state.

Partner organizations include N.H. Department of Education Bureau of Student Wellness and Nutrition, NAMI New Hampshire, Endowment for Health, New Hampshire Charitable Foundation, NH State Council on the Arts, NFI North, New Hampshire Coalition for Suicide Pre-

vention, New Futures, NH Department of Health and Human Services Bureau for Children's Behavioral Health, and NH Office of

the Child Advocate. For more information or to view the 2023 submissions and finalists, visit NHCSoc.org/magnify-

voices.

The N.H. Children's System of Care (CSoc) is transforming New Hampshire's children's behavioral health care services and supports into an integrated, comprehensive system of care. The Advisory Council, established by the N.H. Department of Health and Human Services and the N.H. Department of Education, is comprised of more than 50 child and family organizations and agencies across the state focused on improving mental health and addressing substance use disorders for children, youth, and their families. Through a network of resources and support, CSoc is youth and family driven and community based.





(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**

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  @valhallaflooring

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



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

Buy one get one free!*

Anniversary Sale!




Don't miss out on this limited time offer!

Call 603.369.6597 for a free in-home consultation.



Style and service for every budget.
budgetblinds.com

*Some restrictions may apply. Order must be placed by February 23rd.



history

Jan. 25, 2002: Area lawmakers approve \$24.2 million worth of renovations and additions to the Merrimack County jail, wrapping up years of discussion on whether and how much county taxpayers should pay to reduce the facility's crowding.

Jan. 25, 2000: Concord receives nearly 9 inches of snow, hardly an extraordinary occurrence for late January; however, it is the first significant snowstorm of the season, and for that to come in late January is unusual.

Jan. 25, 1944: The state

announces the deer kill in last fall's open season at 5,137 and says it expects trappers to have a banner season on beaver in March. Pelts are expected to bring \$40 to \$60 each.

Jan. 25, 1960: Praising the New Hampshire primary during a speech to the Nashua Rotary Club, Sen. John F. Kennedy says: "The days when presidential candidates — unknown and untested — can be nominated in smoke-filled rooms by political leaders and party bosses have passed forever from the scene."

Jan. 26, 2003: Nearly 200 people gather outside St. Joseph's Cathedral in Manchester to support victims of clergy abuse, organized by New Hampshire Voice of the Faithful and the Coalition of Catholics and Survivors.

Jan. 26, 2001: Lakes Region General Hospital and Franklin Regional Hospital have created a joint pool of nurses who will work in the critical care units of both facilities, the Monitor reports. The move addresses a serious shortage of nurses and presages a full merger that

will be announced later in the year.

Jan. 26, 1839: In Concord, rain falls for 24 hours straight. The Merrimack rises 15 feet in 15 hours. Several bridges are destroyed.

Jan. 26, 1984: Webster Bridges, chairman of the state Sweepstakes Commission, brings a sample of the state's newest instant lottery games to the State House. Gov. John Sununu buys a scratch ticket and promptly wins \$2.

Jan. 27, 2003: The Concord City Council votes to

take the historic Rolfe barn through eminent domain, stopping Ken Epworth, the barn's owner, from dismantling the building and selling the parts to an unnamed client. The Penacook Historical Society asked the city to step in so it can use the barn as a museum and community center.

Jan. 27, 1983: Concord native John Bluto makes a brief TV appearance on an episode of "Cheers." He plays an insurance salesman, a role he played in real life in Concord for more than 10 years.

Jan. 27, 1994: The temperature in Concord falls to 27 below zero, the city's third record low in eight days.

Jan. 27, 1848: Franklin Pierce returns home to Concord after leading a brigade in the Mexican War. A crowd of 3,000 to 4,000 people meet him at the city's new railroad station. Pierce has been gone eight months. In that time, the

Call us for all your HVAC needs!

SUNRISE
HEATING & COOLING



(603) 507-2600

Family Owned • Fully
Licensed/Insured Contractors

sunriseheatingac@gmail.com

EVERY SATURDAY
9AM TO NOON
WINTER FARMERS' MARKET
 7 Eagle Square
 Downtown Concord
 Behind the Clock Tower
 30+ Vendors
 and Live Music
 DowntownConcordWinterFarmersMarket.com

**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

Puppy Love
Valentine's Day messages



Submit a message for your valentine to see on Valentine's Day in the Concord Monitor!



- Email your message and photo to advertising@cmonitor.com
- Scan the QR code below



Deadline
February 8

CONCORD  MONITOR

\$19.95
color +
photo

Concord town meeting has banned "bowling, saloons and circuses." Among those present for Pierce's welcome home is his old friend and Bowdoin College classmate Nathaniel Hawthorne.

Jan. 28, 2003: Twenty victims of a sexually abusive Massachusetts priest and more than 60 of their supporters confront New Hampshire Bishop John McCormack at a meeting in Salem, Mass., and demand repentance.

Jan. 28, 2002: Convicted killer and Monitor columnist Ray Barham, 72, dies from cancer in the state prison infirmary. He was convicted in 1983 of first-degree murder after shooting his estranged wife's boyfriend, and started writing for the paper's editorial page in 1987. Editor Mike Pride will remember him by writing, "Ray joked about wanting to win the Pulitzer Prize. He said it was the only way to change the headline on his obituary. In fact, for many years it was his writing, not the killing, that defined him. He could not outlast the sentence he had brought upon himself, but his pen bore him through it."

Jan. 28, 2001: Dartmouth students and other residents of Hanover say they're in shock after hearing that two of the college's professors were murdered in their home the day before. It has been 10 years since the last murders in Hanover; in 1991 two female students from Ethiopia were killed with an ax.

Jan. 28, 2000: Mel Bolden, the charismatic portraitist and political activist who became a friend to people of all ages around the Concord area, dies on his 81st birthday. Bolden, whose artistic career spanned six decades, gained particular notoriety for his portraits of Concord teacher Christa McAuliffe, who died on the same day in 1986 in the explosion of the space shuttle Challenger. One of the portraits hangs in the National

Air and Space Museum.

Jan. 28, 1986: The space shuttle Challenger explodes 72 seconds after liftoff, killing all aboard, including Concord High teacher Christa McAuliffe.

Jan. 28, 1947: Jeanne Shaheen is born. She will direct Gary Hart's 1984 presidential campaign in New Hampshire, represent the Seacoast in the state Senate and, in 1996, be elected the state's first woman governor.

Jan. 30, 2002: Here's a good reason to watch more television and eat more candy, the Monitor reports. Concord native Jeremy Ellison-Gladstone is now appearing in a Snickers ad demonstrating the dangers of going too long without chocolate.

Jan. 30, 2000: As many as 5,000 of the names on Con-

cord's voter rolls shouldn't be there, the Monitor reports. The extra names include people who have moved away or died, as well as people who are listed more than once. "We have about 24,000 registered voters," City Clerk Sharon Dery says, "but I think we're closer to having about 19,000."

Jan. 31, 1986: On a frigid night, thousands gather in the State House plaza for a memorial service for Christa McAuliffe. "Her teaching has not ceased," says Rev. Chester Mrowka.

Jan. 31, 1952: The Concord City Council debates plans for the construction of Storrs Street to relieve traffic downtown. There is no name yet for the new street, so it is referred to as Concord's "Baby Bypass."

Support local journalism

Subscribe to the Concord Monitor, recently named the best paper of its size in New England.



concordmonitor.com/subscribe



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

Clean, Safe, Great-Tasting Water



SYSTEMS TO REMOVE

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

603-641-5767



www.secondwindwater.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



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>






11 Concord Insider — Thursday, January 25, 2024

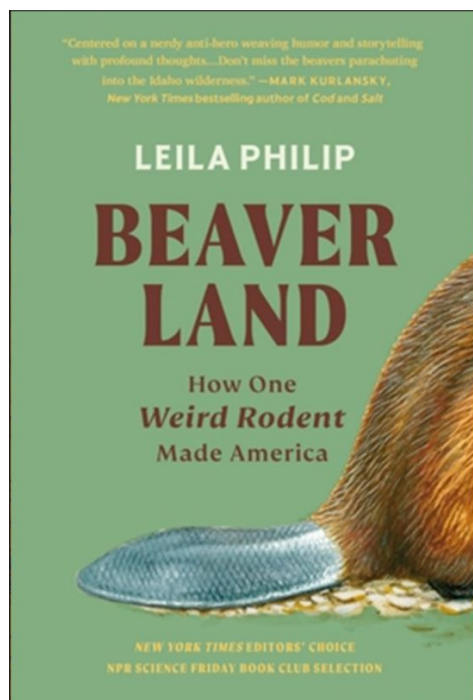
bulletin

Food bank receives \$10K donation

Merrimack County Savings Bank (The Merrimack) is helping to fight hunger, and its root causes, with a \$10,000 donation to New Hampshire Food Bank. The contribution will not only feed families and individuals across the Granite State, it will also support programming and education to those in need. According to the United States Department of Agriculture's (USDA), an estimated 6.2% of New Hampshire residents experienced food insecurity from 2020 to 2022. "We're incredibly grateful for The Merrimack's generous donation," said Nancy Mellitt, Director of Development, New Hampshire Food Bank. "Every donation makes a difference and goes toward our ultimate goal of eliminating hunger and improving the quality of life for New Hampshire residents." The New Hampshire Food Bank, a program of

Catholic Charities New Hampshire, has been working to relieve hunger in the Granite State since 1984. In 2023, as the state's only Food Bank, the New Hampshire Food Bank efficiently procured and distributed more than 16.3 million pounds of food to

people in need through more than 400 non-profit registered agencies. For more information about the New Hampshire Food Bank, please visit nhfoodbank.org. For more information about the New Hampshire Food Bank, please visit nhfoodbank.org.



Award-winning writer Leila Philip visits Gibson's

Award-winning writer Leila Philip will visit Gibson's Bookstore on the paperback tour for her masterful work of narrative science writing, "Beaverland: How One Weird Rodent Made America." "Beaverland" is a masterful work of narrative science writing. This book highlights, through history and contemporary storytelling, how this weird rodent plays

an oversized role in American history and its future. She follows fur trappers who lead her through waist-high water, fur traders and fur auctioneers, wildlife managers, PETA activists, Native American environmental vigilantes, scientists, engineers, and the colorful group of activists known as beaver believers. Mark your calendar for the Wednesday, Feb. 21, event, beginning at 6:30 p.m. at Gibson's Bookstore, 45 S. Main St., Concord. No registration is required.

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

Babies of 2023

celebrate your bundle of joy!

Publishing Friday, February 23

- Email your message and photo to advertising@cmonitor.com
- Scan the QR code below



Deadline
February 16

\$19.95
color +
photo



CONCORD MONITOR

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

grappone
GRAPPONE MAZDA



NEW LOCATION
134 MANCHESTER STREET
CONCORD, NH

GrapponeMazda.com
603.210.4387

Driven By People



mazda

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 # RJC085

SAVE UP TO

\$1,411

OFF MSRP

Lease for only

\$109

For 24 Months

NEW 2024 TOYOTA RAV4 LE AWD



Stock # RJT4432

SAVE UP TO

\$1,599

OFF MSRP

Lease for only

\$231

For 24 Months

NEW 2024 TOYOTA HIGHLANDER LE AWD



Stock # PJT6948

SAVE UP TO

\$3,059

OFF MSRP

Lease for only

\$328

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 FWD



Stock # 24240

SAVE UP TO

\$1,875

OFF MSRP

Lease for only

\$219

For 24 Months

NEW 2024 CHEVROLET EQUINOX LT AWD



Stock # 24217

SAVE UP TO

\$3,600

OFF MSRP

Lease for only

\$129

For 24 Months

NEW 2024 CHEVROLET TRAX LS



Stock # 24281

SAVE UP TO

\$823

OFF MSRP

Lease for only

\$244

For 24 Months

NEW 2024 CHEVROLET SILVERADO LT Crew Cab 4x4



Stock # 24250

SAVE UP TO

\$11,000

OFF MSRP

Lease for only

\$189

For 24 Months

Low lease: 24 mos 10,000 miles per year. 1st payment, \$695 acquisition fee, \$699 dealer fee & \$6,850-Equinox, \$3,365-Trailblazer, \$8,075-Silverado, \$2,860-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

NEW 2024 HYUNDAI PALISADE Limited AWD



Stock # RHT199

SAVE UP TO

\$2,532

OFF MSRP

Lease for only

\$286

For 36 Months

NEW 2024 HYUNDAI KONA SE AWD



Stock # RHT241

SAVE UP TO

\$867

OFF MSRP

Lease for only

\$125

For 36 Months

NEW 2024 HYUNDAI TUCSON SE AWD



Stock # RHT288

SAVE UP TO

\$2,218

OFF MSRP

Lease for only

\$139

For 36 Months

NEW 2023 HYUNDAI SANTA FE SE AWD



Stock # PHT563

SAVE UP TO

\$4,349

OFF MSRP

Lease for only

\$99

For 36 Months

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.

Low lease: 36 months, 10,000 miles per year. 1st payment, \$699 dealer fee, \$650 acquisition & \$11,706-Palisade, \$7,206-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# 5LM5J6XC3PCL23093. Expires 1-31-2024.

EMPLOYMENT

Part Time

PART-TIME HOUSE KEEPER
needed twice a week.
light house cleaning, laundry,
light shopping, trash removal
Northwood 603-519-5272

AUTOMOTIVE & BOATS

Autos Wanted

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

REAL ESTATE FOR RENT

Rooms

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

**PLEASE RECYCLE
THIS NEWSPAPER.**

REAL ESTATE FOR RENT

Apartments Unfurnished

*South Concord
Meadows*

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

Business/Commercial

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



**SEARCHING
FOR A
VEHICLE?**
**Check out the
Concord
Monitor's
Classified
Section**

PROFESSIONAL SERVICES

Carpentry

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

Home Improvement

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

**Replacement Decks
Kitchen Installs
Bath Remodels
Trim Work
Replacement Doors**

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

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**



**Like us on
Facebook**

**WE DELIVER
RESULTS!**

CONCORD  MONITOR

**Call Classified at
224-7777
or 1-800-464-3415**

GILFORD SCHOOL DISTRICT

Seeking dynamic candidates to join our school community for the 2024-2025 school year. The successful candidates should seek to cultivate a learning environment that promotes collaboration, innovation, critical thinking and self-direction.

GILFORD HIGH SCHOOL

Business Teacher

Director/Coordinator of School Counseling

PT Internship/Extended Learning Opportunity Coordinator

PT Technology & Engineering Teacher

District-wide

1st & 2nd Shift Custodial Subs

Food Service Subs

All positions are open until filled. NH Certification required for all teaching positions. Salary commensurate with experience. Excellent benefit package.

For more information and consideration,
candidates should apply online at www.sau73.org

Gilford School District is an Equal Opportunity Employer

CONCORD MONITOR

INDEPENDENT CONTRACTORS

**BELMONT AREA
ANDOVER AREA**

- 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

SHAKER REGIONAL SCHOOL DISTRICT COACHING POSITIONS

Shaker Regional School District has the following Coaching Positions available for the 2023-2024 School Year:



MIDDLE SCHOOL TRACK (2 positions available)

Past playing and/or coaching experience preferred. Interested candidates should send a cover letter and resume to Cayman Belyea, Athletic Director, at cbelyea@sau80.org, or mail to Belmont High School, 255 Seavey Road, Belmont, NH 03220. Successful completion, with satisfactory results, of a post-offer, pre-employment physical and criminal background check, including fingerprinting, is required.

NE-436193

Struggling to hear the TV?

Put on your TV•Ears®



SPECIAL OFFER
\$50 OFF

Call or order online!
USE CODE MB50

» Ships same day!

TV•EARS®

Doctor Recommended TV Headset™

1-877-683-0636



866-703-3104

BOGO 40% OFF

ENDS 1/31



RENEWAL by ANDERSEN

FULL-SERVICE WINDOW & DOOR REPLACEMENT

GIVE YOUR SPINE some T.L.C. WITH CHIROPRACTIC ADJUSTMENTS at Crossroads Chiropractic



- Affordable adjustments, great results
- No appointments with flex scheduling
- Short wait times
- Experienced, caring doctors and staff

For over 23 years people have come to us for help with:

- | | | |
|----------------------|-------------------------------|-------------------------|
| • Sciatica | • Enhanced Performance | • Colic |
| • Neck Pain | • Headaches and Migraines | • Chronic Ear Infection |
| • Low Back Pain | • Asthma | • ADD/ADHD |
| • Digestive Problems | • Numbness/ Tingling in Hands | • Overall Wellness |



CROSSROADS CHIROPRACTIC



MEREDITH
Route 104 & 3
3 Annalee Place
(603)677-1444



PEMBROKE
Route 106 & 3
556 Pembroke St.
(603)224-4281



EPPING
Route 125 & 155
629 Calef Highway
(603)679-3222

Find out how chiropractic
could help you!

\$59 complete exam
with x-rays, if necessary

*results vary

