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By JAMES SPAIN  
For the Insider

For many years the city of Concord hosted the Concord State Fair on Clinton Street. This annual event was attended and enjoyed by thousands of people. Our ancestors traveled from around the state and further, arriving by train at the depot they would book their rooms at popular Main Street locations such as the Phenix and Eagle Hotels, enjoy fine dinners and spend a day at the fair. This was wonderful for our local economy as well as a very coveted event attended by large crowds. The Horse Trolley and later the Electric Trolley ran tracks and trolley service to the fairgrounds on Clinton Street to transport the tourists from Main Street while horses, wagons and early motor cars were used too. At the time Clinton Street was not paved and subjected to very heavy traffic during the annual Concord State Fair. In order to keep the commute as pleasant and dust free as possible the city of Concord utilized the horse drawn “sprinkler” to wet the road with water.

The “sprinkler” is pictured here in 1900 on Clinton Street.

**Correction**

Trend Acupuncture is located at 1 Pillsbury St., Suite 204, Concord. The incorrect address was included under Best Acupuncturist in the Cappies listing last week.

**Concord’s street sprinkler**

By JAMES SPAIN  
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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:

Parks and Rec
Concord Parks & Recreation wants to remind families that we are currently accepting registrations for Youth Soccer (ages 4 to grade 6), NFL Flag Football (ages 6 to 11) and all other fall programs.

The registration deadline for soccer is Aug. 14 and the registration deadline for flag football is Aug. 28. Our recently updated fall brochure and access to online registration is available at concordparksandrecreation.com. Concord Parks & Recreation will be re-opening the City Wide Community Center Wednesday, September 9 with limited hours. Programming will begin the weekend of Sept. 12. Full details will be available on our website after Aug. 20.

Water safety
The communities of Boscawen, Canterbury, and Concord want to remind the public that swimming and boating in rivers or water bodies with a current can be extremely dangerous. There have been two fatalities and several water rescues on the Merrimack and Contoocook Rivers in the past month. With the normal recreational areas being closed due to COVID-19, there is increased public use of remote river areas with no lifeguards on duty.

Please use caution when swimming or boating on any water bodies, but be extra careful when you are on or in moving water. Even if a river looks calm, there can be fast-moving undercurrents. Always enter unknown or shallow water cautiously, feet first.

Here are some additional safety tips:
■ Personal flotation devices (PFDs) are always strongly recommended, even if you are a strong swimmer.
■ Know the location or name of the area you are in so that you can identify it to 9-1-1 if you have an emergency.
■ Check with those that are familiar with the area to identify areas with current or steep drop-offs.
■ Don’t swim alone – always have a swim buddy.
■ Learn CPR and rescue techniques. Review the steps to hands-only CPR (no mouth to mouth resuscitation needed) here from the American Heart Association, which can help save a life and be used until help arrives cpr.heart.org/en/cpr-courses-and-kits/hands-only-cpr.

Our Fire and EMS personnel want you to enjoy summer water activities safely. While drowning deaths peak among one and two year olds, drownings continue to be the second leading cause of preventable death through age 15. According to the National Safety Council, 353 people aged 5 to 24 drowned in 2017.

Drought conditions
As of July 23, Concord is still experiencing moderate drought conditions. Although Concord has been receiving sporadic rain showers, precipitation is approximately 4.91 inches below average for this time of year. Water consumption returned to relatively normal conditions last week at 5.2 MGD (millions of gallons per day) due to rain every few days. However, hot weather returned this week and once again increased the demand for outdoor water use and irrigation, increasing consumption back up to 6.5 MGD+ each day. Hot weather will be continuing into next week, but we hope residents will minimize their outdoor water use as much as possible. Irrigation and watering can be reduced, despite the heat, to make a difference in water usage. Conservation is still strongly advised, especially in regards to irrigation and outdoor use. Please use water wisely. There are no water restrictions currently in place for Concord, but it is possible restrictions could be instituted based on high consumption. Water levels at Penacook Lake remain decent while supplementing from the Contoocook River. Water customers should conserve water as a proactive measure to maintain our water resource. If watering is needed, please water at night or early morning to minimize evaporation and consider using weather-based irrigation controllers to avoid unnecessary watering. Thank you for doing your part to conserve water. Find drought updates and water conservation tips at concordnh.gov/conservation.

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, sos.nh.gov/VotingEmergency.aspx.

Updates from the NH Secretary of State
The 2020 absentee ballot application now has a box to check for those who choose to vote absentee due to concerns re: COVID-19. Also, voters now have the option to request absentee ballots for both primary and general elections on one application. Download here: https://bit.ly/3FKZCBm

Ward 9 Polling Change
Due to COVID-19, City of Concord residents in Ward 9 will vote at the City Wide Community Center, 14 Canterbury Road, during the New Hampshire State Primary Election on Sept. 8, 2020 and during the general election on Nov. 3, 2020.

More information about elections, including a link to request an absentee ballot, polling locations and hours, voter information, and ward maps, is available online at concordnh.gov/elections. You may also contact the City Clerk’s Office at 225-8500 or by email at city-clerk@concordnh.gov.

Please contact the City Clerk’s Office at (603) 225-8500 or via email at city-clerk@concordnh.gov with any questions.
In life, it’s not the ideas you have, or your intentions, or even the things you say you will do that count. In life it’s your actions that matter the most and today’s column is about the kind actions of two people, almost 100 years apart whose kind actions saved the lives of others.

Harold Lowe was an officer on the Titanic. On the night of April 14, 1912, Harold Lowe was the officer in charge of the only lifeboat that went back to the site the Titanic had sunk to save people from the freezing ocean. He forced other officers to crowd people tighter together in other lifeboats and then had the people from his lifeboat move to those open spots. Harold Lowe went against orders and he rowed back to where the Titanic had sunk and tried to pull as many people as he could from the icy ocean. He was afraid for his own life, but he put that aside because he knew he had to try to help others.

Because of Harold Lowe’s kindness, he saved as many as six people that night with his brave actions. He didn’t have to go back and risk his own life, and the people above him told him not to, but he did anyway because he could see there was extra room in boats and he knew he needed to help others. History should remember him for his act of kindness during such a scary time. He is an example of amazing bravery, and very importantly his kindness.

Here in Concord, we have many first responders working on the front lines of the COVID-19 pandemic risking their lives to help others, like Harold Lowe risked his life. One of those first responders is nurse practitioner Sarah Medeiros who works at Crossroads Family Medicine.

Harold Lowe must have felt afraid as he made the courageous decision to row back to the site of the Titanic sinking to save people, and I believe first responders today must also feel scared. I wanted to talk to Sarah and share her story as an example of the bravery and kindness being shown by all first responders during this frightening time.

I asked her about how she feels working on the front lines of a pandemic and what advice she has as a medical professional for how we can show kindness through safety measures during this time. Sarah said that even when stores, schools and almost everything shut down due to COVID-19 she and her colleagues kept working and
Harold Lowe and Sarah Medeiros might have lived 100 years apart but they are similar in the ways that they both took risks to help others.

It is somewhat scary to talk to people you haven’t talked to recently. To call three people you know how much that one small act but you never know how much that one kind act might improve someone’s day. If you are uncomfortable social distancing and seeing people in person, you can even do this with three strangers that you see when you are out. The point is, take a risk, and put the kind ideas you have and kind intentions into action and offer a kind compliment to people. Yes it’s scary to talk to people you may not know well, or at all, and you don’t know how they will respond, but everyone loves to hear a compliment so be the person to make other people happy this week with your kindness. Be like Harold Lowe and Sarah Medeiros. Take a risk. Make intentions be actions. Offer a compliment. It won’t cost you anything and it’s not dangerous and you will make others really happy. Harold Lowe and Sarah Medeiros have both made a huge difference for others because of their willingness to act with kindness and take a risk and you can too!

**Share Your Story:** Don’t forget to share your photos and stories about your Take A Risk Kindness Challenge this week on Instagram at @kindnesschallengenow or email me your stories at kindnesschallengenow@gmail.com. Tag your post on Instagram with #kindnesschallengecompleted and #takeariskkindnesschallenge

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Visit concordhomeless.org to:
- Reserve a time slot- only 250 “Meal-for-two” tickets. Advance purchase ONLY!
- See the menu: brisket, pulled pork, sausage, cowboy beans, cole slaw and more! (Vegan options, too!)
- See the schedule of LIVE MUSIC
- See event safety precautions

All proceeds benefit Concord Coalition to End Homelessness (CCEH)

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A special thank you to Wilcox & Barton, Inc.; Environmental and Civil Engineering, one of CCEH’s Pillars of Support. They are a Bluegrass BBQ Palladium Sponsor and donating countless hours, using their massive 25-foot smoker, to prepare and cook all the smoked delicacies for the event!

“Wilcox & Barton, Inc. is excited to partner with Concord Coalition to End Homelessness and support its mission to end homelessness in the Capital Region.”

-Bill Wilcox, President, Wilcox & Barton
After much discussion and deliberation, the Concord Multicultural Festival committee has reached the difficult decision to cancel the 2020 Concord Multicultural Festival. The uncertainty of COVID-19 presents many challenges that just cannot be addressed effectively due to the nature of this event.

Now, more than ever, our community needs connection — the kind of connection that fosters kindness, understanding, and respect. The Concord Multicultural Festival is a celebration of all people, honoring our similarities and our differences. We provide the opportunity for people from all walks of life to share their cultures and heritage through food, music, art, and activities.

Although the impacts of being in-person at the festival are unmatched, we are working toward other ways to share cultures, celebrate diversity, and whenever possible, bring people together.

Welcoming Week: Creating Home Together will be held Sept. 12 to 20. The goal of Welcoming Week is for organizations and communities to bring together immigrants, refugees, and long-time residents to build strong connections and affirm the importance of welcoming and inclusive places in achieving collective prosperity.

In partnership with Welcoming N.H., the committee is working to create an online cookbook. Through this virtual recipe exchange, we encourage you to share your favorite dish and a bit of your own story (or your family’s story). Let this be an opportunity for us to come together and take pride in our different cultures, our unique experiences, and our shared love of food and community. Please tell share your recipe by using the form at surveymonkey.com/r/9XDCKLY or by emailing welcomingnh@gmail.com. They are accepting submissions now through Aug. 31. The virtual cookbook will be published on WelcomingNH.org during Welcoming Week.

On Aug. 22, as part of Intown’s Concord Market Month, and in celebration of International Art Day, the Concord Multicultural Festival committee will be at the State House presenting international art, dance and music.

For more information, visit concordnhmulticulturalfestival.org.

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Chamber golf tournament ends on Aug. 5

Each year, the Funds for Education Golf Tournament raises funds to directly support the Chamber’s Business Grants for Teachers program (providing more than $5,000 annually to local teachers who have developed innovative programs in Concord area K-12 schools) and the Chamber’s esteemed Capital Area Student Leadership program. Over 675 Capital region high school sophomores have graduated from CASL since the program began, and gained exposure to the historical, cultural, environmental and civic aspects of the Greater Concord area. Learn more about these programs and the tournament on our event flyer!

New this year, the Greater Concord Chamber of Commerce annual Funds for Education Tournament offers two ways to play; teams can either participate during the tournament on Wednesday, Aug. 5, or play on a day of their choice prior to the tournament date at Beaver Meadow Golf Club, and submit their score via email. Don’t worry, we’ll announce the tournament results online, so everyone can cheer for our 2020 champions.

Now more than ever, Capital Region students, teachers and schools need your support. The Funds for Education Golf Tournament raises funds that directly support educational initiatives in our community, and your participation will have a greater impact than ever by supporting these meaningful programs during a time when they are most needed.

Use the online form, concordnhchamber.com/2020-team-registration, to register a foursome, or email emarsh@concordnhchamber.com to register individual players or pairs.

Want to play on our tournament day? We’ll provide the fun experience you look forward to every year, while adhering to current social distancing guidelines. Be sure you register in advance, as space is limited! Plan on enjoying a breakfast with your teammates, a delicious luncheon outdoors and a fun day at Beaver Meadow Golf Course in Concord.

For more information, visit concordnhchamber.com/golf-tournament.
While gyms are 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.

**Deadbug**

Begin by lying on your back with your legs up in the air, knees bent at 90 degrees, feet are flexed. Both arms are up over your chest holding a 10 pound dumbbell. Make sure to drive your lower back into the ground and prevent the arch of the spine.

At the same time, drop one leg down in front of you, and both arms pull over and above you, and then come to starting position. Alternate legs.

This is a great exercise to build core strength that is low impact on the body, and can be modified in many different ways. I like to add variations of this exercise to my core circuits in group training to really fire up the abs!

(Meghan Miller is a certified fitness instructor and is an instructor at 43 Degrees North Athletic Club.)
books of the week

YA fantasy is riveting

Crown Duel
By Sherwood Smith
(214 pages and on Libby, young adult fantasy, 1997)

This riveting, fast-paced novel will have YA readers of all ages on the edge of their seats. A deathbed oath leads well-intentioned but ill-prepared Meliara and Branaric — siblings of title but little wealth — to wage rebellion against the crown. The king and his minions plot to break an ancient covenant between humans and tree-like Hill Folk, sentient creatures with magical properties and abilities. Mel and Bran raise a local militia and through guerilla tactics manage to embarrass the crown, but are devastatingly outnumbered and out-powered when a tactical marquis takes command of the royal forces to squash the rebellion. Mel is captured — but things are not what they seem and war is waged not only on the battlefield but also in the mind and heart of Mel who must overcome her prejudices, mistrust, and ego if she is to make any lasting change.

This is an action-packed adventure that will leave the reader wanting more. Luckily, this book leads to a sequel even more fascinating, with war being waged in the courts. Action and politics combine with court intrigue, budding romance, and touches of magic. With headstrong, intelligent, and kind characters, this is a highly entertaining and fun read.

Visit the Concord Public Library online at concord-publiclibrary.net.

Lindsey Hunterwolf

Retelling a fairy tale

Sleeper and the Spindle
By Neil Gaiman
(68 pages, fiction, 2013)

From the twisted mind of Neil Gaiman. You may think you know the story of Sleeping Beauty. But you’ve never heard it like this before. If you’ve always desired more emotion and poetry in fairy tales than chronological statements, look no further. Gaiman artistically tells the tale of a woman cursed to sleep and her unexpected savior. Sweeping illustrations narrate this story along with Gaiman’s revered style of storytelling. Three adventurous dwarves. A queen running from her fate. A castle full of zombies. What else could you ask for?

Sleeping Beauty’s rescuers must reach the ghoulish castle before falling asleep themselves. The magic sedating her lies like a blanket over the kingdom. Along their journey, they aren’t sure who to trust as they are tricked at every turn. Looks can be deceiving. Find out who Sleeping Beauty really is in this dark tale.

Visit the Concord Public Library online at concord-publiclibrary.net.

Amy Cornwell

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this week in history

**July 30, 1975:** After nearly 100 hours of debate over 30 days and 35 inconclusive roll-call votes, the U.S. Senate declares its inability to settle the disputed November 1974 U.S. Senate election in New Hampshire and sends the matter back to the state. The move opens the way for a new election between Republican Louis Wyman and Democrat John Durkin. Durkin had suggested the new election on grounds that at the rate the Senate was going, “the term will have expired long before the Senate makes up its mind.” Durkin will win the new election.

**July 30, 2000:** John McCain, whose resounding defeat of George W. Bush in the state’s presidential primary sent shock waves through the Republican Party, formally releases his delegates at the GOP national convention in Philadelphia. “I will always be grateful,” McCain says of his time in New Hampshire. “One of the greatest experiences of my life was my time in that state.”

**July 30, 1868:** A fierce tornado rips through the North Country town of Pittsburg, destroying trees and buildings.

**July 30, 1777:** After riding all night from Exeter, Lt. Col. Gordon Hutchins, Concord’s legislative representative, bursts into the Sunday service at Concord’s meeting house to say that Gen. John Stark is marching west but needs more men. “Those of you who are willing to go had better go at once,” Rev. Timothy Walker tells his congregation. All men present leave.

**July 30, 1854:** Samuel Wilson, believed to be the original “Uncle Sam,” dies at 87. Brought up in Greenville, N.H., he became a contractor and supplied meat to the army during the War of 1812. He was known as Uncle Sam and stamped his supply barrels U.S. Asked by passersby on a New York wharf what the U.S. stood for, one of Wilson’s workmen said, “Uncle Sam.” The name quickly spread.

**July 30, 1947:** The Monitor is inundated with letters to the editor urging the city to build a swimming pool. One resident, Hazel M. Stiles, writes: “Oh yes, we have Bear Brook if you have a car and someone to take you over. Most parents are working daytimes and cannot take the children. Yes, we have a bus at the cost of 35 cents each way, making 70 cents and an admission fee when you get there. How many times can a child afford to go there?”

**July 31, 1860:** Sen. Stephen A. Douglas, the Democratic nominee for president, comes to Concord. The crowd at the railroad station is “dense and ungovertable,” and 5,000 people jam onto the State House yard to see the most famous politician of his day. Douglas denounces his fellow Democrat, President James Buchanan, for placating the South.

**July 31, 1911:** Samuel Eastman buys the assets of the Abbot & Downing Co. for just over $50,000, with more than half the money

SEE HISTORY PAGE 14

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$451
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SALE PRICE
$50,607

Low lease: 36 months, 10,000 miles per year; 1st payment, $660 acquisition fee, $652 dealer fee & (Explorer $5,728, F150 $5,878) due at signing. Not available for all residents. Irwin’s $1,000 Savings Voucher. See dealer for complete details. VIN# LJT010. MSRP ($46,295) 24 mo. lease, 7,500 miles/yr. Lease with $4,983 due at signing ($3,358 Cash or Trade Equity plus dealer fee, 1st payment & $645 acquisition fee due at signing). No sales tax for NH residents. Ad vehicles reflect all discounts, manufacturers rebates and promotions including the $1,000 Trade Equity plus dealer fee, 1st payment & $645 acquisition fee due at signing. All vehicles reflect Irwin’s $1,000 Savings Voucher. Special financing may affect selling price. In lieu of factory rebates. TFS Financing required. Expires 7-31-2020.

Low lease: 36 months, 10,000 miles per year; 1st payment, $660 acquisition fee, $652 dealer fee & (Kona $4,174, Tucson $5,424, Santa Fe $5,908) due at signing. Not available for all residents. Irwin’s $1,000 Savings Voucher. See dealer for complete details. HMF financing required. Expires 7-31-2020.

Low lease: 24 months, 10,000 miles per year; 1st payment, $660 acquisition fee, $652 dealer fee & (Corsa $4,214, Kona $4,344, Tucson $5,644, Santa Fe $6,326) due at signing. Not available for all residents. Irwin’s $1,000 Savings Voucher. See dealer for complete details. HMF financing required. Expires 7-31-2020.

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Low lease: 24 months, 10,000 miles per year; 1st payment, $660 acquisition fee, $652 dealer fee & (Corsa $4,124, Kona $4,124, Tucson $5,424) due at signing. Not available for all residents. Irwin’s $1,000 Savings Voucher. See dealer for complete details. HMF financing required. Expires 7-31-2020.

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going to pay down the failing company’s debt. Eastman will reorganize the company.

Aug. 1, 1662: Englishmen sent north by Royal Gov. John Endicott in Boston to explore the headwaters of the Merrimack River reach Lake Winnipesaukee. An engraved boulder above the current Weirs Bridge marks the spot.

Aug. 1, 1848: The Boston, Concord and Montreal Railroad opens its line to Meredith Bridge (Laconia).

Aug. 1, 1862: Englishmen sent north by Royal Gov. John Endicott in Boston to explore the headwaters of the Merrimack River reach Lake Winnipesaukee. An engraved boulder above the current Weirs Bridge marks the spot.

Aug. 1, 1848: The Boston, Concord and Montreal Railroad opens its line to Meredith Bridge (Laconia).

Aug. 2, 2002: Four women hold a ‘nurse-in’ at Hunt Memorial Pool in Manchester. The protest is in response to an incident that took place in early July, when one of the women was asked to leave the pool for breastfeeding her baby.

Aug. 2, 2001: The last sheets of fiber used for heel cups roll through Penacook Fibre Co. The company is shutting down after more than 60 years in business.


Aug. 2, 1927: Granite cutters from Concord join others from throughout New England in appealing for a five-day week with a $9-a-day wage. They currently work 5½ days a week at $8 per day.


Aug. 3, 1871: Brothers George and Charles Page organize the Page Belting Co. after buying a large tannery on Commercial Street near Horseshoe Pond in Concord. Their father Moses, an innovator in the leather industry, has operated tanneries in Franklin, Chichester and Manchester. The sons will display their belting at the 1876 Centennial exposition in Philadelphia and the 1893 Columbian exposition in Chicago.

Aug. 3, 1967: To the shouts and jeers of Mayor J. Herbert Quinn’s supporters, Concord’s Board of Aldermen votes 13-1 to impeach the mayor. Quinn’s main offense: an attempt to engineer the arrest of Monitor Editor James M. Langley on a drunken driving charge. Quinn will appeal his dismissal in the courts, but ultimately his ouster will stand and Concord will revert to a weak-mayor, council-manager form of government.

Aug. 3, 1993: U.S. Sen. Bob Smith is one of just three senators to vote against confirming Ruth Bader Ginsburg to the U.S. Supreme Court, saying he fears she will pursue a liberal agenda. “What the other senators did wasn’t an issue that Sen. Smith looked at,” his spokeswoman says.

Aug. 3, 1813: A 20-year-old man from Lexington, Mass., who has rented a room on Concord’s Chapel Street for the past three months announces in the Patriot that he has commenced a wheelwright business. His name is Lewis Downing, and in time his business, Abbot & Downing, will build the coaches that bring Concord national fame.
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SHAKER REGIONAL SCHOOL DISTRICT
2020-2021 SCHOOL YEAR

Shaker Regional School District is currently accepting applications for the following positions for the 2020-2021 School Year:

Belmont Elementary School:
- Classroom Assistant — 6 hrs/day
- Tutor — 7 hrs/day
- General Special Education Assistant — 6 hrs/day
- 1:1 Behavioral Assistants — 6 hrs/day

Belmont Middle School:
- Tutor — 7 hrs/day
- Glade Level Assistant — 6 ½ hrs/day
- 1:1 Behavioral Assistants — 6 ½ hrs/day

Belmont High School:
- School-to-Career Coordinator — Part Time
- 1:1 Behavioral Assistant

Canterbury Elementary School:
- Classroom Assistants — 6 ½ hrs/day

District Wide
- Speech Pathologist

How to Apply:
Please visit the Human Resources page on the District Website, www.sau80.org, for details and to apply for any of these positions.

Application must be made through SchoolSpring.com.

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Sarah K
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Stacy B
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