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PRIMARY RESULTS

HOPKINTON - CONTOO COOK NEWS ON PAGES 15-16



Dems Tap Walz, Woods & Fox for November Races

The Democratic primary for three seats in the New Hampshire House resulted in the following totals:

	Dunbarton	Bow	Total
Mary Beth Walz	257	912	1,169
Gary Woods	222	719	941
Samantha Fox	209	776	985
Bill Knapp	53	274	327

Former Senator Boutin is GOP Choice

David Boutin of Hooksett defeated Bow's Bill Kuch for the Republican nomination for State Senate by a vote of 3,044 to 1, 893.

Local votes were:	Bow	Dunbarton
Boutin	399	182
Kuch	404	168

Ted Gatsas Versus Gray Chynoweth for Executive Council

Former Mayor Ted Gatsas of Manchester defeated Jane Cormier for the area Executive Council GOP nomination. The Bow vote was 450 to 327. On the Democratic side, Gray Chynoweth defeated Garth Corriveau 629 to 300.

Total ballots cast were 1,090 for the Democrats and 847 for Republicans.

Dr. Richard Johnson and John Martin Dominate GOP House Candidates

In a five way race for three slots on the Republican side of the ballot the votes were as follows:

	Dunbarton	Bow	Total
Richard Johnson	270	506	776
John Martin	173	491	664
Paul Brassard	112	254	366
Christopher Fox	86	280	366
Phillip Kwiatkowski	117	246	363

On Friday, September 14 the Secretary of State held a pick-a-number tie breaker and Paul Brassard won over Fox.

It's Hilliard and Halvorsen for County Office

In the Sheriff's race incumbent Scott Hilliard defeated challenger Paul Montray 655 to 111 in Bow and 258 to 62 in Dunbarton for the GOP nod.

The County Attorney race was Concord's Paul Halvorsen against newcomer Nicole Schultz-Price of Hopkinton. Halvorsen is Concord's prosecutor and Ms. Schultz-Price is a Hillsborough County prosecutor.

Halvorsen prevailed 185 to 127 in Dunbarton and 503 to 235 in Bow. The county GOP chose Halvorsen and Hilliard by similar margins in other Merrimack County towns and cities.

Active Shooter Threats by Fire Chief Mitchell Harrington

On April 20, 1999, two individuals created an unsurpassed amount of violence at Columbine High school in Littleton Colorado resulting in 15 deaths. During the past 19 years our country has experienced 21 other similar incidents resulting in 346 deaths at colleges, workplaces, concerts, nightclubs, and churches. Since the Columbine tragedy Law Enforcement, Fire, EMS, institutional administrators, and emergency planners realized conventional responses were ineffective in limiting casualties. Generally, we have learned: Individuals need



to be prepared to flee, lockdown from, or stop the attacker (as a last resort), Law Enforcement needs to take immediate aggressive actions to stop a threat, and Fire/EMS must treat casualties in a hostile environment. Also, response to these incidents need better coordination. In the last 5 years national models, strategy, and training has been developed to enhance response to these active threats. Bow Fire Department was awarded a \$10,000 grant from NH Homeland Security and Emergency Management to purchase ballistic personal protection, tourniquets, special wound dressings, and training. Training included online classes and hands on training taught by subject matter experts. On 8/11/18, Bow Police and Fire Departments along with responders from neighboring communities practiced these skills at Bow High School (pictured below). Ongoing efforts include coordination simulations between departments and regional partners as well as planning activities with local stakeholders. As with most of our training and equipment; we are glad to it have but hopeful never to need it.

GRAND JURY TO TAKE UP TYLER SHAW DEATH

On April 30 at Exit 1 from I-89 Joseph Leonard, Jr. (age 35) struck and killed Tyler Shaw, age 20. The State Police Collision Analysis and Reconstruction Unit's detailed report is now at the County Attorney's Office in Concord. An October indictment is expected. This paper has requested blood alcohol and drug tests from the State Police.

LOW TAXES ARE THE RESULT OF LOW SPENDING

The Bow Times

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LETTERS POLICY: We will print letters to the editor on a space available basis. Letters should be no more than 200 words, typed or e-mailed. Letters must be signed with an address.

PHOTO SUBMISSIONS: We encourage individuals and groups to submit photos of their events or activities, by email or call the Technical Editor.

CORRECTIONS POLICY: We strive to present accurate news reports. We will correct factual inaccuracies in our coverage. We encourage readers to tell us if we have made a mistake.

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EDITORIAL

'THE ENEMY OF THE PEOPLE?'

"The fake news media."
 "The real enemy of the American people."

A couple of things:

First, there is no "the media." News reporting is a dog-eat-dog business. It always has been and seldom has the industry been more competitive than now with an almost infinite number of online "outlets" also jockeying for readership numbers and advertising dollars.

Two, there is no "win" to be had. Politicians and "the press" are never going to have a conflict-free relationship. It's simply not the nature of their respective roles within a free society, within any particular community.

For make no mistake, if there is no free and unfettered press - love a particular media outlet or not - then who is going to report the stories that hold those we elect accountable? Who is going to publish, post or broadcast the stories that report what those agencies they created did - or did not do - on the public dime? It is unlikely to be a politician. Or the respective PR army we also pay for.

Think of the wave of varied and various media-reported-stories, photos, and heartbreaking video clips.

A stain on the American people?

The fake news media?

Bushwa.

There may not be many of us you'd like to invite to dinner, but as a profession, we're there when you need us. Even when - especially when - we're neither welcome nor wanted.

Excerpt from an editorial in the Pine Island (FL)
 Eagle weekly Newspaper, August 22, 2018

WHY TAXPAYER STANDING MATTERS

By: Chuck Douglas

The recent \$1,000,000 accounting error in Dunbarton's school budget highlights why taxpayers should be able to be heard in court. The school board wanted to hold on to the money in a reserve fund, but needed court approval to have a special school meeting to okay their plan. Two dozen Dunbarton voters and taxpayers led by State Representative J.R.Hoell asked the court to be heard in opposition to the school board's plan.

Superior Court judge McNamara threw the taxpayers out because in 2014 the New Hampshire Supreme Court held that a taxpayer cannot go to court to challenge the government unless they can show their individual rights are directly prejudiced. For over 150 years taxpayer suits have held governments accountable in our State because we the citizens are in charge. We are not peasants in a medieval kingdom but, rather, the government is our agent, and we are in charge.

The 2014 Duncan v. State opinion that keeps citizens from judicial redress will be history in November if the voters approve Question 1 on the ballot. It would amend the State Constitution to restore the historic role of taxpayers being able to challenge illegal or unconstitutional acts by our agents - the government.

I urge a yes vote on Question #1. This proposed constitutional amendment was never a partisan issue and unites the left, right and middle. That consensus led to a 309 to 9 vote for it in the House and 22-2 vote in the Senate. Rarely is there such bipartisan approval of a proposed constitutional amendment.

While our courts usually get things right, there is a mechanism to correct them when they get a constitutional ruling wrong. The voters can approve amendments to the State Constitution. That check and balance has led to over 200 amendments since 1784. Thankfully very few of them were to overturn court decisions.

Luckily, for the taxpayers of Dunbarton the judge did at least review the arguments made by them and ruled in their favor by denying the special meeting. Taxes on a typical \$300,000 home in Dunbarton will take a one time drop of \$1,000 as a result.

It is time to restore taxpayer standing taxpayer standing by voting yes on Question #1.

*Chuck Douglas
 For a free press, je suis
 Charlie*

LETTERS TO THE EDITOR

We have come to know Dr. Richard Johnson over the past several years and know Richard's passion to serve the people of Bow and Dunbarton as their state representative. Richard and his wife Kristen have been New Hampshire residents for the past 40 years and have raised their family with solid New Hampshire values.

As a retired general surgeon, Richard has used his skills to help people and now wishes to redirect those efforts to serve the citizens of Bow and Dunbarton in the New Hampshire House. Richard has a diverse leadership background which includes serving in the U.S. Air Force, as an elder at Christ's Church of Amherst, a board member of the Nathan Project, trustee of the Christian Medical and Dental Association, along with many more.

Richard's heart is to keep New Hampshire that great and special state we know it to be. He supports the Second Amendment and our outdoor activities, while protecting our environment and natural resources. Realizing our children are our future, he supports both excellence in education and parental rights and responsibility for that education. In this same direction, Richard understands the need to combat the opioid problem we are currently facing.

We are thankful to say Richard is committed to fighting any sales or income tax as today's challenges are met. We hope you will join us throughout the towns of Bow and Dunbarton and on November 6th select him in as one of our state representatives.

DAVID HOLT, Bow

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Simple Questionnaire

Ducked by Democratic House Candidate

by Chuck Douglas

In June, this newspaper sent an issue survey to the 9 candidates running for the N.H. House from Bow and Dunbarton. There were only 6 questions and they were simple, clear and unambiguous. Not one Democrat chose to let you know what they support or oppose.

The survey that was sent in June is to the right. You decide if a candidate for your votes in an election should be afraid to answer just 6 topical important issues they will face if elected:

- 1 Should teachers, trained in the proper use of firearms, be able to bring guns to school (if properly secured) to defend against a shooter?
 YES NO
- 2 Do you favor adoption of a sales tax for New Hampshire?
 YES NO
- 3 Do you favor adoption of an income tax for New Hampshire?
 YES NO
- 4 Do you favor repeal of the current N.H. death penalty law?
 YES NO
- 5 Do you favor expanded school choice for parents, including education savings accounts?
 YES NO
- 6 Currently 28 states do not require an employee to join or pay a union to keep their job. Should NH become the 29th Right-to-Work state?
 YES NO

Go to www.thebowtimes.com click on the survey button to take you to the survey. Make sure you click on submit so your vote will be counted. You can only vote once. Results calculated by Survey Monkey.

SURVEY

Should candidates for public office seeking your vote answer a few questions about major state issues as set out above?

YES

NO

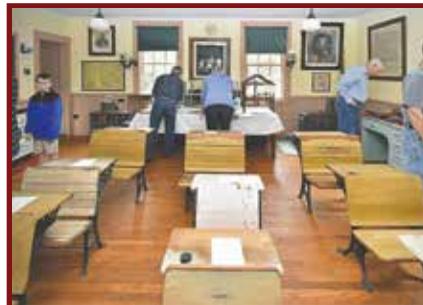
Go to www.thebowtimes.com click on the survey button to take you to the survey. Make sure you click on submit so your vote will be counted. You can only vote once. Results calculated by Survey Monkey.

EDDIE PERKINS HONORED BY SAU 67



If you see Edie Perkins, please be sure to congratulate and thank her for 25!!! years of educating the young minds at Bow Memorial School! As you can see in my rather fuzzy photo, Edie received the coveted anniversary chair and thanks from all of us in SAU 67 at the opening day ceremonies just prior to school start.

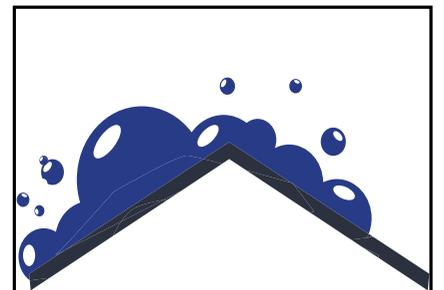
Thank you Edie for all you have done and continue to do for the students at Bow!



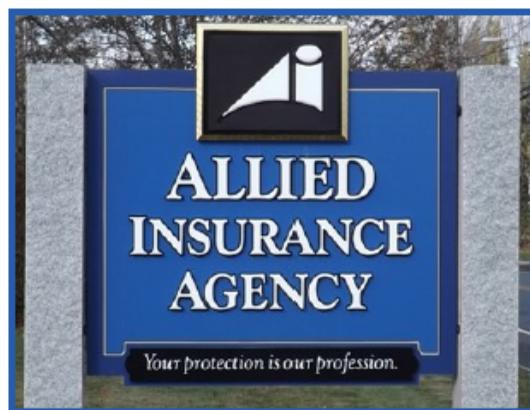
BOW CENTER SCHOOL OPEN HOUSE

This summer the one-room Bow Center School, built in 1894, was open for visitors. Several town residents who attended school there showed up for a nostalgic trip in time.

Photos by Eric Anderson



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Way Up North

by Jay Martin

Jay Martin was born and raised in the Manchester area. He is currently living in Bow and has come to love the laid-back feel it has.

The *Way Up North* cartoon series was first published in the UNH student paper in 1997. Jay majored in Fine Arts there, and later earned a degree in Graphic Design.



WHY YOU SHOULD PLAN YOUR ESTATE TO AVOID PROBATE

BY BEN KINIRY, ESQ.

When I started practicing law I really didn't understand what all the fuss was about avoiding "Probate," a term often utilized to represent probate courts overseeing the administration of estates (be sure not to confuse the term Probate with the term probation, which is altogether a different area of the law). After years of working with clients on probate matters, I now advocate for setting up a client's estate to avoid "Probate."

Alright, so what is Probate? The first thing to know is that probate courts deal with various matters to include establishing guardianships, adoptions, name changes, partitions of real estate and administration of estates.

This article concentrates on the administration of estates, which is the process of the probate court holding proceedings to transfer a decedent's (dead person) property, known as the "estate," to his or her heirs and legatees (people named in the Last Will & Testament) who are designated to receive them. This is also an opportunity for the court to make sure all creditors, including the state and federal government, have been paid. That's it, Probate in a nutshell. Well, Probating sounds easy enough, right? The process is simple in concept, but in reality it's rather time consuming.

The probate estate includes all property held in the decedent's name alone. If property is owned jointly by the decedent and another person, such as bank accounts (just about any account held by a financial institution) and automobiles, they are not part of the probate estate and are therefore not subject to the Probate process. Also, assets having named beneficiaries (as opposed to joint ownership) are not part of the probate estate, such as life insurance, transfer on death accounts and retirement benefits. Assets held in trust avoid probate (and you already know how I feel about trusts).

The Probate process is started by filing a Petition for Estate Administration with the probate court (much of it is done electronically these days), along with the original Last Will and Testament and a death certificate. Letters must be mailed to all of the decedent's heirs at law (usually



the surviving spouse, children, and grandchildren of any predeceased child), to those named as beneficiaries in the Last Will and Testament, and to any charity named as a beneficiary of your estate. Also, the New Hampshire Department of Health and Human Services (DHHS) Estate Recovery Unit will be notified (DHHS reviews their records to see if the decedent has a debt with the State for any public benefits received and if so, will make a claim against the estate). Notice must also be published in a local newspaper in large part for the purpose of informing creditors of your death. If no one objects, the personal representative (executor) named in the Last Will and Testament is appointed by the court.

Thereafter the personal representative is responsible for collecting (taking charge of legally) the probate estate and for paying any debts of the estate. The personal representative must file an itemized list, known as an "inventory," of the probate property, including the value (some items will need to be appraised), with the probate court. The personal representative must file an estate tax return within nine months of the date of death and the final income tax return needs to be filed as well. This is true even if no estate tax is owed, if the decedent owned real estate or the personal representative wants his or her final accounting (see below) allowed by the probate court. Creditors of the estate have approximately six months to bring claims against the estate. Personal representatives generally wait until this claim period has expired to complete distribution of the estate according to the terms of the Last Will and Testament. As his or her final responsibility, the personal representative must file an accounting with the probate court showing the income and expenditures of the estate admin-

istration. The entire process generally takes about a year (many are quicker, others take, well you can imagine).

As stated previously, I now advocate for setting up a client's estate to avoid Probate. Why?

This is about what is best for your family. You may have just thought, "sure, but attorneys make more money by taking this position." I can see how one might make this assumption, however, in most instances your gut instinct would be incorrect. From my experience, working with a family to set up their affairs to avoid Probate is relatively inexpensive. The process is also not all that time consuming. Contrast this with going through the probate process, which is documentation intensive, riddled with forms and deadlines, the potential for multiple court hearings, and not to mention the fees charged by lawyers and other professionals who are generally involved in aiding families with navigating the probate process. In simplistic terms, it just takes more time and money to Probate than to plan to avoid the process altogether.

Well, how much does it cost? I have jokingly stated to many of my Probate avoidance resistant clients (who perhaps have the belief that I'm in it for the money) "I look forward to the significantly larger fee I will earn in helping

your children navigate the probate process." The point is this, yes attorneys do charge fees to work with families to set up their affairs to avoid probate, however, experience shows such fees pale in comparison to the fees, and other costs, of going through the probate process.

In addition to the money and time Probate can consume, stress is another factor not to be ignored. Those who are living when you are gone will be responsible for getting through the probate court maze, which is a largely unknown entity and a process having many hoops and hurdles. Some who have been through the process have found it to be rather frustrating (yes, this is an understatement).

This may sound like self-serving doom and gloom, and yes, many families go through the process without issue (there is still the time and money aspects). So don't go by my opinion alone. I encourage you to talk with your friends, you will likely find one who has experienced Probate and there is no doubt they will work tirelessly to convince you to plan ahead (unless they want to read your probate file which is public) as there is a clear winner in this race. Enough said.

The information provided in this article does not constitute legal advice.

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BAKER FREE LIBRARY NEWS

by Lori Fisher

SUMMER READING 2018

Congratulations to all who took part in our summer reading program!

We had a total of 404 participants, who read 4,849 books. Total number of K-6 grade kids who participated was 212, and almost half of them met their reading goal... which is phenomenal! We'd like to extend special thanks to the providers of our halfway-to-your-goal prizes, Orange Leaf (owned by Kristina Hathaway), and our met-your-reading-goal prizes, Constantly Pizza (owned by Dave & John Constant).



Participants really loved the new reading goal format, and we intend to do that again in 2019. Thanks as well to the following local businesses for donating prizes for our teen and adult readers: Chipotle; Gibson's Book Store; Tucker's; Cimo's; Game Stop; 50 Home; Red River Theaters; Live Juice; and White Mountain Coffee. The total value of all donated prizes exceeded \$1000 – we truly appreciate local business support of literacy and education in our community!

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\$5 BAG BOOK SALE BY FRIENDS IN SEPTEMBER

Many donations have come in over the summer, so the Friends are holding a \$5 per bag book sale for the month of September. Stock up for winter reading – there are a ton of great reads to choose from. \$5 per plastic grocery bag of books; please try to bring your own bags. The library will have some grocery bags available at the start of the sale, but will probably run out fast. Please make sure to bag your items in the plastic grocery bags before placing them in boxes or other types of bags so that the library's desk staff can finalize your purchase quickly and efficiently. Questions? Email info@bakerfreelib.org.

FREE COMMUNITY YOGA CLASS ON SAT 10/6

Our FREE monthly community yoga classes have begun again – next one is Saturday 10/6 from 9 am to 10 am in the Library's Lower Level. Please register in advance by emailing lori@bakerfreelib.org, or calling 224-7113. If this is your first time attending our community classes, please arrive by 8:45 am so that you have time to fill out the liability waiver and get set up. Namaste!

LIBRARY OPENING LATE ON MON 10/8

The Library will OPEN LATE on Monday 10/8, at 1 pm, due to staff training on lockdown procedures by the Bow Police Department. Thank you in advance for your understanding – the safety of our staff and of our customers is paramount!

LIBRARY CLASS/EVENT HIGHLIGHTS

Registration for Storytimes opens Tuesday 9/4

Registration for our three Storytimes (Baby, Toddler, and Preschool) opens on Tuesday 9/4. To register, visit the Library Calendar and click on the symbol. For descriptions of each Storytime, visit www.bowbakerfreelib.org/childrenevents.asp.

Family Fun Night - Indoor Campout!: Monday 9/24 at 6 pm

Bring your whole crew, along with sheets, blankets, beach towels, and more to build your own fort (some materials provided) and then listen to a story while eating s'mores. Drop in event.

Beat the Librarians Trivia Night @ Litherman's Limited (126B Hall Street, Concord): Thursday 9/27 at 7 pm

Librarians from Baker Free Library and Concord Public Library will compete in a trivia night against teams of six... come just to watch or form a team of six to play!

FRIENDS OF BAKER FREE LIBRARY

The Friends of the Baker Free Library will hold their next donation day on Saturday 9/29 from 10 am to 2 pm. Questions? Email info@bakerfreelib.org.

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Randy Guay, Vice President, Commercial Loan Officer, Merrimack County Savings Bank

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SUGAR RIVER BANK Protecting Your Mobile Device

Your mobile device provides convenient access to your email, bank and social media accounts. Unfortunately, it can potentially provide the same convenient access for criminals. Sugar River Bank recommends following these tips to keep your information – and your money – safe.

Use the passcode lock on your smartphone and other devices. This will make it more difficult for thieves to access your information if your device is lost or stolen.

Log out completely when you finish a mobile banking session.

Protect your phone from viruses and malicious software, or malware, just like you do for your computer by installing mobile security software.

Use caution when downloading apps. Apps can contain malicious software, worms, and viruses. Beware of apps that ask for unnecessary “permissions” and delete unused or rarely used apps.

Download the updates for your phone and mobile apps.

Avoid storing sensitive information like passwords or a social security number on your mobile device.

Tell your financial institution immediately if you change your phone number or lose your mobile device.

Be aware of shoulder surfers. The most basic form of information theft is observation. Be aware of your surroundings especially when you're punching in sensitive information.

Wipe your mobile device before you donate, sell or trade it using specialized software or using the manufacturer's recommended technique. Some software allows you to wipe your device remotely if it is lost or stolen.

Beware of mobile phishing. Avoid opening links and attachments in emails and texts, especially from senders you don't know. And be wary of ads (not from your security provider) claiming that your device is infected.

Watch out for public Wi-Fi. Public connections aren't very secure, so don't perform banking transactions on a public network. If you need to access your account, try disabling the Wi-Fi and switching to your mobile network. Consider using a Virtual Private Network (VPN) app to secure and encrypt your communications when connecting to a public Wi-Fi network. (See the Federal Trade Commission's tips for selecting a VPN app.)

Report any suspected fraud to your bank immediately.

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BOW HAZARD MITIGATION PLAN UPDATE MEETING

The Town Hazard Mitigation Committee will hold its next two meetings on Monday, September 17 and 24, 2018 at 9:30 AM at the Bow Safety Center, 7 Knox Road, Bow. The draft Bow Hazard Mitigation Plan Update 2018 document is anticipated to be completed in summer 2018.

The Bow Hazard Mitigation Plan must be updated every five years and approved to current requirements to ensure the Town's continued eligibility for federal disaster recovery and mitigation grant project funding. Past and potential natural disasters and other hazard events will be assessed and critical facilities and vulnerable areas and populations will be identified. The Committee will review existing mitigation capabilities and develop long-term risk reduction mitigation actions to help alleviate the impact of these events to Bow's people, buildings, and property.

All unique perspectives from stakeholders, engaged citizens, businesses, and organizations are invited to attend and participate in the Town's hazard mitigation discussion and decision making. For more information, contact Lee Kimball, Emergency Management Director, at 603-223-3940 or via email to lkimball@bownh.gov.



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Reduce Muscle Tension and Tightness!

by Jim Olson

You can stretch anytime, anywhere. Just follow these tips to do it safely and effectively.

Stretching may take a back seat to your exercise routine. You may think that stretching your hamstrings and calves is just something to be done if you have a few extra minutes before or after pounding out some miles on the treadmill. The main concern is exercising, not stretching, right?

BENEFITS OF STRETCHING

Studies about the benefits of stretching have had mixed results. Some show that stretching helps, while others show that stretching has little if any benefit. The main benefits of stretching are thought to be improving athletic performance and decreasing the risk of injuries.

Stretching can help improve flexibility. And better flexibility may improve your performance in physical activities or decrease your risk of injuries by helping your joints move through their full range of motion. For instance, say your Achilles tendon is tight and lacks flexibility. If you do a lot of hill walking, your foot may not move through its full range of motion.



Jim Olson

Over time, this can increase your risk of tendinitis or tendinopathy in your Achilles tendon. Stretching your Achilles tendon, though, may improve the range of motion in your ankle. This, in turn, can decrease the risk of microtrauma to your tendon that can lead to overload and injury.

Stretching also increases blood flow to the muscle. You may come to enjoy the ritual of stretching before or better yet, after hitting the trail, ballet floor or soccer field.

STRETCHING ESSENTIALS

Before you plunge into stretching, make sure you do it safely and effectively. Use proper technique. Stretching incorrectly can actually do more harm than good.

Use these tips to stretch safely:

DON'T CONSIDER STRETCHING A WARM-UP. Before stretching, warm up with light walking, jogging or biking at low intensity for five to 10 minutes. Or better yet, stretch *after* you exercise when your muscles are warmed up. Consider holding off on stretching before an intense activity, such as sprinting or track and field activities. Some research suggests that pre-event stretching before these types of events may actually decrease performance.

FOCUS ON THE MAJOR MUSCLE GROUPS. When you're stretching, focus on your calves, thighs, hips, lower back, neck and shoulders. Also stretch muscles and joints that you routinely use at work or play. And make sure that you stretch *both* sides.

Don't bounce. Bouncing as you stretch can cause small tears in the muscle. These tears leave scar tissue as the muscle heals, which tightens the muscle even further,

making you less flexible and more prone to pain. Hold each stretch for about 30 seconds. Repeat each stretch three or four times.

Don't aim for pain. Expect to feel *tension* while you're stretching, *not pain*. If it hurts, you've pushed too far.

Make stretches sport specific. Evidence suggests that it's helpful to do stretches tailored to your sport or activity.

Know when to exercise caution. If you have a chronic condition or an injury, you may need to adjust your stretching techniques. Talk to your doctor or physical therapist about the best way to stretch if you have any health concerns.

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Jim

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STARTING A ROTH IRA FOR A CHILD OR GRANDCHILD

by Dominic Lucente

This early financial decision could prove profoundly positive over time.

Do you have a child or grandchild earning some income? Indirectly, that after-school or summer job might present a savings opportunity for that teenager. You could help your child or grandchild save for future goals by assisting them to create and fund a Roth IRA.

So many people wish they had begun saving for retirement sooner. Imagine how your child or grandchild's prospects for building lifetime retirement savings might improve by starting as soon as possible.

Here is a little math to illustrate the potential. Suppose \$1,000 goes into a Roth IRA when a child is 17, with \$100 per month going into the account thereafter. Suppose the IRA compounds annually and returns 7% a year. After 45 years of saving and investing just \$100 a month with a \$1,000 lump sum to start, that IRA contains \$363,902 when they turn 62. From very little investment effort, a considerable sum might arise over time – and in reality, that sum might grow to be much greater than these calculations suggest, because when that young adult grows older, he or she may be able to contribute much more than the equivalent of \$100 a month to the IRA.¹

The basic rules for creating a custodial Roth IRA for a minor are simple. The child must have earned income. The yearly IRA contribution cannot exceed the child's yearly earnings. (If the child has earned more than the yearly contribution limit for the Roth IRA, the maximum may be contributed. The maximum contribution for 2018 is \$5,500.) You can give the child the money to contribute, if you prefer.²

Some fine print must be understood, though. The income must have been earned in connection with a legitimate business activity – it cannot be paid out in exchange for household chores. (Income earned as an independent contractor is acceptable.) The business involved must define the child worker as an employee for federal tax purposes. Also, the income that the child earns must be reasonable in view of the job performed or the services rendered.^{2,3}

The potential tax advantages of a Roth IRA are profound. Earnings in a Roth IRA grow, tax free, and they may be withdrawn without being taxed once the IRA owner is age 59½ and has owned the IRA for five years. If your teen invests steadily and minds Internal Revenue Service rules, he or she could retire with a tax-free retirement fund that might be six or seven figures large. Even a 25-year-old who contributes \$5,000 a year to a Roth IRA earning 8% for 40 years is positioned to have about \$1.4 million at age 65, and all of it may be withdrawn, tax free, if I.R.S. rules are followed.⁴

You may also realize a tax perk. If you make the initial contribution to the Roth IRA as a parent or grandparent, that money can count as a gift within your \$15,000 yearly gift tax exclusion (\$30,000 for a married couple).⁵

Later in that child's life, the Roth IRA assets may be useful in multiple ways. Did you know up to 100% of Roth IRA contributions may be withdrawn by a Roth IRA owner at any age, without any tax penalty? While reducing a retirement account balance is never ideal because it hurts compounding, this option does offer a young IRA owner a potential financial resource in an emergency. Earnings withdrawn prematurely will usually be taxed, and likely also hit with a 10% I.R.S. penalty, but there is a notable exception. Did you know up to \$10,000 of earnings can be taken out of a Roth IRA, tax free, at any time if the money is used to buy a first home? The I.R.S. even waives its 10% early withdrawal penalty in that case. If your child or grandchild becomes a parent, some of those Roth IRA assets might later be used to pay college tuition.⁴

A Roth IRA might give your child or grandchild a chance at a great financial start. Talk to the financial professional you know and trust about opening one, today.

**Dominic Lucente may be reached at 603.645.8131
or dominic.lucente@lpl.com.
Dlucente.com**

Citations.

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Learning for the fun of it!

What's Happening in OLLI?

By Jacki Fogarty

No question, OLLI members love learning. The Osher Lifelong Learning Institute, an organization hosted by Granite State College, was established to provide learning opportunities for adults over age 50. But the volunteers who define OLLI know that learning takes many forms.

Learning comes from travel. At the end of August, 40 OLLI members toured museums in Lowell as a follow-up to one of OLLI's most popular courses, *The Mill Girls*, taught by Bow resident Peg Fargo. Another trip at the end of September will take OLLI members to Quebec for four days. And yet other members are looking forward to a river cruise from Budapest to Bucharest next May.

Learning comes from deep discussion. OLLI in Concord features a book club which meets monthly prompting lively discussions about the member-chosen featured book of the month. Each of OLLI's four sites has a "special interest group," several of which specialize in deep discussions. OLLI in Manchester enjoys a "Plato's Campfire" special interest group which explores the nature of reality through physics and metaphysics. And on the Seacoast OLLI members meet monthly to talk about memoir writing.

At the heart of OLLI, though, are the classes. A sampling of what's coming up in the next month:

- A Behind-the-Scenes Tour of the Capitol Center for the Arts
- America's Literary Mt. Rushmore
- The Civil War Soldier: Myth vs. Reality
- The Rise, Demise and Reprise of America's Motels
- "60s" and "70s" Rock Music (with live music)
- The Art of Brewing Kombucha
- The 2018 Midterm Elections
- Narrated Sunapee Cruise
- Lunch and Learn: From Cannibalism to Incest – The Curse on the House of Atreus

Even if you are not a member, courses are available to you if you'd like to try OLLI out before joining. Check the website, olli.granite.edu for a full list of courses and events – you'll see exactly what's happening in OLLI!

While OLLI offers non-academic courses, OLLI's host college, Granite State College is gearing up for the new semester of academic, credit courses. With a focus on adult students, as well as other individuals who seek a flexible learning environment, Granite State College is the largest public provider of online courses in New Hampshire. With associate, bachelor's and master's degrees, post-baccalaureate programs for teachers, credit for prior learning, and a variety of transfer opportunities, Granite State emphasizes practical and relevant areas of study that are responsive to the workforce development needs of New Hampshire. For more information, visit granite.edu.



Live-streamed lectures were featured for six weeks during the summer exploring a new method of providing quality courses for members of OLLI at Granite State College.

WHO IS THE OLDEST RESIDENT IN BOW?



A tradition that began out of Boston in 1909 is still being carried out today in Bow, as the Selectmen seek nominees for the oldest resident in town. Nominations will be accepted through December 1, 2018, and the only requirement is that the oldest person must be a resident of Bow for the previous 12 consecutive years. Please nominate a neighbor, loved one, or even yourself! The Selectmen look forward to bestowing an honorary cane and recognition to our oldest resident. Nomination forms are available at the Municipal Building, Library and Recreation Department, as well as, on the town website www.bownh.gov. Or you can call (603) 223-3910 to request a form by mail.

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FIRE PREVENTION WEEK 2018 CAMPAIGN OCT 7- OCT 13

This year's FPW campaign, "Look. Listen. Learn. Be aware. Fire can happen anywhere," works to educate people about three basic but essential steps to take to reduce the likelihood of having a fire--and how to escape safely in the event of one:

"LOOK" for places fire could start. Take a good look around your home. Identify potential fire hazards and take care of them.

"LISTEN" for the sound of the smoke alarm. You could have only minutes to escape safely once the smoke alarm sounds. Go to your outside meeting place, which should be a safe distance from the home and where everyone should know to meet.

"LEARN" two ways out of every room and make sure all doors and windows leading outside open easily and are free of clutter.

Also, Sparky the Fire Dog® has a new friend, Simon, who is helping teach this year's FPW messages – He's a smart, resourceful character who will join Sparky in spreading fire-safety messages to adults and children alike.



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The Bow Young at Heart Club



Bow Young at Heart Club meets the 2nd and 4th Wednesday at 11:30 am at the Bow Community Building on Bow Center Road. Beverage and dessert will be provided.

On August 22, neither rain, puddles, nor mud could keep some members from Beech Hill ice cream. After bag lunches and a brief meeting, our small group enjoyed ice cream and a visit to the animals and gift shop.

On August 23 BYAH enjoyed a lovely lunch at Canoe Restaurant, followed by a fantastic performance of "Ghost the Musical" at the Winnepesaukee Playhouse. We highly recommend both.



Stacy Fenerty, Tour Director & Carol Walter, Program Co-Chair at the Canoe Restaurant.



Members gather for the performance of Ghost the Musical.

HERE'S WHAT'S COMING UP:

- **September 25, 2018** Game Day, (usually Bingo).
- **October 10, 2018** Fish & Game - Black Bears.
- **October 18, 2018** Trip - Conway Scenic Railroad with lunch at White Mountain Hotel.
- **October 24, 2018** Meet at Audubon. Silk Farm Road at 11:30 AM. Beverage and dessert provided.

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DUNBARTON NEWS

By Nora LeDuc

WEDNESDAY, SEPTEMBER 26 - at noon, the library presents: *Community Education with the Alzheimer's Association Healthy Living for Your Brain and Body*: New science is able to provide insight into how to optimize our physical and cognitive health as we age. Learn about diet, nutrition, exercise, cognitive activity and social engagement.

THURSDAY, SEPTEMBER 27 - 6:00pm at the library, come to *Entice with Spice*, presented by Michelle Smith, MS, RDN, LD. Spices are not only a great way to add flavor to your favorite foods but studies show that many different herbs and spices offer health benefits as well. This program reveals the myths and facts about spices and shows you how to grow your own to make your favorite spice blend recipes. Sponsored by the Concord Hospital Center for Health Promotion

TUESDAY, OCTOBER 2 - at 6:30 pm to 8 pm, Dan Szczesny will visit the library and discuss his newest book *The White Mountain*. Over the course of one year, journalist Dan Szczesny explored the history and mystique of New England's tallest mountain, Mount Washington, and has written about it in his latest release.

THURSDAY, OCTOBER 4 - 10:30am the library presents Chair Yoga with Sherry Gamble of Concord Center for Health Promotion.

The Sunflower by Simon Wiesenthal is the book for Dunbarton Congregational Book Club. Meet and discuss *The Sunflower* at 7pm to 8:30pm at the Vestry. Host will be Lynn Leslie. All are welcome.

FRIDAY, OCTOBER 5 - No School on NEA Day. Mon. Oct. 8 No School on Columbus Day.

THURSDAY, OCTOBER 11 - 6:00pm come to the library for "*Cultivating a Tranquil Mind Perfect*" for beginning your inward journey to cultivate a calm, clear and tranquil mind. Follow a proven system and learn to sit properly and develop your breathing. Class includes movement, relaxation, breathing techniques and guidance for meditation. Sponsored by the Concord Hospital Center for Health Promotion.

TUESDAY, OCTOBER 16 - The Dunbarton Police Department is pleased to announce a **FREE training opportunity!** Civilian Response to Active Shooter Events (CRASE), a program developed in 2004 by Advanced Law Enforcement Rapid Response Training (ALERTT) in response to the increased prevalence of active shooter events, will be taught by members of the Dunbarton Police Department. The curriculum provides fundamental knowledge, awareness, and life saving techniques to survive an active shooter event in a variety of settings by using the AVOID, DENY, and DEFEND method. The training will be held on Tuesday, October 16th from 6:00 PM – 8:00 PM in the Dunbarton Elementary School library which is located at 20 Robert Rogers Road, Dunbarton. The training session will consist of a PowerPoint presentation followed by an open forum discussion. **Please note:** the presentation contains realistic material and reenactments that some attendees may find graphic in nature. To RSVP, please email Sergeant Christopher Remillard at chrisremillard@gsinet.net.

WEDNESDAY, OCTOBER 17 - at Noon the Book Discussion at the library will be: *Behind the Beautiful Forevers* by Katherine Boo. Bring your lunch.

SATURDAY, OCTOBER 20 - 7pm to 10pm, *Spireside Coffee House* in held in the intimate setting on Dunbarton's picturesque village green at the Vestry. Enjoy a wonderful evening of song, story and poetry! \$5.00 donation at the door.

SATURDAY, OCTOBER 27 - Dunbarton Police Department will once again be participating in the Drug Enforcement Administration's *National Prescription Drug Takeback Day*. The event will take place on Sat, Oct 27 from 10am to 2pm at the Dunbarton Police Department (18 Robert Rogers Road). Residents can turn in their unused, unwanted, or expired prescription medications, no questions asked. We are unable to accept needles or liquids. The proper disposal of medication helps reduce unauthorized access, theft, abuse and damage to the environment. Any questions about the event may be directed to Sergeant Chris Remillard at chrisremillard@gsinet.net or (603) 774-5500 or visit www.deadiversion.usdoj.gov/drug_disposal/takeback/.

Join us at Heritage Day 2018



September 29, 2018 – 11 AM to 2:30 PM
Bow Bog Meeting House
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1:00 – 1:30 Free Homemade Pie Social
1:30- 2:30 Memorial Bell Ringing Service

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Ann Brannock
Eva Zahensky
Marsha Brown
Ethan Fargo
Bruce Zinck
Stephen Mosher
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2018

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Ruth Reeder
Andrew Cohen
Emmanuel Gamache
Arthur Collins
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"FOR THE LOVE OF MUSIC: A TRIBUTE TO TONY BENNETT" Submitted by "The Music Lady"



Born in 1926, Anthony Dominick Benedetto is professionally known as Tony Bennett – American singer and painter.

His first #1, popular hit song was "Because of You," which was recorded by Columbia Records in 1951. This was followed by a string of hits, such as "Rags To Riches" and his signature song "I Left My Heart In San Francisco," which was recorded in 1962. During the Rock and Roll era of the 1960's, his career and personal life experienced a downturn. But he staged a comeback in the late 1980's and 1990's with more gold records. Since then, he has won 19 Grammy Awards and 2 Emmy Awards. He has sold over 50 million records worldwide, and has an estimated net worth of \$200 million.

Bennett has also established a successful career as a painter, under his real name of Anthony Benedetto, or just Benedetto. He trained professionally as an artist, and paints or sketches every day. He was the official artist for the Kentucky Derby in 2001, has been commissioned to paint for the United Nations, and his paintings are exhibited in many galleries throughout the world, some selling for as much as \$80,000.

Hats off to this multi-talented American gem, who is still performing at age 92.

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Travel Talk September 2018

by Chase Binder

New Hampshire's Second Highway Commissioner a General under Eisenhower

Frank D. Merrill was born in Hopkinton, Massachusetts on December 4, 1903. He enlisted in the Army in 1922, and graduated from West Point in 1929.

By 1941, he was promoted to Major and assigned as General Douglas MacArthur's Intelligence Officer.

In 1943, Merrill became Operations Chief for Gen. Joseph W. Stilwell. As such, he organized the 5307th Composite Unit, a long range penetration group, for a hazardous mission in Burma against the Japanese.

"Merrill's Marauders" as they became known, became the first American infantrymen to fight on the Asian mainland.

After retirement from the Army as a Major General, Merrill moved to Concord to become New Hampshire's second Highway Commissioner in 1949.

He supervised the planning of the New Hampshire Turnpike and also developed the plans for the roads that eventually became New Hampshire's segment of the Interstate Highway System. He died in 1955.

I've said it often. Bud and I adore road trips. We've hit the pavement in places as dreamy as New Zealand, as challenging as South Africa and as fearsome as the cliff-hugging, no-guardrails road from Montenegro through the mountains to Bosnia Herzegovina.

Our plan was always to see (and drive, if possible) far-flung destinations while we were younger. There's lots we wanted to explore in the USA, of course, but we thought we'd save that for our "slowing down" years.

Well, we're now in those years, but not slowing down so much! Since 2013 we've done seven NH-FL round trip drives (count them, 21,000 miles!). This has brought us squarely face-to-face with the American system of highways, a system that I honestly had given little thought to. Florida is south, California is west and everything else is scattered in between, right?

Doing the NH-FL-NH runs, we normally find I-95 and keep going.



Chase Binder

This involves the NY-DC corridor, generally a horror of multi-lane highways, almost unfathomable traffic, insane construction and muscle-bound 18 wheelers. Not fun, but a straight arrow. In August, though, Bud wanted to try an inland route through VA, WV, MD and PA recommended by folks doing the same run. This meant a combination of Interstates, US Highways and state roads. It's NOT something we'll do again... ever (more about that later). But it did get me thinking about American roads.

I had a vague notion that our highway system was championed by President Dwight D. Eisenhower after World War II. Research confirms that's true, but the story is a bit more layered. In 1919, a young Lt. Colonel Eisenhower signed up for the US Army's first transcontinental motor convoy. It took 62 days for the 81 motorized vehicles to make it from DC to San Francisco and so imprinted Eisenhower that highways became a legacy of his presidency 50 years later.

During those decades, while Eisenhower was working through the ranks of the US military, America was busy building cars and roads. By the mid-1920's, some overall plan was clearly needed. Federal and state officials got together and devised our first coherent national highway number system—US Highways. North/south highways have odd numbers with the lowest numbers starting in the east. Think US Route 1, which stretches 2,369 miles from Fort Kent, ME to Key West, FL. Even numbers go east/west with lowest numbers in the north and a "0" designates a coast-to-coast route. Think US Route 20 (the longest road in the US) which runs 3,365 miles from Boston to Oregon. These routes are mostly two-lane, though not always.

But back to Eisenhower. While he was learning about critical importance of roads in troop movements, there were conversations in the White House about the need for

a better national system of highways. In 1938, President Franklin D. Roosevelt took a map of the US and drew lines to indicate where he thought they should go. Strangely enough, this became the template for our Interstate Highway System!

During World War II, as the Supreme Commander of Allied Forces in Europe, General Eisenhower was stunned by the speed and ease with which the German forces (and their equipment) could move across Germany. His assessment, as a soldier, was that the German autobahn (the modern highway system created during the Third Reich) enabled Germany to extend the war in Europe for two years!

Eisenhower returned from Europe victorious, got elected president and, ever-mindful of the close relationship between infrastructure and defense (and impressed by Germany's Autobahn), set about creating the Interstate Highway System. Laws and budgets passed in 1956. America got to work building highways to "meet the requirements of national defense in time of war and the growing needs of peacetime traffic." Construction of the first interstate segment in New Hampshire, I-93 began in December 1956, in Concord.

We now have a pretty comprehensive system of Interstates, which sometimes parallel the US Highways. The numbering system assigns odd numbers to north/south routes and even numbers to east/west routes, but the numbers increase from south to north and west to east to differentiate them from US Highways. Think Interstate 95 from Maine to Florida and Interstate 10 from California to Florida. Nationally the interstates are 1.2% of paved miles but carry 25% of the travel. Unlike US Highways, Interstates have limited access and can carry tolls, especially for critical bridges, tunnels and special access fast lanes.

Confused yet? It gets better. There are exceptions to all these schemes and sometimes Interstates, US highways and state highways all use the same actual road. Gotcha!

So how did stepping off our time-tested, straight-arrow FL-NH route up 95 in August go? Not well! It added 160 miles and 2 ½ hours to our trip. Some stretches were US Highways that had actual stop lights. Because US Highways don't necessarily conform to federal standards and shoulders were often non-existent. There was no consistent/planned array of rest stops. Construction could stretch for miles. Worst, no tolls means many, many more trucks at all hours of the day and night.

We'll go back to our I-95 plan when we head south in December. Sure, we'll avoid trucks by using a few "cars only" options like the Saw Mill River Parkway, the Garden State Parkway and the high speed EZ Pass access lanes around DC.

We'll still use my cell for Google Maps, which is eerily accurate in predicting traffic problems and rerouting you. It's also specific enough to say "get into the far left of the three left turn lanes" coming up, gives us routes to upcoming gas stations (and prices!) and photos of hotels and restaurants with one-click dialing direct to the business.

To keep ourselves entertained and sane, we'll also continue to use Cracker Barrel's audio book rentals on CDs. Pick one up in, say, Londonderry, and return it when you're done—usually Florida. Total cost runs \$4-6 depending on the number of discs.



For more fascinating images of the 1919 convoy, visit www.eisenhower.archives.gov and search for 1919 convoy.

VIEW THE WORLD CRUISE JOURNALS

For those of you can't resist a deeper dive into Bruce and Lorraine Harris's world cruise experience, just go to the link below for detailed journals and lots more photos. You'll feel like were there!

www.thebowtimes.com/news/travel-talk/world-cruise/

OBITUARIES



JOHN TILTON LYFORD

Former Bow Elementary School Principal

John Tilton Lyford, 85 of Bow Bog Road, died August 20 at Presidential Oaks in Concord. He was born in Concord, the son of Arthur O. Lyford and Gertrude (Tilton) Lyford Peaslee. He graduated from Concord High School in 1951 and received his Bachelor of Education degree in 1955 from Keene Teachers College. He then received a Master of Educational Administration degree from Rivier College in 1978.

John Lyford began his career in education, teaching in Manchester, NH, then in Pembroke, NH from 1956-1964. In 1964, he assumed the position of Principal of the Bow Memorial and Bow Elementary Schools, which were combined into one school in 1970. In 1979 he moved to the newly constructed Bow Elementary School, grades K through 8, and retired as its Principal in 1987.

He was a member of many town organizations including the Bow Volunteer Fire Department, Bow Police (Special Officer), town Budget Committee, town Moderator 1991-1998, town Water and Sewer Commission, and was town Civil Defense Director. He was on the board of directors of the New Hampshire Association of School Principals.

Organizations that he participated in included the Barbershop Quartet, the Bow Community Men's Club, the Bow Rotary Club where he was a charter member and President, and Governor of Rotary International District 7870 in 1989-90.

His family includes his wife Lucy (Gucciardi) Bergeron Lyford. He was predeceased by his first wife Joan (Grimes) Lyford in 1987. His children include daughter, Deborah L. Dean and her husband, Philip Dean, of Dedham, MA, three sons, Colonel (Retired) Mark A. Lyford and his wife, Mary of Leesburg, VA, Jon R. Lyford and his wife Joan of Athens, AL, Daniel E. Lyford and his wife Sabrina of Dunedin, FL, and a stepson, Mark M. Bergeron and his wife, Iris of Atlanta, GA. He had eleven grandchildren and 4 great-grandchildren,

In lieu of flowers, donations can be made to Rotary International, in his name, at www.rotary.org/give or Rotary International, 14280 Collection Center Dr., Chicago, IL 60693.

ANN MYERS ANDRUS

Ann Myers Andrus, 57, died August 28th at her home in Bow, following a brave four-year battle with ovarian cancer. She is survived by her husband James Andrus, daughters Sarah Andrus, Gretchen Andrew, and Claire Andrus; parents, Marcia and Ken Myers; brother David Myers and uncle William Neil.

Born in Minneapolis, she lived in the Pittsburgh area until her marriage in 1984. She graduated from Avonworth High School and went on to the University of Cincinnati where she met her husband, Jim. Her career centered on interior design for commercial buildings and residences.

After settling in New Hampshire she continued to bring her sense of style to her career as a designer at Brady Sullivan in Manchester. Ann was also an adjunct faculty member at Manchester Community College in the Interior Design program.

James, Sarah, Gretchen, and Claire will host a celebration of Ann's life at South Congregational Church in Concord, October 13, at 10:30 a.m.

ANN-MARIE MURRAY



Ann-Marie Murray of Bow passed away at home surrounded by her family on August 27, 2018, after a courageous year-plus battle with cancer. She was 56.

Born and raised in Gardner, Mass., she was predeceased by her father, Norman Langlois, and her Mom, Maryann (Rodski) Langlois.

Her primary joy was her family. On Labor Day weekend, 32 years ago, she married Martin and together they raised their daughters, Erin and Sheila. The years in Bow as her daughters grew were among the happiest in

Ann-Marie's life. She developed instant and lasting relationships with school friends of Erin and Sheila. Ann-Marie was a Girl Scout leader and served as head cheerleader of her girls' experiences in academics and in various sports.

Ann-Marie attended the University of Massachusetts, Amherst, earning a degree in accounting and beginning her professional career in finance at the JM Ney Company in Bloomfield, Connecticut. Following her marriage and relocation to Upstate New York, she worked for HADCO Corporation, later being promoted and transferring to its headquarters in New Hampshire.

Ann-Marie is survived by her husband Martin Edward Murray and daughters Erin Elizabeth Murray and Sheila Anne Murray; her brother John Langlois and his wife Nellie Langlois of Gardner, Mass.; and her brother Mike Langlois and his wife Terri Langlois of Templeton, Mass.

Memorial donations may be made to Christ the King Parish Food Pantry, 67½ South State Street, Concord, N.H., 03301.

MARY R. GREENHALGE

Mary R. Greenhalge was born Roberta Mahanna. She died at age 73 on Friday, Aug. 3, 2018 at the CRVNA Hospice House in Concord. She was born in New York City on November 9, 1944. She grew up in Brooklyn where she attended elementary and high school, and in later years took college courses at the College for Life Long Learning in Bow.

Mary was the Business manager for the East Derry Fire Department. She enjoyed spending time at her summer home in Sanbornton and spending time with her family.

She is predeceased by her beloved husband Eric Greenhalge. She is survived by her son, Jonathan Greenhalge and his wife Katie of Weare, and two grandchildren, Colby and Parker.





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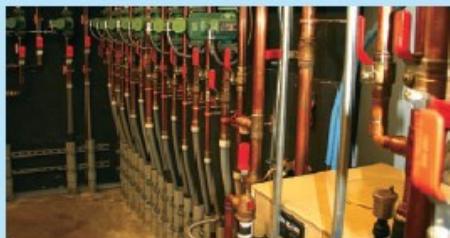
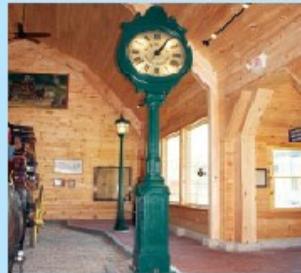
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BINDER & KUEPPER

Chosen for TOP DENTIST List

Some dental professionals around the state are smiling about New Hampshire Magazine's announcement of the 2018 Top Dentists list. This year's list, which was commissioned by USA topDentists, includes general dentistry practitioners, orthodontists and specialists located in all regions of New Hampshire.

Bow's Christopher Binder of Generations Dental Care in Concord was honored as a Concord area top dentist. Robert Kuepper of Concord was rated top oral surgeon.

"Dental health plays such a significant role in maintaining good overall health, and we enjoy honoring the talented professionals that keep New Hampshire healthy," said Rick Broussard, editor of New Hampshire Magazine. "We thank our 2018 winners for celebrating their achievements with us and encourage them as they continue making a positive impact on our communities."

USA Top Dentists, a polling firm, commissioned by the New Hampshire Magazine, asked New Hampshire's dental community to vote for individuals they would most likely recommend to someone seeking a top dental specialist in the state. The 2018 list is based on thousands of detailed evaluations of dental professionals by their peers.

2018 WALK FOR THE ANIMALS

Sunday, September 23, 2018
10:00 AM to 1:00 PM



at Northeast Delta Dental field (1 Delta Dental Drive, Concord)

A Fundraiser for Pope Memorial SPCA s
sponsored by **Sandy's Pet Food Center &
Banks Chevrolet Cadillac Buick GMC**

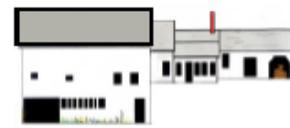
Register to participate in fundraising walk
(\$50 per family) at: **popememorialsPCA.org**

Pet Festival features food, raffles,
vendors and live music!



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Armed Citizen Cases Stories

This Texas case illustrated the value of a handgun when it comes to personal protection, even if the gun isn't fired. A woman and her daughter were home one day when a shovel-wielding man kicked in the front door. She grabbed her gun, aimed and said, "If you take one more step, I'll kill you." The intruder apparently thought she mean business, because he turned and ran. The woman's daughter, meanwhile, had called 911. The police quickly arrested the man, charging him with burglary. (kwtx.com, Waco, Texas, 4/27/18)

An Orlando, Florida armed thief got a surprise when his intended target turned the tables on him. The young troublemaker apparently thought a man in his 60s, who was withdrawing cash from the ATM, would be easy prey. The miscreant got a surprise when he found out his would-be victim was carrying. The armed citizen, though held at gunpoint himself, drew his handgun and fired. The suspect later died. (foxorlando.com, Orlando, Fla., 5/8/18)

SAVE THE DATE

Saturday September 29th
9:00am-3:00pm

New Hampshire's Ultimate Yard Sale & Food Truck Festival • Hopkinton Fairgrounds

Sell Your Stuff • Buy New Treasures • Enjoy Good Food • Hear Great Music • \$5 Entry

For more info go to
facebook.com/NewHampshiresUltimateYardSale
or call Rick Hopper at 603.455.9123

Book Early!
12'x30' space
including vehicle
for only \$30



Welcome to the Hopkinton - Contoocook TOWN CRIER!

by Kathleen Butcher

► **September 29th** - The 2nd Annual Autumn BBQ at the Kimball Lake Cabins. The rain date is September 30th and will be announced on Hopkinton NH Recreation Dept. facebook page. A buffet will be served between 12:00 - 3:00 p.m. A grab-and-go option is available if you cannot stay. \$15 Adults and \$10 for children 10. Tickets can be purchased online at www.hopkintonrec.com Menu includes burgers, hot dogs, pulled pork, chicken, baked beans, seasonal salads, seasonal desserts and drinks. Live Music for your enjoyment so bring a chair or blanket. All proceeds benefit the Kimball Lake Cabins Restorations.

► **October 4th and 9th** - Concord Regional VNA is holding a Senior Health Clinic at Slusser Senior Center on Thursday, October 4 from 10 a.m. to 1 p.m. and Park Avenue Apartments on Tuesday, October 9 from 9 a.m. to 3 p.m. All Senior Health Clinic services are provided for a suggested donation of \$10, however, services are provided regardless of a person's ability to pay. Services offered include foot care, blood pressure screening, B-12 injections, medication education, and nutritional education. Call (603) 224-4093 or (800) 924-8620, ext. 5815 for an appointment.

► **The Hopkinton Town Library** sustained damage from a fire caused by lightning, as a result the library is closed for restoration. There is a drop box in Hopkinton outside the Town Hall. Area libraries have volunteered for residents to use their library while ours is closed. Please have your library card or proof of Hopkinton/Contoocook residency. The following libraries have reached out: Concord, Henniker, Webster, Hillsboro, Dunbarton, Warner, New England College, and Weare. All online resources are still available. Interlibrary loan is still available. For assistance call 746-3663 or email info@hopkintontownlibrary.org. Staff is available 10am to 4:30pm, Tuesday through Friday at the lower level of the Slusser Center. A small supply books and DVDs available to check out.

► Hopkinton Library **Story Time** is Tuesday at 1 PM and Wednesday at 10:30 AM for children 3-5. Hopkinton Library **Lap Time** will be held Fridays at 11 AM for children from birth to 2. Siblings are welcome to join the fun! Both will be held at the Slusser Center lower level (note time change). Please do not block entrances at Library or Slusser Center.

► **Senior Lunch** Wednesdays at 12:00 p.m. at the Slusser Senior Center. Suggested donation \$4. The menu changes each week. Information available at 746-8264.

► **Contoocook Farmers' Market**, every Saturday 9-Noon on the lawn by the Gazebo in Contoocook Village. SNAP/EBT is accepted. For more information, visit facebook.com/ContoocookFarmersMarket.

HOPKINTON POLICE LOG

TOWN OF HOPKINTON POLICE DEPARTMENT

AUGUST 2018 STATS

Arrests - 9 Accidents - 10 Traffic Stops - 390

ARREST LOG

08/03 Tricia Corneau, 18, 52 Maplewood Lane, Penacook was arrested for conduct after accident and criminal mischief.

08/04 Azarius Meister, 18, 255 Penacook Rd, Hopkinton was arrested for criminal mischief and criminal trespass.

08/04 Gerard Donahue, 18, 558 Gould Hill Rd, Hopkinton was arrested for unlawful possession/intoxication.

08/04 Aidan Horne, 18, 130 Hopkins Green, Hopkinton was arrested for unlawful possession/intoxication.

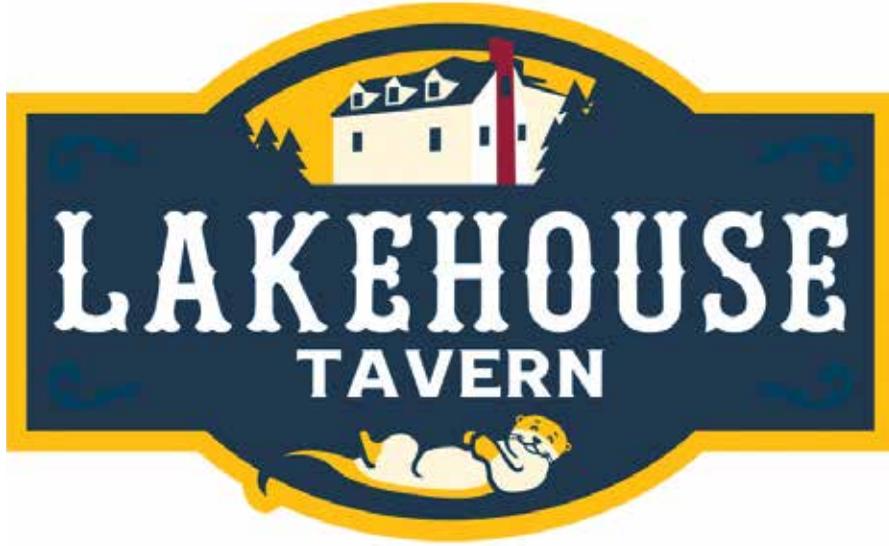
08/04 Kevin McGrath, 18, 31 Willoughby Rd, Hopkinton was arrested for unlawful possession/intoxication.

08/04 Jacob Tomlinson, 18, 1341 Hopkinton Rd, Hopkinton was arrested for unlawful possession/intoxication.

08/04 Alexander Waddell, 18, 109 West Ridge Circle, Hopkinton was arrested for unlawful possession/intoxication.

08/08 Nathan Giguere, 27, 10 Saw Mill Lane, Enfield was arrested for driving after certified as habitual offender, retaining stolen property (over \$1000), misuse of plates and disobeying an officer.

08/24 Nathaniel Carr, 24, 191 Burnham Intervale, Hopkinton was arrested for receiving stolen property (\$1001-\$1500).



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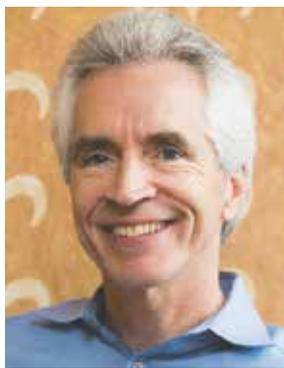
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HOPKINTON REAL ESTATE SALES AUGUST 2018

ADDRESS	BR/BA	SQFT	ACRES	PRICE
1 Wildwood Drive	N/A	N/A	3.365	\$ 57,000
157 Fire Pond Road	2/2	1,716	0.34	\$ 91,500
120 Tucker Drive	3/2	1,640	0.56	\$125,000
179 Pamela Drive	3/2	1,158	0	\$127,370
580 North Shore Drive	1/1	670	0.11	\$129,400
536 Main Street	2/1	93.6	0.23	\$170,000
371 Burnham	3/2	3125	3.03	\$227,500
26 Garrison Lane	3/2	1764	0.81	\$308,000
136 Rollins Road	3/3	2088	5.8	\$360,000
324 Dolly Road	4/4	2646	4.38	\$315,000
26 Ridgewood Road	3/3	1742	0.41	\$227,500
24 Briar Hill Road	4/4	4966	1.28	\$380,000
217 Galloping Hill Road	3/3	2620	3.3	\$389,900
93 Elizabeth Lane	4/4	3262	3.39	\$450,000
24 Briar Hill Road	4/4	4,996	1.28	\$380,000
860 Sugar Hill Road	4/5	5500	20	\$750,000

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Downsizing

By Donna Deos

I know the word Downsizing frightens many of you and I apologize for that. I realize that you have worked very hard for your entire life to accumulate the items you have. I also know that letting go of them can be overwhelming and even downright sad to contemplate. How can I possibly let go of these items? The stories they could tell, the memories they hold, the treasure that they are to me...

Okay, I get it and I felt that way too. After my mother passed I had an entire lifetime of treasures from both of my parents, grandparents, great aunt and uncle and even things my brother left behind when he moved. Some things were treasures to me too, some things were not. I had to face them all one by one and make a decision about them. Why? Because to date no one else had and now I was faced with the overwhelming task of realizing that I didn't really want or need all of this stuff. I didn't even know what some of it was or where it came from! We had wayyy too much stuff.

I did what I always do and I made lists, contemplated and studied the topic at hand. I had seen many families go through what I was doing. I had also seen very brave seniors take it on themselves as they readied themselves to move to smaller quarters.

All in all what I had learned was that it was an arduous task, but one that gave you great rewards as you did it and long after that as well. Here is some of what I have gathered and I hope it helps you as well:

Start small: pick something that is easy for you to go through and make decisions on. For me



that was my closet. I had lots of things in there that could easily be gotten rid of as I hadn't used or even touched them in years.

Start easy: Don't start with items that you love and would have a hard time giving up. Start with the things you know you can get rid of. The stack of old magazines you haven't touched and aren't likely to. Or perhaps, cleaning out that catch all "junk" drawer. We needlessly toss things in there and then later on can't find them when we want them anyway. Organize that.

Make it manageable: Only take on one project at a time. Don't look at the whole big picture of needing to clean it all out or you will get overwhelmed and never do it. Take it in tiny bites. You will win small victories all along the way. A drawer a day gets you there – eventually, and headed in the right direction.

Don't procrastinate! Find things you want your loved ones to have. Give them to them now. Why wait? Let them start enjoying them while you are around to witness it. Also, tell them the backstory on it so they can love and appreciate the item as much as you do.

Throw out the junk. I know

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we don't want to be wasteful. However, it is easier to part with the broken things that we know deep down we aren't really ever going to fix. It is okay to let them go, be recycled, or whatever. Mom didn't really need all of those margarine cups, glass jars, vases or grocery bags. Moving those things on was easy, went to recycling (except for the bags) and made an immediate and appreciable dent that I could feel good about.

Some things will slow you down. There are items, like old bank statements and such that you do need to handle with care and even shred. There are also large items that you maybe can't move or deal with yourself. There are folks out there who can help.

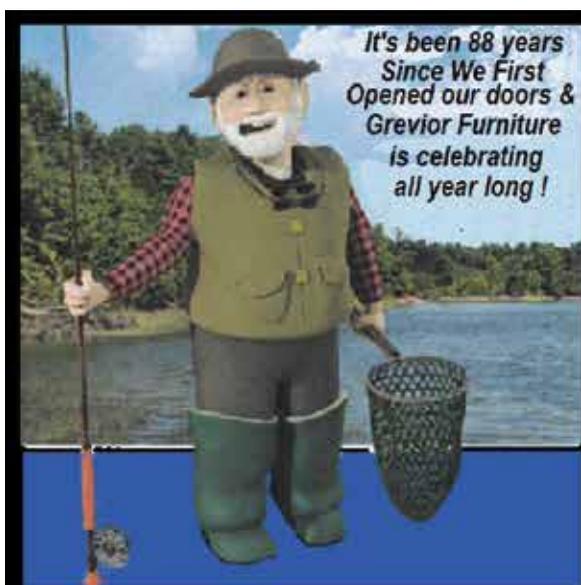
When you meet resistance from friends and loved ones, explain to those folks **Why** you are doing it. Let them know you are decluttering your life to make room for new and better things. Open space is a new and better thing. Freedom from the weight of those items holding you down is a better thing. Also, for your kids sake, you are saving them the need to do it themselves down the road. When you explain it that way, they are more likely to

jump on board and be helpful or at least more supportive.

One word of caution – don't just get rid of other people's stuff. Sure, if they are no longer with us it is a good and easier place to start. However, if they are still with us – they need to do this for themselves. We all have emotional ties to these items. You throwing away my favorite lamp does not help me heal anything. It simply hurts me more, and could very well make me angry. You letting me get to the point of wanting to do it myself is a way better approach. When we tell people what they ought to do because it is what we want them to do we actually push them further away from them being able to do it. Instead, use encouragement to get people to the place where they actually are willing to try it. If they see you making great strides at letting your possessions go, they may be more likely to jump on board. Again, starting with the less emotional stuff first helps gain momentum in the process.

Good luck! I welcome your stories of letting go of things and how that makes you feel.

All my best, as always,
Donna



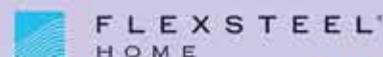
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FATAL CRASH STILL UNDER INVESTIGATION

Other I-89 Data Released

As of July 20 the N.H. Department of Safety said it would need two to three weeks more to complete its review of the materials collected in the death of Tyler Shaw on April 30, according to the Department's Legal Counsel David Hilts. Hilts also released data on all the accidents on I-89 South since January 1, 2017. The time, date and locations of the 18 crashes are:

Crash Date	Time	Intersecting
1/17/2017	22:02	Exit 1
1/19/2017	17:43	Exit 1
1/19/2017	17:54	Exit 1
2/10/2017	8:20	Exit 1
2/26/2017	15:34	Exit 1
4/21/2017	8:53	Exit 1
5/29/2017	15:36	Exit 1
6/21/2017	10:31	Exit 1
7/9/2017	17:57	Exit 1
7/10/2017	7:33	Exit 1
7/16/2017	18:50	Exit 1
8/13/2017	15:04	89 S, Exit 1
9/21/2017	14:53	Exit 1
10/9/2017	11:03	Exit 1
12/12/2017	16:21	Exit 1
1/23/2018	21:15	Exit 1
3/18/2018	15:41	Exit 1
5/25/2018	16:52	Exit 1

SUDOKU PUZZLE #28

By Ian Riensche www.sudoku puzzler.com

	1	5					2	
4			8	1				6
			2	9				5
	4	7		8				
	9	8	1	3	2	7	6	
				4		5	8	
3				2	1			
2				5	9			7
	7					2	5	

Use logic and process of elimination to fill in the blank cells using numbers 1 through 9. Each number can appear only once in each row, column and 3 x 3 block.

(Answer on page 20)

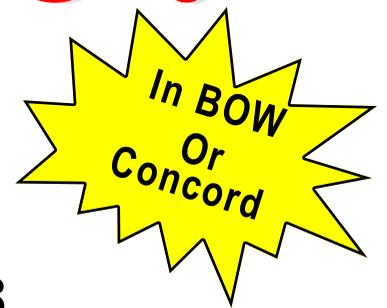
THOUGHT FOR THE DAY

"Patriotism is supporting your country all the time, and your government when it deserves it."

Mark Twain

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BOW GARDEN CLUB

by Joyce Kimball

WHO IS THE BOW GARDEN CLUB?

Our Mission:

To encourage interest in all phases of gardening and horticulture.

To aid in the protection and conservation of natural resources.

To assist in the beautification of our community.

The Bow Garden Club offers opportunities for friendship, community service and education in horticulture, conservation, floral design and other garden-related subjects. We hold regular monthly meetings with educational programs on a variety of subjects beginning in April and continue to meet during the months of May and June. Regular monthly meetings cease for the summer, however we host a Progressive Dinner and Garden Tour for members and a guest in July and we occasionally host a special activity in the month of August.

This year we sponsored a "Books In Bloom" exhibition in coordination with the Baker Free Library. We begin our regular monthly meetings again in September through November and we host a holiday brunch for members only in early December each year. We do not meet during the winter months of January through March.

Our meetings are customarily held on the second Monday of the month at the Old Town Hall, 91 Bow Center Road. We have evening meetings which begin at 6:00 p.m. for social time and refreshments and the educational program that we offer at each of our monthly meetings begins at 6:30 p.m. and is generally an hour in length, including the question and answer period. A brief business meeting of the club follows.

The only requirement for a prospective new member is to have a desire to learn more about gardening.

Annual dues are \$20. Please visit our website: www.bowgardenclub.org for more information about the club's activities.

Membership information is available online or feel free to contact Membership Chairman Janis Kuch at janiskuch@gmail.com or 856-0957.

PROGRESSIVE DINNER & GARDEN TOUR

Three Bow Garden Club members opened their homes, and gardens, to approximately thirty-five members and guests on the evening of July 9th for the club's annual "Progressive Dinner." The group gathered first at the home of Ginny and John Urdi on Putney Road for appetizers and liquid refreshments, moving on to Lisa and Doug Richards' home on Clough Road for the main course, finishing at Keryn and Eric Anderson's on Robinson Road for a bevy of scrumptious desserts and after-dinner beverages. Garden club members contributed food items and beverages for the extensive 3-course meal. Following each course, the home owners graciously invited their guests to enjoy their gardens and container plantings.



Ginny and John Urdi



View from the Urdi's back deck



Lisa and Doug Richards



The Richards' Zen Garden



Keryn and Eric Anderson

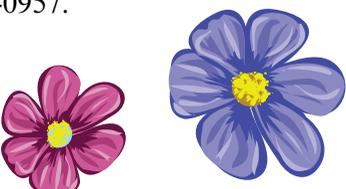


Lovely exterior of Anderson's home



TOWN GAZEBO

Garden Club members would like to thank all of you for your kind and encouraging commentary on Facebook, etc. regarding the extra beauty of Rotary Park this year! We are proud of it and really like hearing from you that you are enjoying the fruits of our labor! We think you will agree that the Town Gazebo was particularly outstanding this year as well, thanks to constant attention, especially during the heat waves by Susan Johnson, aptly assisted by her husband David.



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On The Water



With Ron



For a change of pace, we went out for White Perch. These thick, white fillets are very popular with fishermen. I have several bags frozen for fall or winter fish chowder, "very nice." New Hampshire has many ponds and lakes with large White Perch. Wentworth Lake is probably the best.

On the ocean scene, a recent trip resulted in haddock, however most are small. On the average you release (5) for every one you can keep. This makes for action but is very tiring.

The Salmon season is getting short. A friend called (2) weeks ago and asked if I could tie a fly called the "Jackass." I did supply him with this fly, and the next weekend he said it was the **only** fly or lure that was working.

By the time this article comes out, the Trout waters will finally cool off after this very hot summer. The Trout will come in close to shore and on the surface. This can be some of the best fly fishing of the season. Small dry flies or nymphs fished close to the shore can result in some very fast fishing.

This is Bear season and hunting is a very important tool in keeping the Bear population in line with their habitat restrictions. Too many Bear means too much interaction with people, and that does not often end well.

This is the time of the year we start thinking of bird and deer hunting. I hope I take the time to shoot some clay pigeons before bird season, it definitely can make a difference.

I recently read an article from Vermont where a hunter pleaded no contest to five hunting violations. He was previously convicted of (24) wildlife crimes! He was sentenced to two years in jail and \$850.00 in fines. The judge suspended the years to (30) days. Many sports folks were very outraged to say the least!

BE SAFE, RON

S U D O K O

SUDOKU ANSWER From Page 18 By Ian

8	1	5	6	7	3	4	2	9
4	2	9	8	1	5	3	7	6
7	6	3	2	9	4	8	1	5
1	4	7	5	8	6	9	3	2
5	9	8	1	3	2	7	6	4
6	3	2	9	4	7	5	8	1
3	5	4	7	2	1	6	9	8
2	8	6	3	5	9	1	4	7
9	7	1	4	6	8	2	5	3

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Ann Dippold... Serving Bow and Beyond

Even if you aren't thinking of selling, I bet you would like to know the value of your home. I'm a no pressure kind of person - I offer market data with consideration, honesty and integrity.

Curious what sold and for how much? Email me your property address and I'll send you a monthly report showing what's happening in YOUR neighborhood... or any other area you're interested in knowing home values in.

BOW REAL ESTATE SALES AUGUST 2018

ADDRESS	BR/BA	SQ FT	ACRES	PRICE
18-J Crescent Drive	Land	N/A	2.44	\$75,000
1356 Route 3A	3 BR/1 BA	1392	0.50	\$188,580
664 Route 3A	3 BR/1 BA	1374	.088	\$215,000
5 Everett Ave	3 BR/3 BA	1928	1.00	\$244,750
99 Knox Road	2 BR/1 BA	1568	2.00	\$248,000
126 Bow Bog Road	3 BR/2 BA	1638	3.20	\$259,000
99 Bow Bog Road	3 BR/2 BA	1624	0.96	\$260,000
180 Page Road	3 BR/2 BA	2772	2.18	\$289,900
7 Putney Road	3 BR/2 BA	2772	0.90	\$317,000
38 Brown Hill Road	3 BR/3 BA	2560	1.47	\$355,000
16 Van Ger Drive	4 BR/3 BA	2704	2.36	\$355,000
4 Buckingham	4 BR/3 BA	2754	2.00	\$357,000
4 Cardinal	3 BR/3 BA	1983	2.23	\$380,000
2 Abbey	4 BR/3 BA	2538	2.34	\$390,000
22 Parsons Way	3 BR/3 BA	2158	0.92	\$410,000
11 Meadow Lane	3 BR/3 BA	3009	2.00	\$413,000
7 Meadow Lane	3 BR/3 BA	2214	2.00	\$425,000
32 Longview Drive	3 BR/3 BA	2788	3.15	\$459,000
10 Saltmarsh Circle	4 BR/4 BA	4999	2.44	\$520,000
2 Mountain Farm	4 BR/4 BA	5424	3.25	\$550,000
19 Heidi Lane	4 BR/4 BA	4246	2.14	\$563,000
26 Summer Lane	4 BR/3 BA	3000	1.20	\$569,900
6 Mountain Farm	3 BR/3 BA	3864	2.51	\$617,000

Ann Dippold, REALTOR®

Better Homes & Gardens/The Masiello Group
4 Park Street, Concord NH 03301



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BOW POLICE LOG

Bow Police AUGUST 2018 Arrest Log

- 08/02 Sean T. Kryander, 30, Nashua, was arrested for aggravated driving under the influence.
- 08/05 Myk Neuner, 30, Bradford, received a summons for operating without a valid license.
- 08/11 Jeremy C. Wiggin, 31, Epsom, was arrested on a warrant for simple assault.
- 08/13 An adult received a summons for possession of marijuana.
- 08/14 Carissa R. Jurentkuff, 30, Pembroke, was arrested for criminal threatening.
- 08/15 Timothy J. Kingsbury, 33, Loudon, was arrested for possession of a controlled drug and a warrant for failure to appear.
- 08/16 Aaron C. Heath, 45, Webster, was arrested on a warrant for criminal threatening.
- 08/17 Christopher M. Robinson, 46, Laconia, was arrested on warrants for failure to appear, and receiving stolen property.
- 08/18 Byron T. Aubrey, 29, Manchester, received a summons for suspended registrations; Clyde M. McConnell, 34, Chichester, was arrested on two bench warrants for false reports to law enforcement and unauthorized use of a motor vehicle; Jamie Dee Sullivan, 30, was arrested on a warrant for failure to appear.
- 08/19 Lisa Marier, 53, Enosburg Falls, VT, was arrested for driving after revocation/suspension; David B. Herrick, 51, Dunbarton, was arrested for driving under the influence; subsequent offense, and conduct after an accident; Paul R. Duval, 50, Salem, received a summons for driving after revocation/suspension.
- 08/20 Ryan C. Andrews, 18, Bow, received a summons for unlawful possession/intoxication.
- 08/21 Kristin K. Fostier, 36, Manchester, received a summons for driving after revocation/suspension and suspended registrations.
- 08/23 Shane M. Thompson, 33, Deering, was arrested on a warrant for theft by unauthorized taking; Diann E. Piper, 30, Epsom, was arrested on a civil warrant.
- 08/25 Nicholas R. Gendron, 30, Manchester, was arrested for driving under the influence; subsequent offense; Shane Russell, 32, Alton, was arrested on a warrant for domestic violence; simple assault; Virginia A. Gilpatrick, 36, Epsom, was arrested on a warrant for willful concealment and received a summons for misuse of plates; Deborah L. Paiva, 59, Gilmanton Iron Works, was arrested on two bench warrants for driving under the influence.
- 08/27 Thomas F. Boucher, 55, Lunenburg, MA, received a summons for operating without a valid license; Malek Fahd Alhelwan, 30, Manchester, was arrested for driving under the influence; subsequent offense, and operating without a valid license.
- 08/30 Angel Serrano-Alvarez, 22, New Britain, CT, was arrested for operating without a valid license.
- 08/31 A juvenile received a summons for possession/use of tobacco products by a minor; Jesse R. Lohman, 36, Lempster, was arrested on a warrant for a parole violation.

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GIRL SCOUT BEAUTIFICATION PROJECT

By Clara Udelson

Girl Scout Cadette Troop #20727 is bringing a big change to the Bow Pond! This year, our troop has been working hard to create a better environment for everyone to enjoy! With your help and mindfulness, the pond and community center parking lot will be a much cleaner and safer place for the community and the wildlife.

We installed a new garbage can and recycling bin near our pond on September 5th. This nearly concludes the 50 hours we worked to achieve the Girl Scout Silver Award, the highest award a Girl Scout Cadette can earn. An individual or group of up to four Girl Scouts can earn the award by creating a long-lasting positive impact on their community. Another requirement was to complete a Girl Scout Journey; ours focused on better relationships in our school and combating bullying. Our troop then split into two groups for the Silver Award. Maddie Ess, Delaney King, Maddie Mcleod and Eva Rook handled the trash receptacle while Belle Blackburn and Clara Udelson handled the recycling bin.

Our Troop is very excited to see our project come to life. We chose this project because we care about the environment and we were all concerned about the amount of litter around the pond and parking lot, which has a negative impact on the wildlife and the quality and image of our community.

We are thankful that others in the community had similar concerns and helped with the project. We would like to thank Cindy Rose, our mentor and the Community Center Director, for her advice and for helping us coordinate with the Department of Public Works. We would also like to thank Mr. Michael Mcleod for teaching and helping us build the trash and recycling cans. A special thank you to the Board of Selectmen for hearing our proposal and for their full support and encouragement. A big thank you to our families: we couldn't do this without you. The troop also gives thanks to everyone who donated to our project: Mrs. Marge Beaulieu, P.H.A.B.S Girl Scout Community, Mr. Mike Wayne and the Bow Men's Club, Matt at Lowe's - Ft. Eddy Plaza, and Sheepdog Enterprises.

A final thank you to everyone who chooses to use the cans instead of leaving their trash by the pond or in the parking lot.

OLD TOWN HALL NOW HANDICAP ACCESSIBLE

by Eric Anderson



An American With Disabilities Act compliant ramp and bathroom are now in place at the Old Town Hall that was originally built in 1847. The Men's Club, with help from the Town, constructed the ramp. At the same time the Rotary Club raised the funds to upgrade the bathroom at the Old Town Hall to ensure ADA compliance. Tom Wilson, a Bow Rotarian and architect, designed both the ramp and the restroom to ensure that they are both ADA compliant.

Portrait Paintings by Alfred Morena

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**STOPS AD IN BOW TIMES
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Knollstone Contracting, now has so much work that they are booked until August of 2019! Owner, Greg Baier reports that his ads were so effective he now has to catch up on the demand. His note follows:

AFTER THIS, I WOULD LIKE TO CANCEL OUR AD. WE'RE BEYOND BOOKED SOLID FOR THE NEXT YEAR! I'LL START IT UP AGAIN WHEN THINGS SLOW DOWN FOR US. THANKS SO MUCH!!!

GREG BAIER

WHITE ROCK NEWS



**“Happy Hookers”
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Got News ??

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- | | |
|------------------------------|--------------------------------|
| Alltown Gas & Store | Hampton Inn |
| Baker Free Library | Hooksett Northbound (I-93) |
| Blue Seal Feeds | Individual Fitness |
| Bow Mobil | Johnson Golden Harvest |
| Bow Recreation Building | Lakehouse Tavern |
| Bow Town Offices | Merrimack County Savings Bank |
| Chen Yang Lee | Mr. Mikes-Contoocook |
| Cimos | Patty Lee’s Kitchen |
| Colonial Village Supermarket | South Street Market |
| Cracker Barrel-Hopkinton | Sugar River Bank, Concord Hts. |
| Concord Chamber of Commerce | Tucker’s Restaurant |
| Crust and Crumb | Veano’s, Manchester St. |
| Dimitri’s Pizza | Wellington’s Marketplace |
| Dunbarton Town Office | White Rock Senior Center |
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**CONCORD REGIONAL VNA ANNOUNCES
OCTOBER FLU CLINICS IN BOW**

Concord Regional VNA is holding a Flu Clinic at White Rock Senior Living Community, 6 Bow Center Road in Bow on Monday, October 15 from 4 to 5 p.m. There is also a Flu Clinic at Bow Community Center, 2 Knox Rd. in Bow on Wednesday, October 17 from 4 to 6 p.m.

Seasonal flu clinics are dependent upon the availability of the flu vaccine and are subject to change. To confirm clinics, and for a full schedule, visit www.crvna.org or call (603) 224-4093 or (800) 924-8620, ext. 5815.



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NHTI Summer 2018 Graduates / Dean's List

CONCORD, NH — The following students from your area have been named to the Dean's List at NHTI, Concord's Community College, in recognition of their academic achievement during the Summer 2018 term. In order to qualify for Dean's List a student must be considered full time (registered for 12 credits or more) and have a term GPA of 3.3 or higher.

Bow NH: ANGELA-MARIE CONKLIN

The following students from your area graduated from NHTI, Concord's Community College, during the Summer 2018 term:

Bow NH: HANNAH LEE

(Associate in Science with a major in Orthopaedic Technology)

NHTI is a dynamic public institution of higher learning providing accessible, rigorous education, serving students, businesses and the community by creating pathways for lifelong learning, career advancement and civic engagement. With 95 full-time faculty and over 300 adjunct faculty, NHTI Concord's Community College offers more than 90 academic programs to more than 7,000 students annually. NHTI is a member of the Community College System of New Hampshire, and has been accredited by the Commission on Institutions of Higher Education of the New England Association of Schools and Colleges, Inc., a nongovernmental, nationally recognized accrediting agency, since 1969.



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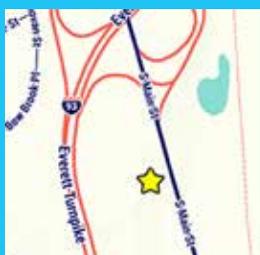
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