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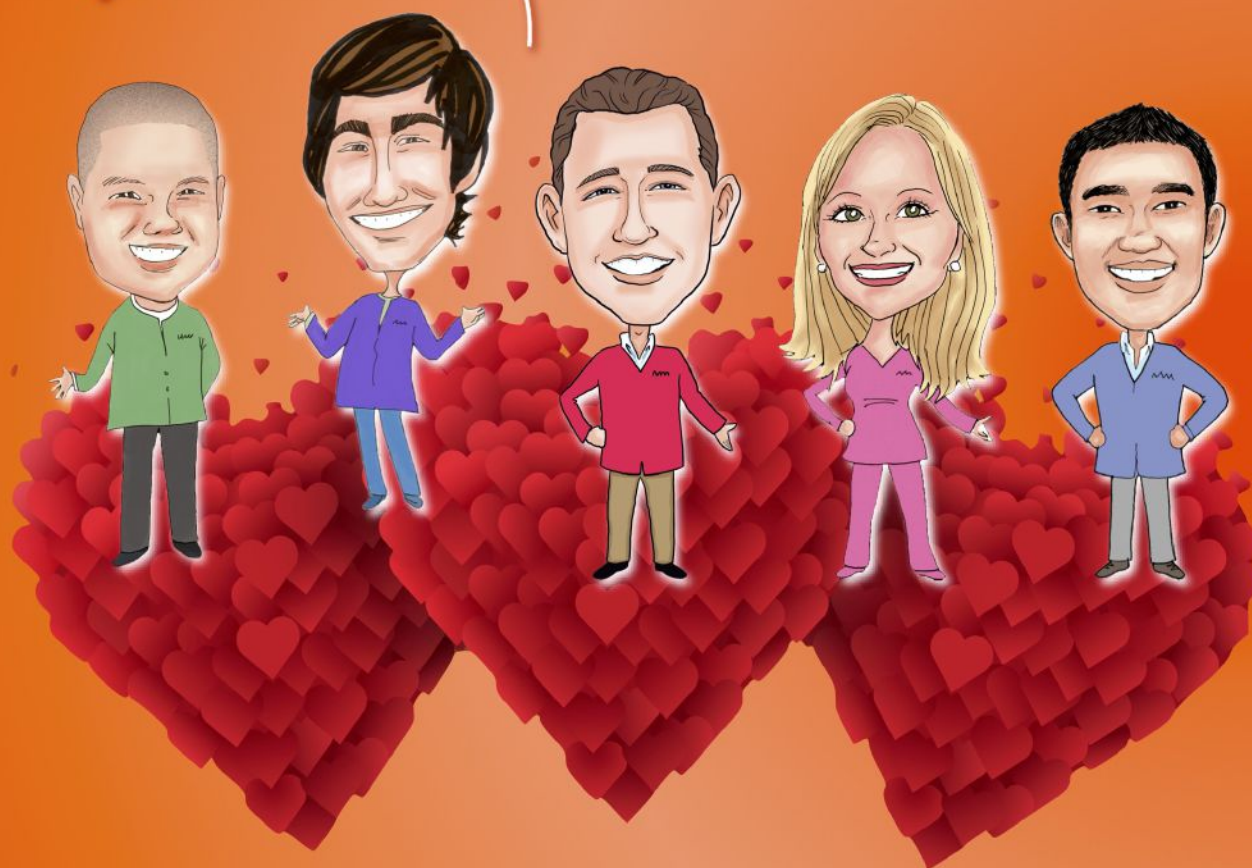


**16** Tapping season always changing

Cover photograph by Geoff Forester



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Geoff Forester

Learn about book bindery on Page 44.

# Modern twist on old values

As good New Englanders, we should all have been taught by our parents and grandparents to save everything that still has a speck of useful life.

Old screws and hardware can be reused in a new project. Shoes with thin soles go to the cobbler. Pants with a rip deserve a patch. Old ratty towels can be turned into cleaning rags.

We were taught to shop local and most importantly only buy what you need.

These are good principles to live by.

Look inside the pages of the spring edition of Around Concord magazine and you will see some of these values come alive in stories on shopping at second-hand stores like Lilise Designer Resale, Concord Antiques and Hilltop Consignment.

You'll meet people like Townsend Carmody, a young farmer who age 29 owns her own cow and tries to live sustainably. Or take Sam and Tom Ives, a father and son duo who restore old books at the New Hampshire Book Bindery in Bow. In Canterbury, Barbie Tilton tends to her small herd of alpacas who are sheared for their fleece, which can be used in products from clothing to rugs. And in Henniker, Jefferson Brechbühl and Bruce Barnes, co-owners of the Colby Hill Inn offer international flavors with locally sourced ingredients.

There's news you can use, too, like spring cleaning tips from Tammy Caveney, the owner of Maid For You.

As always, we hope you enjoy this fun, bright collection of stories and photos.

**Jonathan Van Fleet**  
Editor

**Contact us** >> [editor@aroundconcord.com](mailto:editor@aroundconcord.com)





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## THE TIP LIST

# Fast faves

Born and raised in a small village in Niger, West Africa, Ali Sekou now calls the Heights in Concord his home — and he's spent a lot of time and effort (and wears many hats) getting involved in the community. After moving to New Hampshire in 2012 and attending ESOL night classes, Ali earned his associate's degree from NHTI, bachelor's degree from Plymouth State University, and master's degree from UNH. Now a manager at Hannaford, Ali is a graduate of Leadership New Hampshire and a recipient of NH Union Leader's '40 Under Forty' award. He's the president of the Islamic Society of Greater Concord, treasurer for the Organization for Immigrants and Refugees Success (ORIS), a library trustee, a board member of NH Community Loan Funds and the Concord Public Library Foundation (CPLF). He shared some of his favorite places in Concord to spend time, alongside his wife and their two children.



### International foods

Our locally owned international markets like Maddy's, Katmandu Bazaar, and the Asian markets is where my family and community buy their home countries' food and goods. It is also a place to connect, meet and interact with a diverse group of people living in Concord and surrounding communities. We're fortunate to have these businesses, otherwise, we will have to travel to Manchester or even Massachusetts to get some of our traditional food. This is the value of small businesses.



### Windmill Restaurant

The Windmill Restaurant is a local family-owned restaurant that serves our community's needs in prepared foods. They offer fresh and delicious food. I enjoy going there for breakfast. It is one of my favorite places to catch up with friends, our community, and city leaders. Their staff is nice and welcoming.

### The Works Cafe

Located in the heart of our state capital, The Works is very convenient for a meeting, with its quick service, and healthy and delicious foods. I enjoy going there for breakfast and lunch. I love their soups.

My family loves their smoothies. And it's always good to say hi to Don, a colleague on the board of CLF.



### Kimball Jenkins School of Art

This is my favorite art place in Concord. It's a very welcoming and inclusive place that offers a rich history and culture and beautiful artwork. It serves our community's needs for a place for events and networking and most importantly art education and children's programs. As a parent and a community leader,

I'm grateful to have Kimball Jenkins in our community to cultivate strong relationships with each other. When I had a friend visiting us from Missouri, I took her to Kimball Jenkins to explore, which she loved!



## THE TIP LIST

# A CLEAN SWEEP

**Spring into action for the health of your home**



**By EILEEN O'GRADY**

As the days grow warmer, it's time for Concord residents to start thinking about spring cleaning, a tradition experts recommend as a way to freshen up the home after the winter and clear the air for people who experience seasonal allergies.

For cleaning advice, we went straight to a local expert. Tammy Caveney, the owner and founder of Maid For You cleaning service company in Concord, says spring is the best season to do a refreshing deep-clean because the weather is nice, but not so nice that you'd rather be spending your time outside.



"A lot of people will start to open their windows in the spring. The days are longer, the sun is brighter, and you start to see all the buildup on your baseboards and on your ceiling fans," Caveney explained. "Spring cleaning is super important to keep your home healthy, and to retain the value of the home as well."

For those who may be wondering how to start, Caveney has some tips and tricks to share for a successful spring cleaning.

### **1. Work from left to right, top to bottom**

Deep cleaning a whole home can feel like a daunting task, but Caveney says it's easier when done in sections, focusing on one small area at a time. She recommends starting by the door of a room and cleaning a three-foot section, then moving a few steps to the right and focusing on a new section.

Professional cleaners always work from top to bottom, because dust and dirt fall

from high areas like shelves and ceiling fans onto lower surfaces during the cleaning process.

“You go into a room and just immediately start cleaning that coffee table and then stand back and realize that you didn’t dust that ceiling fan that’s on top of that coffee table, now you have to start all over,” Caveney explained.

She recommends starting on the top floor of the house and dusting the high places in each room, then looping back once the dust settles to clean the lower surfaces and vacuum.

## 2. Have the right tools

Having the right tools can make all the difference in cleaning. Caveney recommends wearing an apron with big pockets that can hold the cleaning tools while moving from room to room. Some essential items to have on hand include an electrostatic duster, microfiber cleaning cloths, a toothbrush for scrubbing tiny spaces, and a garbage bag for collecting waste.

Caveney says microfiber cloths, which pick up dust better than cotton, are great because they can be laundered and reused. Professional cleaners use a technique of folding their cleaning cloths in half twice, giving them eight surfaces for cleaning — four on each side.

“If you have all the tools on you, you can make a really quick job of spring cleaning a room,” Caveney said.

## 3. Find the hidden areas

Caveney’s rule of thumb is that every surface in a home should get touched at least once a year, and an annual spring cleaning session is the perfect time to do it.

But some spots are easy to forget, including baseboards, the area around the base of the toilet, and spots hidden behind furniture which collect a lot of dust.

“Getting the baseboard by the headboard of the bed and moving out



the furniture beside the bed like those side tables, that’s really important,” Caveney said. “So much dust gets back there because of the sheets scratching on each other and you spend seven or eight hours a day there, so that’s huge.”

## 4. Green keeps it clean

Although there are many cleaning products on store shelves to choose from, simple all-purpose cleaning solutions made with water, dish soap, or vinegar with essential oils for scent are just as effective, if not more so. Caveney warns DIY cleaners to steer clear of products with toxic ingredients that are known to contribute to asthma or cancer.

“The cleaning industry is a multi-billion dollar industry and they’re constantly spewing new products at you,” Caveney said. “I would suggest everybody go on the Environmental Working Group website and look for the cleaning product they’re about to buy and make sure it isn’t going to kill you. There’s a lot of cleaning products that are high toxicity, they’re really bad for the environment.”

Caveney said her employees clean mainly with water, and when they get to tougher areas like stoves they employ the “C.H.A.T.” technique – adding a chemical, heat, agitation, or time – to beat the grime.

Other products, like floor cleaners that claim to “shine” and “protect” the surfaces are unnecessary and unhelpful, according to Caveney, because they end up leaving their own residue behind on surfaces.

## 5. When to ask for help

Some places in a house are best left to professional cleaners, including chimneys, furnaces, and ductwork. Caveney says carpets and window sills should be on that list too. Carpets trap a lot of dust, dirt, and dead skin cells, Caveney said, and unless someone knows what they’re doing they could end up with dirty water in their carpet instead of removing debris. Windowsills, specifically the narrow strip between the window and the screen, collect grime from outdoors and Caveney says if the cleaning is done incorrectly it could result in debris dribbling down the outside of the house.

For renters and homeowners who do not want to tackle spring cleaning on their own, Caveney’s staff, who are trained via Association of Residential Cleaning Services International (ARCSI) courses, offer deep cleaning services to homes the greater Concord area. They also participate in a national program called Cleaning for a Reason, to offer free cleaning services to cancer patients going through chemotherapy. ♦

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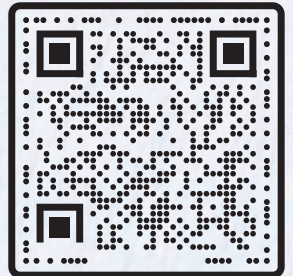
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# TAP DANCE

A close-up photograph of a person's hands in a blue and white plaid shirt tapping a wooden board. The person is holding a wooden mallet and striking the board. The background is a wooden wall with a window on the right side. The lighting is warm and natural, coming from the window.

Maple syrup  
season is  
changing,  
and folks  
are needing  
to change  
with it.

Story, Page 18







Monadnock Ledger-Transcript

**Ben Fisk of Temple knew what he wanted to do at the age of 5 after a school field trip to a maple syrup operation. Now, he owns Ben's Sugar Shack and his syrup can be found in a variety of locations around the country.**

# Changing climate, new technologies

**By DAVID BROOKS**

New Hampshire's sugaring season is over for another year but as we enjoy Concord-area maple syrup on our pancakes (and any other edible that strikes our fancy), it's fair to wonder what exactly "sugaring season" means any more.

This year saw what was probably the earliest commercial syrup boil in New Hampshire history, when Ben's Sugar Shack in Temple fired up operations on Jan. 1. To our west in Vermont, which is by far America's leading maple-syrup producer, it is no longer unusual to see boiling start before Christmas.

Compare that to the sugaring season from Currier & Ives days: Trees were tapped in early to mid-February to gather sap, with sugar shacks doing the bulk of the work boiling sap down into syrup into March.





Concord Monitor  
**Andrew Mattiace checks on the evaporation process for a custom syrup operation at his Bow home.**

What changed? Weather and technology.

As a good New Hampshireite, you know that maple sugar depends on freezing nights and above-freezing days, which makes tree sap in many hardwood species move from the roots into the leaves and back again. Drilling holes in the tree lets us capture some of that moving sap. (Sugar maples have the highest sugar content in their sap, which is why they're the best for syrup.)

If it stays below freezing during the day or stays above freezing at night, the sap doesn't move; what's needed is the proper diurnal temperature range.

In past years, that pattern didn't happen consistently in northern New England until February or March, but climate change has scram-



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bled weather patterns. Now we can get stretches of suitable up-and-down days any time during the winter.

This is where technology enters the picture. Old-time taps, the sort that buckets hung on, couldn't be left in trees for too long or bacteria would get in and cut off the flow of sap, so tappers never tried to take advantage of any early-season suitable spells. But modern taps seal off the hole, so they can be left in.

Another important factor is the vacuum that draws sap out of the tree into long tubes, where it's carried a mile or more to large tubs. Not only does this speed up collection – no more gathering sap from tree to tree – but the vacuum also inhibits bacteria growth.



Concord Monitor

**Richard Anthony brings in a load of wood to put into his father-in-law's evaporator at Red Roof Maples in Loudon. Anthony loaded wood every four minutes to keep the fire going at the maximum heat.**

*Old-time taps, the sort that buckets hung on, couldn't be left in trees for too long or bacteria would get in and cut off the flow of sap, so tappers never tried to take advantage of any early-season suitable spells. But modern taps seal off the hole, so they can be left in.*



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As a result, taps can be inserted into trees early in winter and left there for months, gathering sap every time there's a temperature swing.

That helps explain why New Hampshire had a banner 2022, producing 167,000 gallons of maple syrup, a whopping 31% higher than 2021, which was a bad year due to weather, and just short of the record of 169,000 gallons in 2016.

These improvements are needed, however, as warming weather and shrinking winters are going to make this industry more and more difficult to maintain. We're already near the southern of the trees' range, and warmer weather with its shrinking winters is going to slowly drive them further north.

So enjoy that local syrup while you can. ♦



Concord Monitor

Samples of maple syrup sit along the windowsill in a Warner sugar house.

*New Hampshire had a banner 2022, producing 167,000 gallons of maple syrup, a whopping 31% higher than 2021, which was a bad year due to weather, and just short of the record of 169,000 gallons in 2016.*



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# Farming the

By **MICHAELA TOWFIGHI**

When Townsend Carmody wanted to start riding horses at the age of five, her dad introduced her to the possibility that she could make a living out of doing so – by becoming a farmer.

She's grown up near farms her whole life. For her first job in high school she worked at Miles Smith Farm in Loudon. After college she worked at Brookford Farm in Canterbury. Now, the 29-year-old owns her own cow, a Belted Galloway heifer, and is the vice-chair of New Hampshire Young Farmers.

"I'm not sure I was very helpful in shoveling horse poop at five but I did it anyway," she said. "I was pretty much hooked right there."

New Hampshire Young Farmers is the young adult division of the state Farm Bureau, focusing on farmers who are ages 16 to 35 years-old. The group members make up a network of like-minded farmers, talk to state legislators about agricultural policy and have access to scholarships and other support.

The group also helps maintain a century long tradition of building a network of farmers in New Hampshire. The history of the Farm Bureau dates back to 1916, when the Federated County Farmers' Association of New Hampshire was founded in Concord.

This organization was the result of county efforts to show the state legislature that there was enough interest in farming to warrant state funding.

**Townsend Carmody, now 29, started her pursuit of a farming life at an early age. Today, she's vice chair of New Hampshire Young Farmers.**

Courtesy



# future

Young farmers cultivate  
a heritage of agriculture



New Hampshire was also ahead of the national trend, as the state federation predated the American Farm Bureau Federation, which was founded in 1919.

For people like Sydney Wilson, farming is a family tradition.

She grew up on a beef cattle farm. Her parents have raised Black Angus for almost 35 years now, she said.

Throughout her childhood she was involved in both 4-H and Future Farmers of America, youth organizations that promote agriculture.

Wilson met many of her friends growing up through these programs. She'd also show cattle at fairs and 4-H shows.

The Young Farmers division of Farm Bureau provides an extended community for farmers who age out of the 4-H network at 18-years-old, she said.

"One of the biggest draws is having an outlet outside of your job, outside of your home life, where you can connect with other farmers that are relatively the same age, that are kind of starting out in life the same way that a lot of our members are," she said.

For Carmody, Young Farmers provided exactly that – an extended network of friends and a newfound leadership opportunity that she didn't expect.

"When I first got into farming I wanted just a better way to provide food for my surrounding area," she said.

It was only when a friend who was



Courtesy

**Hemmingway, a Scottish Highlander, stands with Townsend Carmody at the Griswold Boy Scout Camp in Gilmanton in 2017.**

a fellow farmer suggested she become more involved in the organization, that she considered becoming the vice-chair.

Now Carmody works alongside Ben Davis, the Young Farmers chair, to lead the group.

Event highlights for Carmody include organizing Thanksgiving bas-

kets with full meals for the community in November and hosting a legislative breakfast where Young Farmers provided feedback on proposed bills.

"It's kind of the first experience I've ever had where I feel like a younger person's voice is heard in government as well," she said.

Her involvement in Young Farmers has also pushed her to think about sustainable living, contributing to her community and concrete solutions for the future.

"Anybody who is concerned about where the world is going, where the economy is going, where your food is coming from – if you have any questions about the future, young farmers is the future," she said. "The future of America is farming. It is definitely crucial to keep Farm Bureau and Young Farmers alive, because it's the only way agriculture is going to stay alive." ♦



**Melissa M. Burt**  
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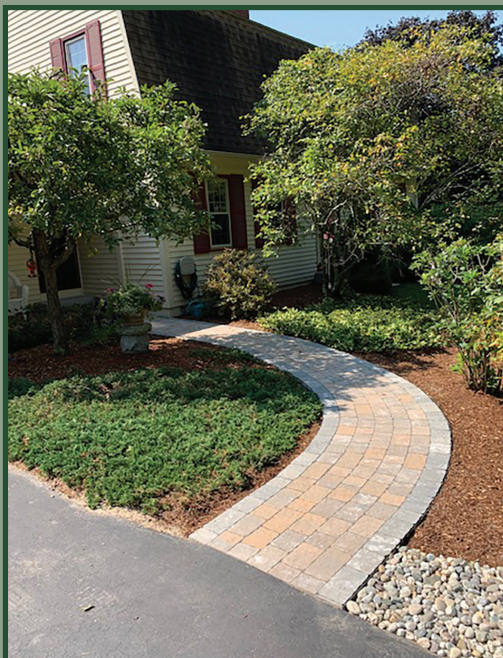


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# ON LIFE





**Barbie Tilton lives on a 40-acre farm in Canterbury.**

Geoff Forester

# Where alpacas are the stars

By JAMIE L. COSTA

Nestled in the woods, a mile off Pickard Road in Canterbury, sits a 40-acre farm where Barbie Tilton lives and cares for dozens of animals.

After a career spanning 33 years in information technology, Tilton left the industry to invest in alpacas. Not only do the alpacas require less work than the horses and cows she grew up caring for, but Tilton explains that alpacas are more profitable than many other animals, through avenues of breeding, shearing and showing.

“Alpacas are an investment, like a home,” she continued. “You buy them, you sell them and they depreciate over time.”

Nearly 24 years ago, she started Someday Farm with her late husband on a plot of land abutting her current



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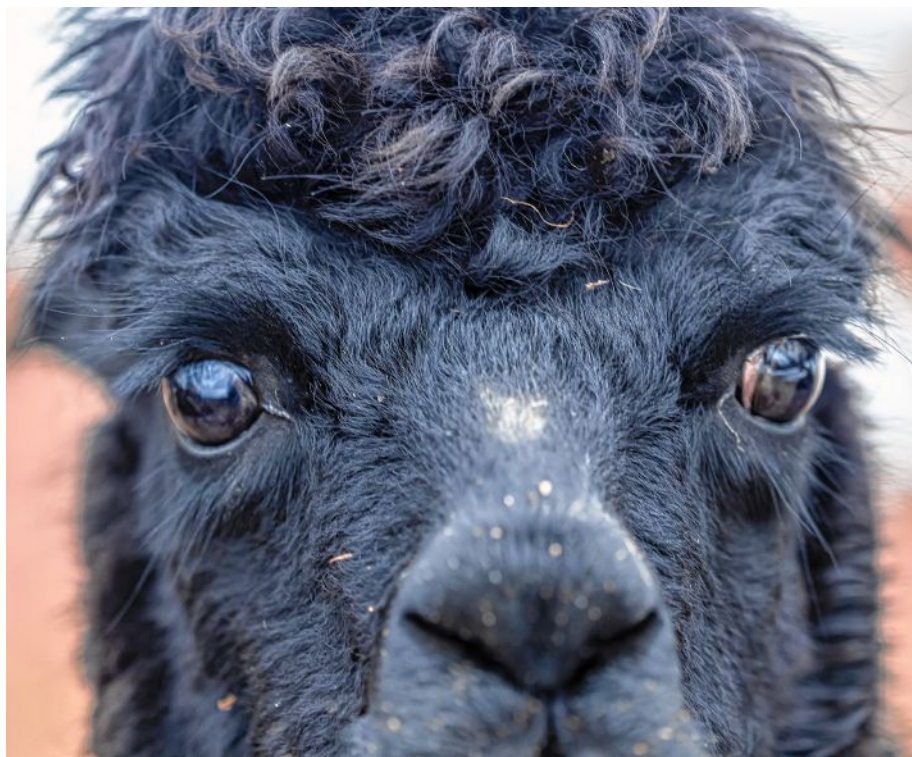
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farmhouse. Experienced in working with farm animals since her youth, Tilton has made her mark in the New Hampshire alpaca industry, and is known for her pristine female alpacas and fleece. Prior to 2019, she owned 70 alpacas, draft horses, cows, goats and hundreds of fowl.

Now, she owns nine female – hembra – alpacas that are bred independently, sheared annually and are free to roam and graze with their herd. Of the nine, two are crias – babies. Though they are often independent from birth, they typically stay close to their mothers for the first few months of their life and begin to wean at around six months.

Alpacas are profitable in the fleece produced, but shearing is also necessary for the animal’s hygiene, comfort and overall health. Alpacas are unable to shed fleece themselves, so it’s necessary for people to shear them annually after the winter months. If shearing is neglected, they can overheat and develop skin problems or illnesses that could kill them.



***“It takes about 10 minutes to shear one alpaca. It can be made into wool with carting paddles or spun on spinning wheels to make yarn that can be sold in bundles or used to knit scarves, mittens, hats, socks or rugs.”***

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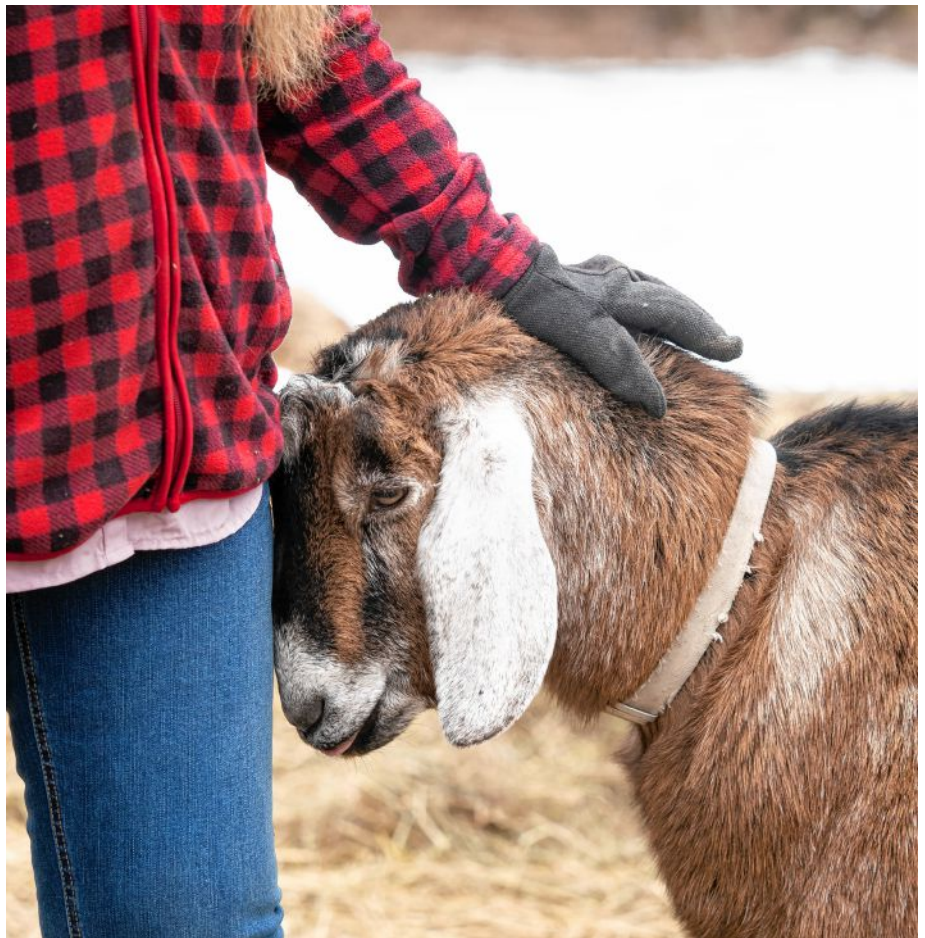
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For Tilton, this shearing process takes place on the first Saturday of May every year, when she brings in a local shearer to strip the alpacas of their fleece – usually several inches in length by that point.

The alpacas are shuffled into the barn, locked in, and led one by one into the center of the barn where they are secured by their hooves and brought to the ground on a thin sheet or tablecloth. The ropes around their hooves are tightened and the animal is pulled taught while the shearer glides the blade evenly over the stomach and sides, rolling the animal over as the fiber detaches from the animal in one fluid movement.

Then, the shearer works down the legs and the tail, up over the chest and neck, and finishes with the top of the head. The fiber is then collected, filtered of any dust and vegetation, weighed and separated by color, and packaged for distribution to mills where the fiber is processed, or to local artisans who make their own yarn.



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“It takes about 10 minutes to shear one alpaca,” Tilton said. “It can be made into wool with carding paddles or spun on spinning wheels to make yarn that can be sold in bundles or used to knit scarves, mittens, hats, socks or rugs.”

Tilton used to shear the alpacas on her own and often spun her own wool, but the process has become difficult on her body as she’s aged. She further explained that hiring a shearer is easier, more time efficient, and less stressful for the animals.

When breeding alpacas for shearing, Tilton looks for certain traits in the animals; the length of their fiber, their alignment, profile, posture, temperament and level of care for their offspring.

If, for example, a female alpaca has thinner fiber around her hooves, a breeder would look to mate her with a male that has thicker fiber around his hooves to fill out their offspring and upgrade the female, Tilton said.

“The length of their fiber is important,” she continued. “You want it to be three inches at the time of shearing, and we will not continue to breed the animal if it doesn’t meet the breeding requirements to make a good shearing alpaca.”

If the fiber is not three inches in length, Tilton said, mills won’t process it and buyers will have limited options for their craft, like rugs. Often, Tilton has to collect fiber for several years before it can be sold to a mill.

The first cut, which is frequently reserved for scarves, hats, sweaters, socks and mittens, is the most acquired fiber and is taken from the belly, neck and haunches of the animal. The rest, from the bottom of the legs to the tail, is processed for knick knacks, hobby crafts and rug making, where the fiber doesn’t need to be spun into a wool or a yarn.

Tilton explained that the more the fiber is processed, the more profitable it can be for a breeder. For example, a 10 pound bag of fiber from one animal can be sold raw to a mill for \$50,



or spun into five spools which can be sold for \$20 each, making an additional \$50 for the farmer. Once in the yarn stage, the wool can be made into garments and further sold, increasing the profit from \$50 at the raw stage to hundreds when fully processed.

“The more you process it, the more you can make off the animal

and some animals, with the sale of their babies, will pay for themselves during their lifespan,” Tilton continued.

To purchase fiber or yarn from Someday Farm, visit Tilton’s Facebook page for upcoming farmer’s market and open house dates: [facebook.com/somedayfarmnh](https://facebook.com/somedayfarmnh). ♦

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Guests are treated to an immersive farmhouse experience at **Colby Hill Inn** in Henniker, with charm, comfort and a menu of locally farmed ingredients

Peter and Brianna Fraser of Farmington enjoy the parlor room at the Colby Hill Inn in Henniker, which offers a period piece room with overnight accommodations upstairs.

Geoff Forester



Geoff Forester

The Colby Hill Inn owner Jefferson Brechbühl prepares a drink order at the cozy bar on a Saturday night. The Grazing Room, a 56-seat restaurant and wine lounge, has wonderful views of gardens from the Garden Dining Room.

# A destination for dining

**By SRUTHI GOPALAKRISHNAN**

Nestled along the Contoocook River in the town of Henniker, is Colby Hill Inn, a charming farmhouse-inspired retreat located on a sprawling six-acre property that dates back to the 1970s. The inn is an ideal respite for those looking to get away from the hectic pace of city life.

The idea behind the inn is to create an atmosphere for its guests that evokes the charm and character of a traditional New Hampshire farmhouse.

“Our mission is to bring back the farm to the farmers,” said Jefferson Brechbühl who co-owns the inn with chef-proprietor Bruce Barnes. “We

wanted to make it feel like you’re in a farmhouse in New Hampshire.”

Colby Hill Inn is committed to sourcing its ingredients from local farmers and promoting sustainable practices. In keeping with this promise, the inn has taken steps to expand its own garden by adding more raised beds. They’ve also reintroduced farm animals to their property, with chickens and alpine goats now living in a rustic barn

right on the property. Guests can visit the barn and see firsthand where some of their meals are coming from and be in touch with nature.

Beyond the charming and cozy farmhouse vibe Colby Hill Inn offers, the focal point is the Grazing





Seth and Megan Lawrence, left, of Manchester enjoy a dinner away with friends Samantha and Nate Corson of Henniker at the Grazing Room, a 56-seat restaurant at the Colby Hill Inn in Henniker.

Room, a restaurant that serves cuisine from around the world, paired with a selection of fine wines.

“The most unique thing about this place, aside from the atmosphere, is the unique dining experience,” Brechbühl said, highlighting the dining destination’s ability to introduce people to different cultures through food in a small town like Henniker. “The chef has an international view and experience and so his offering is extremely unique, it’s not typical New England traditional.”

At the dining room of the property, flavors from around the world are served with a view of the bucolic grounds, setting the perfect ambiance for a culinary experience. A beautiful hand-painted mural adorning the walls, showcasing Henniker’s iconic buildings, adds to the dining room’s charm, giving it a local touch.



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**The Colby Hill Inn in Henniker features dining with garden views.**

For those with a passion for wine and a love of fine cuisine, this restaurant hosts year-round wine dinners featuring some of the best international winemakers. Spanish, Mexican, and Bordeaux nights will feature wine pairings with the chef's curated menu.

"We're trying to have a really stellar wine list," said Brechbühl. "A lot of our wines you can't find in New Hampshire retail stores which makes us different and really stand out."

Some of the ingredients used to prepare dishes served at the restaurant are not easily available to source from local farms, said Sachiko Ito Howard, the inn's farming director.

One of the chef's signature appetizers, a fried squash blossom stuffed with goat cheese and served in a special sauce, use specific ingredients that are hard to come by locally, such as a baby squash still attached to its stalk.

"In such cases, the restaurant had

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The view of the parlor room from outside the inn and a portrait that adds interior ambience.

to contact big suppliers which are against the philosophy of farm to table,” said Howard who has taken the initiative to develop the garden to grow difficult-to-source ingredients.

She is currently growing a variety of micro greens and herbs in the inn’s garden for use in the chef’s prepara-

tions.

The inn is also taking steps to create an eco-friendly future through education. In celebration of Earth Day, the inn is organizing a special screening of a documentary on food waste to draw attention to the staggering amount of food waste that ends up in

landfills. Guests will also enjoy a tasting of a curated selection of sustainable wines at the barn.

“Our purpose is also to reduce waste,” Howard said, explaining that they want to keep farming at the inn and use food waste to feed chickens or compost it. ♦



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# VINTAGE FINDS





## 'Once you start secondhand shopping, you realize your personal style develops really quickly.'

**Above: Elyssa Alferi is the owner of Lilise Designer Resale, a vintage and designer consignment store.**

**Facing page: A used high-end bag at Lilise Designer Resale; Vintage children's pieces at Concord Antiques; Home wares at Concord Antiques.**

Geoff Forester

**By SRUTHI GOPALAKRISHNAN**

Looking to refresh your spring wardrobe or add a splash of color to your home on your next shopping spree, but worried about adding to the waste stream? Shopping at consignment or thrift stores is a fuss-free way to take one step toward making a sustainable choice.

"At a consignment store, you are shopping sustainably without even trying because it's just built into the business model," said Elyssa Alferi, the

owner of Lilise Designer Resale, a vintage and designer consignment store on Main Street.

Purchasing previously owned items keeps products in circulation for longer while also reviving old fashion trends like oversize jackets and vintage sequined bags from the 1990s.

At Lilise, Alferi gives a home to designer labels like Chanel, Gucci, Tory Burch and others that still have a lot of life left in them. Concord residents can shop for high-end fashion items without

having to travel all the way down to big cities like Boston or New York City, thanks to the store's consignment of curated designer labels.

Unlike fast fashion fabrics such as acrylic or plastic leather, most of the clothes in the store are made from sustainable fabrics such as wool and cotton, which compost better but are more expensive to buy off the rack.

According to the Environmental Protection Agency, landfills in the United States were a dumping ground for 11.3 million tons of textile waste in 2018, accounting for more than 65% of all textiles produced that year.

Apart from sustainability, thrift shopping can help you find your authentic style by experimenting with different styles of clothing rather than going to a store that projects their style on you, said Alferi, a lifelong thrifter.

"Once you start secondhand shopping, you realize your personal style develops really quickly versus a sense



Some of the eclectic items at the Concord Antiques on Storrs Street.

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of style and I think that's important," explained Alferi.

Secondhand shopping extends far beyond clothing. Whether you're looking for a vintage couch, a quirky decor piece, or a rare book, consignment stores are a treasure trove of one-of-a-kind finds that can't be found anywhere else.

In fact, a vintage piece of furniture would better withstand the test of time, said Sue McCoo, one of the owners of Hilltop Consignment Store on Main Street. The store offers pre-owned furniture, books, clothes, vinyl records, and more, featured across two floors.

"Many of the older things were better made, and particularly furniture," said McCoo. "Some of it is 50 or 100 years old, and it'll go another 50 or 100 years."

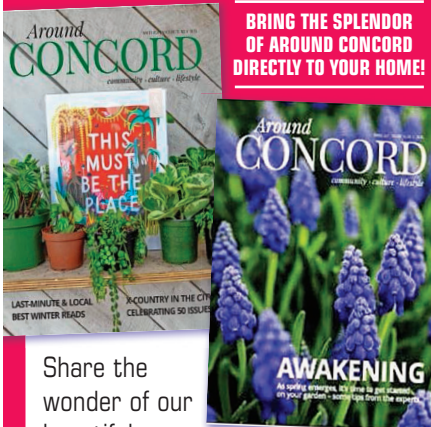
Thrift shopping is not only a cost-effective and environmentally friendly way to shop, but it is also gaining popularity among younger generations. The sheer joy of discovering a special item and the nostalgia associated with each item are just a few of the reasons why secondhand shopping has gained so much appeal in recent times

"There is an incredible history behind mundane stuff that you would never think have any value," said Brad Decker, owner of Concord Antiques, pointing to 20th-century dinnerware brought in by one of his dealers from an old house the owners were selling.



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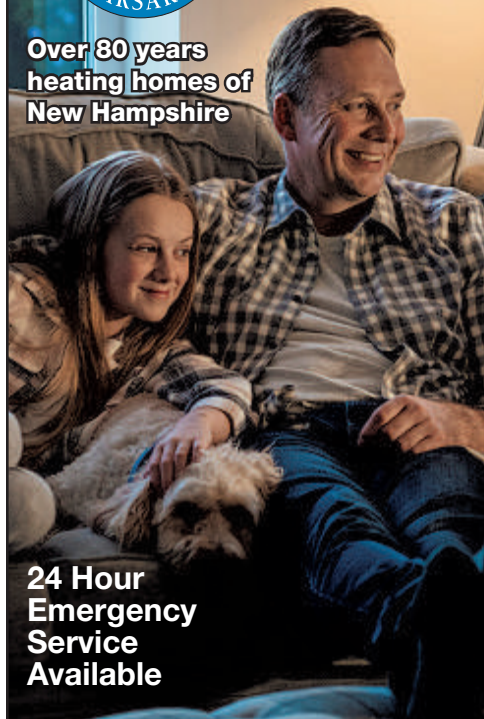
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“Everything here has a piece of history.”

McCoo describes consignment stores as “living museums.”

At Decker’s store, most of the items are sourced from auctions, yard sales and people wanting to declutter their homes. He says that while it is unfortunate that sometimes people don’t see the value of items that are still in good condition, offering them at the store gives those items a second chance to find a new home where they will be appreciated and used.

These local consignment stores not only provide unique finds for customers, but they also have a positive impact on the community. By practicing profit-sharing with consignors, who are often residents of the Concord area, a portion of the money from sales goes back into the local economy.

“People don’t always want or should necessarily donate their stuff, so this is a way for people to get some money,” McCoo explained. “So it [the



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consignment store] does a lot of things, and all of the money stays local, so it's a circular economy."

Taking the time to find a new home for items before throwing them away, explained McCoo can be a great way to reduce waste and promote sustainability.

Before you throw something away, ask if your neighbors want it or if there is someone who is crafty and looking for a specific item to turn into something new. If not, consider donating them to a charity or bringing them to a consignment store.

It's a small but important step that can make a big difference in the long run.

"I think it's important to keep as much stuff out of landfills as possible and just give it another life," Alferi said. "If you dump those materials [that take a long time to decompose] in a landfill, your kids or their kids will be stepping on them years later." ♦



This old radio could be found at Hilltop Consignment Store on Main Street.

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# THE TIES THAT BIND

## Book bindery's craftsmanship spans generations

By RAY DUCKLER

It didn't take long for Sam Ives to change direction, from archaeology after college to where he stands now: on the doorstep of taking the reins from his father, Tom Ives, making the New Hampshire Book Bindery a third-generation family business.

Ives's curiosity about ancient culture quickly faded once he rolled up his sleeves and mastered the finer points of book restoration. He says he's more than ready to take over.

"I knew from the beginning that I was going to own this company," Sam said. "Maybe not from the very first day, but definitely after a little while. Dad was driven to keep us all together and it's what I wanted to do."

Tom Ives, 68, continues to run a place that can change a tattered bible into a glistening piece of art. That's what convinced Sam to join the team. Customers have cried after receiving





Tom Ives stands in front of a bookshelf he brought from the former location of N.H. Bindery which was located at 29 1/2 South Main Street in Concord from 1961 until 2012.

Geoff Forester photos



Geoff Forester photos

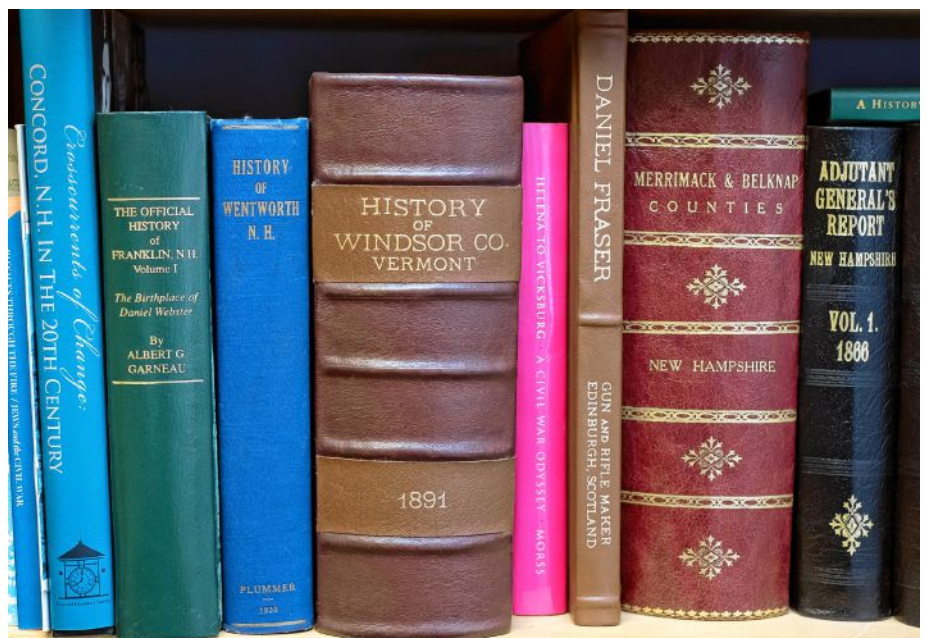
**Tom and Sam Ives keep the tradition of book bindery alive from their shop in Bow. The father and son team lead a group of workers that do mass bindery work as well as custom and one-of-a-kind bindery from the shop off of Dow Road. Here, Tom Ives works the machine that stamps foil into the cover of books. Below is a collection of books in Tom Ives' office.**

their bibles back, shedding tears of joy and nostalgia, according to this father-son team.

Tom said he won't retire for, "a couple of years." The family prides itself on showing pride in their work. Detailed, golden, covers and pages crisp and bright.

Tom has some pretty impressive credentials these days, saying that the NH Book Bindery is the lone such business in the country. Three others, Tom said, restore books for personal and business uses.

They must be doing something right, because his customers are everywhere. "Oakland, California; Florida; Manitoba, Canada," Tom said.



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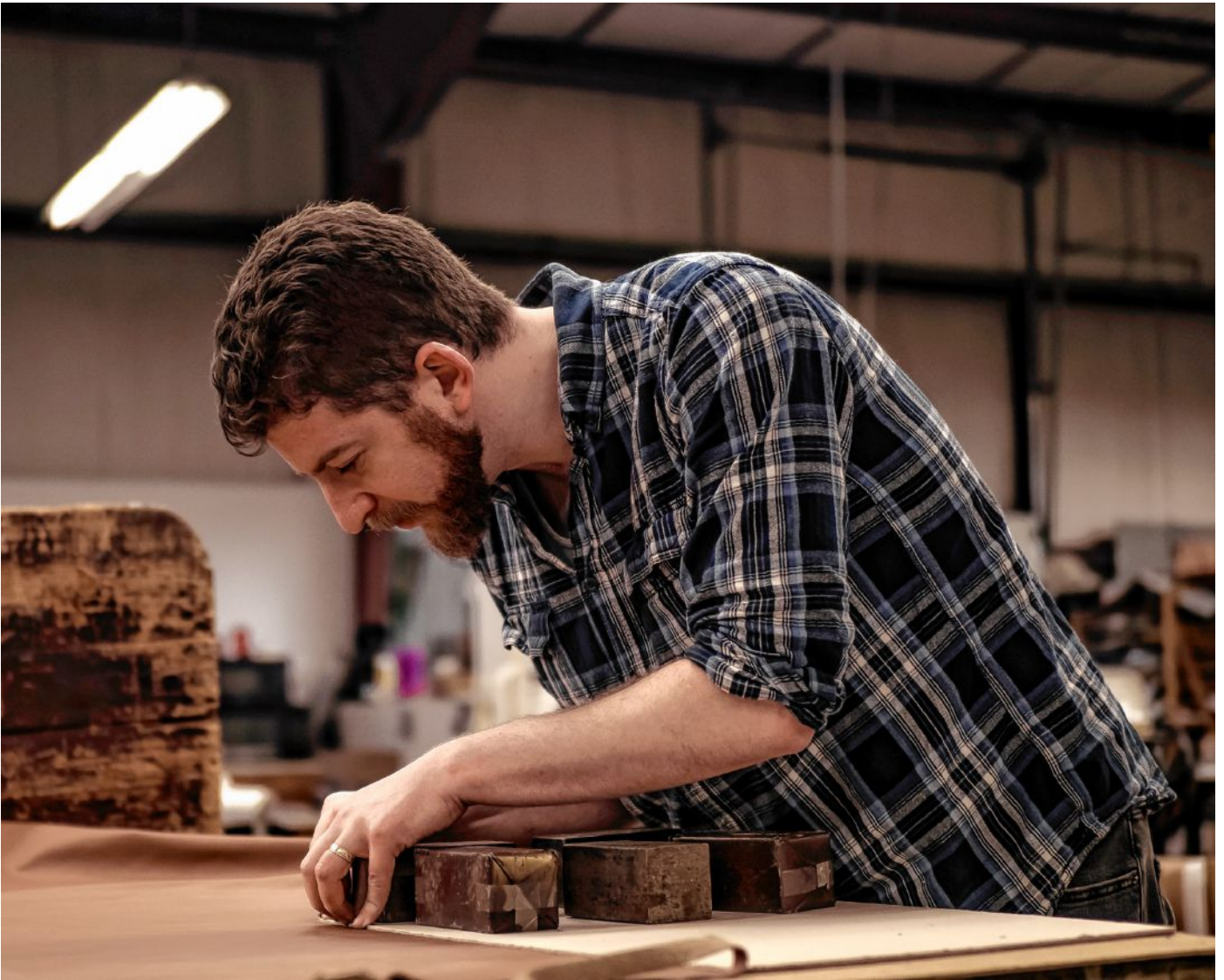
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Sam Ives works on the leather cover for a family bible. Top, he cuts the leather to exact measurements. Bottom left, he adds the inlaid cross. Bottom right, he puts the leather through a glue roller to adhere to cardboard to make the cover.







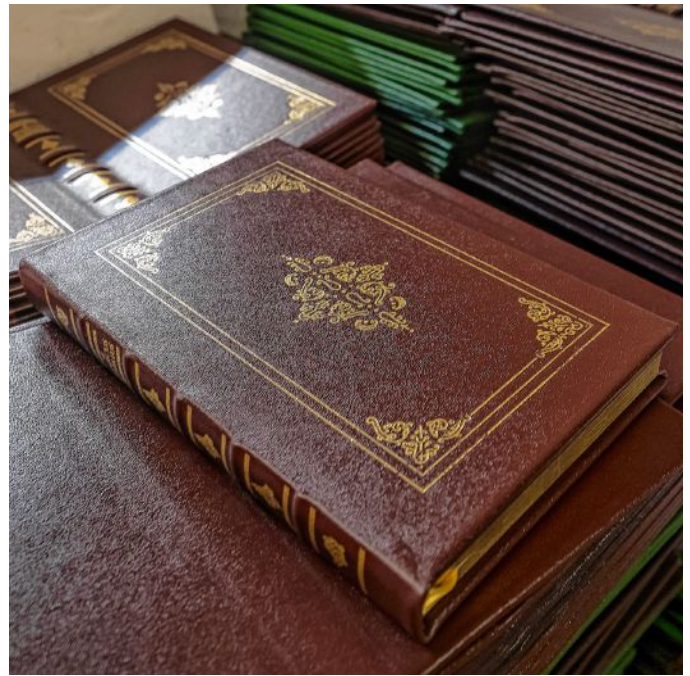
**Tom and Sam Ives work together near the antique guillotine cutter at N.H. Bindery in Bow. Below is one of the many old machines that remain in use.**

He started working for the man who began this linear business connection, his father, Wilfred Ives, in 1972. Tom was a junior in high school, and those two decades before he bought the business from Wilfred proved to be the ideal learning tool, absorbing all the nooks and crannies of knowledge involved with book restoration.

The business was sold to Tom after he expressed frustration that his father was not reinvesting in the company. Tom pulled the old squeeze play, telling Wilfred that he was leaving the business to branch out on his own.

“I bought equipment even though I had no money, but I was determined,” remembered Tom. “(Wilfred) said, ‘Let’s work this out.’ I don’t think he expected me to take over, but he was happy I did.”





**Clockwise from upper left: Sam Ives stitches the corner of the leather cover; Sam Ives uses an antique hand tool to smooth the edges; A collection of covers; Sam Ives works on a spine.**

In those early days, Tom described middle-aged women working at benches, sewing, gluing, coloring. He saw the writing on the wall spelled out clearly, that technology was going to bite into businesses, reducing staff and wiping out entire entities.

So he invested, \$170,000 for a sewing machine and \$100,000 for a new casing machine, plus \$500,000 on another machine.

“I could have said no to a new sewing machine,” Tom said.

But he was looking ahead. These days, Tom’s reputation is booming through a contract that allows him to purchase books signed by a celebrated author, making them into classics and earning more money for the business. He once sold the book, “Misery,” with Stephen King’s signature on each.

This is the world Sam Ives will inherit in two years, maybe three, maybe more. Meanwhile, his



**Tom Ives looks over an old map of Henniker in one of many old books in his office. Below, he's hard at work on the team's next project.**

skills have evolved to the point that even his father has to take a back seat to his son's craftsmanship.

"He does all the book restoring now," Tom said. "I taught him and he is very good. Better than me. If a bible is falling apart, he will put it together and create a beautiful book."

In fact, that's why Sam left archaeology in favor of, in a sense, going home. To family. He's good at what he does and darn proud that he's keeping the flame alive.

He pointed at shelves of books. They were his, the ones he had finished, each with glue and color and gilding keeping the book alive and in fact making it look much better.

"I earned this," Sam said. "See right there, those 2,000? I did them by myself." ♦





Helen Murray

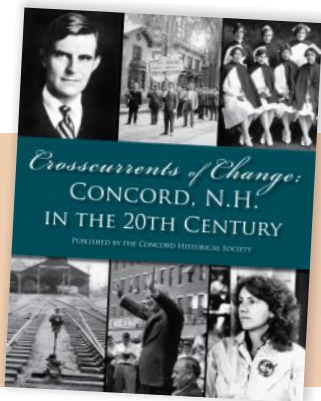
Helen and Jesse Murray remove chicks from an incubator and prepare them for shipping.

# The lure of the land

The history of the farm Lester Murray established alongside the Contoocook River follows the trail of much of Concord's agriculture dur-

ing the twentieth century. "Most farms in the early 1900s – we go back to 1903 – were dairy," said Don Murray, Lester's grandson. Up in the mornings early, no matter how cold, to milk the cows, and when animals were sick or calving, the family stayed up late to care for them.

Farming was shifting from a subsistence enterprise to a commercial operation. The plows, drawn by horse, or oxen in the century gone by, sported iron points that broke the soil more efficiently. The hand-held scythe gave way to the mowing machine, and a single farmer could now



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### 'Crosscurrents of Change' Concord, N.H. in the 20th Century'

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Photo illustration Geoff Forester

**Above:** After the decline of the butter market, many dairy farms turned to fluid milk.

**Left:** Between 1944 and 1963, Edson "Red" Eastman delivered more than 1,200 quarters of milk a day.

Paul Eastman



cultivate and harvest several acres. The railroad, and soon the truck, made it possible for farmers to transport their crops to city markets.

And dairy farming, which in the nineteenth century had concentrated on producing butter, now centered on fluid milk.

By the 1940s, city regulators – concerned about the quality of fluid milk – insisted that all milk in Concord be pasteurized. The rationing imposed during World War II limited deliveries to every other day. The market was shrinking, and pasteurization required new, expensive equipment, which discouraged Lester Murray and his son Jesse.

“Plus,” Don Murray said, “at that time my father, Jess, got married and he wanted to have a little freedom from the daily time that was required – the early milkings, the late nights, seven days (a week) at ungodly hours – and he became interested in poultry. So my grandfather decided, partly because of the requirement of pasteurization and my dad’s change of interest, that he would give up dairy, and they gradually got larger, as time went on, in poultry.

*This chapter about the early years of Murray Farm and other Concord-area farms was written by John C Porter and included in Chapter 3 of Crosscurrents of Change.*



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## Grandfather's Toolbox

Sun bled through the age-tinged windows,  
seeping across the interior of this barn so old,

particles danced in the sunlight,  
with dust-coated stories untold.

Hidden in the afternoon sun,  
obscure and forgotten, all alone,

in this place my family had lived,  
the next generation had grown.

There was an old toolbox,  
scarred, dented and no longer bold,

letters carved into the top,  
grandfather's name so very old.

This box contained his tools,  
as well as the minutes of his life,

tools worn smooth from use,  
he supported his children and wife.

A box full of memories,  
still residing in the winter cold,

sun bled through the age-tinged windows,  
seeping across the interior of this barn so old.

*By James W. Spain*

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## THE SCENE



Geoff Forester photos

Bridget Clapp of the Clapp Family Farmstead on Route 13 in Concord scoops up an egg in the farm hen house in January. Clapp spoke to the Concord Monitor about the rising prices of eggs across the country.

# A day in the life



Betty and Jack Tobey hold hands in the activities room at the New Hampshire Veterans Home in Tilton in February. The couple both served in the military and are able to share a room at the home.

John Stark 132-pounder Kaycie Rhodes smiles after her pin of a Merrimack wrestler during a match in February.





Batulo Mahamed makes a meat pie as family members, including son Hassan Shegow, daughter Famy Shegow and son Mahamed Shegow, help at the Capitol Center for the Arts kitchen. Her pies are for sale as part of a new business venture.



Concord's Elliana Wing starts the celebration after Leah Beauregard's goal in February.



Dan Gagnon of Barnstead, who runs trash pickup as his day job, also runs to raise money for children in need of care.



Runners start at the 20th Rock 'N Race on North State Street in downtown Concord last May.

Geoff Forester

## Moving to the music

Last year's 20th annual Rock 'N Race starting line was back at the State House after a couple of years of modified festivities due to the pandemic. The only thing that didn't cooperate was the weather. Still, more than 4,000 racers took off down the damp streets to raise money for the Payson Center for Cancer Care. Participants walked and ran the course while listening to performances from local musicians who entertained along the way. This year's event is set for Thursday, May 18. Sign up at [runsignup.com/Race/NH/Concord/RockNRace](https://runsignup.com/Race/NH/Concord/RockNRace).

### Contribute >>

Welcome to 'A Thousand Words,' a quarterly feature that ends the magazine with an iconic photo. Share your image with us, and we may be able to use it in a coming issue. Only high-resolution photos are accepted, and despite the intent of the feature, we will need to accompany your image with a few words. So please send your photo and a brief description to [editor@aroundconcord.com](mailto:editor@aroundconcord.com).

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