Sweet summer

Go enjoy the little things
8 Kindness in action
This week’s kindness challenge is to do small acts with lots of heart.

4 Pick ‘em
Strawberries are here, but not for too long.

14 Freedom’s cost
Poem that reflects on lives lost to war.

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July 2, 1941: Joe DiMaggio hits a line drive home run over the head of Ted Williams in left field to break Wee Willie Keeler’s record 44-game hitting streak. On base when he hits it is Yankee third baseman Red Rolfe of Penacook.

July 2, 1976: Gov. Mel Thomson orders a full investigation into what happened to 1,500 pounds of chicken that never made it to a state worker picnic at New Hampshire Hospital. The birds, worth $780, were contaminated and disposed of.

July 2, 1776: Dr. Josiah Bartlett and William Whipple represent New Hampshire as the Continental Congress declares American independence.

July 2, 1863: New Hampshire’s best known Civil War hero, Col. Edward E. Cross, is mortally wounded at Gettysburg. Cross, of Lancaster, led the Fifth New Hampshire Volunteer Infantry Regiment on the Peninsula and in the battles of Antietam, Fredericksburg and Chancellorsville. As he lies dying of a gunshot wound in the abdomen, Cross’s last coherent words are: “I think my boys will miss me.”

July 3, 2002: Several members of New Hampshire’s Committee of Correspondence meet in Portsmouth to decide whether to accept an invitation from Virginians to attend a Continental Congress in Philadelphia in September. Royal Gov. John Wentworth and Sheriff Parker of Rockingham County invite the meeting and kick the dissidents out of Assembly hall. The men move to a nearby tavern, where they resolve to meet in July to elect delegates to the convention.

July 3, 1869: The first train runs to the summit of Mount Washington.

July 4, 1858: The Rev. George Channing suggests residents of Lancaster celebrate Independence Day with a pledge of sobriety. His temperance talk is billed in newspapers as “a lecture upon the disastrous consequences from the use of intoxicating drinks and of tobacco in all its forms to the souls and bodies of men.”

July 4, 1899: Ten thousand people attend the dedication of the Memorial Arch in front of the State House. Cut from Concord granite, it is 33 feet 8 inches high and 53 feet wide. Though built on state land, it was paid for by the city and commemorates Concord’s war veterans.

July 4, 1891: A crowd of 6,000 to 7,000 people gathers at the circus grounds just above Bridge Street along the Merrimack River to watch a holiday baseball game. The Concord YMCA team, a perennial power, defeats the Concord Stars, 13-12. “Fielding at times was rather loose,” the Monitor reports.

July 4, 1859: Austin Goings launches the 65-foot sidewheeler Surprise on Lake Sunapee. It is the first steamboat on the lake. Goings will soon leave to fight in the Civil War, and it will be 17 years before transportation on the lake begins in earnest.

July 4, 1776: New Hampshire delegates Dr. Josiah Bartlett and William Whipple, with the rest of the Continental Congress at Philadelphia, accept a draft of the Declaration of Independence.

July 4, 1919: Communities statewide honor veterans of the World War on Homecoming Day. The state offers each veteran a $100 bonus and will eventually pay 19,425 claims. The Legislature has also voted to pay homage to the war dead with the building of War Memorial Bridge across the Piscataqua River from Portsmouth to Kittery.

July 4, 1820: The fare from Concord to Boston by stagecoach is cut to $1, the result of competition between two lines.

July 5, 1874: Prominent Concord lawyer Anson Southard Marshall dies of a gunshot wound. The previous day, Marshall took his wife and young son for a Fourth of July picnic near Lake Penacook. The family heard target shooting by a militia company nearby. Marshall stood to call to the shooters and request that they be careful. He was immediately shot in the abdomen.

July 3, 1865: A railroad accident in Northfield wrecks several freight cars and fatally scalds one passenger. An excursion to The Weirs the next day is canceled, as the road is impassable.

July 3, 1961: Gov. Mel Thomson orders a full investigation into what happened to the Taiwanese flag flown at the Olympics, he will order the Nationalist China to participate in the Montreal Olympics, he will order the Taiwanese flag flown at the State House and at his official residence in East Concord throughout the Games.

July 3, 1865: In town convenience

July 4, 1858: The Rev. George Channing suggests residents of Lancaster celebrate Independence Day with a pledge of sobriety. His temperance talk is billed in newspapers as “a lecture upon the disastrous consequences from the use of intoxicating drinks and of tobacco in all its forms to the souls and bodies of men.”

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The first fruits of summer have arrived in New Hampshire: strawberries. Delicious all on their own or boiled into jam or baked into pie. Get some fresh air and go pick your own at a local farm.

Be prepared to take COVID-19 precautions, such as mask-wearing and washing your hands before picking. Check with individual farms on the practices they are implementing.

The N.H. Department of Agriculture list of pick-your-own farms has these places listed for strawberries.

**Apple Hill Farm**
89 Hoit Road, Concord
224-8862, applehillfarmnh.com
Open Monday through Saturday, 8 a.m. to noon, as weather allows

**Beans & Greens Farm**
245 Intervale Road, Gilford
293-2853,
beansandgreensfarm@gmail.com, beansandgreensfarm.com
Open daily, 10 a.m. to 5 p.m.

**KREBS Farm**
315 Upper Bay Road, Sanbornton
556-9249, krebsfarmnh@gmail.com, krebsfarm.com
Schedule varies on weather conditions, call for information.

**Park Family Farm**
360 Upper City Road, Pittsfield
731-0907, facebook.com/parkfamilyfarm
Not open for Summer 2020.

**Rossview Farm**
85 District #5 Road, Concord
228-4872, rossviewfarm@hotmai.com, rossviewfarm.com
Open daily at 7 a.m., weather permitting

**Springledge Farm**
37 Main St., New London
526-6253, info@springledgefarm.com, springledgefarm.com
Monday through Friday, 9 a.m. to 6 p.m.; Sunday, 9 a.m. to 4 p.m.
Chamber News

Business Showcase Joins Virtual Realm

Concord Chamber event connects business leaders

The Greater Concord Chamber of Commerce invites its members and the public to the 29th annual Business Showcase on Thursday, July 16, from 4 to 6 p.m. via Zoom. Presented by Merrimack County Savings Bank and Unitil, this popular networking event features the products and services of Greater Concord Chamber of Commerce members from a variety of industries in a virtual trade show atmosphere.

With your safety in mind, this year the Greater Concord Chamber of Commerce is transforming its signature tradeshow event into a new experience. Virtual Business Showcase will continue the Chamber’s long-standing tradition of gathering our community to unite Capital region business and community leaders with area professionals and local citizens in a revised format appropriate for these times.

Help us celebrate our business community’s commendable strength, ingenuity and tenacity by attending the Chamber’s first virtual trade show on July 16.

Whether you’re looking for a job, planning a wedding or a home renovation, or new ways to grow your business and investments, Virtual Business Showcase offers a fantastic opportunity to get up close and personal with engaged business and community leaders in a way that hasn’t been possible for some time. The event includes door prizes as well as exciting announcements, and our multi-day celebration from July 14 to 16 includes the option to view live and recorded exhibitor demonstrations.

We’re here to guide you through the entire process. Simply register to attend Virtual Business Showcase on the Chamber’s website under Key Events and you’ll receive an email with the event schedule and clickable links to attend each online experience. We’ll include information about how to use the free Zoom platform we’re hosting this on and how to participate through your computer, laptop, tablet, or smartphone.

Following the Chamber’s June 23 Business During Hours virtual event, Chamber Ambassador Michelle Cogan of Focus Automotive, Inc., shared, “I thought it was awesome. I couldn’t imagine how it was going to work before attending...I loved it,” regarding Zoom and online networking.

Visit ConcordNH Chamber.com/business-showcase for more information and to see our exhibitors and sponsors who we cannot praise enough for their enduring support through many changes and important decisions about how to best host this event. This event is free and open to the public. We’re waiving the admission fee so all who want to attend can during these challenging times!

In addition to our presenting sponsors Merrimack County Savings Bank and Unitil, we would like to thank our media sponsors Binnie Media, The Laconia Daily Sun, Concord Monitor and New Hampshire Business Review.

Kristina Carlson

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Expires 7/12/2020

50% OFF

Cannot be combined with any other offer
Expires 7/12/2020

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Your CBD Store Concord

Come visit us at Your CBD Store at 211 Loudon Rd up on heights at Courtyard Sq across from Sugar River Bank
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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:

**Drought conditions**

Drought conditions are developing across the nation due to lack of recent rainfall and snowpack from this winter. As of June 25, Concord is experiencing moderate drought conditions. Precipitation for Concord is about 5.68 inches below average for this time of year. There has been a noticeable increase in water production at the City of Concord’s Water Treatment Facility recently averaging 6.8 MGD (millions of gallons per day) earlier last week and now pushing 7.5 MGD each day this week. For this time of year, the typical amount is 5.5 MGD. Based on stable water flow at the wastewater treatment facilities, Concord’s high water use indicates demand is coming from increased irrigation and outdoor water use driven by drought conditions.

Currently there are no water restrictions in place for Concord since water supply levels at Penacook Lake remain decent. However, water conservation is strongly encouraged. Please use water wisely. Be mindful of your water use, especially outdoors.

Concord’s water supply is healthy, but we advise water customers to conserve use as a proactive measure to manage our water resource. Simple measures to take when conserving water include minimizing irrigation, lawn watering, and inspecting systems for water leaks. Practice watering at night or early morning to minimize evaporation and consider using weather-based irrigation controllers to avoid unnecessary watering. Visit www.concordnh.gov/conservation for drought updates and

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**Café SCIENCE CONCORD**

**www.sciencecafenh.org**

Eat, Drink & Be Geeky:
A free monthly gathering to discuss all things science.

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**Twist Hill Farm**

**Proud Supporters**

Black Lives Matter.

We continue to teach about implicit biases, inequality, justice, and discrimination.

**PARKER EDUCATION**

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**Precut USDA Lamb & Goat Meat**

**For Sale - 20% off all meat**

Buy 3 get 1 FREE ground meat.

See website for complete listing of available cuts.

Chicken eggs & duck meat also available.

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**Monitor file**

Penacook Lake is Concord’s water source. Rainfall has been lower than usual and residents are asked to be considerate of their water use.
water conservation tips.

Also, due to drought conditions only Category I and II (camping and cooking) burn permits are being issued. Please exercise extra caution and make sure all fires are completely distinguished before leaving unattended. Permit website: nhdflweb.sovsportsnet.net.

City Council Statement

Following their meeting on Monday night, city council released the following statement in light of issues at the forefront of our country:

“As Mayor and City Councilors, we condemn the senseless deaths of George Floyd and other Black Americans at the hands of police officers who violated their oaths to protect and serve. We pledge to use our oaths to protect and serve. We will be undertaking a comprehensive review of our policing and use of force policies so that community members may feel confident in our approach. It makes sense, in this moment, to identify areas for improvement throughout City government. The work ahead is both immediate and long-term, as well as expansive. We will create inclusive forums for all voices that move us forward together.”

Information from the collections office

The City of Concord Collections Office is experiencing a high volume of transactions. All requests via phone and email are being returned in the order they are received. Please note that tax payments are due on Monday, July 6. All payments received prior to the deadline will be processed in the order they were received. If your call is returned in a timely manner or via email, please note that we are currently taking approximately seven business days to process. Staff appreciates your patience as they work to fulfill all requests and are doing their absolute best to get back to you as soon as possible.

Ways to communicate with the Collections Office:

■ Email collection@concordnh.gov – preferred form of communication for faster response time
■ Phone 225-8540 (Please leave a detailed message and your call will be returned in the order it was received)
■ Utilize online services concordnh.gov/1111/Online-Bill-Pay (Renewal of motor vehicle/motorcycle/trailer registrations, property tax payments)

More information is available on the Collection Office’s web page at concordnh.gov/453/Treasury-Collections.

Library offers Bookopoly

Get in some summer reading with Concord Public Library’s Bookopoly. There’s a game for teens and two children’s book bingo options (one for ages 0-6 and the other for ages 5-12). Lots of fun to be had and prizes to be won! Patrons can register for summer reading during curbside hours or they can register online here and a staff member will email them their game boards. More information at concordnh.gov/CivicAlerts.aspx?AID=2943.

Absentee ballot information

Residents wishing to vote in New Hampshire who are concerned about participating in-person due to COVID-19 may register to vote, and vote, by absentee for the 2020 elections. Find more information on the State of New Hampshire’s website. Please contact the City Clerk’s Office at 225-8500 or via email at city-clerk@concordnh.gov with any questions.

Pay-as-you-throw program returned

The Pay-As-You-Throw (PAYT) Trash Bag Program was reinstated as of June 22. Concord residents with curbside trash collection will be required to return to using PAYT trash bags. Trash not in PAYT bags will no longer be collected. Visit concordnh.gov/trash for more information.
Perform small acts with great love

By GRACIE MCHUGH
For the Insider

What do you think a Philadelphia nun, the famous musician Jon Bon Jovi and a 12 year old boy from New Hampshire all have in common? I will tell you.

It’s easy to be concerned about a problem in the world and post on social media about it, which a lot of people do. But how many of us can honestly say that when we are concerned about an issue we actually take action in our lives to try and make a difference? This week’s Kindness Column is about the tragedy of homelessness in our world and I am highlighting the kindness of two ordinary people and one rock star who take action in their lives to help those suffering from homelessness. Homelessness is everywhere in our country and can affect anyone at any time. Just because you may not see homeless people on the streets of your town, it doesn’t mean it’s not there.

The United States is one of the richest countries in the world, but according to the website endhomelessness.org, there are more than 568,000 men, women and children experiencing homelessness in the United States as of January 2019. Sister Mary Scullion of Project HOME in Philadelphia 12 year old Granite Stater Dominic Cole of Pennsylvania and Jon Bon Jovi are three kind and amazing people in this world doing incredible work to help those suffering from homelessness.

Project HOME is one of the best known organizations in the United States that helps provide housing, job opportunities, medical care and education to the homeless. In the late 1980s, Sister Mary Scullion saw that homelessness was a terrible problem for people in the City of Brotherly Love. She and Joan Dawson McConnon started a small organization that later was called Project HOME. Their goal was to provide emergency housing, food, job training and medical care to the homeless in their city. Over the past 30 years, Project HOME has grown from a small, local organization to a large successful organization that other cities use as a model for how to help the homeless in their cities and they have achieved a 95% success rate. This means that of the people who go through Project HOME for help, 95% of them don’t return to being homeless again.

Sister Mary started Project HOME with nothing and she depended on donations for everything at the beginning. She created Project HOME out of her kindness and her passion and over time more people heard about her work and donated to help the cause. In 2009, Sister Mary was named one of Time Magazine’s 100 most influential people in the world because of her work to help the homeless. She has been invited to the White House, she was President Obama’s choice for a speaker at the National Prayer Breakfast, she has spoken all over the country about her work, she was invited by Democratic Rep. Dwight Evans to be his guest at the State of the Union Presidential address in 2020 and she still works side by side with the homeless everyday in Philadelphia. Her motto is “none of us are home until all of us are home” and because of her organization, homelessness in Philadelphia is lower than in any other major city in the country. When Sister Mary and Joan Dawson began Project HOME in 1989 there were over 2,000 homeless people on the streets of Philadelphia which is the fourth-largest city in the country. According to the article “The Influential Sister Mary Scullion” by Margaret Gordon Kender, “today there are fewer than 200 homeless in Philadelphia. To put those numbers in perspective, currently 2,000 people live on the streets of New York and 40,000 homeless live in San Francisco. Philadelphia now has the lowest per capita number of homeless people on the street of any city in the world.” Sister Mary has had to fight legal fights to get housing built for the homeless, she has faced criticism and negativity from people who don’t understand her work, but she has never given up her goal to help the homeless in her city. Her kindness has helped her to persevere and makes her a hero to anyone who knows about her.

Jon Bon Jovi is one of those people who says that Sister Mary is a hero to him. He is also one of Sister Mary’s close friends and because of her, he also feels that homelessness is an extremely important issue that we all need to care about. When Sister Mary and Joan Dawson McConnon had the idea to help provide emer-

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**Kindness Challenge**

Perform small acts with great love.

**For the Insider**

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**Pet Vaccination Clinic | Sat. July 11**

**Saturday, July 11th**
**10am - 12pm**

Reserve your spot for low-cost vaccinations and microchip clinic. Must register online at popememorialspsca.org.

**THOMAS LOGGING AND FORESTRY MULCHING**

Forestry Mulching/Brush Grinding, Pastures, Land Reclaiming, Field and Tree line, Riding Trails, Barn and House sites. Etc.

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Will bring the state park effect to your backyard.
Emergency support for a few homeless people on Philadelphia's streets in the late 1980s they faced a lot of obstacles. But they never gave up. Their kindness and their desire to help others mattered more to them than the struggles they faced. They inspired Bon Jovi to help the homeless, too. He’s donated more than $1 million to Project HOME and he told a reporter for the Philadelphia Inquirer in 2010 that Sister Mary and Joan Dawson are the “Batman and Robin” of Philadelphia’s streets.

Bon Jovi was so inspired by their work, that in 2006 he founded his own organization called the JBJ Soul Foundation whose mission is “to break the cycle of hunger, poverty and homelessness through developing partnerships, creating programs and providing grant funding to support innovative community benefit organizations.”

Here in New Hampshire, there is another amazing musician doing his part to help the homeless. He is 12-year-old, Dominic Cole. He has turned his passion for helping those less fortunate into an organized cause. Dominic’s motto is “you can be little and do big things” and that is truly what Dominic is doing.

In the summer of 2017 when Dominic was 10, he founded a non profit organization called Percussion For A Purpose. If you go to the Boston Common on the third Sunday of any month you’ll find Dominic playing drums, performing for anyone to see. After he performs, Dominic, his mother and volunteers from all over the Boston area all serve meals in Boston Common to homeless men, women and children in need.

During my interview with Dominic and his mom, Dominic’s mother shared how Percussion For A Purpose began. Dominic has been playing drums for about four years. In the summer of 2017, he was playing drums and performing in the Boston Common just as an opportunity to perform in front of other people. One afternoon a man who was homeless was walking past Dominic and he asked, “would you play something for me?” Dominic says he was happy to do so and he played a few songs for him. The man enjoyed Dominic playing a solo performance for him. When Dominic was finished the man shared that he was once a musician a long time ago but now was homeless. He gave Dominic a quarter as a reward for playing for him. Dominic tried to refuse the money but the man insisted and encouraged Dominic to continue spreading his kindness and his talent. That afternoon on his trip back to his home, Dominic told his mother he wanted to raise money for the homeless and do something to help others.

Dominic now performs in the Boston Common every month and thanks to donations from Panera Bread in Concord and Manchester, local families, colleges, churches and many other businesses and organizations he serves about 300 meals to the homeless on his Percussion for a Purpose Sundays. Dominic also uses any money he receives as donations for his performances to purchase toiletry items for Kindness Kits which he gives out to anyone in need, too. Dominic says that he hopes that his kind actions have a “ripple effect” and influence others to help too.

Dominic and his mother said that Dominic gets a lot of joy out of performing but also gets joy out of knowing that he can make a difference by spreading a little kindness.

When COVID-19 shut down Dominic’s ability to perform in the Boston Common for a while, he started a GoFundMe to raise money to contribute to a local New Hampshire charity in need. To date he has raised more than $4,000 dollars and is hoping to make a donation to one or more charities. Dominic says he would really like to change homelessness and doesn’t understand why there aren’t more resources available to help those in need. Dominic says that he would like to change the stigma that many people have about the homeless because he’s listened to people’s stories and they are not always what people would expect.

It is clear that Sister Mary Scullion, Jon Bon Jovi and Dominic Cole all would agree that it is our responsibility as kind human beings to help others. All it takes is an idea, kindness and perseverance.

This week’s Kindness Challenge is called “Small Things, Great Love.” We can all do small acts each day with love and kindness to help others in need. This weeks Kindness Challenge is simple. Find at least one small thing each day that you can do for someone else and do that one thing with all your heart. Examples might be holding a door for a stranger, cleaning up your sister’s shoes on the floor even though it’s not your job, doing the dishes without being asked, giving a compliment, donating money to a charity, volunteering your time, making a meal for someone in need etc. Do at least one act of loving kindness each day for seven days. Keep track of what you do each day and try to mix it up and do different acts of kindness each day and for different people.

Share your stories and photos of your acts of kindness on Instagram @ kindnesschallenge or on sites.google.com/sau8.org/kindnesschallenge/home. You can also check out projecthome.org, jbsf.org and Instagram @percussionforapurpose to learn more about the organizations above.
Plan for retirement

Get What’s Yours: The Secrets to Maxing Out Your Social Security

By Laurence J. Kotlikoff
(Nonfiction, 384 pages, 2016)

A must read for anyone who is planning on taking their Social Security benefits soon. This book is full of all the things no one tells you. It walks you through all the wonky government math, so you can get the biggest check possible.

Everyone’s fear is that their Social Security will run out before their time on this earth does. It doesn’t help that there’s all this fine print, and the laws just keep changing. If you take it too early, you get half what you are owed. If you work too many hours, you have to pay it back. This book lays out all that fine print, so there are no surprises come signing day.

So many things affect your social security payout. Married? Widowed? Working part-time? This book tells you what you need to know, before you take that leap. There’s so much advice out there; it’s hard to know what to listen to. Read this book to know what to do to get the highest payout and things to avoid that will erode your benefits.

Get out your pen and paper because you are going to want to take lots of notes.

Visit Concord Public Library online at concordpubliclibrary.net.

Amy Cornwell

Read about reading

Clarence’s Big Secret

By Roy MacGregor & Christine MacGregor
Cation, Illustrated by Mathilde Ting-Mars
(Tumblebooks)

Clarence has a big secret he doesn’t want anyone to know. He can’t read. The very first day of school children laugh at him so he leaves and never returns.

Soon after leaving school Clarence’s Dad becomes blind in an accident and he takes over the family farm. Clarence goes on to become a logger, miner and successful farmer.

Clarence falls in love and his wife are the only ones who know his secret, his daughters don’t even know. Sadly, one day his wife passes away and Clarence needs to figure out how to read. He is nearly 100 years old and he tries teaching himself to read using junk mail. Eventually, Clarence tells one of his daughters, a teacher, and she helps him learn how to read. Once he can read he can’t stop and goes on to advocate literacy until his death at 105 years old!

I loved this true story. It makes you want to thank the person that taught you how to read. It is also an inspiration for little ones getting ready to learn how to read.

Visit Concord Public Library online for Tumblebooks and Tumblemath at concordpubliclibrary.net.

Lorraine Myers
In book, flu wipes out most humans

The Dog Stars
By Peter Heller
(319 pages, fiction, 2012)

“The Dog Stars” by Peter Heller was on my “Want to Read” list for ages. After reading a series of “just ok” books I was looking for a sure thing. I’m drawn to survival stories and this is a survival story. I’m also a fan of post-apocalyptic fiction and this is post-apocalyptic fiction. Could I do this right now? Could I read a post-apocalyptic novel in the midst of a global pandemic? The summary piqued my interest so I decided to try.

The protagonist, Hig, survived a flu mutation that wiped out over 99% of the world’s population. Immunity appears to run in families; Hig’s wife did not survive. Hig, his dog Jasper, and fellow-survivor, weaponry-loving Bangley, live at a small abandoned airport in Colorado where Hig keeps his Cessna airplane (“the beast”). He flies the perimeter of the area, searching for intruders. Strangers are enemies now and encounters typically end in death. While Bangley relishes these battles, Hig yearns for connection and signs of remaining goodness in the world. In addition to flying surveillance, he uses these flights, with Jasper as co-pilot, to fish, explore, and engage in acts of kindness.

While on one of these outings, Hig receives a random transmission on the radio. He decides to find out who and what remains of the outside world. His excursion past the point of no return – past the distance where he has enough fuel to return – contains suspense, danger, and finally, an interesting resolution. Some aspects of the storyline wrapped up a little too neatly, but I found that satisfying, too. I like my “end of the world” fiction with a bit of redemption. Apocalyptic novels can actually be uplifting and hopeful when they point toward humankind’s innate yearning for meaning and compassion.

The novel is written in a stream of consciousness style that is not for everyone. I’m not always a fan, but in this instance, the style, compelling story, and beautifully written descriptive passages served to focus my attention. I’ll admit, reading this particular novel at this particular time did trigger some anxiety – “could things get this bad?” etc. Ultimately, I was glad I read “The Dog Stars.” If you enjoy survival stories and post-apocalyptic fiction in particular, put this one on your list – for later.

Visit the Concord Public Library online at concordpubliclibrary.net.

Lori Roukey
While gyms are beginning to open at lower occupancy numbers and at least some social distancing precautions expected to continue through the summer, it might be hard to keep up the routines you are used to doing. However, it is still important to stay active for a healthy body and mind. Instructors from 43 Degrees North will be sharing quick exercises with the Insider that you can do at home.

**Standing Shoulder Press**

Start with your elbows at 90 degrees.

Press up through your shoulders.

Breathe out as you press up.

Breathe in as you bring arms back to the starting position.

Try to go for 10 repetitions, 3 times with a 30-second break between sets.

Standing shoulder press not only works your shoulder muscles, but it also activates your core muscles. I like this exercise for strengthening my shoulders and helping my golf swing. You use your whole core in golf as well as cycle. Another one of my favorites!

*(Shannon Boudreau is a certified fitness instructor and is a cycle instructor at 43 Degrees North Athletic Club.)*
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There was a young man

There was a young man, we don’t talk about him anymore, left to serve his country, marched off to war. He lived in our town, went to school too, had a paper route and played ball, the things boys do. I remember him still, his name now on a Vietnam Wall, we don’t talk about him anymore. There was a young man, we don’t talk about him anymore.

James Spain

Journeying with the time traveler

By JAMES SPAIN

For the Insider

There are memories we hold close to our heart; we experience such joy at an innocent age before our minds are tainted by society and we file away the thoughts. We hold these sacred memories and revisit them as we age with increasing frequency. My story is born of an age of innocence many years ago.

Some of my earliest memories date back to the 1960s when I was young and impressionable. I spent many days with my grandfather during this period and was fortunate that he was passionate about history and I enjoyed listening. My young mind absorbed each and every word while my active imagination allowed me to travel through time beside him. He spoke of his life growing up before immigrating to the United States in the early 1900s and about the love he held for his own parents as well as the sanctity of childhood. His stories were varied and numerous but they were always sure to thrill this young boy as we sat together under that summer sun back in 1966.

Grampa would visit Concord each summer and spend some time at our home. He enjoyed gardening, taking walks and his wonderful life. At the age of 90, he experienced so much and compressed his history into his summer visits. As we visited the stories would flow and sometimes tears too. His stories brought him back to another time when he was a child, born in 1876 he lived life much as it was written in a history book. He spoke of the time he spent in the trenches fighting during the Great War, his very first automobile manufactured by Henry Ford and the Great Depression. He knew the value of a good job and a meal.

Though he experienced the stories he told, there were memories of stories his father told him before he immigrated. Grampa’s father was born in 1846 and these pieces of history passed down to me are very dear, for his story and his fathers’ story are also my story. I consider it both an opportunity and an honor to carry the many stories I have heard in my life to the next generation.

His life was indeed long and his history vast. I learned that life is precious and fleeting. You are a young boy only once and live a life based upon good values, hard work, honesty and most importantly compassion for others.

It was through his stories and my imagination that I held Grampa’s hand as we journeyed through time each summer, visiting far away places and watching America grow into a beautiful nation. Through him, I visited Yankee Stadium as it was being built in 1922, and then stopped at the Lincoln Memorial in Washington, D.C., just in time to see the dedication to this great man. I was seated beside Grampa in a theater as we watched the very first motion picture with sound in 1923.

I heard the very first radio broadcast from the Grand Ole Opry in 1925 and stood on the airstrip with Grampa as Charles Lindbergh departed on his famous flight across the Atlantic. Al Jolson sang to me in 1927 and I watched a wonderful young lady named Amelia Earhart become the first woman to fly across the Atlantic Ocean.

When Grampa passed away there were many old friends at his funeral. I was dressed in my dark blue suit and seated with my parents. I was deeply saddened but did not cry. Each night following the funeral and for many years later I dreamed. I dreamed about traveling along a dusty old road towards the setting sun in a 1920 Ford motor car. I still traveled with Grampa in my dreams, but only during the happy times. Sitting together under the summer sunshine I travel through time again and again with this great man.
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