Things to see & do
Enjoy your winter and plan for spring.
3 City newsletter
A look at winter activities while planning for spring and summer.

8 Book talk
Upcoming author events with Gibson’s.

6 Spring series
Walker Lecture Series spring schedule of virtual programs.
Looking ahead to spring and summer

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:

Temporary expanded outdoor dining

During their February meeting, City Council approved the renewal of temporary expanded outdoor dining once again in the City of Concord. This temporary program is an effort by the Council to address the impacts of the COVID-19 pandemic on our local restaurants. The 2021 season will run from April 1 through Nov. 15.

The temporary program provides for the issuance of special permits for expanded outdoor dining to allow restaurants in the downtown to use areas of the public sidewalk, squares, and parking spaces in front of their businesses to accommodate customers’ tables and chairs.

Restaurants interested in participating should apply for an expanded outdoor dining permit through the Code Administration Office website.

For questions related to this program, contact Code Administration at 225-8580.

See, Click, Fix and My Concord App

The City of Concord has partnered with SeeClickFix to implement a new citizen reporting platform and mobile app, making it easier than ever for the Concord community to report non-emergency quality-of-life concerns and service requests.

Residents and community members can now utilize the web portal on the City’s website or download the free MyConcordNH app to easily submit a request to the City of Concord. Requests can be made in a variety of categories such as potholes, missed trash collection, illegal dumping, parking concerns, and snow plowing, among others.

Create an account to get email updates regarding requests, to communicate with City users, and to view your request history and find activity updates.

The platform is simple and easy to use:

■ Select the Request Location
■ Choose a Request Category
■ Include a Photo (Optional)
■ Fill out the Form

Submit

Submissions will automatically be directed to appropriate Concord City staff, providing a faster and more direct way to connect with the City. The SeeClickFix platform also provides City staff with a centralized issue management system to manage issues from creation to resolution — engaging the community throughout the process.

The MyConcordNH mobile app is available for download on Android and iPhone. In addition to the reporting tool, the app includes several links to important City services and information. Email alerts and push notifications for City notices, such as winter parking bans, are also available on the app.

Dr. Biss Foot Specialist

Accepting New Patients

Concord Podiatry
163 Manchester St, Concord NH
P: 603-224-1800
concordpodiatry.com

Expert Toenail Care  Fungal Toenails
Bunions  Heel pain/Plantar Fasciitis
Diabetic Foot Care  Plantar Warts
Hammer Toe  Arthritis
Ingrown Toenails  Corns and Callous Care
Arch Pain  Gout

Plenty of Convenient Parking • All Insurance plans accepted

Dr. Biss
Concord Podiatry

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

TWO WEEKS ONLY!

$50 GIFT CARD
Good Towards Anything You Buy!

LIVING ROOMS • DINING ROOMS • BEDROOMS • MATTRESSES • AND MORE!

FACTORY AUTHORIZED SAVINGS EVENT
*See sales associate for complete details.

20% OFF ALL FJORDS FURNITURE!

LAST CHANCE! Save 20% at Endicott Furniture! Check out the Fjords Furniture line available at Endicott Furniture. See associate for complete details.
Concerns can also be reported through the online web portal by selecting the “Report a Concern” button on the City of Concord home page at concordnh.gov or directly at concordnh.gov/seeclckfix.

**Sculptors invited to apply for ‘Art on Main’**

The City of Concord and the Greater Concord Chamber of Commerce invite professional sculptors to submit entries for a year-round, outdoor public art exhibit in the city’s historic downtown. Selected artists will receive a $500 stipend.

Art on Main, Concord’s Fourth Annual Outdoor Sculpture Exhibition, will run from June 2021 through May 2022. Professional sculptors age 18 years or older may submit up to two sculptures for consideration; each must be the property of the artist. The deadline for entries is March 31, 2021. Artists will be notified of their acceptance into the show by April 30, 2021. Installation dates are May 21 to June 8, 2021. All accepted entries must be transported by the artist and properly secured upon installation for the safety of visitors and the artwork itself. All of the artwork is for sale. The City of Concord takes a 30% commission for any sculptures sold to promote the visual arts.

New Hampshire’s state capital features an award-winning Main Street and a Destination Downtown that offers charming, tax-free local shops, restaurants with expanded outdoor dining in the summer months and ongoing cultural offerings that attract a high volume of visitors throughout the year. Selected Art on Main artists will receive excellent exposure to the public.

For more information about the City of Concord’s Fourth Annual Outdoor Sculpture Exhibition or to submit work for consideration, please visit www.ConcordNHChamber.com/CreativeConcord. Additional questions should be directed to Greater Concord Chamber of Commerce President Tim Sink at 224-2508 or tsink@concordnhchamber.com.

**Merrimack Valley School District info**

On Feb. 8, the Merrimack Valley School Board voted to retain the 2021 MVSD annual meeting date of March 5, 2021.

Official Ballot voting (moderator and school board positions) will take place on March 5, 2021 at Merrimack Valley High School, beginning at 11 a.m. with the polls closing at 7 p.m. For those who cannot vote in-person, the MVSD website (mvsdpride.org) has detailed information about absentee voting and how to obtain an application for an absentee ballot.

Following the official ballot voting, at 7 p.m. on March 5, 2021 the annual meeting will commence and the gathered legislative body (the voters) will have the opportunity to act on the proposed warrant. The MVSD website (mvsdpride.org) also has an abun-
dance of information relative to the Annual Meeting, including:

- a link to detailed information about the health and safety measures that will be in place at the Annual Meeting, mvsd-pride.org/2021-annual-meeting
- the 2021 MVSD Annual Meeting Warrant
- a PDF copy of the 2021-22 MVSD proposed budget along with a link to detailed information about the proposed budget, mvsd-pride.org/school-board/2021-2022-mvsd-proposed-budget
- access to the 2021 MVSD Annual Report
- a sample ballot

Parks and Rec Adult classes

The Parks & Recreation Department is more than youth and family programming. The department’s next session of adult classes begins in early March and registration is underway. Class offerings include numerous fitness classes like: Tai Chi, Zumba Gold, Barre, Yoga, Yoga for MS, Zumba Toning, Buff Bones and more. Adult Enrichment classes include: language, dog obedience classes, tennis and even bird watching. Due to COVID-19, all class sizes have been reduced and pre-registration is required. Information on how to register can be found in the new Spring Brochure available at concordparksandrec.org or by calling the office at 225-8690.

Outdoor skating areas

The ponds at White Park, Beaver Meadow Golf Course and the skating area at Rollins Park are currently open. As conditions change, please follow the posted signs. The Merrimack Lodge at White Park will be open both Saturday and Sunday from Noon until 4 p.m.

Despite having the third warmest January on record, the number of outdoor skating days this winter compared to last year has been much higher. Last winter, we managed to have the pond at White Park open 18 days, while this year we are currently at 34 days. The pond at Beaver Meadow Golf Course was open 7 days last winter and we are currently at 34 days.

The Parks and Recreation Department encourages everyone to get outside and enjoy the skating areas this weekend as it might be the last weekend the ponds are open for skating!

Senior meals available at community center

The first senior meal pick-up at the City Wide Community Center was a success! Thanks to Becky and Shannon for coordinating. Twice a month, frozen meals and breakfast bags will be available for seniors age 60+ to bring home. Orders must be placed one week in advance and a $2 per meal donation is requested. Contact Becky at 230-4982 or Rbukowski@ConcordNH.gov for details, a menu and an order form.

Spring brochure

The Concord Parks and Rec Department is happy to announce that our spring brochure is available now to help you plan out your spring and summer! We have COVID-19 safety protocols in place for all participants, instructors, and coaches, as well as several virtual Zoom class options for anyone wanting to participate from home.

The spring brochure, available online, offers a variety of programming for children, adults, and seniors, with indoor and outdoor options. We have added several new classes, including Take and Make art activities, Tai Chi, environmental education, and more. Other popular classes and activities like spring basketball, NFL Flag Football and soccer, dog obedience, language classes, fitness classes, and adult pickleball are also listed.

This brochure includes our ever-popular traditional summer camps as well. Reserve your child’s spot today and plan out your summer activities!

Please register for programs and/or summer camps as soon as possible, as we have reduced capacity for all classes/camps. For more information regarding programming and safety protocols, please visit www.concordparksandrec.com or call 603-225-8690 with any questions.
A glance at Walker series events in March

The Walker Lecture Series continues its spring season with several virtual events in March.

Jeff Warner kicks off the month with “Banjos, Bones and Ballads” on March 3. Traditional songs, rich in local history and a sense of place, present the latest news from the distant past. They help us interpret present-day life with an understanding of the working people who built our country. Tavern songs, banjo tunes, 18th century New England hymns, sailor songs, and humorous stories about traditional singers and their songs highlight this fun and informative program by Warner. This will be screened on ConcordTV.

Mark Edward will explain “Psychics, Mediums, and Mind Readers: How Do They Do It?” on March 10. Edward is a professional mentalist who specializes in magic of the mind. He has spent more than 35 years in world-class venues from high-end nightclubs and theaters to hundreds of private party and corporate events. He travels internationally as a skeptical activist, using his skills as a mentalist to teach and promote critical thinking. This will be shared on Zoom.

On March 17, Jane Oneail will present on “Frank Lloyd Wright and Norman Rockwell.” Oneail is an independent scholar with a master’s in Art History from Boston University and a master’s in Art in Education from Harvard University. She is a New Hampshire native and has worked at some of the state’s most esteemed cultural institutions, including the League of New Hampshire Craftsmen, where she served as Executive Director, and the Currier Museum of Art, where she held the role of Senior Educator. Oneail has also taught at the college level for more than a decade, most recently at the NH Institute of Art. This will be shared on Zoom.

Tom Sterling will present a travelogue about Denali in autumn on March 24. For the first half of the program, Sterling takes us to Alaska’s Denali National Park and Preserve with its more than six million acres of mountains, valleys, rivers, lakes, tundra and forest. Denali is home to grizzly, moose, caribou, dall sheep, wolves, ptarmigan, red fox, arctic ground squirrel, beaver, pika, and many others. This will be shown on ConcordTV.

All shows are virtual and start at 7:30 p.m.

The Walker Lecture Series is free and open to the public. Donations accepted.

For more information and to sign up for the Zoom links, visit walkerlecture.org.
Ray of Hope is an acute voluntary inpatient behavioral health unit for older adults. The Ray of Hope treats a variety of behavioral health issues with the goal of maximizing functionality, enhancing quality of life, and providing continuity of care.

We are always here for you, and we are dedicated to help you or your loved one find inner balance during this time of struggle.

"The Ray of Hope was a vision of Dr. Maria Ryan she saw a need in the community and in the state, and made it happen. The Ray of Hope will miss Maria when she leaves and wish her the very best. However, the Ray of Hope will continue to stand for and offer high quality compassionate care for this population enhancing their quality of life, just as Maria envisioned."

-Carolyn Sherman Director of Ray of Hope Unit at Cottage Hospital
Gibson’s Bookstore continues to host author events virtually, which are supported by book sales and donations. To view more upcoming events, visit gibsonsbookstore.com/event. To watch recordings of some past events, visit gibsonsbookstore.com/past-event-recordings.

**Mark Kulansky**

Gibson’s Bookstore is pleased to virtually present Mark Kurlansky, with his new book, *The Unreasonable Virtue of Fly-Fishing*. He is joined in conversation by N.H. author Steve Angers (*Fly Fishing New Hampshire’s Secret Waters*, owner of North Country Angler in North Conway). The Zoom event will be held March 2 at 7 p.m. Registration is required at eventbrite.com/e/13832898423.

From the award-winning, bestselling author of *Cod* – the irresistible story of the science, history, art, and culture of the least efficient way to catch a fish.

Fly fishing, historian Kurlansky has found, is a battle of wits, fly fisher vs. fish – and the fly fisher does not always (or often) win. The targets – salmon, trout, and char; and for some, bass, tarpon, tuna, bonefish, and even marlin – are highly intelligent, wily, strong, and athletic animals. The allure, Kurlansky learns, is that fly fishing makes catching a fish as difficult as possible. There is an art, too, in the crafting of flies. Beautiful and intricate, some are made with more than two dozen pieces of feather and fur from a wide range of animals. The cast as well is a matter of grace and rhythm, with different casts and rods yielding varying results.

**Larry Olmsted**

Larry Olmsted visits Gibson’s Bookstore on March 18 at 7 p.m. virtually to share his new non-fiction work about the passion of sports fans, and the positive ways that passion affects their lives and their communities - *Fans: How Watching Sports Makes Us Happier, Healthier, and More Understanding*.

Olmsted is joined in conversation by his friend Jeff Bradley to discuss his time in Europe and the sports fan culture across the pond compared to the U.S. Registration is required at eventbrite.com/e/141347005699.

Olmsted is an award-winning journalist who has been a visiting professor at Dartmouth College, where he taught nonfiction writing. He is the author of the New York Times best-seller *Real Food / Fake Food* and *Getting into Guinness*, a history of the Guinness Book of World Records, a book for which he broke three world records himself while researching. He currently writes online columns for Forbes and USA Today, and he appears regularly on television and radio. Olmsted is an avid fan of American Ninja Warrior and a passionate fan of sports fans.
In a complex world, good advice is worth its weight in retirement income.

good advice, plain and simple

You don’t want to hear complicated financial strategies or fancy investment talk. You just want to feel confident that you know how your investments work and you’re making informed decisions. We can help.

Learn 5 reasons you can relax about retirement at Bangor.com/GetComfortable

Wealth Management products:
NOT FDIC INSURED | NO BANK GUARANTEE | MAY LOSE VALUE
How to Make a Slave and Other Essays

By Jerald Walker
(151 pages, essays, 2020)

This collection of short works by Jerald Walker simply shines. Poignant, timely, and engrossing, this nonfiction finalist for the 2020 National Book Awards gripped me from page one. Walker masterfully delivers social commentary via a series of personal reflections on life as a Black man in contemporary America. He frankly tackles topics of race and identity through vignettes about fatherhood, academia, pop culture, the medical and legal establishments, a very bad haircut, and more — often using second-person narration to draw in the reader and build empathy. Walker’s tone and subject matter are sometimes cutting, sometimes heartrending, and often surprisingly funny.

Having succumbed, in his youth, to the drugs and violence inundating his community in South Side Chicago, Walker — now a professor of creative writing at Emory College — refuses to become a stereotype, or to allow his writing to be a rehashing of tired tropes. Don’t let the title — a riff on a Frederick Douglass quote — fool you: these are stories not just of pain, but of strength, resilience, and courage.

“After all,” Walker points out to a cocktail party acquaintance in the essay Dragon Slayers, “slaves and their immediate descendants were by and large heroic, not pathetic, or I wouldn’t be standing here.”

Visit the Concord Public Library online at concordpubliclibrary.net.

Faithe Miller Lakowicz

Better Hearing Center, we listen, we care.

Let us help you get back to the world of hearing. Call us now.

Melissa M. Burt
M.S., CCC-A

Veronica (Nguye) Foley
M.S., CCC-A

Better Hearing Center, PLLC
Serving the Concord area since 1957

Better Hearing Center, PLLC
Listening to New Hampshire and to You
2 Industrial Park Drive, Concord 603.224.9043
www.betterhearingnh.com
Feb. 25, 1780: Jonathan Harvey is born in Sutton. He will grow up to be president of the New Hampshire Senate in 1818, the same year his brother Matthew is speaker of the New Hampshire House.

February 25, 1984: At a rally in Eagle Square on the Saturday before the presidential primary, Democratic Sen. John Glenn introduces a 14-year-old supporter whose dog was recently hit and killed by a car. Glenn tells the boy: “I know there’s no way you can possibly replace a trusted friend like Yoyo, but Corey, maybe we can help out just a little.” He presents Corey Smith with a black and tan puppy.

Feb. 26, 2000: Donna Sytek, the first female speaker of the New Hampshire House, informs her colleagues by letter that she will not run for a third term as speaker this fall. She cites her belief in voluntary term limits for legislators and her own health troubles as reasons for stepping down.


Feb. 26, 1733: The Massachusetts General Court creates a new township to be called Rumford (earlier known as Penny-Cook, later as Concord).

Feb. 27, 1873: A select committee of the U.S. Senate recommends the expulsion of Sen. James W. Patterson, Republican of New Hampshire, on grounds of corruption. Patterson, a Henniker native, Dartmouth graduate and former educator, has bought stock at a heavy discount in the Credit Mobilier scandal. He will be saved by the bell. His term expires in just four days, and on March 1 a party caucus will decide there is not enough time to deliberate the matter.

Feb. 27, 2000: Trucks full of steel beams arrive in Concord, the first shipment of materials for new seating to be installed at Memorial Field. The construction project comes in preparation for the Babe Ruth World Series, to be played in Concord in August.

Feb. 27, 1859: In Washington, an acquaintance bursts in to tell New Hampshire man Benjamin Brown French that French’s friend, Philip Barton Key, has been shot to death by U.S. Rep. Dan Sickles. Key became “criminally intimate” with Sickles’s wife, French writes, and when Sickles found out, he confronted Key on the street near the White House and shot him through the heart. Sickles will become the first man ever acquitted on a defense of temporary insanity. Later, he will gain fame as a Union general in the Civil War.

Feb. 27, 1958: At one of President Eisenhower’s stag dinners, the guest of honor, the 82-year-old Robert Frost, tells his old friend Sherman Adams: “There may not be much time left, you know.”

Feb. 28, 2002: In Jaffrey, a fire destroys the newly built but still unoccupied $2.6 million Jaffrey-Peterborough District Courthouse.

Feb. 28, 1976: The New Hampshire Supreme Court rules that people committed to state mental institutions in criminal case must pay for their board and care if they have the money.

Feb. 28, 1930: A special legislative session convened for the purpose of enacting tax reform ends with no changes. One newspaper headline: “Futile session comes to an end.” (Up for consideration this day: a state income tax.)

Feb. 28, 1894: At Sewalls Falls, George and Charles Page of the Page Belting Co. open the second hydroelectric dam of its kind in the United States. The powerhouse is equipped with four 2,300-volt, 225-kilowatt generators driven by leather belts from reaction-wheel water turbines. Sewalls Falls will generate power until 1968.

Feb. 29, 1860: Abraham Lincoln travels to Exeter Academy to visit his eldest son Robert, who is a student there.

Feb. 29, 1960: A spectacular dinner, the guest of honor, the 82-year-old Robert Frost, tells his old friend Sherman Adams: “There may not be much time left, you know.”
It’s more important than ever to say thank you for a job well done. Let the Concord Monitor help send a thank you to Teachers, Schools, Educators and Administrators in March!

Write a short message to say thank you, and we’ll publish it on Tuesday, March 30th!

(Deadline for submission is Tuesday, March 23rd.)

For $19.95, your message will appear on this page and show your appreciation!

It’s easy!
• Submit online to www.concordmonitor.com/teachers
• Email: dspaulding@cmonitor.com
• Call Deb at 603-369-3233

CONCORD MONITOR

March 1, 1923: Two Concord newspapers, the Evening Monitor and the New Hampshire Patriot, merge. They will operate as the Concord Daily Monitor and New Hampshire Patriot under Editor James M. Langley, Dartmouth graduate and World War I veteran.

March 1, 1859: The Coos Republican of Lancaster reports on a mobile celebration the week before: “One hundred and ten couples from Lancaster and vicinity visited Littleton on a sleigh ride on Thursday last. They were entertained in fine style at Thayers Hotel. The Littleton Brass Band discussed excellent music for the occasion, and the whole affair passed off to the universal satisfaction of all concerned. This is probably the largest Sleigh Ride on record.”

March 1, 1876: Concord’s North Church, at North State and Chapel streets, is consecrated for worship. The church was built on the site of the previous church, which burned to the ground in June 1873. The cost of the new church: $50,883.86.

March 1, 1849: New Hampshireman Benjamin Brown French, longtime federal official, bids farewell to President James K. Polk and shakes hands with the incoming president, Gen. Zachary Taylor. Of Taylor, he writes: “I . . . made up my mind at once that he was an honest-hearted, happy old man, who would, if he could have his own way, do his duty faithfully and impartially. He will not, I fear, be permitted to have his own way.”

March 1, 1860: Moses Pearson Cogswell of Canterbury leads a company of 27 New Hampshire men to Boston, where they board the ship Sweden for the trip around South America to the California gold fields. The journey will take five months, two days. The allure of gold is so strong that by 1860, more than 2,500 Californians will name New Hampshire as their native state.

March 1, 1860: During the afternoon, Abraham Lincoln addresses a large crowd at the Phenix Hotel in Concord. He speaks to an even larger one in the evening at Manchester. The mayor of Manchester introduces him as “the next president of the United States.” Lincoln’s appearances follow a trip to see his son, Robert, at Phillips Exeter Academy.

March 2, 1848: On the eve of gubernatorial elections, the New Hampshire Patriot, the state’s leading Democratic newspaper, announces imminent peace with Mexico and says the fruits of war redound to the credit of President James K. Polk.

March 2, 1960: Mayor Charles Johnson of Concord appeals to the Concord Theater not to show the movie Jack the Ripper. Johnson hasn’t seen the film but has heard from more than a dozen callers to city hall that it contains scenes of violence and horror. Two days before the movie is scheduled to open, theater manager Theresa Cantin agrees to cancel it.

March 3, 1945: G-men with machine guns swarm Main Street after word reaches Concord that two prison escapees from Iowa are holed up downtown. At midday an inspector and three FBI agents arrest 31-year-old killer Edgar Cook at the point of machine guns at the Phenix Hotel. Cook is described as “a tough-looking character with plenty of cash.” Later, a Concord police officer has a hunch that Cook’s partner may have gone to the Capitol Theater to see a matinee of the current feature, The Suspect. The hunch proves correct, and George Stubblefield, a/k/a William Giles, is captured outside a barber-shop shortly after leaving the theater.
### Presidents' Day Sales Event

**All Month Long!**

**New 2021 Toyota Corolla LE**
- **Finance Offer:** $58 MO
- **Upfront:** $18,649
- **Details:** Additional Savings Available at www.irwinzone.com

**New 2021 Toyota RAV4 LE 4x4**
- **Finance Offer:** $74 MO
- **Upfront:** $26,309
- **Details:** Additional Savings Available at www.irwinzone.com

**New 2021 Toyota Tacoma SR Access Cab 4x4**
- **Finance Offer:** $97 MO
- **Upfront:** $29,243
- **Details:** Additional Savings Available at www.irwinzone.com

**New 2021 Toyota Camry LE**
- **Finance Offer:** $97 MO
- **Upfront:** $23,188
- **Details:** Additional Savings Available at www.irwinzone.com

**New 2021 Toyota Highlander LE AWD**
- **Finance Offer:** $98 MO
- **Upfront:** $36,431
- **Details:** Additional Savings Available at www.irwinzone.com

**New 2021 Toyota Venza LE AWD Hybrid**
- **Finance Offer:** $99 MO
- **Upfront:** $31,403
- **Details:** Additional Savings Available at www.irwinzone.com

**New 2021 Ford Explorer XLT 4x4**
- **Finance Offer:** $73 MO
- **Upfront:** $32,554
- **Details:** Additional Savings Available at www.irwinzone.com

**New 2021 Ford Ranger XL Super Cab 4x4**
- **Finance Offer:** $74 MO
- **Upfront:** $26,465
- **Details:** Additional Savings Available at www.irwinzone.com

**New 2021 Ford F150 Super Cab 4x4 XL**
- **Finance Offer:** $97 MO
- **Upfront:** $35,605
- **Details:** Additional Savings Available at www.irwinzone.com

**New 2021 Hyundai Kona SE AWD**
- **Finance Offer:** $99 MO
- **Upfront:** $20,598
- **Details:** Additional Savings Available at www.irwinzone.com

**New 2021 Hyundai Tucson SE AWD**
- **Finance Offer:** $89 MO
- **Upfront:** $20,597
- **Details:** Additional Savings Available at www.irwinzone.com

**New 2021 Hyundai Santa Fe SE AWD**
- **Finance Offer:** $79 MO
- **Upfront:** $22,959
- **Details:** Additional Savings Available at www.irwinzone.com

**New 2020 Lincoln Aviator Reserve AWD**
- **Lease For:** $659 Per Month For 24 Mos
- **Sale Price:** $62,423

**New 2020 Lincoln Corsair AWD**
- **Lease For:** $367 Per Month For 24 Mos
- **Sale Price:** $37,859

**New 2020 Lincoln Nautilus AWD**
- **Lease For:** $367 Per Month For 24 Mos
- **Sale Price:** $49,411

Low lease: 24 mos, 10,000 miles per year. 1st payment, $650 acquisition fee, $649 dealer fee & (Corolla- $4,700, RAV4- $5,700, Tacoma- $3,700, Camry- $6,100, Highlander- $8,600, Venza- $6,500) cash or trade equity due at signing (72 payments of $13.88 for ever $1,000 borrowed. Special financing may affect sale price. Ad vehicles reflect Irwin’s $1,000 Savings Voucher. See dealer for complete details. Expires 2-28-2021.

Low lease: 36 mos, 10,000 miles per year. 1st payment, $650 acquisition fee, $649 dealer fee & Kona- $4,701, Tucson- $4,201, Santa Fe- $4,701 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. 0% financing subject to credit approval. FMCC financing may be required. Before Online Savings. Additional Savings Available at www.irwinzone.com

**Bisson & Union Ave Laconia, NH**
603-524-4922 | www.irwinzone.com
SHAKER REGIONAL SCHOOL DISTRICT

GIRLS VARSITY SOCCER COACH

Shaker Regional School District has an opening for a Girls Varsity Soccer Coach for the 2021-2022 School Year. 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.

When You're Ready to Quit.

We're Ready to Help.

You don't have to quit smoking on your own. Call the American Cancer Society anytime, day or night, at 1-800-ACS-2345. We are here to help.

www.cancer.org
1.800.ACS.2345
Hope. Progress. Answers.

ConVal is HIRING:

• Principal - South Meadow Middle School

Go to www.convalsd.net, click on “Careers” and complete an application.
HELP WANTED

SHAKER REGIONAL SCHOOL DISTRICT

COACHING POSITIONS

Shaker Regional School District has the following Coaching Positions available for the 2020-2021 School Year:

- Middle School Boys Baseball
- High 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.

New Hampshire Ball Bearing's Astro Division is located in Laconia, NH—heart of the scenic Lakes Region. Astro is a World-Class 500+ person, climate-controlled manufacturing facility that produces spherical bearings, rod ends, sub-assemblies and other precision metal parts for the aerospace industry. We are looking for quality minded individuals to join our team! We currently have an opening for a:

Industrial Electrician/Repair Technician

This position will maintain, install, and test industrial electrical, electronic, mechanical, hydraulic and pneumatic systems and components related to CNC manufacturing equipment. This position also provides skilled machine related support to all areas of manufacturing and the facility.

Knowledge of electrical, electronic and mechanical principles in determining equipment malfunctions is essential, and must be able to utilize skills in restoring equipment to operation. Comprehensive computer skills are required.

To be considered, applicants must possess a High School diploma or equivalent, as well as a Master Electrician license, which must be maintained. Applicants must also have a minimum of 10 years proven experience with industrial electrical, electronic, PLC, CNC, mechanical and hydraulic systems and maintenance.

This position requires a quality conscious candidate who is detail oriented, has good manual dexterity and flexibility, and a solid work history. This position requires successful completion of a pre-hire drug screen as well as a COVID test.

The successful candidate will enjoy exceptional pay and benefits packages which include Medical, Dental, Vision, 401(k) plan, paid vacations, incentive pay, bonus program, and shift premium.

If you are interested and possess the skills and requirements noted above, please apply online at www.nhbb.com or submit your application/resume to:

NHBB, Inc.
155 Lexington Drive Laconia, NH 03246
Fax: (603) 524-3524
Email: jdunleavy@nhbb.com

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.

An Equal Opportunity/Affirmative Action Employer

Sell your stuff FAST

Place your classified ad today.
It’s quick and easy to use!

Log on to concordmonitor.adperfect.com

PRINT & ONLINE
7 DAYS A WEEK!
Another Crossroads Success Story

Congratulations Abbey S. - February Practice Member of the Month!

Did you know that new research is being published in the Journal of Athletic Training showing that restoring a normal neck curve through chiropractic in the athletic population improved pain levels and body function?

This new study found that structural rehabilitation of the Cervical Lordosis and Anterior Head Translation is the key variable for improvement in patients suffering from Chronic Neck Pain. It identified that the group receiving actual spine correction achieved improvement at long-term follow up in the following variables:

- Improved Neck pain
- Improved Neck disability
- Improved Sensori-motor control measures including: Stability of Balance, occulomotor function (eye movement control), and head repositioning accuracy!
- Changes in Sympathetic Nervous System Function-- toned down excitability equating to more para-sympathetic tone at rest.

Corrective chiropractic care is a leading holistic approach to improving your quality of life and important body functions. Find out if chiropractic adjustments could help you or your loved one. Call us at 575-9080 today to schedule your evaluation!

Citation: https://meridian.allenpress.com/jat/article/doi/10.4085/1062-6050-0481.19/454355/Demonstration-of-Autonomic-Nervous-Function-and

SPECIAL OFFER
Complete Structural Exam with any necessary x-rays $49
Expires 3/18/21

People come to Crossroads Chiropractic for help with:
- Chronic Ear Infections
- Headaches
- Neck Pain
- Acid Reflux
- Colic
- Digestive Problems
- Low Back Pain
- Sciatica
- ADD/ADHD
- Anxiety/Depression
- Scoliosis
- Asthma
- Allergies
- Torticollis
- Numbness in Arms/Hands
- Migraine Headaches

Because life is better when you’re well adjusted!

CROSSROADS CHIROPRACTIC

TWO CONVENIENT LOCATIONS

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

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

WWW.CROSSROADSCHIROPRACTIC.COM