6 Small packages
Veterinarian suggests that a small pet might be the companion you want to bring home for the holidays.

8 Pet presents
Spoil your furry family members with fun, games, and holiday treats.

7 Safe season
Holiday decorations and celebrations can pose danger to pets.

find it
History ................................................................. 3
City newsletter ....................................................... 4
Bulletin board .......................................................... 10
Book of the week ...................................................... 12
Dec. 10, 1883: Nervous customers make a run on the China Savings Bank of Suncook. “The bank had heretofore borne a reputation of soundness, but of late there has been some acknowledged mistakes in the management of the institution,” the Weekly Union of Manchester reports. The presence of state bank commissioners makes depositors nervous, and by 10 a.m. 200 are waiting in line, demanding their savings in full. “Their deposits range from small sums up to $2,000. The total deposits of the bank aggregate nearly $200,000,” the Union reports.

Dec. 11, 1979: Public Service Co. of New Hampshire will be insolvent by mid-January unless it gets an emergency 5.5 percent rate increase, its chief counsel, Martin Gross, tells the state Public Utilities Commission. The company, Gross says, has severe cash problems both long and short term.

Dec. 11, 1999: Two Catholic priests whose recent marriages disqualify them from clerical service in the Roman Catholic Church become Episcopal priests in a liturgy at St. Paul’s Church in Concord. The service marks one of the first such clerical conversions in the state’s religious history.

Dec. 11, 1848: New Hampshire artist Benjamin Champney’s “Panorama of the Rhine” is exhibited publicly for the first time in Boston. Of the press and critics who come to see it, one reviewer writes: “They came - They saw - He conquered.” Yet even after dropping the admission price to 25 cents, Champney will barely cover the cost of renting the hall.

Dec. 12, 2003: The Monitor reports that the state is running low on flu vaccine. With stories of children dying from the flu coming out of Colorado and Massachusetts, area residents have jammed clinics and swamped doctors’ offices, hospitals and organizations like the VNA with frantic phone calls hoping to get vaccines for themselves and their children.

Dec. 12, 1946: William Loeb writes his first front-page editorial in the Union Leader.

Dec. 13, 1883: A drummer has filed suit against a Dover landlord “for calling him before he wished to rise,” the Weekly Union of Manchester reports.

Dec. 13, 1774: Paul Revere gallops into Portsmouth to urge dissenters there to guard their arms and gunpowder because of Parliament’s recently passed ban on the export of munitions to the American colonies. His warning leads to a false rumor that British troops are marching north to guard the arsenal in Fort William and Mary in Portsmouth Harbor.

Dec. 13, 1776: The Continental Congress authorizes the building of 13 warships to combat the British. John Langdon, member of Congress and a Portsmouth merchant, is appointed to oversee the construction of one of them, a 32-gun frigate to be built at Portsmouth. It will be called the Raleigh.

Dec. 13, 1863: Major Edward E. Sturtevant of Concord, a member of the Fifth New Hampshire Infantry and the state’s first Civil War volunteer, is killed leading his regiment in a suicidal assault during the Battle of Fredericksburg. His body is not found. His men assume it is one of many stripped and buried on the field.

Dec. 14, 1774: A crowd of 400, led by Thomas Pickering, a sea captain, and John Langdon, a merchant, gathers in downtown Portsmouth in response to British strong-arm tactics, including a ban on the importation of guns and powder. The crowd ignores the royal governor’s efforts to disperse it and marches on Fort William and Mary, where the garrison of six British soldiers wisely surrenders. The crowd hauls down the British colors and carries off 100 barrels of gunpowder, some of which will be used in the Battle of Bunker Hill.

Dec. 15, 1836: The Legislature votes to accept an $892,115 grant from Washington — but only after chiding the federal government for “degrading the states and reducing them to servile dependence.” The money will be divvied up among the towns.

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Get your copy today!
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:

**COVID Fund**

NH Community Development Finance Authority tentatively awarded $499,899 to the City of Concord, and its partners, special COVID-19 Community Development Block Grant funds made available via the Cares Act to provide public services to low and moderate-income persons associated with the ongoing pandemic. Much of this funding will be used for homelessness/housing vulnerable in our community. City partners include the Coalition to End Homelessness, Friendly Kitchen, The Friends Program, and Family Promise. The City’s Human Services Department will also be receiving funds. The award now just needs to be formally approved by governor and council.

**New parks and rec program**

Concord Parks and Recreation has partnered with GGLeagues to bring video game leagues to the community. Choose to play in Rocket League, Super Smash Bros and/or Fortnite leagues. Each league will run for six weeks. Registration closes on Jan. 6. For more information, contact Shannon Milligan at smilligan@concordnh.gov or 255-8690.

**Arena activities**

Public ice skating is taking place at the Douglas N. Everett Arena Monday through Saturday, 11:30 a.m. to 1 p.m. and Sundays 5:30 p.m. to 7 p.m. Admission is $6 for ages 14 and up and $5 for ages 13 and below. Skate rentals are available.

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available in the Pro Shop for $5.

Adult Stick Practice (ages 14 and up) hours are Monday, Wednesday, and Friday from 10 a.m. to 11:15 a.m. Helmet and gloves are required. Youth Stick Practice (ages 13 and below) hours are Fridays from 3:30 p.m. to 4:45 p.m. through Nov. 27. Full equipment is required. Admission for adult and youth stick practice is $10.

Masks or facial coverings are required inside of the arena and while on the ice during public ice skating. Masks are recommended while on the ice during stick practice and hockey, but are not required when actively engaged in athletics. Skate rentals will continue to be thoroughly disinfected after each use. Other COVID-19 guidelines at the arena remain in place, including one-way traffic throughout the facility and on the ice, only unlocking building doors 15 minutes prior to events, reducing public skating to 50% occupancy or less, and limiting spectating to immediate family only. Siblings must stay with a parent at all times or the group will be asked to leave. The Everett Arena has been exceeding all guidelines for cleaning and sanitization, has had extra precautions in place for increased air filtration, and continues to provide hand sanitizer throughout the facility.

All Everett Arena visitors and staff will be required to complete a COVID-19 screening in the main entrance lobby. A new screening kiosk has been installed that uses touchless mobile technology to guide guests through a COVID-19 risk assessment. The new screening process includes scanning a QR code at the arena on your phone, filling out a quick questionnaire, and using a unique QR code that is then generated on your phone to scan at the kiosk to log your visit if needed for contact tracing. The QR code is time sensitive and will expire after the end of the day. Once the code is scanned, visitors will use the hands free thermometer to scan their wrist or forehead for a temperature screening. Paper forms will be available as a backup if a visitor does not have access to a phone or if there are any issues with the kiosk.

Find full COVID-19 guidelines and more information about programs at the Everett Arena at concordnh.gov/arena.

Drought conditions

As of Dec. 3, drought conditions in the northern and south western parts of the state have improved from a moderate drought classification to now being abnormally dry. However, Concord remains unchanged with extreme drought conditions and a small northwest portion of Concord in severe conditions. The precipitation deficit is 9.55 inches below average for this time of year. Concord’s water consumption still continues to decrease. The City’s water production last week was a daily average of 3.268 MGD (millions of gallons per day). Please continue to use water wisely. Find drought updates and water conservation tips at concordnh.gov/conservation.

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Proud to be COVID-Free*

Life is full of tough decisions. We make this one a little easier.

One of the toughest decisions comes when a loved one can no longer live independently. The Peabody Home in Central New Hampshire is a special place with the feeling of family. New residents that come to the Peabody Home now are guaranteed a room in our brand new expansion, which is under way. Plus, we remain COVID-free.

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*COVID-Free as of 12/04

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Exotic animals may be good option for some

By Dr. MICHAEL DUTTON
For the Insider

It’s gift-giving season, and you may be considering giving someone you love a pet. Before you run to the pet store or shelter, here are some things to consider.

Since COVID-19 broke out, pet ownership has soared as evidenced by the number of new pet adoptions at humane societies. At the same time, the costs of pet ownership are also increasing in pets being surrendered to shelters. Small or exotic pets may be a good alternative, as long as you first check-in with someone in the household where the pet will live. Exotic pets have special needs including diet, environment, housing, and veterinary care, and it is critical that those needs are met.

Here are some pets to consider, as well as their needs, medical concerns, and life expectancy.

**Rabbits**
Rabbits are a common pet locally. There are numerous breeds of rabbits with adult sizes ranging from two to 18 pounds! Rabbits are “hindgut” fermenters, which means they need lots of hay and vegetables. They are naturally curious and can be toilet trained. People can house them indoors or outdoors. They are somewhat heat intolerant so if housed outdoors in the summer, they should have a shaded area.

Rabbits have continually growing teeth that may present issues as they get older. They are also prone to chronic respiratory infections and gastrointestinal stasis (a shutting down of the normal gut activity). Annual veterinary examinations are highly recommended, as is spaying or castrating your rabbit since they breed quite readily. The average domestic rabbit lives to eight to 12 years. Neutering or spaying a rabbit commonly occurs.

**Ferrets**
Ferrets only have one breed but come in a variety of colors and patterns. Most are one to two pounds and are fed a ferret-specific diet readily available at pet stores. They are carnivores like cats. Ferrets can get into numerous little holes in your house, so you need to “ferret proof” your house before getting one. Like rabbits, they are heat intolerant and should be kept about 65 to 75 degrees.

Medically, ferrets develop a number of diseases usually about four to seven years of age including low blood sugar due to insulinoma, adrenal disease, and heart disease. In most cases, these are manageable, but not curable, diseases. Canine distemper virus infections are fatal for ferrets but there are preventive vaccinations available. New Hampshire requires annual rabies vaccination for ferrets. Annual veterinary visits are also recommended. The average ferret lives to seven to eight years.

In New Hampshire, only spayed or castrated ferrets can be purchased since ferrets can live in the New Hampshire wild and become an invasive species.

**Guinea pigs**
Guinea pigs are social pets with great personalities. Like rabbits, they are herbivores and ferment their food, and their teeth continue to grow but we see fewer dental issues than with rabbits. Gastrointestinal stasis is also seen. Ringworm is common in young guinea pigs, an opportunistic skin fungal infection contagious to people. Due to their size, they are typically housed in an enclosed habitat. Their average life span is five to eight years.

**Hedgehogs**
Hedgehogs are social pets with outgoing personalities but prefer to live alone. In the wild, they eat insects and require special diets in captivity. Their average life span is four to six years.

**Pet birds**
Pet birds are often fascinating, but they require a lot of care over many years, often decades. Depending on the species of bird, there are very specific requirements for diet, housing, lighting, and human interaction. Researching the particular needs of a pet bird should always be done first.

Common diseases seen in birds are usually related to poor diets (human foods or a mostly seed diet are not good choices) or lack of appropriate environmental enrichment. For almost all birds, a complete, balanced pelleted food should make up over 85% of the food the bird eats.

**Reptiles and amphibians**
Reptiles are very popular with owners nowadays. Lizards are the least common reptile seen. Like birds, reptiles have very specific diet and environmental needs. Many times, the cost of an appropriate cage with heat, humidity, and lights is more than the reptile. A good beginner lizard is a bearded dragon.

In considering any pet, you should always consider your lifestyle and financial ability to care for a pet. These exotic pets may be allowed in apartments that have restrictions against dogs or cats. Someone with medical conditions, such as allergies to dogs or cats, may not be allergic to a small mammal, bird, or reptile. Many times, the cost of owning a non-traditional pet is less than a dog and, in some cases, less costly than a cat.

If you are interested in these non-traditional pets, seek out expert advice and be sure that the pet you choose is a good fit for your lifestyle. Like any pet, these pets need us to care for and love them for their whole life.
# A comparison of small pet options

<table>
<thead>
<tr>
<th></th>
<th>Rabbits</th>
<th>Ferrets</th>
<th>Guinea Pigs</th>
<th>Hedgehogs</th>
<th>Birds</th>
<th>Reptiles</th>
</tr>
</thead>
<tbody>
<tr>
<td>Known for:</td>
<td>Great personality</td>
<td>Curiosity</td>
<td>Great personality, very social</td>
<td>Outgoing and social</td>
<td>Depends on species, some talk</td>
<td>Depends on species, bearded dragons are very outgoing</td>
</tr>
<tr>
<td>Size:</td>
<td>2 to 18 pounds</td>
<td>1 to 2 pounds</td>
<td>0.5 to 1 pound</td>
<td>0.5 pounds</td>
<td>Depends</td>
<td>Depends</td>
</tr>
<tr>
<td>Diet:</td>
<td>Hay, vegetables</td>
<td>Ferret-specific diet pet food</td>
<td>Hay, vegetables, need Vitamin C supplements</td>
<td>Hedgehog-specific pet food blend</td>
<td>85% pelleted bird food</td>
<td>Depends</td>
</tr>
<tr>
<td>Lifespan:</td>
<td>8 to 12 years</td>
<td>7 to 8 years</td>
<td>3 to 5 years</td>
<td>4 to 6 years</td>
<td>Depends, most are at least 10 years, can be up to 45 years</td>
<td>Depends</td>
</tr>
<tr>
<td>Health concerns:</td>
<td>Teeth usually require grinding; respiratory infections; gastrointestinal stasis as they age</td>
<td>From 4 to 7 years: Low blood sugar, adrenal disease, heart diseases. Annual rabies vaccination, and spay-neutered required by state.</td>
<td>Continuously growing teeth</td>
<td>Skin parasites, oral cancer</td>
<td>Most related to poor diet and inappropriate environmental enrichment</td>
<td>Most related to improper housing, diet, and lighting</td>
</tr>
<tr>
<td>Pros:</td>
<td>Can be bathroom trained</td>
<td>Very interactive with owners</td>
<td>Do not require a large amount of space</td>
<td>Unique pet that is very social</td>
<td>Some talk, very intelligent</td>
<td>Non-allergenic pet</td>
</tr>
<tr>
<td>Cons:</td>
<td>Can overheat. May need grooming</td>
<td>House must be ferret-proofed</td>
<td>Ringworm is common, contagious to humans</td>
<td>Have quills instead of typical fur</td>
<td>Correct diet and housing can be costly</td>
<td>Correct diet and housing can be costly</td>
</tr>
</tbody>
</table>

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## Keep your pets healthy during holidays

The holidays are a time of great celebration for many people, but for pets it can also be a time overwhelmed by new noises, sights, smells and visitors. Here are some tips from the ASPCA to keep your furry pals safe during the season:

### Plants, decor

- **Oh, Christmas Tree:** Securely anchor your Christmas tree so it doesn’t tip and fall, causing possible injury to your pet. This will also prevent the tree water—which may contain fertilizers that can cause stomach upset—from spilling. Stagnant tree water is a breeding ground for bacteria, and your pet could end up with nausea or diarrhea should he imbibe.  
- **Avoid Mistletoe and Holly:** Holly, when ingested, can cause pets to suffer nausea, vomiting and diarrhea. Mistletoe can cause gastrointestinal upset and cardiovascular problems. And many varieties of lilies can cause kidney failure in cats if ingested. Opt for just-as-jolly artificial plants made from silk or plastic, or choose a pet-safe bouquet.  
- **Tinsel:** Kitties love this sparkly, light-catching “toy” that’s easy to bat around and carry in their mouths. But a nibble can lead to a swallow, which can lead to an obstructed digestive tract, severe vomiting, dehydration and possible surgery. It’s best to brighten your boughs with something other than tinsel.  
- **That Holiday Glow:** Don’t leave lighted candles unattended. Pets may burn themselves or cause a fire if they knock candles over. Be sure to use appropriate candle holders, placed on a stable surface. And if you see pet-friendly holiday page 8...
leave the room, put the candle out.

Wired Up: Keep wires, batteries and glass or plastic ornaments out of paws’ reach. A wire can deliver a potentially lethal electrical shock and a punctured battery can cause burns to the mouth and esophagus.

Food dangers

Skip the Sweets: By now you know not to feed your pets chocolate and anything sweetened with xylitol, but do you know the lengths to which an enterprising pet will go to chomp on something yummy? Make sure to keep your pets away from the table and unattended plates of food, and be sure to secure the lids on garbage cans.

Leave the Leftovers: Fatty, spicy and no-no human foods, as well as bones, should not be fed to your furry friends. Pets can join the festivities in other fun ways that won’t lead to costly medical bills.

Careful with Cocktails: If your celebration includes adult holiday beverages, be sure to place your unattended alcoholic drinks where pets cannot get to them. If ingested, your pet could become weak, ill and may even go into a coma, possibly resulting in death from respiratory failure.

Selecting Special Treats: Looking to stuff your pet’s stockings? Stick with chew toys that are basically indestructible. Kongs that can be stuffed with healthy foods or chew treats that are designed to be safely digestible. Long, stringy things are a feline’s dream, but the riskiest toys for cats involve ribbon, yarn and loose little parts that can get stuck in the intestines, often necessitating surgery. Surprise kitty with a new ball that’s too big to swallow, a stuffed catnip toy or the interactive cat dancer.

Other precautions

House Rules: If your animal-loving guests would like to give your pets a little extra attention and exercise while you’re busy tending to the party, ask them to feel free to start a nice play or petting session.

Put the Meds Away: Make sure all of your medications are locked behind secure doors, and be sure to tell your guests to keep their meds zipped up and packed away, too.

A Room of Their Own: Give your pet his own quiet space to retreat to—complete with fresh water and a place to snuggle. Shy pups and cats might want to hide out under a piece of furniture, in their carrying case or in a separate room away from the hubbub.

New Year’s Noise: As you count down to the new year, please keep in mind that strings of thrown confetti can get lodged in a cat’s intestines, if ingested, perhaps necessitating surgery. Noisy poppers can terrify pets and cause possible damage to sensitive ears. And remember that many pets are also scared of fireworks, so be sure to secure them in a safe, escape-proof area as midnight approaches.

Insider staff

Your dogs and cats may already be feeling spoiled over the last year with extra walks and time spent with you at home, but they’re family and you may want to spoil your furry companion a bit extra over the holidays.

We headed over to locally-owned Sandy’s Pet Food Center to see what we could find. Well, it was a lot, so you’ll have to check it out for yourself, but here are some highlights:

Santa Paws is coming to town

Spoil your pet with treats, toys

Pet Adoptions | Vaccination Clinics | Pet Food Pantry

Pope Memorial SPCA
94 Silk Farm Road Concord NH
603.856.8756
United Way Agency #924488

With the colder weather here, some dogs may want to play inside more. Stimulate their mind with a puzzle board that offers a tasty reward. The Dog Brick is $26.99.

Give your pup a taste of the holiday season with locally-made dog treats decorated with season designs. $2-$3

Got a dog that plays rough with toys, Grriggles’ Candy Cane is made of a tough canvas. $12.99

Festive and fluffy, Zanies dog toys will serenade your pup with Christmas carols. $11.99

Exercise your dog's mind • Recruit boredom • Destress • Enhance your bond

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Exercise your dog's mind • Recruit boredom • Destress • Enhance your bond
LEFT: Simple, but fun and effective, Boinks! offer a great time for your cat. And for just 99 cents, you can get a handful to stuff their stocking.

RIGHT: Not just for dogs, Kong makes toys for cats too. This snake toy comes in brown and red. When we stopped by Sandy’s on Monday, there was a sale with Kong Cat toys 10% off.

Sandy's offers several varieties of catnip for your feline family. Everything from locally-sourced organic catnip (above, $1.69) to the excitedly branded Yeowww Catnip (below, $6.99), which comes in a banana-shaped sachet.
Escape Room Concord NH has been tinkering with the escape room and for a variety of reasons, decided to separate out the Lion’s Den from the Library. So, no more Library Part 2, but the Lion’s Den will now be a stand-alone game with its own storyline. There are a few new puzzles in the room too. If you want to check out the storyline and pictures, please visit escaperoomconcordnh.com. The next project will be to continue on building the Dragon’s Chamber. They currently offer four escape games: The Library, The Sanctuary, The Enigma, and the Lion’s Den. They hope to have the fifth room The Dragon’s Chamber soon. A top-secret sixth room is in planning, too. All of the bookings are private only, so there will not be any mixed groups. You must sign up, at a minimum, three hours in advance.

Thank you for spreading Christmas cheer

The recent 35th annual Concord Christmas Tree Lighting Celebration was a success beyond expectations. Due to the current pandemic, we held many discussions whether we should continue our plans. It was decided to go ahead and help keep a tradition going back to the early 1950s. I would like to thank the Concord Council Knights of Columbus for the excellent work they did this year in renovating the Creche. The estimates to rebuild it were higher than expected. They still hope for donations to overcome the deficit. The day started with Rev. Richard Roberge of Christ the King Parish giving a blessing to the Creche and the Christmas Tree on the Plaza.

I would like to thank the following who donated funds to help keep the Christmas Tree Lighting Celebration. It was felt that people of all ages needed a little bit of Christmas Spirit with all the traditions that were lost this year. The Platinum sponsors were Dave Mailhot Enterprises, who also sponsored the Brian Waldron Band; Northeast Credit Union who sponsored the Petting Zoo and Horse Wagon Rides; Service Credit Union who sponsored the Main Stage furnished by Tom Cusano; Concord Business Center, Hall Street, The Venus Family; NH International Speedway of Loudon; and The Rowley Insurance Agency. Gold sponsors included Eastern Bank, Merrimack County Savings Bank, Granite Investment Advisors, Havenwood Heritage Heights; Rotary Club of Concord. Silver Sponsors included: Associated Grocers of Pembroke; Constantly Pizza of Concord; Ray Boisvenue (Capital City Business Center), Kiwanis Club of Concord. Patron sponsors included NH Federal Credit Union in Kind, who donated $100 to NH State Police for Toys for Tots, Bangor Savings Bank, and numerous citizens who donated from $1 to $100. Jim Makris who donated in memory of his brother, Greg, who helped me organize the first cele-
bration 35 years ago. The fireworks were in the memory of Skip Houle, Kevin Tucker, and Greg Makris. All of these men were supportive for many years and are missed.

I appreciate the Macaroni Kid who came to do kid games. Even the Grinch from Franestown came and was a big hit. Many thanks for the donation of toys to the NH State Police Stuff a Cruiser; Concord Fire Department for bringing Santa Claus to the Plaza in Tower 1; Concord Police Department especially Det. Mitchell who handled street closure and crowd control. He was excellent in speaking to people of all ages with a smile. Lastly a huge thank you to the volunteers who came and to everyone who wore a face mask and did social distancing. Hearing the laughter, seeing the smiles and knowing everyone enjoyed the music and fireworks made my day.

A huge and I mean huge thank you to Atlas Pyrotechnics of Jaffrey for the great fireworks and to Binnie Media (Heath Cole, Chris Garrett, Nazzey, and WJYY-105.5 FM for being supportive. And to Santa Claus for taking time out to come to the Capital City to officially start the Holiday Season. The Concord Grange provides the holiday lights for three trees in Concord, the State House Plaza, Concord Heights, and Eagle Square. The Eagle Square tree is dedicated to our Military men and women who can’t be home for the holidays.

Dick Patten

Morgan Stanley

Are you wondering what’s next?

Market volatility has become a fact of life. What does this mean for your investments? Are you prepared for the increased risk volatility may have on your portfolio? Should you make changes and adjust your plan?

Working with a Morgan Stanley Financial Advisor can help you navigate through these volatile times by helping you review your plan, making adjustments and keeping you informed along the way.

Contact me to see how I can help you or provide a second opinion.

• Named to Barron’s 2020 list of Top 1,200 Financial Advisors Rankings by State—11 consecutive years

• Named to Forbes’ 2020 Best-in-State Wealth Advisors List—Ranked #1 in New Hampshire

Morgan Stanley recommends that investors independently evaluate particular investments and strategies, and encourages investors to seek the advice of a Financial Advisor. The appropriateness of a particular investment or strategy will depend on an investor’s individual circumstances and objectives.

Source: Barron’s “Top 1,200 Financial Advisors,” March 16, 2020, as identified by Barron’s magazine, using quantitative and qualitative criteria and selected from a pool of over 4,000 nominations. Advisors in the Top 1,200 Financial Advisors list have a minimum of seven years of financial services experience. Qualitative factors include, but are not limited to, compliance record and philanthropic work. Investment performance is not a criterion. The rating may not be representative of any one client’s experience and is not indicative of the financial advisor’s future performance. Neither Morgan Stanley Smith Barney LLC nor its Financial Advisors or Private Wealth Advisors paid a fee to Barron’s in exchange for the rating. Barron’s is a registered trademark of Dow Jones & Company, L.P. All rights reserved.

Source: Forbes.com (January, 2020). Forbes Best-in-State Wealth Advisors ranking was developed by SHOOK Research and is based on in-person and telephone due diligence meetings to evaluate each advisor qualitatively, a major component of a ranking algorithm that includes: client retention, industry experience, review of compliance records, firm nominations; and quantitative criteria, including: assets under management and revenue generated for their firms. Investment performance is not a criterion because client objectives and risk tolerances vary, and advisors rarely have audited performance reports. Rankings are based on the opinions of SHOOK Research, LLC and not indicative of future performance or representative of any one client’s experience. Neither Morgan Stanley Smith Barney LLC nor its Financial Advisors or Private Wealth Advisors pay a fee to Forbes or SHOOK Research in exchange for the ranking. For more information: www.SHOOKResearch.com.

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Mice Skating
By Annie Silvestro; Illustrations by Teagan White
(12 pages, children’s fiction, 2017)

I wish I could wrap this book around myself like a cozy woolen scarf! The story follows Lucy, an adventurous field mouse with a predilection for outdoor winter fun, as she tries to convince her friends to leave their snug winter burrow and experience the joys of the snowy outdoors. Lucy takes it upon herself to knit winter hats for each of her friends, and fashions several sets of tiny “mice skates” out of pine needles. Once Lucy’s fellow mice see how much fun she’s having skating on a frozen pond, they’re eager to try for themselves. The mice learn together that fun happens in all seasons, and is always better with friends.

This relatively simple story incorporates several valuable themes and lessons—including persistence in the face of peer pressure; an appreciation for nature in all seasons; leading by example; tenacity and resilience in the face of failure (when Lucy wobbles and falls, she keeps practicing until she’s a model skater); generosity and care for others; and the joy of friendship. Adults will appreciate the subtle cheese puns peppered throughout, and the beautiful font in which the text is printed. Readers of all ages will gravitate toward Teagan White’s gorgeous and whimsical illustrations. (I found her online portfolio, at teaganwhite.com, to be an absolute delight, and have definitely been converted to a card-carrying fan of her work.) Finally, I love the warm color scheme, which makes this story stand out in a sea of blue, white, and silver winter picture books and reflects the thematic warmth of the story itself.

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CIRCULATION DEPARTMENT

GENERAL INFORMATION

Assistant Commissioner

The New Hampshire Department of Environmental Services touches the lives of thousands of individuals, employees, volunteers and businesses every day. We are currently undertaking a search for candidates for the position of Assistant Commissioner. This position shares accountability with the Commissioner and other members of the Senior Leadership Team for the successful development and execution of the Department’s day to day objectives as well as its long-term strategic objectives and plans strategic objectives.

The position has wide latitude for the exercise of actions and decisions through planning, administration and evaluation of policies, programs, services and activities, providing the necessary oversight and leadership so that objectives are effectively delivered, and developing and advocating for public policy and regulatory objectives that achieve the Department’s mission of protecting and restoring the State’s environment and public health.

A complete description of this position can be found at https://das.nh.gov/jobs/search/ or at https://www.des.nh.gov/organization/commissioner/hru/documents/asst-commissioner-job-posting.pdf. This is an unclassified Grade II appointed position, with a salary range of $89,347 to $124,579. Appointment is subject to confirmation by the Governor and Executive Council. The successful candidate will serve the remainder of the current four-year term which expires in January 2023, after which reappointment to subsequent 4 year terms are possible.

Resumes and confidential inquiries should be directed to Pamela Sopczyk, HR Administrator, at Pamela.C.Sopczyk@des.nh.gov. The position will remain open until filled, however expression of interest and submission of resume by January 8, 2021 is strongly encouraged.
NEW RESEARCH ON CHIROPRACTIC, REFUX & SLEEP DISTURBANCE IN INFANTS

Recent research reported in the Journal of Pediatric, Maternal & Family Health – Chiropractic on an infant suffering from gastroesophageal reflux and several other issues reveals that chiropractic may play an important role in managing these infants. The literature included supports the role of chiropractic in infants suffering from this health challenge and calls for more research in this area.

“Numerous case studies and some clinical studies are revealing that there is a relationship between abnormalities in the spine, the nervous system and the various health challenges that infants experience” stated Dr. Matthew McCoy, a chiropractor, public health researcher and editor of the journal that published the study.

McCoy added “In the case report presented, the infant was suffering from acid reflux, difficulty latching and breastfeeding, torticollis, and sleep disturbances that resolved under chiropractic care because of the nature of the nervous system and its relationship to the spine.”

According to researchers the nervous system controls and coordinates all functions of the body and structural shifts in the spine can occur that obstruct the nerves and interfere with their function. By removing the structural shifts, chiropractic improves nerve supply and function.

The 7-week-old infant in this case was suffering from acid reflux and difficulty latching and breastfeeding for nearly a month following a traumatic birth. He also had a head tilt and an upward gaze. He was not sleeping, spitting up food, had pain with swallowing and was underweight. He was diagnosed with GERD and prescribed medications, which did not help him.

The chiropractor examined him and found structural shifts in his neck, mid back, and sacrum. Decrease in range of motion, muscle spasms, and tender points were noted in the neck and mid back. These structural shifts can lead to obstruction of the nerves and it is this obstruction, called vertebral subluxation, that chiropractors correct.

Following chiropractic care, he experienced complete resolution of his reflux, torticollis, and gained weight. He began holding his head up with no tilt. His medications were discontinued, and he began sleeping normally.

Resolution of Gastroesophageal Reflux Disease, Feeding Difficulties, & Sleep Disturbances in an Infant Following Chiropractic: A Case Report & Review of Literature
Allison Parisi, DC, CACCP & Stephen Bako, DC.
Journal of Pediatric, Maternal & Family Health, Chiropractic ~ November 16, 2020 ~ Pages 46-49

People come to Crossroads Chiropractic for help with:
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