Healthy lifestyle
Stay active. Be well.
Virtual Wicked FIT 5k
Wherever you are, you can race in the Wicked FIT costumed 5k, which will be held remotely.

Keep active
Lifestyles can change as you age, but it’s good to keep moving.

City news
Rec programs, fitness classes resume at community center.

find it
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Oct. 1, 1814: Birth of Isaac D. Merrill in Hopkinton. He will grow up to be a clother, town treasurer, postmaster and state representative. But his biggest claim to fame, according to his obituary, is this: “being the heaviest taxpayer in the town of Hopkinton.”

Oct. 2, 2002: Franklin School District’s dropout rate has dropped from 16 to 10.1 percent, according to numbers released. School officials credit the improvement to new efforts for keeping kids in school and an inflated number the previous year.

Oct. 2, 1856: Near the end of his term, President Pierce visits Concord to stump for James Buchanan, the Democrat nominated to succeed him. Pierce is greeted with a great parade and reception downtown. A fine horseman, he himself rides in the procession down Main Street.

Oct. 2, 1929: Vincent Cozzi of Albin Street in Concord is the sculptor of a fully-equipped 6-foot doughboy being carved from a three-ton block of granite at Swenson Granite Co. When it is completed, the statue will be shipped to Harrisville, Mo., to stand in the square as a memorial to that town’s World War II dead. Cozzi is using a photo of a Missouri soldier as a model for his statue, which he expects will take eight weeks to complete.

Oct. 2, 1963: Gov. John King announces the formation of the New Hampshire Commission on the Status of Women. The chairman will be Margaret Normandin of Laconia, the vice chairman Marion Alexander of Concord. The commission is modeled after a national commission created by President Kennedy in 1961.

Oct. 2, 1862: John Johnston of Pittsfield, born in 1798, enlists as a nurse in the Union army. Johnston served as the town’s last elected tithing-man. For this office, his tool was a long pole with a ball attached to one end by a string. His job: to keep the boys quiet and the old men awake at church on Sunday. He gave any boy who acted up a stiff prod with the pole and any old man who dozed off a nudge on the head with the ball. Johnston survived his military service and died in Pittsfield in 1877.

Oct. 2, 1918: Two Concord soldiers – Marine Lieutenant Paul Corriveau and Private Herbert C. Drew – die in France on the same day. Corriveau is killed in action; Drew succumbs to pneumonia. Drew’s mother will call the Monitor’s attention to the coincidence that 20 years before, the two men were in the same kindergarten class at Walker School.

Oct. 3, 1863: At the urging of Sarah Josepha Hale, a magazine editor from Newport, N.H., President Lincoln proclaims a national day of thanksgiving for the last Thursday of November, unifying a holiday previously celebrated at various times by the various states.

Oct. 3, 1878: An attempt is made to rob the Bristol Savings Bank. Explosives blow off the outer door of the safe and blow out both windows of the room. The inner door of the safe is not opened and the robbers leave without booty. “No serious efforts are made to apprehend the criminals and they escape capture,” a town history report.

Oct. 3, 1994: Sgt. James Noyes of the state police is shot and killed by a disoriented man who barricaded himself into his home in Gilford.

Oct. 3, 1993: Somali forces shoot down a Black Hawk helicopter piloted by Michael Durant, a native of Berlin. Durant, his leg broken and bones fractured in his back and face, will be held captive for 11 days.

Oct. 3, 1991: Ken Johnson of Bow, incarcerated for nearly two years awaiting trial on charges he ordered his pregnant wife killed, is released.

Oct. 3, 1940: The U.S. War Department announces Manchester has been selected as an Army Air Corps base. Temporary military housing will cost $1.5 million.

Oct. 3, 1924: Malcolm McLane is born in Manchester. McLane will serve on the Concord City Council from 1956 to 1976, including six years as mayor. He will also serve on the Executive Council and run an unsuccessful third-party race for governor against Mel Thomson.

Oct. 4, 2003: A parish council is demanding that Bishop John McCormack reimburse $14,600 in expenses for the nine months its priest was suspended for alleged sexual misconduct, the Monitor reports. In a letter, the St. Charles parish council accused McCormack of seriously botching his investigation of the Rev. Paul Greigoire, who was cleared by the Vatican and returned to his Dover church in August.

Oct. 4, 2001: A vehicle in-}

Oct. 4, 1983: Chubb Life President John Swope announces his company’s plans to expand, bringing 300 new employees to Concord. “This is exactly the kind of employment Concord wants,” he says. “The only environmental problem we cause is we produce too much paper.”

Oct. 5, 2002: President Bush visits Manchester, seeking to rally support for military action against Iraq while raising money for the Sununu Senate campaign and the state GOP. “It’s in my interest, it’s in New Hampshire’s interest and it’s in the country’s interest that John Sununu be elected,” Bush tells Republican donors gathered at The Center of New Hampshire Holiday Inn.

Oct. 5, 1963: Roscoe Higgins, a 65-year-old Deerfield farmer, is fined $300 and given a suspended jail sentence for selling hard cider at the Deerfield Fair.

Oct. 5, 1817: An earthquake rocks Concord at about 11:40 a.m. It lasts 1-2 minutes.

Oct. 5, 1818: Concord’s Board of Health urges the discontinuation of public funerals because of the Spanish Influenza epidemic, which is at its peak. The board strongly suggests that until further notice only “kinsmen and very near friends attend the last rites of people who die.”

Oct. 5, 1759: A group from Portsmouth is granted permission to settle what will eventually become the town of Wolfeboro.

Oct. 5, 1885: The Band, minus Robbie Robertson, plays at the rickety old Concord Theatre on Concord’s South Main Street.

Oct. 5, 1935: The first New Hampshire Peace Union convention meets in Concord. The state pacifist movement’s leader, Agnes Ryan, has stated the group’s goal, saying its members will witness the greatest thing “since Christ was on earth. You are going to live to see the war method abolished from the earth.”

Oct. 5, 1861: The USS Kearsarge is launched at the Portsmouth Navy Yard. The ship is armed with seven guns, has a crew of 162 men, measures 214 feet, 3 inches, and cost $287,000 to build. The controversy over which Mount Kearsarges the ship is named after is never resolved, even by the U.S. Senate, which takes up the dispute in 1915.

Oct. 6, 1912: Perkins Bass is born. Bass will serve as a congressman from the 2nd District from 1955 to 1963. He will also have a stint in the Legislature, rising to Senate president. His son, Charlie, will be elected to the same seat in Congress.
Two Concord-based crafters have teamed up to organize the Capital City Craft Bazaar to be held Oct. 3 from 10 a.m. to 3 p.m., rain or shine, at Rollins Park.

Christa Zuber, organizer of the Concord Arts Market, and Alison Murphy, owner of Concord Handmade, have brought together many of the artists who sell through their organizations for a new opportunity to connect with customers during a year that has hit artists hard.

“We have talked about working together on promoting the crafting community in some way beyond our regular scopes,” Zuber said in an email. “So we originally decided to have a craft show inside in May. That clearly, could not happen; once things were clear for the Concord Arts Market to have a weekly market this summer, we started thinking about ways we could have some sort of event similar to our event scheduled for May. We decided on a show in October because it was in between our seasons, it can be a good time for people to start their holiday shopping early, and it’s still warm enough to be safer outside during Concord’s beautiful fall. While we weren’t originally planning a fall event and since COVID foiled our spring show, we thought we could help make up for the many canceled holiday craft fairs for our artists and shoppers.”

The event will be larger than the usual Saturday summer arts market and winter holiday handmade pop-up shop with nearly 40 vendors. Participating artists include Baby Bella, Choppers Closet, Designs x Connor, Love Me Knots Treasures, Hourglass Embroidery, By Taffy Doodles, 603 Stitches, Miss Catherine’s Threads, New World Designs Co., Katherine Kimball, Kitty Stoykovich Designs, PGaige Design, Claudia Jasalavich, SunflowerBeadsNH, Clea Jewelry, Erica’s Handcrafted Jewelry, Tooky Beading Studio, Be 1 Coaching, HLEmrick Designs, Crystal Ground Studio, Hello Soul, PJUrda artist, Super Suds Soapery, Seasonal Bliss Soap, Amaranth & Rue, Lumen.Eye, B. Simmons Art, Big Bad Wolf, On the Cusp Pottery, Museware Pottery, Elm Art Studio, Twist of Fate Pottery, River Road Rustics, The Place Studio & Gallery and Concord Handmade.

The WanderRoll food truck will also be located at the park on Saturday for shoppers to get their egg roll fix.

“We think that by bringing the event to the park, people can stay and spend a good amount of time enjoying the outdoors while still being able to be safe and socially distant,” Zuber said.

For more information, visit the event page on Facebook at facebook.com/events/905669023292624.
Online Community Programming
with Concord Regional VNA

To register, call (603) 224-4093, ext. 5815 or visit www.crvna.org.

**Powerful Tools for Caregivers**  
Wednesdays, October 14 - November 18, 10 - 11:30 a.m.  
Helps family caregivers learn how to better take care of themselves.

**Managing Caregiver Stress**  
Thursday, October 15, 6:30 p.m.  
Learn strategies to recharge and find balance in your life.

**The Emotional Side of Caregiving**  
Thursday, November 12, 6:30 p.m.  
Explore the emotional side of caregiving and discuss strategies to manage and learn from your emotions.

**(un) Happy Holidays: Support for the Season**  
Tuesday, November 17, 3 p.m.  
Tuesday, December 15, 3 p.m.  
The holiday season can be a time for great anticipation and excitement; however, this year the prospect of facing the holidays may cause a variety of emotions - sadness, fear, hopelessness, stress, and frustration. Join us to learn helpful tips for navigating the holidays.

**Capital Area Memory Café**  
Third Wednesday of each month, 2 p.m.  
This safe, supportive, and engaging environment is for individuals and their family/friends to be with others who understand and embrace the challenges of living with memory impairment.

**Walk-In Wednesday**  
Fourth Wednesday of each month, 10 a.m. - Noon  
Community members can discuss advance directives, Durable Power of Attorney for Healthcare and/or Living Will, and learn about available resources. Appointments are required.

**Spousal Loss Group**  
Tuesdays, October 20 - December 1, 5:30 - 6:30 p.m.  
or Wednesdays, October 21 - December 2, 10:30 - 11:30 a.m.  
Share tools with others that have been helpful in your grief journey. To register, call (603) 410-9917 or visit www.crvna.org/griefsupport.
Keeping active through the years

By CRYSTAL REYNOLDS
For the Insider

Important: Make sure you consult your health care provider before taking on a new exercise or health and wellness plan. Talk to your doctor if you plan to start something new or more vigorous, especially if you haven’t been active recently. Once a medical professional gives you clearance, try some of the ideas below:

Being active is important at any age, however as we get older some of the day-to-day tasks that helped us stay active start to become less frequent. Less cleaning, less work, less taxiing around, and less chasing after babies. Webster’s dictionary defines “activity” as vigorous or energetic action. So how do we stay active when the activities we are used to doing are gone?

Mental activity

Staying active is not just about physical exercises and activities. It is equally as important to take care of your mind. Multiple times during the day you should take a few minutes to clear your mind. You can do this in many ways. One tried and true method is called box breathing. This is a simple technique that you can do any time to reset, regain focus and relax. Focused breathing calms nerves and relieves stress by helping to regulate the autonomic nervous system. This method focuses on four components of the breath: the inhale, breath hold, the exhale, and breath hold. Box breathing emphasizes control and allows your body to make full use of the air.

Seated option

1. Sit with your back straight against a wall, in a chair or in a meditative posture.
2. Soften your gaze and turn your eyes inward. Focus on your count and your breath (the more you focus on your breathing, the more your mind will clear as its only focus is the task at hand).
3. Inhale through your nose for a count of 4 and hold for same count.
4. Exhale for the same 4 seconds, count and hold again for the same count (force all the air out of lungs).
5. Repeat at least 3 times.

Box breathing has numerous benefits such as mental clarity and focus, increased blood flow to heart and lungs, increased energy, regulation of the nervous system, reduces the effects of anxiety and stress, helps lower blood pressure and heart rate, and improves sleep patterns.

Nutrition

Proper nutrition can go by the wayside as seniors are sometimes cooking for less people or possibly unable to shop for themselves. Health Coach Christine Cook works with seniors and reminds us that “it is important to not get into a food rut. Eating the same foods week after week can result in missing out on nutrients. By varying your diet you can ensure that you get a wide variety of vitamins, phytonutrients and minerals. Consider swapping out your tried and true veggies and fruits for some that you may not have had in some time. Your body will appreciate the variety and be healthier for it.”

Social health

In addition to proper nutrition, keeping social connections is vital. This includes, family, friends, neighbors, and social groups. If in-person, socially distanced visits are not possible, there are options. Christine suggests that if you have not yet embraced the apps and programs that allow for video visits now might be a good time to learn. Of course, communicating on the telephone is always a great way to stay connected with others too. A bonus is to have a regular day and time you plan to “visit.” The joy
of looking forward to seeing a loved one is just as important to your mental health as the visit itself.

Find balance

Being able to self-regulate stress and anxiety, eating the rainbow during meals, and maintaining human connection are instrumental to staying healthy. It is still essential to be kind to your body and listen to it. Although we don’t always listen to our gut, this is one time where respecting that intuition is key. If you’re not feeling well, don’t push it.

Cut back on the time, distance, or intensity of your scheduled exercise. What should exercise look like? It will be different for everyone, however you should start with five to 10 minutes to warm up and make sure to include a cool down. Plan to start slowly and boost your activity level gradually unless you are already exercising frequently and vigorously. Some example of appropriate activities are walking, sports, swimming, dancing, climbing stairs, household chores, and cognitive activities.

Whatever you select, splurge on proper gear! You don’t need a lot of active clothing, you just need it to be suitable. Choose clothes and shoes designed for your type of exercise. The clothing should fit you correctly, be moisture wicking or insulating (depending on the season). If you are too hot or too cold, you will most likely not enjoy yourself, potentially cause a secondary problem, or be forced to stop exercising. In New Hampshire we need to dress properly for cold-weather outside workouts to avoid hypothermia. Depending on the temperature, wear layers you can peel off as you warm up (don’t forget gloves). Proper footwear is essential too. Just because shoes may look good, doesn’t mean they are appropriate or supportive. Be sure to replace shoes as cushioning wears out.

If you’re not as mobile or have trouble getting around, there are lots of other options. Learning something new is part of staying healthy. Playing cards, internet games, listening to or playing music, watching movies, gardening, foreign language, and arts and crafts. No matter what your passion is, there are plenty of options to keep your mind and body healthy at any age.

(Crystal Reynolds is one of the owners at 43 Degrees North Athletic Club.)
A family favorite in Concord, the Wicked FIT 5k is a Halloween costume-themed virtual 5k run/walk that will benefit programs for families and individuals experiencing homelessness in New Hampshire.

Families in Transition-New Horizons will host their 9th annual Wicked FIT Run on Oct. 31. The Halloween-themed event is being held as a virtual 5k. People from all around the country can participate by sporting costumes and walking or running in their community and peer-to-peer fundraising leading up to the event date. Proceeds from sponsorships and event registrations benefit programs supporting families and individuals experiencing homelessness and food insecurity in the Granite State. The event kicks off with a live broadcast on Facebook at 9:30 a.m. on the morning of Halloween, and registrants are encouraged to share their journey with pictures and videos on social media.

“This is a fantastic opportunity for families to get in the Halloween spirit with the uncertainty of trick-or-treating schedules in various communities,” said Michelle Casale, events manager of FIT-NH. “We’ve received wonderful feedback from our 2020 virtual event attendees. This is our last virtual 5k fundraiser of the year, it supports the demands of a much-needed cause, and we invite everyone to join in the fun.”

FIT-NH operates homelessness services, food programs, emergency shelters, and affordable housing around New Hampshire, including 16 apartments in Concord that serve as homes for families and individuals experiencing homelessness. They also conduct homeless outreach and evidence-
While there won’t be a mass gathering of runners, you can still dress up, run on your own and check out the live broadcast on Facebook.

“In the support of our generous sponsors and event attendees allow us to meet the demand of our programs,” said Pamela Hawkes, vice president of resource development. “Without them, we would not be able to maintain essential services and continue to adapt and pivot our programs during this trying time. We encourage businesses and members of the community who are committed to providing vital resources to get involved.”

The event is supported by contributions from key sponsors and partners, including Community Partner Sponsor Spectrum Marketing Companies. Individuals and teams can register online to create their own fundraising pages and participate in the fundraising efforts leading up to Oct. 31. Participants can walk or run the event anywhere anytime; in their neighborhood, on a trail, or on a treadmill and share photos and videos with FIT-NH on their Facebook or Instagram pages.

To learn more about sponsorship opportunities and registration, visit support.fitnh.org/2020wicked-fitrun or contact events@fitnh.org to learn more.

Based case management in Concord and Manchester. The FIT-NH Outreach team works to eliminate barriers to successfully obtain housing and sustain recovery, including connecting people to resources and access to shelter and referrals to substance use treatment and mental health services.

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The city manager’s office sent out the City Manager’s Newsletter last Friday. The full newsletter can be found by going to concordnh.gov and clicking the “Newsletter” button. Here are some highlights:

**Absentee ballots for election**

The City Clerk’s Office expects to receive absentee ballots for the upcoming Nov. 3, 2020, Election in early October. Upon receipt of those ballots, from the Secretary of State’s Office, staff will begin processing and mailing out absentee ballots to all residents that have requested them. Please contact the City Clerk’s Office at 225-8500 or via email at city-clerk@concordnh.gov with any questions.

**Parks and Recreation**

This month we have been able to restart our “in person” youth, adult and senior citizen programs. It has been great to have the kids back playing in our fall soccer and flag football leagues, our adult programs are back at the City Wide Community Center (yoga, fitness classes, learn a language etc.) and many of our senior citizen programs have restarted. The department would like to thank everyone who is taking part as they have been great following all the new COVID-19 rules.

The parks division remains busy supporting the departments youth fall sports, fall baseball games as well as games and practices for the three high schools who use city fields for their fall sports. With the cooler temps, staff will be able to reduce the amount of time spent on mowing and will soon focus on cleaning up overgrown areas (brush etc.) in many of the parks.

In mid-October the six parks staff will begin leaf pick up in the 18 city parks while continuing to support the fall sports. All parks remain carry in/carry out as service levels remain reduced due to lower staffing levels this year.

**Library news**

To see the Library’s new Needs Assessment and Preliminary Conceptual Program presentation visit concordnh.gov/Document-Center/View/15884/CPL-Architectural-Survey.

September is Library Card Sign-up Month, a time when the Concord Public Library joins the American Library Association and libraries nationwide to remind parents, caregivers, and students that signing up for a library card is the first step on the path to academic achievement and lifelong learning.

This year, DC’s Wonder Woman is embarking on a mission to champion the power of a library card as Library Card Sign-up Month Honorary Chairwoman. In her new role, Wonder Woman will promote the value of libraries and encourage everyone to get their very own library card. Since 1987, Library Card Sign-up Month has been held each September to mark the beginning of the school year. During the month, the ALA and libraries unite together in a national effort to ensure every child signs up for their own library card. There is nothing more empowering than signing up for your own library card. Through access to technology, media resources, and educational programs, a library card gives students the tools to succeed in the classroom, and provides people of all ages opportunities to pursue their dreams and passions.

Libraries offer everything from early literacy programs to virtual homework help and continuing education classes, helping transform lives and communities through education. At CPL, you’ll find a wide variety of educational resources and activities, including programming for all ages, online databases, and downloadable materials.

“Libraries play an important role in the education and development of children,” said Todd Fabian, library director. “Concord Public Library, along with libraries everywhere, continue to adapt and expand services to meet the evolving needs of our community.” To sign up for a library card or to learn more about the library’s resources and programs, visit concordpubliclibrary.net.

The cemetery division continues to have a busier than normal year with folks buying burial plots and continues to have an increase in the number of overall burials (not COVID-19 related). Staff will be able to reduce the amount of time spent mowing soon and starting in mid-October, will start leaf pick up in the 13 cemeteries.

**Mask ordinance**

The Concord City Council has determined that to continue to reduce the spread and infection of COVID-19, it is in the interest of the health and safety of all Concord citizens, residents, visitors, businesses, and the employees of our City and businesses, to wear face coverings while inside a retail establishment. This includes, but is not limited to, department stores, drug stores, convenience stores, grocery stores, and retail or wholesale stores.

“Face covering” is defined as a covering made of cloth, fabric, or other soft or permeable material, without holes, that covers at least the nose, mouth, and surrounding areas of the lower face. A face covering may be factory-made, homemade, or improvised from ordinary household material.

Customers (ages five and older) are required to wear a face-covering at all times when inside a retail establishment. A face covering is not required to be worn by any person in which doing so may pose a risk for health-related reasons. However, in these cases, special effort should be taken to maintain a physical distance of at least six feet from other individuals.

Education will be the first step in enforcement. Penalties for non-compliance are as follows: 1st offense – a written warning, 2nd offense and subsequent offense – a $15 fine. The failure to pay the penalty within ten (10) days shall result in the fine doubling. The failure to pay the penalty within ten (20) business days shall result in an additional fee or four times the original fee. Failure to pay the penalty fee after twenty (20) business days may also result in the issuance of a summons to appear in court to answer.
to the charge of violating the ordinance.

More information about the ordinance, including printable posters for businesses and a set of FAQs, are available at concordnh.gov.

**Drought conditions**

As of Sept. 24, drought conditions in New Hampshire continue to worsen. Now communities just to the east of Concord have entered extreme drought conditions, affecting 8.47% of the state. At this time, Concord remains to be in a severe drought with severe drought conditions now in 88.54% of New Hampshire. The precipitation deficit continues to grow, now at 9.83 inches below average for this time of year. There does not appear to be a lot of rain anticipated in the upcoming forecast, but the National Weather Service does predict a normal probability of precipitation for the region in the next 8-14 days.

Concord’s water production last week was a daily average of 5.0 MGD (millions of gallons per day), which is less than the 5.4 MGD daily average from the week before, but consumption continues to trend 10% higher than the average of the last three years and the drought year of 2016. Dry conditions are persisting and recent warmer temperatures have been returning which has led to continued irrigation and outdoor water use. Thankfully the changing of the seasons led to some decrease in water consumption compared to this summer’s high average of 6.5 MGD (which is about 1 MGD more than the average summer). We are hopeful that we will see a continued decrease in consumption as fall continues with less need for irrigation.

We remind everyone to please use water wisely and minimize outdoor water use. Concord’s water supply remains healthy while supplementing from the Contoocook River, but water conservation is still highly recommended to maintain our water source and to keep the City’s water production within reasonable limits. Drought conditions will continue to be monitored closely. Watering restrictions are not currently in place for Concord, but it is possible restrictions could be implemented if there is a pattern of high water consumption and drought conditions continue. We thank everyone for their efforts to conserve water. Every drop counts! Find drought updates and water conservation tips at concordnh.gov/conservation.

**Merrill Pool renovation**

Concord General Services’ Public Properties Division is working with the H.L. Turner Group and South Shore Gunite Pools & Spas to renovate the pool at Merrill Park. Construction officially started this week to fully replace the existing pool structure to address aging sections and offer improvements for ADA accessibility, increased safety, improved efficiency, and enhanced visual appeal. This is the fourth pool recently renovated as part of a multi-year commitment to upgrade all of the City of Concord’s community pools. Similar to the previous pools already renovated, this construction will include: a “zero-entry” access; improved deck floor traction and drainage to reduce slips, trips, and falls; and new exciting features such as a beach style ramp with gusher jets. Public Properties staff will enhance the facility’s appeal with fresh paint, new bathroom fixtures, and updated signs. Additionally, new lighting and water filtration media will be installed to improve energy efficiency. Most of the work will be concluded for the season by mid-October with final touches resuming in the spring for completion in June ahead of the 2021 pool season.

**Census deadline reminder**

The 2020 Census is closing on Sept. 30, 2020. For more information, visit 2020census.gov.
Read the paper without the paper

Ask any group how they like to get their news, and the chorus of responses will sound something like this: “Website. Phone. Paper. Facebook. Newsletters. Podcasts. Friends.” We’re increasingly hearing “E-Edition” added to the list, and with good reason. A growing number of our readers think the e-edition – which is more easily defined as a digital replica of our paper – serves as a valuable bridge between the traditional benefits of a newspaper and the technical advantages of our online world. For the many who still don’t quite know what it is, we’re taking this time to introduce to you our e-edition, where you can get the day’s news – or the news of the past month – in a newspaper format that’s meant to feel familiar.

OH, ALL THE BUTTONS!

HOW YOU WANT IT: Use to adjust settings for viewing. You can choose a single or double click to zoom, lock the article view or open more settings for a new window of options.

QUICK GLANCE: A thumbnail view of the entire paper, broken down into sections. From this view you can download individual or groups of pages. This is helpful if you want to email something or print.

SECTIONS: No matter where you are, this brings you to the main menu of the paper and allows you to quickly go to the section you want.

SETUP: Use to log out or manage your account.

GO BACK IN TIME: This will give you a thumbnail view of the past 30 editions of the Monitor. Once you click the thumbnail, you’ll be able to view that day’s full edition.

FIND IT FAST: Remember seeing a story or advertisement, but can’t remember what issue it was in? This feature allows you to search and view one month of any type of content by keyword, content type or date without having to open up an individual edition.

FAQs: A page of frequently asked questions. Some examples: “How do I print puzzles and other content?” and “Can I print the article I’m viewing, or share it with someone else?”

ALERTS: You can submit your email and receive an alert when an article is posted with a specific search term. If you get the alert, you can unsubscribe from here, too.

ADJUST: This resizes the page view to fit your browser window.

WHAT DEVICES

GET THERE FROM OUR SITE OR OUR APP

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2020 LINCOLN MKZ RESERVE AWD

2020 LINCOLN NAUTILUS AWD

Low lease: 24 months, 10,000 miles per year. 1st payment, $655 acquisition fee, $626 dealer fee & (Corolla), $4,623. Refi- $5,723 Tacoma- $3,623. Camry- $5,723. Highlander- $6,063. Tundra- $6,043 cash or trade equity due at signing. 10% security deposit due. Subject to credit approval. Slack dealer fee is not included in sale price. No sales tax for NH residents. All manufacturers rebates to dealer. Manufacturers programs are subject to change without notice. Ad vehicle reflect all discounts, manufacturers rebates and promotions including the $1,000 Irwin Bonus Voucher. Please contact the dealer for complete details. VIN# 1FTEW1EF2LKB23908. Expires 9-30-2020.
book of the week

Inspector Gamache back on the case

All the Devils are Here
By Louise Penny
(439 pages, mystery, 2020)

Chief Inspector Armand Gamache of the Sûreté and his wife Reine-Marie travel from their small village of Three Pines in Canada to Paris to visit family. Their daughter Annie is just about to give birth and they want to be there to greet their new granddaughter.

Annie’s husband is Jean-Guy Beauvoir, who was Armand’s second in command for years. Armand and Reine-Marie are also there to visit their son Daniel and his family. When he was a young boy, Daniel drew back and became distant with Armand, and Armand has never been able to find out why.

Armand’s parents died when he was young and he was raised by his godfather, billionaire Stephen Horowitz. Stephen is now 93 and for years has enjoyed more than anything finding out about corporate crimes and exposing them. Stephen says cryptically to Armand that “all the devils are here.”

After a family dinner to celebrate, they are walking away from the restaurant, and Stephen is struck down in the street by a delivery van, a hit and run. Armand saw that the van didn’t even slow down, and knows that it was deliberate – an attempted murder. Stephen is gravely injured and is in a coma, barely hanging onto life.

Armand begins to investigate, even though he has no authority in Paris. But he is an old friend of the head of the Paris police, Prefect Claude Dussault. Then an associate of Stephen’s is murdered in Stephen’s apartment. Stephen had been secretly investigating a corporation for years. And Jean-Guy begins to suspect that the engineering company that he now works for is hiding something, perhaps something that could endanger many lives. There are many twists and turns, and soon Armand is not sure who he can trust, even old friends.

This is a fascinating, roller-coaster ride of a mystery! Eventually, Armand winds up going on a wild search all over the City of Light, trying desperately to discover what the key to the mystery is. Why was Stephen keeping two nickels sealed together, and why was there a small ordinary landscape painting hanging amongst his priceless masterpieces? Armand must find out the truth before it is too late. There are lives at stake.

What devils are there, and where are they hiding? This is another outstanding mystery from Louise Penny, set against the luminous background of Paris!

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Robbin Bailey
Postage Due

There was once a young mailman, walked our streets a century ago,
took his time roaming house to house, perhaps just a little too slow.

He was gifted with charisma, the young lad was full of charm,
had a sweet disposition with the ladies, a gentle soul who would not harm.

As the mail arrived each day, he sorted and sorted his mail marked post,
the pretty young ladies would gather, for they were certainly entertained the most.

As the years progressed, he delivered his mail, because that’s just what mailmen do,
at times the postage was a little short, he was very creative with short postage too.

Sometimes he would collect his postage due, with a sweet kiss just so,
there was once a mailman, walked our streets a century ago.

James W. Spain
Historic Testimonial of the First Chiropractic Patient:

“I was deaf 17 years and I expected to always remain so, for I had doctored a great deal without any benefit. I had long ago made up my mind to not take any more ear treatments, for it did me no good. Last January Dr. Palmer told me that my deafness came from an injury in my spine. This was new to me; but it is a fact that my back was injured at the time I went deaf. Dr. Palmer treated me on the spine; in two treatments I could hear quite well. That was eight months ago. My hearing remains good.”

- HARVEY LILLARD, 320 W. Eleventh St., Davenport, Iowa

Harvey Lillard’s testimony appears in the The Chiropractor, January, 1897. A copy of this original testimony can be viewed in the Special Collections and Archives at Palmer College of Chiropractic.