

Happy  
New Year

# The Bow Times

"Of the People, By the People, For the People"

ECRWSS  
PRSRT STD  
U.S. POSTAGE  
**PAID**  
PERMIT #130  
Portsmouth, NH  
POSTAL CUSTOMER

THE BOW TIMES

VOL 29, NO. 1 January 2022

www.thebowtimes.com

FREE

## BOW MAKING PROGRESS ON PROVIDING BOW JUNCTION WATER WITHOUT CONCORD

A 400,000 gallon water tank off of Heather Lane or Dow Road is a possible solution to supplying good water three miles up to Bow Mills and Bow Junction.

"We continue to talk to Concord but are progressing down our own road for a good solution with some major developers with deep pockets," said Economic Development Director Matt Taylor.

A study in 2021 showed the feasibility of constructing a large 400,000 gallon water tank on Heather Lane or the Dow Road/3A area to provide water to the TIF district to expand the town tax base with commercial properties.

TIF funding plus state and federal funds are being sought but a construction bond will not be asked for at the March town meeting until 2023. At least two well funded companies are exploring paying for the cost up front and getting tax breaks in future years.

The engineering firm of Dubois and King held an informational meeting on December 8, 2021, to present its ideas for a tank in the woods off of Heather Lane. The residents were not in support but Mr. Taylor said other options are being looked at in that area.

The tank has not yet been constructed but may have to be raised off the ground if other sites are better as the source of flow for the new water line. The water would be pumped to the tank from the existing pump station in Bow.

Director Taylor said no final location has yet been selected but that staff from Dubois and King have been busy on the ground for the last two weeks looking at site locations and making measurements for what is Project #226837.

The June 10, 2021, cost for piping, construction and valve installation as well as the cost of the water tank (\$796,100) and booster station (\$786,100) comes to an estimated \$11,829,787. Without a supply of good water Bow cannot attract the businesses to add to our tax base.

A schematic for a possible Heather Lane area site follows on page 12.

## BOW'S DAVID SCANLAN IS NH SECRETARY OF STATE



First elected by the legislature in 1976, William Gardner has stepped down from the post and his Deputy, David Scanlan of Bow assumed the office of Secretary of State on January 10th. The legislature votes into office the Secretary and the State Treasurer under our 1784 State Constitution.

Scanlan has served as Deputy Secretary of State since 2002 and hopes to be elected by the legislature in 2022 after the November elections.

Scanlan acknowledged that Gardner's departure "creates a void," but he said that his mission going forward is to "stick to the fundamentals and get the job done."

"The first thing we want to do is make sure we run an election that is fair and accurate. We're going to be completely focused on that," he said.

Photo courtesy Eric Anderson.

## HOPKINTON-CONTOOCOOK NEWS ON PAGES 16-17



## ANOTHER CRASH AT I-89 EXIT 1 OFFRAMP

by Tony Schinella – Concord Patch

First responders were sent to the intersection of Logging Hill Road and the Interstate 89 Exit 1 southbound off-ramp for an accident on Sunday, December 12, 2021, at around 11:45 a.m. Capital region dispatch took a report of a crash at the intersection, which has been known for crashes in the past. A few minutes later, the fire commander reported four vehicles involved with possible injuries. Later, command stated there was one person being evaluated. At a little past noon, the patient refused transportation to the hospital and EMTs cleared the scene.

Tow trucks were called in and at least two vehicles, a Volvo SUV and a Jeep SUV, were removed from the intersection.

Update: According to Bow Police Chief, Kenneth, Miller, a vehicle exiting from Tyler Drive heading for I-89 hit a car heading south on Logging Hill Road. The first vehicle was at fault.

## SCHOOL BUDGET UP 13.39%

The proposed budget for the Bow School District is up \$2,403,524 for a 13.39% local tax increase. The total local school taxes to be raised increased from \$17,945,156 to \$20,348,680. A major change is that the transfer of \$1,645,420 from capital reserve funds is not recurring.

The school tax raised locally would increase \$1.88 per thousand dollars of valuation.

Operation costs for the office of the principal are up 10.48% while costs for transportation are up 7.42%

## TOWN MANAGER PROPOSES 2.1% TAX RATE INCREASE

The Town Manager, David Stack, has presented his annual budget recommendation to the Budget Committee and Selectmen. The overall changes amount to a new town rate of \$7.30 compared to last year's \$7.15 per thousand. Net valuation of Bow property rose by \$8,823,144.

The settlement with Eversource a few years ago has resulted in a \$1,400,000 tax credit each year to run off the town's overtaxing of the Merrimack Station. The total value of new construction in Bow from January to October was \$16,817,000 for a 46% increase over the same period in 2020.

The big budget increase came in Parks and Recreation due to the purchase of the Bow Youth Center and the addition of its 14 part-time positions. Expected revenue of \$930,508 for the Recreation fund should result in a surplus over the payroll and operating expenses. It is now self-funded and no longer requires taxpayer money.

### TOP 2 SALARIES GROW AGAIN

In the absence of a cap or limit on the amount of pay for top town officials, the Town Manager will make \$130,388 and with benefits the total is \$180,000.

The school superintendent will be paid \$149,410 plus benefits of \$64,028 for a total of \$213,438.

## WINNER OF 14 NH PRESS ASSOCIATION AWARDS

MONTHLY BOW TIMES IS DELIVERED TO 3,160 RESIDENTS AND BUSINESSES - FREE

# LOW TAXES ARE THE RESULT OF LOW SPENDING

## The Bow Times

Publisher - The Bow Times, LLC  
Editor - Chuck Douglas 224-1988  
Co-Editor - Debra Douglas  
Sales and Prepress Design -  
Nadeane Mannion 715-8106  
[Nmannion1@comcast.net](mailto:Nmannion1@comcast.net)  
Technical Editor - Denise Ehmling  
[dehmling@thebowtimes.com](mailto:dehmling@thebowtimes.com)  
Distribution Manager -  
Joshua Coughlin  
[josh@thebowtimes.com](mailto:josh@thebowtimes.com)

Medical Editor -  
Richard Johnson, MD  
Travel Editor - Chase Binder  
Food Editor - Debra Barnes  
Wine Editor - Annie Kenney  
Contributing Writers:  
Bow Garden Club - Joyce Kimball  
Elder Law - Ben Kiniry  
On Aging - Donna Deos  
Contributing Photographers:  
Eric Anderson - Bow Events  
Rich Miyara - Bow Sports  
Jeff Sullivan - Hopkinton Sports  
Printer - Gannett Pub. Services

**Mailing address for news or notices:** 40 Stone Sled Lane, Bow

**Email:** [info@thebowtimes.com](mailto:info@thebowtimes.com)

**DEADLINES:** 1st of the month;  
classifieds must be prepaid - cash or a  
check made payable to The Bow Times.

**ADVERTISEMENT ERRORS:**  
We will be responsible for errors in  
advertisements only to the extent of  
correcting the same in the next issue  
using space equal to the items in error.

**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.

**Postal Information:** Bulk rate postage  
paid at Portsmouth, N.H. Postmaster.  
Send address changes to the Bow  
Times Permit #130.

**A proud member of the New  
Hampshire Press Association**

## EDITORIALS

### BOW'S MARY BETH WALZ WANTS LAWSUITS OVER HAIR DISCRIMINATION

Ultra-liberal State Representative Mary Beth Walz, Democrat of Bow, has come up with a bill to allow lawsuits against schools and businesses over hair styles with a racial or ethnic slant.

Her HB 359 goes farther than race or nationality job discrimination because those cases must be filed with the State Human Rights Commission not a court. Hairstyle, however, gets you the fast lane to court and an end run around our decades old agency to protect civil rights.

If you wear "cornrows, Afros, twists or headwraps" you can go directly to court for money damages and "shall be exempt from the jurisdiction of the Human Rights Commission."

If her bill becomes law twelve jurors can tag you for unlimited damages if your employer - or your school district - doesn't like your "braids, locs, tight coils or curls."

Left out of the list are hairstyles like buzzcuts, faux hawk fringe or mullets which can still be discriminated against. Topknots, ponytails and manbuns are still fair game as well.

You gotta love a liberal like Walz. You can't go directly to court if you lose your job because of race or ethnicity but you can jump the line if your hair is involved.

Maybe shoe styles will be next on the Progressive watchlist?

No wonder none of the other 399 Representatives are co-sponsoring Walz's "hair brained" idea.

### NEW HAMPSHIRE LEADS NEW ENGLAND FISCALLY

Thanks to the budget leadership of Senate President Chuck Morse and Governor Chris Sununu, our State has weathered the COVID crisis in great financial shape.

The Granite State has the fifth-lowest tax burden in the nation and the lowest by far in New England, including property, income, and sales taxes.

Through the final month of the 2021 fiscal year, the state collected \$300 million more in tax revenue than anticipated.

As Pat Hynes recently pointed out, "Last year, led by state Sen. Denise Ricciardi (R-Bedford), Republicans successfully reformed the Rooms and Meals tax, reducing its rate and increasing the amount of revenue the state sends back to cities and towns. Earlier this month, Gov. Sununu announced the state returned over \$100 million back to municipalities, a year-over-year increase of more than \$31 million."

The tax Foundation lists New Hampshire as having the sixth-best business tax climate in the US., and the best in the Northeast. Finally, according to data from the U.S. Census Bureau, we have the lowest poverty rate in the country.

As Governor Meldrim Thomson, Jr. repeatedly said: Low taxes are the result of low spending. It works.

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

### ENTITLEMENTS ALWAYS GROW... AND GROW

by John Cogan

The history of U.S. entitlements is a 230-year record of continuous expansion and liberalization. The first major entitlement, Revolutionary War disability benefits, was initially restricted to members of the Continental Army and Navy who were injured in battle and survivors of those killed in wartime. Eligibility was then expanded, first to state militia soldiers, then to veterans whose disabilities were unrelated to wartime service, and eventually to virtually all people who served during the war regardless of disability.

Congress followed the same liberalizing process with 20th-century entitlements. The original 1956 Social Security disability program limited eligibility to permanently and totally disabled workers 50 and older. When the disability program was enacted, it was expected to cost \$1.1 billion in 2000. Its actual cost that year was \$56 billion. When Medicare hospital insurance was enacted, cost projections were made to 1990. The projected cost for that year was \$9 billion. The actual cost was \$67 billion.

When first enacted, entitlement benefits are usually confined to a narrow group of worthy individuals. As time passes, groups of excluded individuals claim that they are no less deserving of aid. Pressure is brought by, or on behalf of, these excluded groups to expand eligibility rules. Eventually, Congress acquiesces.

But the broadening of eligibility rules only brings another group of claimants closer to the eligibility boundary lines, and the pressure to relax qualifying rules begins again. The process of liberalization repeats itself until the entitlement program's original limited goals are no longer recognizable.

Predictions that the eventual cost of a revised Build Back Better will be higher than official government estimates are not mere speculation. Expanding entitlements is a fundamental characteristic of Congress that was baked into its DNA centuries ago.

### COVID-19 CONTINUES TO SURGE!

20,458 Active Cases in New Hampshire!

TOWN	NEW	ACTIVE	TOTAL
Bow	12 New Cases	128 Active Cases	1,127 Total Cases
Dunbarton	14 New Case	63 Active Cases	479 Total Cases
Hopkinton	9 New Cases	59 Active cases	731 Total Cases

As of January 12, 2022



COVID-19





**TURBO TAN**  
Where you see the difference

**Tan in JANUARY**  
**for \$1.00!**  
**January 20 - 27th**  
1 per person

**The PRIZE WHEEL is BACK!**  
Visit to Spin and Win!!!

133 Loudon Road, Concord  
**603.223.6665** **www.TurboTan.org**

**Buy 10 Visits**  
**Get 2 Visits FREE**  
May not be combined with any other offers.  
Coupon per package. Expires 4/30/2022.

**Buy 20 Visits**  
**Get 4 Visits FREE**  
May not be combined with any other offers.  
Coupon per package. Expires 4/30/2022.

**Buy 3 Months**  
**Get 4th FREE**  
May not be combined with any other offers.  
Coupon per package. Expires 4/30/2022.

**First time**  
**GRAY TAN \$20**  
May not be combined with any other offers.  
Coupon per package. Expires 4/30/2022.

**First time**  
**TAN \$10**  
May not be combined with any other offers.  
Coupon per package. Expires 4/30/2022.

**\$10 OFF any**  
**LOTION Over \$50**  
May not be combined with any other offers.  
Coupon per package. Expires 4/30/2022.



*Select Saturday Hours are Available.*  
**WELCOMING NEW PATIENTS AND THEIR FAMILIES.**



**\$400 OFF Invisalign in JANUARY with**  
**FREE Whitening after treatment is complete!**

\*\$400 OFF Invisalign treatment **ONLY** at Generations Dental Care!  
And to start the New Year right and bright, we are also including  
\*\*FREE teeth whitening (the value of Zoom! whitening is \$300) after  
Invisalign treatment is complete!

\*Offer valid **ONLY** until 1/31/2022. Some restrictions and limitations may apply.  
Invisalign treatment is performed per the provider's discretion. \*\*Not all patients  
are candidates for clinical strength teeth whitening.



*Advanced Technology, Time-Honored Care*

DR. CHRISTOPHER BINDER

DR. VICTOR STETSYUK

DR. JONELL HOPECK

DR. CHRISTINA McCANN

DR. ASHELY LEAVELL

DR. RISHI BHUSARI

DR. JEREMY ANDERSON

9 Triangle Park Drive, Suite 3, Concord  
(Near Steeplegate Mall, off D'Amante Drive)

**603-225-6331**  
**www.generationsdental.com**

Family-owned and operated for over 100 years, Generations Dental Care  
offers exceptional dentistry to you and your family.





DISEASES OF FAMOUS PEOPLE

I thought it would be ‘fun’ to start the new year with a stimulating game - mixing the history of some well-known people with their medical diagnoses. Disease comes in many forms, not just a pandemic. I will give you some key details, and you will try to identify the famous, but ill, person. The answers are at the bottom of the article.

Giving credit where credit is due: my selections have come from the work of Thomas Meissner, MD.

**Case 1:** She lived 1867-1934 and won two Nobel Prizes. While in her early thirties, she developed chronic radiation syndrome. At the end of her life she was exhausted and had festering burn wounds on her hands.

**Case 2:** He lived 1879-1955. In 1948 he had an abdominal aortic aneurysm wrapped in cellophane (that was the treatment of the day!) In 1955 with the aneurysm about to burst, he declined surgery with these words: “I’ve done my part, it’s time to go. I’ll do it with elegance.”

**Case 3:** She lived 1919-1952, and in her early 30’s developed cervical cancer. She had worked as a model and actress and was the wife of an international president.

**Case 4:** He lived 1917-1963 and died by an assassin’s bullet. He had chronic digestive problems eventually diagnosed as colitis, and he had chronic adrenal insufficiency known as Addison disease.

**Case 5:** She lived 1884-1962 and was a major influential force in her husband’s career. She ignored her ailments and was too busy to be sick. Her autopsy confirmed that she had disseminated tuberculosis and aplastic anemia.

**Case 6:** He lived 1859-1941. His was a breech birth, and was pulled out by his left arm. Injury to the brachial plexus resulted in his left arm being 6 inches shorter than the right arm. He underwent many unusual treatments from stretching, to baths of freshly slaughtered rabbits, to electrical stimulation – all to no avail. One historian thinks that these treatments amounted to child abuse and may have contributed to a major personality disorder.

**Case 7:** She lived 1918-1987 and was a movie star. Her inability to memorize her lines was initially blamed on drinking alcohol, but in 1979 a psychiatrist diagnosed her with Alzheimer’s disease.

case 1: marie curie, case 2: albert einstein, case 3: eva peron, case 4: john f. kennedy, case 5: eleanor roosevelt, case 6: richard wilhelm (of prussia) case 7: ita hayworth, case 9: friedrich wilhelm (of prussia)

Travel with The Bow Times



Dunbarton's Judi and Richard Goduti enjoying the Bow Times in the sun at Fisherman's Village, Punta Gorda, Florida.

New Hampshire FEDERAL CREDIT UNION



SUSAN LIBBY  
NHFCU ASSISTANT VICE  
PRESIDENT, LENDING,  
RETIRING

Susan Libby joined NH Federal Credit Union (NHFCU) as a loan officer on April 23, 1985.

In a few short years, Susan's attention to detail and talents in working with members in sensitive situations led her to a promotion to Collections Manager, where she diligently worked to get members' finances back in order while getting NHFCU repaid.

Susan’s success in the NHFCU collections area and her knowledge of lending and compliance led to her appointment to Assistant Vice President, Lending, in 1994. In that position, she played an important role in the conversion to a new computer system, and the VISA Credit Card Program.

Susan then broadened her skill set and became NHFCU's Assistant Vice President, Sales & Service Operations, where she oversaw debit and credit cards, ACH, and share draft programs. As Assistant Vice President, Lending, Susan has overseen both consumer lending and mortgage compliance for NHFCU.

In 2020, Susan celebrated 35 years with NHFCU. She retires on January 21, 2022, just shy of 37 years of service. NHFCU congratulates Susan for making a positive difference for members throughout her years of service and wishes her well in her retirement.

Discounts for Students with a “B” or Better Average

**RELIABLE  
INSURANCE  
SOLUTIONS, LLC**

Auto • Home • Life • Commercial • Investments

**Matt Poulin**  
6 Garvins Falls Road  
Concord, NH 03301

**603-568-2535** (cell)  
**603-715-2975** (office)  
info@ReliableInsSolutions.com

**FREE COMPREHENSIVE REVIEW  
OF YOUR INSURANCE NEEDS**  
**www.ReliableInsSolutions.com**

**QUOTE FOR THE DAY**

“There are far better things ahead  
than any we leave behind.”

C.S. Lewis | Author





**Home Mortgages • Construction Loans  
Refinancing • Home Equity Loans  
Construction Loans**

**198 Loudon Rd., Concord  
sugarriverbank.com**

**START YOUR APP ONLINE TODAY:  
sugarriverbank.mortgagewebcenter.com**

## Get Pre-Approved at Concord's Hometown Bank.

At Sugar River Bank, we make the home buying experience a lot easier for you. From choosing the right mortgage program to the closing, you can count on personal service every step of the way.



How can Ellen help you?

**ELLEN LESSARD**  
Mortgage Loan Originator  
NMLS #1597160  
**603.227.6011**  
elessard@sugarriverbank.com

Member FDIC | Equal Housing Lender



## BOW WILDCATS WIN!

Bow Middle School Wildcats wrestling team beat Rundlett Middle School Blue Dukes on January 6, in Concord, 4 to 3.



Courtesy of Tony Schinella | Concord NH Patch

## TIME TO TAKE A NEW LOOK AT YOUR MONEY HABITS

### NEW YEAR, NEW SAVINGS ACCOUNT

Think about what you want to save for the coming year and commit to opening a savings account to reach that goal.

*Small Step: Decide on the type of savings account that will meet your goal and commit to depositing a set amount on a regular basis to get into the habit of saving. For example, if you open a basic savings account, deposit \$25 every month and sign up for direct deposit or automatic withdrawals from your checking account to ensure that amount is saved. Once you're comfortable with saving a small amount consistently, you can increase it.*

### PAY DOWN THAT OLD DEBT IN THE NEW YEAR

Make a list of your debts, noting the monthly payment, current balance, and interest rate, and make a plan to start paying down the debts. Many experts recommend focusing on either debts with the highest interest rates or debts with the lowest balances to pay off. While you will likely save more money paying off debts with the highest interest rates, it may be faster to pay off the smallest balances first, and seeing this progress may help keep you motivated.

*Small Step: Whichever method you choose for paying down debt, start by adding a small amount to one of your current payments. For instance, if you are focusing on paying off a credit card with a minimum monthly payment of \$100, add \$25 to that amount to start (for a total monthly payment of \$125). Once you are comfortable with that new amount, add more when you're able and stay focused on the goal.*

### GET ORGANIZED

Some basic tasks to help you get organized include making a budget, tracking your spending, and putting a system in place to ensure you pay your bills on time every month. Be sure to monitor your credit card and bank statements for any unexpected fees or unusual activity too. The sooner you find mistakes or unauthorized transactions, the easier it is to correct those issues.

*Small Step: Start small by picking one organizational task and focus on that task for one month before adding another. You might start by making sure your bills are paid on time by setting up automatic bill pay from your bank account, giving yourself one month to learn about it, set it up, and get comfortable using it. Next month, focus on creating a budget, which gives you several weeks to learn about budgeting and working on it.*

### PROTECT YOUR MONEY ALL YEAR, EVERY YEAR

Never provide your personal information in response to an unsolicited request. Always track your bank and credit card statements and your credit reports for unusual activity. Catching abnormal transactions early will allow you to take steps to prevent more harm if your information has been stolen.

For more help or information, go to **FDIC.gov** or call the FDIC toll-free at **1-877-ASK-FDIC** (1-877-275-3342).



## BOW POLICE RESCUE INJURED OWL



An owl that was hit by a car in Bow is being treated at a New Hampshire rehabilitation center.

Bow police rescued the bird Tuesday night after finding it with a broken wing on South Bow Road.

Police said the bird wasn't able to fly away, so they put it in a crate, and it's now in the care of Wings of the Dawn wildlife

rehabilitation center in Henniker.

The rehab center named the owl Bow and will work on getting it back into nature as soon as possible.

## Did You Ever Wonder?

Did you ever notice that when you blow in a dog's face, he gets mad at you, but when you take him on a car ride, he sticks his head out the window?

## Big Bear EXCAVATION

**We Repair & Replace  
Septic Systems  
Remove Stumps  
Back Yards  
Additions & Garages**

[www.BigBearExcavationNH.com](http://www.BigBearExcavationNH.com)

### FREE ESTIMATES



**Call Dick Siciak  
603-228-9535**

7 Branch Londonderry Turnpike W.  
Bow, New Hampshire 03304



**603.801.5720**

FULLY LICENSED AND INSURED

**ERIC COOKE**

ericcooke137@gmail.com



[www.facebook.com/E.CookePlumbingandheating.com](https://www.facebook.com/E.CookePlumbingandheating.com)

54 Woodhill Road

Bow NH 03304



**ANN DIPPOLD, PRINCIPAL BROKER**  
Cell: 603-491-7753  
ann@dippolddennehy.com



**JOYA DENNEHY, REALTOR**  
Cell: 603-303-4288  
joya@dippolddennehy.com



**DIPPOLD  
&  
DENNEHY**  
REAL ESTATE GROUP

**PROFESSIONAL, EXPERIENCED,  
LOCAL MARKET EXPERTS**

4 NORTHEAST AVENUE, BOW NH 03304  
603-333-0070 WWW.DIPPOLDDENNEHY.COM



**HEATHER MANN, REALTOR**  
Cell: 603-344-1401  
heather@dippolddennehy.com



**BIANCA CONTRERAS, REALTOR**  
Cell: 603-491-8849  
bianca@dippolddennehy.com

**DECEMBER 2021 REAL ESTATE SALES IN BOW**

ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
21 Bow Bog Road	2 Bedrooms   1 Baths	748 Square Feet	5.3 Acres	\$242,000
2 Juniper Lane	3 Bedrooms   1 Baths	1595 Square Feet	1.14 Acres	\$315,000
505 Hall Street	3 Bedrooms   2 Baths	1183 Square Feet	.14 Acres	\$321,000
1 Betty Lane	4 Bedrooms   3 Baths	2192 Square Feet	1.54 Acres	\$380,000
24 South Bow Road	3 Bedrooms   1 Baths	1832 Square Feet	2.20 Acres	\$385,000
27 Bow Center Road	4 Bedrooms   2 Baths	1508 Square Feet	1.70 Acres	\$390,000
4 Turee View Drive	3 Bedrooms   2 Baths	1512 Square Feet	1.04 Acres	\$410,000
10 Windchime Drive	2 Bedrooms   2 Baths	1418 Square Feet	CONDO	\$415,000
7 Pepin Drive	3 Bedrooms   2 Baths	1553 Square Feet	1.01 Acres	\$420,000
4 Windchime Drive	2 Bedrooms   2 Baths	1418 Square Feet	CONDO	\$430,000
6 Old Coach Road	3 Bedrooms   3 Baths	2656 Square Feet	1.08 Acres	\$445,000
6 Erin Drive	3 Bedrooms   3 Baths	2174 Square Feet	2.91 Acres	\$496,000
19 Morgan Drive	4 Bedrooms   3 Baths	2900 Square Feet	5.21 Acres	\$532,500
0 Merrill Crossing	3 Bedrooms   3 Baths	2248 Square Feet	3.55 Acres	\$537,000
42 Bow Center Road	5 Bedrooms   4 Baths	5131 Square Feet	0.69 Acres	\$630,000

**DECEMBER 2021 REAL ESTATE SALES IN DUNBARTON**



ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
55 Kimball Pond Road	2 Bedrooms   2 Baths	2164 Square Feet	6.14 Acres	\$455,000

*Sales Data for DECEMBER 2021 provided by the NHMLS.*

**BOW COMMUNITY MEN'S CLUB**

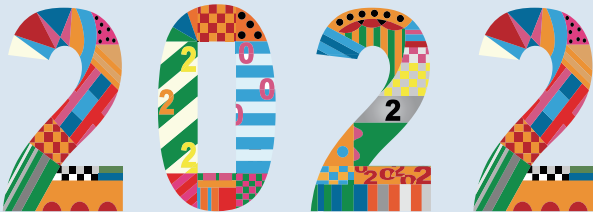


The Bow Community Men's Club would like to thank the **Concord Casino** (located at 67 South Main Street) for the opportunity over the past 3 years to receive funds from charitable gaming at the casino.

The Concord Casino has generated over half a million dollars for New Hampshire charitable charities over the past 3 years.

Funds raised for the Bow Community Men's Club have helped support scholarships for Bow High School seniors, the local Scouting program, the Robotics Club, the Food Closet and many other community programs. This year the club will share in the revenue generated from February 10 through February 19.

**HAPPY NEW YEAR**



**Thank you to all our clients for your continued trust in our agency.**  
**"We are truly grateful to you and the community we serve."**

Let Allied provide insurance for some of the things you are thankful for – home, auto and business.



**Allied Insurance  
Agency Inc.**

*Your protection is our profession.*

500 South St Bow, NH  
603-224-5394  
alliedia.com



# THE TRUTH ABOUT GETTING STARTED

by Jim Olson

**Happy new year, my friend.** As we begin the new year, many are thinking about new weight loss and fitness resolutions. Maybe you are here because you have the same goals as last year.

I am so excited to help you on your weight loss journey this year, but first I need to tell you something important about getting started...

The best time to start something was yesterday.

The second-best time to start is NOW.

Wherever you are, is the right time and your perfect place to start.

Do not put off the Start.

Start NOW, even before you think you are ready.

WHY?

It's easy to get overwhelmed by all the things we think we need to do first. But consider this:

- Nobody starts in the deep end.
- Nobody has all the answers before they start.
- And getting started is often less expensive and faster than you'd imagine.

Taking a different route than we're used to might feel unnatural. The unknown may also be scary, but don't worry! Once you begin something, you build momentum, and then it becomes easier and easier to keep going. You might even be surprised by how much you enjoy doing this new thing once you've started.

When starting anything new, it is important to think about your WHY. Why you started in the first place so you can keep going when things get tough. These questions might help:

What's your health worth to you?



**Jim Olson**

What's being vibrant and active vs couch/bedridden worth when you're older?

What's it worth to be fully present and energized for your kids and grandkids?

What is it worth for you to feel confident each day of your life?

Can you put a price on living a life where you are medication and ailment-free?

No matter your age, you need to consider these things NOW.

There's nothing more important to invest in.

You deserve to feel good in your body and put yourself first so that you can experience whatever it is that sets your soul on fire!

Just like the journey to any destination, there is more than one route to where you want to go.

Having a fit and healthy body is the best place to start.

It doesn't have to be hard.

And you don't have to do it alone.

Take your next step, achieve increased strength, energy, and mobility to live an active lifestyle with confidence — and fit in the clothes you want to wear!

Let us be your GPS to guide you on the right path for YOU. You're not everybody else! You're an original and there is not another individual on the planet exactly like you. You tell us what you need and what your goals are and we'll map out the best route to get you there safely, effectively and sustainably — The IF Way.

Committed to your success,  
Jim, John and the entire IF Team!

P.S. Individual Fitness is for you, in 20-22!

## Boost your energy and strength with a 30-day jumpstart

Want to get a jumpstart in losing those first 10lbs or a metabolism boost towards dropping those last 10lbs?

Are you ready to find more energy by burning those stubborn fat cells that are weighing you down?



**INDIVIDUAL FITNESS**  
PERSONAL TRAINING STUDIO

Individual Results Are Guaranteed™

Concord 603-224-8096 // Manchester 603-836-5745 // info@individualfitnessllc.com

## Join us for 30 days towards a healthier you!

Your 30-day jumpstart program includes (but is not limited to):

- 12 private personalized training sessions moving at your pace so that your so you don't "overdo it"
- Your own Individual meal plan that is sustainable while producing results
- Fitness assessment
- A personalized cardio program prescribed how you need it to be
- A personalized mobility and stretching program to help you move easier
- The whole organization of IF's dedicated team to support you every step of the way!

**Apply Today**

**IndividualFitnessllc.com/30**



## NOTICE TO CONDO & PRIVATE ROAD RESIDENTS

by John Caglia

The New Hampshire Private Road Taxpayers Alliance (NHPVRTA), a state-wide nonprofit organization is supporting two bills currently filed in the NH Senate for the 2022 legislative session. SB250 enables municipalities to adopt a tax credit for residents who currently live on a private road.

The second bill, SB246 would benefit future residents who may decide to reside on a private road. Senator Regina Birdsell with support from State Senator Sharon Carson and State House Representative Wayne MacDonald are sponsoring this legislation. If enacted into law both bills would take effect on April 1, 2023.

SB246 would only pertain to new private road construction and it would be mandatory for developers to initiate a Capital Reserve Fund in the amount of 50% of what they determine to be the estimated costs to replace those roads and related infrastructure at the time of completion of the project. SB246 would provide some financial protection to private road homeowners at no cost to municipalities.

The NHPVRTA has been working diligently this past year to get the legislation to this point. The 400 plus NHPVRTA supporters representing approximately 70 cities and towns throughout New Hampshire who have signed onto the website at [www.nhpvrta.com](http://www.nhpvrta.com) are probably not enough to get the attention of all the necessary legislators and ultimately the governor to pass this legislation.

The NHPVRTA strongly urges affected residents to register now on the NHPVRTA website and take an active role in meeting, telephoning, emailing and/or writing to their respective State Senators, State House Representatives and the Governor's Office, requesting their support of both of these bills. Information about the bills and contacting your Senators, Representatives and the Governor's Office can be found by clicking on the yellow post-it note at [www.nhpvrta.com](http://www.nhpvrta.com)

Both bills have currently been assigned for hearings before the Senate Election Law and Municipal Affairs Committee (ELMA) on a yet to be announced date and time most likely in January, 2022. Concerned residents should immediately request the entire ELMA committee to support both bills via a single email located on the NHPVRTA website. Private road residents should also share all this information with like-minded individuals and encourage them to act now.

## 5 TIME WINNERS OF GRANITE STATE CHAMPIONSHIP GAME!

Bow Youth Football (BYF) concluded its 2021 season by winning the Granite State Football League Championship Game for the fifth time, 28-0, against the Keene Knights.

Thank you to the BYF President Shaun Lover, Vice President Tom Ouellette, Head Coach John Wheeler, Offensive Coach Carl Brown, Defensive Coach Harlan Hutchinson, Coach Charlie Roberts, Coach Bryce Larrabee, Coach Shawn Mullen, Coach Tim McKerley, and Coach Eric Davis for all the time dedicated to this team over the years, mentoring these players, and being the example of P.R.I.D.E. Thank you to Teddy Pfeifle, of BHS for helping coach. And a special thank you to Team Mom, Christie Wheeler. The season would not have been possible without the many volunteers who stepped up to run the concession stand, the chain crew, announcers, videographers, photographers, minimum play trackers, scoreboard operators, etc., so thank you very much.



The team (7th and 8th graders) are Eli Ayers, Sam Bennett, Will Bennett, Dale Berg, Benjamin Bourbeau, Brayden Brown, Jacob Coulon, Cameron Czarnosz, Brad Ekstrom, Chase Flagg, Sean Flaherty, Hunter Hutchinson, Garrett Landers, Peyton Larrabee, Ryan McKerley, Miles Miller, Kevin Mullen, Wyatt Premo, Shane Rabalais, Caleb Schumacher, Mason Vose, Bryson Wesler, Jack Wheeler, Timothy Wilson, and Joseph York.

### THE HOME YOU SAVE COULD BE YOUR OWN!



Nellie Doughty  
NMLS ID: 170344



Do you need a mortgage review?  
**LET'S TALK TODAY!**

**603-494-4995** 138 Loudon Road, Concord, NH 03301

Lending in NH, MA, ME, NC & FL

Branch NMLS ID, 97958. This is not an offer to lend or extend credit. Subject to underwriter approval.



## SELLAR CHIROPRACTIC CLINIC

**DR. JOHN A. SELLAR, BS, DC**  
*Chiropractor*

35 West Street Concord, NH 03301

[concordnhchiropractor.com](http://concordnhchiropractor.com)

[sellarchiropractic@yahoo.com](mailto:sellarchiropractic@yahoo.com)

**PROADJUSTER**

and

*Impulse Instrument*

**603-224-3883 Fax 603-224-6782**

*Voted the Region's #1 Chiropractor 2015- 15 years running.  
New Hampshire Magazine's Top Chiropractors of 2014 & 2015*

# HUCKLEBERRY

**Propane Heating Oil**

*"Local, honest and committed to keeping you warm."*

## 796-2007

License #MBE1000505

**We Deliver: PROPANE • OIL • KEROSENE DIESEL**

Proudly Serving Bow for 20 Years!



# CASH ALTERNATIVES FOR CHARITABLE GIVING

by Dominic Lucente

## Thinking about donating? Think of these choices.

**The new year has begun, and you may be thinking of giving.** In fact, you may want to explore the different ways in which you can donate to a charity or non-profit organization, apart from just making a cash gift. Consider some of the alternatives.

**Keep in mind this article is for informational purposes only.** It's not a replacement for real-life advice. Make sure to consult your tax and legal professionals before modifying your gift-giving strategy.

**Donor-advised funds.** DAFs are essentially charitable savings accounts. Some are created and run by 501(c)(3) non-profits. Others are offered by brokerages and banks.<sup>1,2</sup>

You can direct assets into a DAF for future charitable gifts. The bank, brokerage, or non-profit takes legal control of these assets, and may offer you investment choices for the assets and a selection of charities to which you may donate some or all of the assets in a given year. As a donor, you are eligible for a tax deduction in the year of the gift(s). If you like the general idea of "giving to charity" rather than to a specific charity, a DAF may appeal to you.<sup>1,2</sup>

*DAFs are sold only by prospectus. Please consider the charges, risks, expenses, and investment objectives carefully before investing. A prospectus containing this and other information about the investment company can be obtained from your financial professional. Read it carefully before you invest or send money. DAFs are subject to fluctuation in value and market risk. Shares, when redeemed, may be worth more or less than their original cost.*

**Qualified charitable distributions (QCDs).** Are you age 70 or older? Do you have a traditional Individual Retirement Arrangement (IRA)? While annual required minimum distributions (RMDs) from an IRA will bring you income, those RMDs could also mean extra income tax.

**If you are looking for ways to potentially manage your tax bill,** one choice is to donate your RMD to charity via a QCD. With the help of a financial professional, you arrange a direct payment of some or all of your RMD to charity (there is a \$100,000 cap). All of the donated amount may be excluded from your gross income for the year of the donation. You can make a QCD starting in the year you turn 70½, though you do not have to take your first RMD until age 72.<sup>3</sup>

Generally, distributions from traditional IRAs must begin once you reach age 72. The money distributed to you is taxed as ordinary income. When such distributions are taken before age 59½, they may be subject to a 10% federal income tax penalty.

**Donations of highly appreciated stocks.** Do you itemize your deductions, rather than simply taking the standard deduction each year? Many non-profits and charities may accept gifts of securities.

There are potential advantages for both the donor and charity here, compared with a cash gift. For example, say you own stock and you are considering selling the share and giving the cash from the sale to your favorite charity. You can do that, but if you sell the shares, you might face a capital gain. If you donate the stock to the charity, the charity will take possession of the stock and as the donor, you may be able to deduct the gift.<sup>4</sup>

**Gift bunching.** Taxpayers have the opportunity to "bunch" (i.e., time) charitable gifts if they want to itemize deductions in a certain year instead of taking the standard federal tax deduction.<sup>5</sup>

You can still claim the charitable giving deduction rather than the standard deduction, but only if you itemize. If you do itemize, then your charitable deduction for cash gifts can potentially be as large as 60% of your adjusted gross income. Any amount exceeding that threshold can be carried forward for up to five years.<sup>5</sup>

As you consider all this, please remember that tax laws are subject to change without notice, and this article is not intended as tax or investment advice. Consult your financial professional before making any charitable gifting, tax, or investment decision. This information is designed to provide general information on the subjects covered.

YES, WE DO TAKE IT *personally*



Everyone hopes for a happy, secure life and an easy path to retirement. But only **you** know what happiness and retirement personally mean to you. That's where we come in.

At NPA, we pride ourselves on excellent client relationships and a personal planning approach focused on understanding you, your family and your financial goals. The plan we create together takes all of that into account, but when things change, either in the world or for you, we'll adjust accordingly.

**Now, let's get personal. Call us today!**



**Dominic M. Lucente, CFP®, RFC®**  
CERTIFIED FINANCIAL PLANNER™  
NORTHEAST PLANNING ASSOCIATES, INC.  
425 Hooksett Road · Manchester, NH 03104  
(603) 645-8131 · dominic.lucente@lplcom  
www.dlucente.com



21-436 Financial planning offered through Northeast Planning Associates, Inc. (NPA), a registered investment adviser (RIA). Securities and advisory services offered through LPL Financial (LPL), an RIA and broker-dealer (BD), member FINRA/SIPC. Credit union is not an RIA or BD. Insurance products offered through LPL or its licensed affiliates. LPL registered representatives offer products and services using NPA. These products and services offered through NPA, LPL, or their affiliates, which are separate entities from, and not affiliates of the credit union, are:

Not Insured by NCUA or Other Government Agency | Not Credit Union Guaranteed | Not Credit Union Deposits or Obligations | May Lose Value

It is not, however, intended to provide specific legal or tax advice and cannot be used to avoid tax penalties or to promote, market, or recommend any tax plan or arrangement.

**Dominic may be reached at 603.645.8131  
or [Dominic.lucente@LPL.com](mailto:Dominic.lucente@LPL.com)  
[Dlucente.com](http://Dlucente.com)**

This material was prepared by MarketingPro, Inc., and does not necessarily represent the views of the presenting party, nor their affiliates. This information has been derived from sources believed to be accurate. Please note - investing involves risk, and past performance is no guarantee of future results. The publisher is not engaged in rendering legal, accounting or other professional services. If assistance is needed, the reader is advised to engage the services of a competent professional. This information should not be construed as investment, tax or legal advice and may not be relied on for the purpose of avoiding any Federal tax penalty. This is neither a solicitation nor recommendation to purchase or sell any investment or insurance product or service, and should not be relied upon as such. All indices are unmanaged and are not illustrative of any particular investment. Financial planning offered through Northeast Planning Associates, Inc. (NPA) a registered investment adviser. Securities and advisory services offered through LPL Financial, a registered investment adviser and member FINRA/SIPC. Insurance products offered through NPA, LPL Financial, or its licensed affiliates. The Credit Union, NPA and LPL Financial are unaffiliated.

### Citations

1. Internal Revenue Service, September 7, 2021
2. U.S. News, August 21, 2020
3. Kiplinger, October 4, 2021
4. Investopedia, September 21, 2021
5. Drexel University, November 30, 2020







## HAPPY NEW YEAR!

Wishing you and your family a happy new year. We are busy getting ready for the 2022 season and can't wait to see everyone!



Golf continues to be one of the fastest growing sports among the young. In fact, 2021 broke all records in the golf industry across the board. Foster's Golf Camp broke some records too. Our After School Program "Intro to Golf" more than doubled and our regular summer program had more participation than ever! All great indicators that Junior golf is on the rise. With the current trend it is expected that more juniors ages 7 to 16 will pick up the sport in 2022.

Be sure to take advantage of the "Early Birdie" special, which ends on February 1st. Only a limited number available at the special price.

**2022 EARLY BIRDIE – ONLY 20  
REMAINING! ENDS FEB 1ST**

**Offered at \$280 VS \$325 with a limit of  
2 weeks per camper at the special price.**

**The EB must be paid in full with  
registration.**

**603-622-1553**

**[WWW.FOSTERSGOLFCAMP.COM](http://WWW.FOSTERSGOLFCAMP.COM)**

*Remember to keep  
Coach Foster in mind  
during the off season!*

**Master Carpenter/General Contractor**

**603-345-1398**

**Celebrating  
29 Years!**

## DUNBARTON NEWS

By Nora LeDuc



### CONGRATULATIONS TO THE DUNBARTON PUBLIC LIBRARY!

Our library will receive NH State Library ARPA grant funding in 2022. The library is pleased to announce that they were selected and will be awarded \$13,745.03 in funding through the Institute for Museum and Library Services' "Grants to States" program. The grant funding is part of the American Rescue Plan Act Plan of 2021 and is being facilitated by the NH State Library. The Dunbarton Library will use this grant award to purchase mobile book shelving platforms that roll away to increase floor space, and to purchase a Meeting Owl Pro.

The flexibility that mobile shelving offers will be beneficial in getting back to offering many of their traditional in-person programs. The Meeting Owl Pro will allow any program or meeting to be virtual. The five-member panel who awarded the grant shared the following feedback: "For a very small library, this is an ambitious and creative proposal that will have substantial effects on the services that they can provide to the community during the remainder of the pandemic and beyond."

The Dunbarton Public Library's proposal was one of two individual applications that scored the highest possible score. (Read more at: <https://files.constantcontact.com/f77ca5f3801/97c02b01-78ae-4ca7-90cb-323222209b0c.pdf>)

**READ TO DOGS** will be at the town library for grades 1 to 4 on Jan 27 and Thurs, February 10. Come read to Mr. T who will be back with his handler Nancy. There will be three 1:1 socially distant sessions each meeting. Call to set up your time!

**VIRTUAL AUTHOR VISIT** The library will offer a Virtual Author Visit with Anders Morley "This Land of Snow-A Journey Across the North in Winter" National Outdoor Book Award for the "Journeys" category. The presentation will be Thurs, Jan 27, at 6:30 pm. A passionate skier since Anders Morley was a child, he dreamed of going on a significant adventure, something bold and of his own design. And so, one year in his early thirties, he decided to strap on cross country skis to travel across Canada in the winter alone. Please email [dunlib@gsinet.net](mailto:dunlib@gsinet.net) for the Zoom link, which will be sent to you just prior to our program.

**DCC BOOK CLUB** is reading the book Beyond Resistance by John Dorhauer. The discussion will be on Feb 3, 7:00 pm to 8:30 pm. Hosted by Eleanor. All are Welcome.

**COMEDY FUNDRAISER** featuring Top Local Comedians to Benefit Bow Brawlers on Fri. Jan 28 at the Bow Community Center at 3 Bow Center Road, Bow, NH. Doors open at 7pm. Show starts at 7:30pm. Bring your own Booze and Snacks. Raffles and 50/50 Drawing, Auctions. 18+Show. Tickets: \$25. For tickets, to donate, or sponsor, please visit: [funny4funds.com/events](http://funny4funds.com/events). FMI [bowbrawlerswrestling@gmail.com](mailto:bowbrawlerswrestling@gmail.com)

**EARLY SEASON TROLLING** for Landlocked Salmon with Scott Biron—Virtual presentation on Thurs, Feb 10 at 6:30 pm at the library. Please contact [dunlib@gsinet.net](mailto:dunlib@gsinet.net) for the link.



## AN EVENING OF POEMS

### BY ROBERT FROST

Wednesday, January 19, at 6:00 PM

Poems performed by Stephen Collins of Unlaunch'd Voices. **An Evening of Poems by Robert Frost** is a unique, interactive performance that begins with a short biographical introduction into the poet's life. Frost is greatly misunderstood. Certain people, some academics, and politicians included have tried to pigeonhole him, however, the man is far more complicated than the surface indicates. This is, after all, a man who voted for Eugene Debs, one of the best known Socialists of the United States, but was vehemently opposed to Franklin Roosevelt and "The New Deal." It is this man that is seen in his poems that are often dialectic between chaos and order. As part of the performance, an open discussion will follow. The performance closes with a dramatic reading of Frost's masterful use of blank verse in the hauntingly memorable "*The Death of the Hired Man*." This program is open to the public. For more information, contact the library at (603) 224-7113.

## BOOK BATTLE

Winter Reading Challenge | January 31st – February 27th

Looking for a special challenge this winter? Jump start your reading and compete against your county neighbors in Northfield-Tilton with Book Battle, the library's new Winter Reading Program! To participate, simply read as much as you can throughout the 4-week challenge and report your time spent reading to the library. All formats count, including books, magazines, newspapers, graphic novels and audio-books. This program is open to readers of all ages. Children can even count time spent listening to an older reader! There will be weekly prizes for the most minutes read and a special, surprise event to celebrate the winning library! Keep an eye out for a special announcement in mid-January with more information about Book Battle.

## CHILDREN'S PROGRAMS

Shimmy and Shake Storytime | Every Tuesday at 10:30am

A special Storytime for movers and shakers! This 45-minute program includes music and songs, yoga and movement activities, and ends with a family dance party. The program is recommended for ages 3-6, but all ages are welcome.

Family Storytime | Every Thursday at 10:30am

Explore a new topic each week through stories, songs and rhymes, and engage in literacy activities designed to spark your child's imagination. Each session ends with plenty of open play time, allowing children and their caregivers to meet and socialize together. All ages welcome.

To register your child for this session of Storytimes, please call the Library or visit our website.

Krafts 4 Kids | Wednesday, February 9th | 3:30pm

A monthly program for artists and makers in Grades K-4 along with a parent or guardian. Create a new craft each month with materials supplied by the library! Registration is required. Please visit the Library or call us at (603) 224-7113

Tinker Tuesday | Tuesday, February 15th | 3:30pm

A STEM-inspired group that explores scientific concepts through hands-on activities. Recommended for Grades 2-6, in the company of a parent or guardian. Registration is required. Please visit the Library or call us at (603) 224-7113

Magic Treehouse Book Club | Monday, February 28th | 4:00pm

Join the library's newest book club for young readers! Each month, travel the world and explore new subjects with books from *The Magic Tree House* series, written by Mary Pope Osborne. A new book will be selected each month, with copies provided by the library. Chat, craft and play at every meeting! This program is recommended for readers in Grades 1-3, or any interested child reading at those grade levels.

## ADULT PROGRAMS

Adult Craft Night | Monday | February 14th | 6:00pm

Join us each month for an after-hours craft night and learn to make simpleDIY crafts. This craft is also available as a take-home kit, which will be available for pickup on Tuesday, February 15th. Registration is required for both options. Please notify us as to which you would like to sign up for during registration. Please visit the Library or call us at (603) 224-7113



## JANUARY 2022 FEATURED PROGRAMS

at White Rock Senior Center on Tuesday, the 15th at 1:00pm. They will be discussing *Ordinary Grace* by William Kent Krueger.

The Whodunits are meeting at White Rock Senior Center on February 1st at 1:00 pm and will be discussing *Raven Black* by Anne Cleeves.

## IN THE GALLERY

The Road Not Taken: Artistic Interpretations

of the Poetry of Robert Frost On Exhibit Until February 4th

The Road Not Taken is an art exhibit inspired by the poetry of Robert Frost conceived by Corinne Dodge, Judy Krassowski, and Ingeborg Seaboyer for the re-opening of the Derry Public Library, Derry NH, in September 2011. After a few months' residence at the Derry site, they decided to look for other New Hampshire venues for the exhibit - other "roads" for it to travel. It is currently touring public venues throughout New Hampshire.

The artwork includes both new works inspired by the words of Robert Frost and some older pieces that provide vivid and connective imagery for his anthology of poems. Planning for this exhibit afforded the artists the chance to revisit Frost's poetry ~ sometimes reading and rereading his poems over and over. Many of them were like old friends and very familiar; some were unfamiliar and intriguing.

## COMING IN FEBRUARY

Lincoln: From Postmaster to President | Feb. 7th – Mar. 4th

Local Artist, Susan Rock is back in the Gallery showcasing her exhibit Lincoln: From Postmaster to President. Pieces will be divided into subject matter groups such as: The Constitution, Slavery, War and more. To learn more, visit our website [www.bowbakerfreelibrary.org](http://www.bowbakerfreelibrary.org).



## IS COVID 19 KEEPING YOU HOME?

It's a great time to visit

The Bow Heritage Commission website at [www.bownh.gov/396/Heritage-Commission](http://www.bownh.gov/396/Heritage-Commission).

You will be amazed at the myriad of topics listed on the menu that include historical facts, historical documents, and compelling photos from the past.

Visit today and find a tangible link to the past, and a sense of the continuity of time and place.



[www.bownh.gov/396/Heritage-Commission](http://www.bownh.gov/396/Heritage-Commission)



RED STATES VERSUS BLUE STATES POPULATION SHIFTS

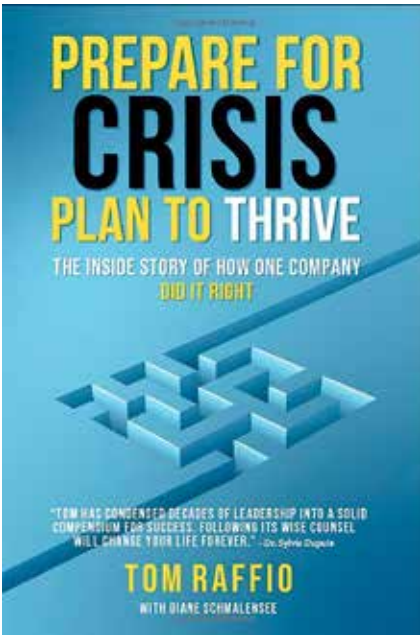
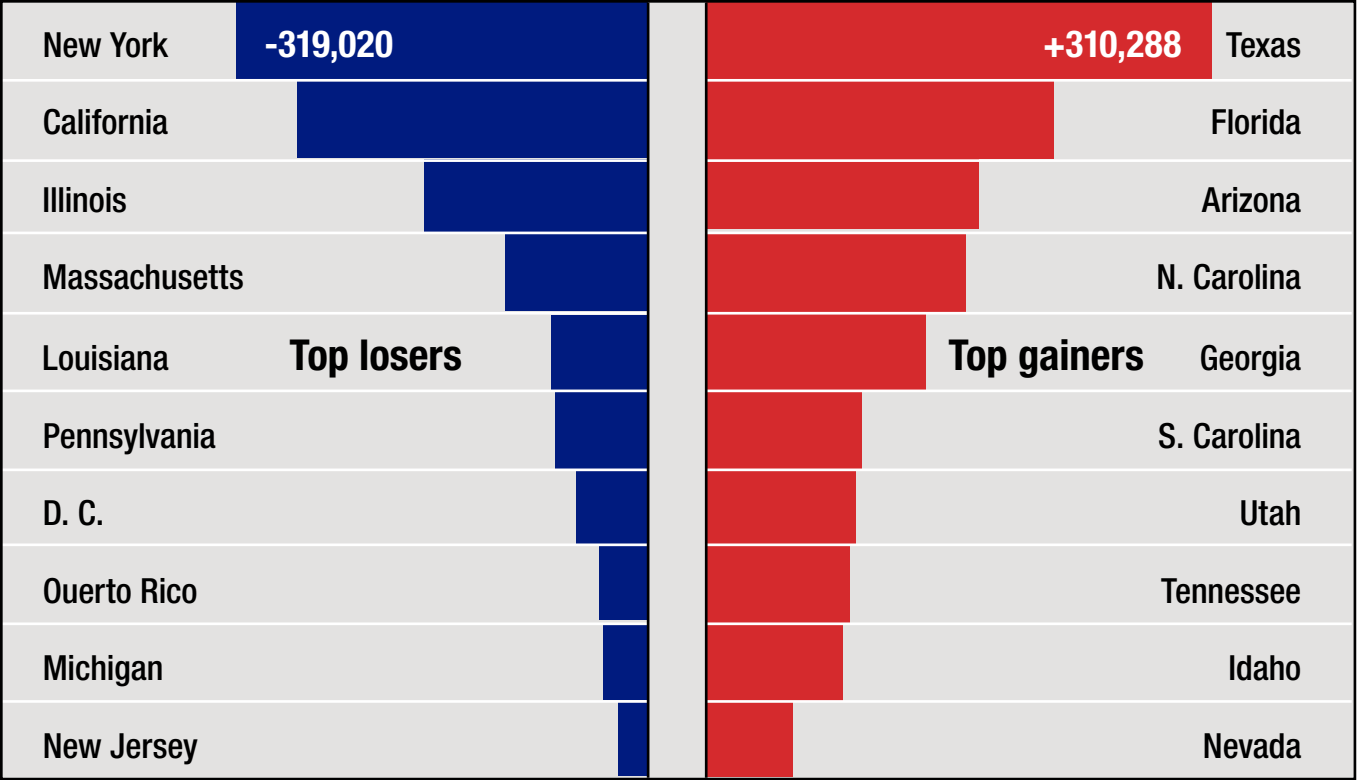
by Chuck Douglas

The population of the country went up only 0.1% in 2021, the lowest rate on record for the United States. High tax, high government spending states lost population in record numbers. New York lost 406, 257 residents and California 429,283. Illinois ran third with 151,512 residents moving elsewhere.

Where did they go? Well Texas added 382,436 new residents and Florida had 263,958 move in. In third place for the Red States was Arizona with a 124,814 gain in people.

Americans who don't like high taxes can vote with their feet. In New England the state to gain the most population was New Hampshire. Like Texas and Florida we have no income tax.

Do you see a pattern here?



BOW'S TOM RAFFIO

Authors Book on Crisis Management

Tom Raffio of Bow released a new business management book: Prepare for Crisis – Plan to Thrive, The Inside Story of How One Company Did It Right is the story of how Northeast Delta Dental continued to thrive during the COVID-19 crisis and the lessons it learned along the way.

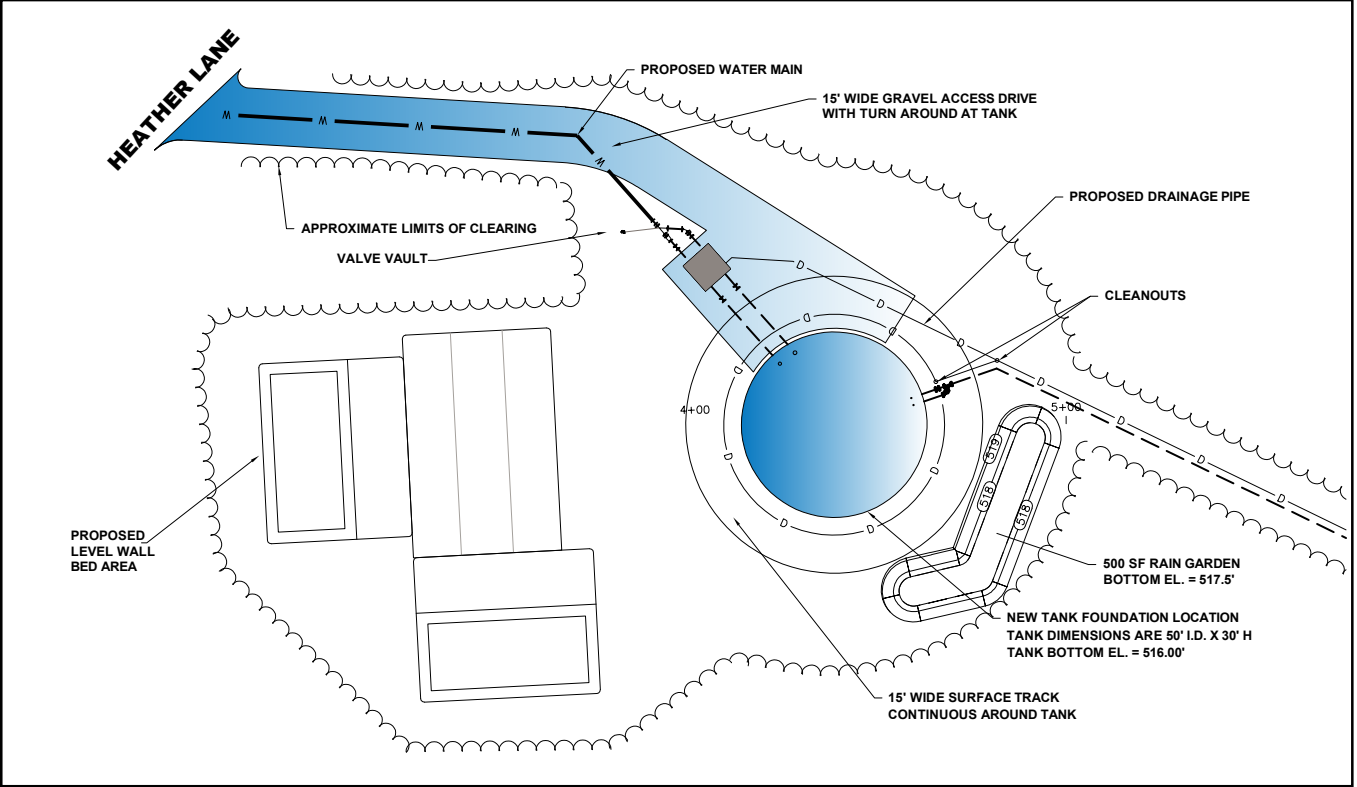
Tom Raffio has served as the President & CEO of Northeast Delta Dental since 1995, growing the company from administering the dental benefits of 300,000 people to over 965,000 people and increasing its number of employees by 150. He has received many awards for his business acumen and community service.

Raffio said, “I wrote this book for current and future leaders to share the story of how Northeast Delta Dental was challenged by the COVID-19 crisis – yet thrived in terms of its reputation, operational quality, and market position – to offer hope and guidance so other organizations can do the same.”

Raffio’s book suggests how to build a strong foundation based on the best management principles before a crisis, how to use that foundation to act wisely during a crisis, and how to renew the foundation with lessons learned emerging from a crisis. An appendix gives examples of messages to key stakeholders.

Find *Prepare for Crisis* at Gibson's Bookstore in Concord and on Amazon.

Continued from Page 1 | TENTATIVE PLAN FOR WATER TOWER





PLUMBING

and

HEATING Corp.

MBE0000478

SPECIALIZING IN RESIDENTIAL & COMMERCIAL MARKETS.  
ONE SINGULAR MISSION – TO DELIVER QUALITY SERVICE!

603.225.6929

3 BOW BOG ROAD, BOW, NH 03304

Dunbarton, N.H. 03046



CLEVELAND DRYWALL, LLC

Drywall Installation & Finishing



(603) 496-2893



Matthew Cleveland



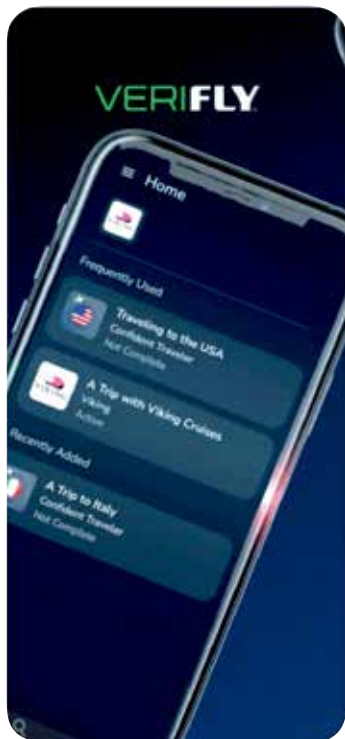
# Travel Time WITH CHASE & BUD

## DO YOU ENJOY WAITING IN A LINE? ALL ABOUT VERIFLY

One of the major stressors in flying these days is making sure you have all the official documents required not only to get out of the USA, but also to get into the country of your destination. We all know about passports and visas. Most of us know about Global Entry which does wonders speeding returning US citizens through the Customs and Border Patrol system.

But once I booked our American Airlines tickets for our London trip, I started getting messages from the airline to sign up for VeriFLY—an app that would collect and organize all necessary documents and make our check-in process smooth and speedy on both sides of the pond.

I consider myself fairly tech-savvy, but was nervous about relying on my phone for critical documents. What if I lost my phone or it got stolen? Suppose the charge ran out and I couldn't find a place to charge it? Ultimately, I decided a watch and wait approach was better for our first trip abroad in two years.



It wasn't until our return flight from London to Charlotte that I thought about VeriFLY again. We arrived at Heathrow's American Airline terminal and the lines at check-in counters stretched for seeming miles. There was even a line to wait to get into line. But there were several check-in stations with agents at the ready and just one or two folks in line! **All were marked VeriFLY Check-in Only.**

That got my attention.

### What is this and how does it work?

First, the idea is simple, if a bit big-brotherish. The app is used to collect required documentation for users—and to digitally store and verify the information for some (not all!) airlines, countries and even a cruise ship line. Once your info is loaded and

verified, you get an approved Pass (watch for the green checkmark). In theory, your check-in will be faster than you imagined. You'll be through security and sipping a glass of wine at an airport pub while others are still waiting in dreary lines!

How does it work? First, you set up your account. Start by downloading the app onto your phone or tablet and following the steps. This includes taking a selfie which and then scanning documents—everything you would expect (passport etc.).

The next step is telling the app where you are going, when and what airline you are flying. As of now, VeriFLY is used by American Airlines, British Airways, Japan Airlines, Aer Lingus, and a couple of Caribbean carriers. So if you're flying on any of those airlines to almost any destination—Europe, the Caribbean—taking the time to load up the app can be worth it.

One of the best things about the app is that they monitor entry/exit requirements for their various destinations and will alert you via the app that you need, for example, a Passenger Locator Form for the UK. They walk you through the process, capturing document scans, bar codes, QR codes and more for you destination.

They do also have some handy additional features. You can add travel companions to your account. You can set up several "trips" to several destinations and the app will keep track of all the requirements and documents for everyone in your party, COVID-19 tests, vaccine cards visas and country-specific entry forms. And because the whole premise is destination-driven, your information is organized by destination "A Trip to UK" or wherever.

Is it perfect? No. Is it particularly user-friendly and instantaneous? Not so much. You can't set it up in the cab on the way to the airport and expect it to work—you need a few hours for the information to be reviewed and loaded and your Pass to be approved. Taking a selfie that will work requires some fiddling and you have to get used to scanning documents and codes.

But my suspicion is that this type of app will become the way of the future. In some ways, it was probably always going to be—it just got a nudge from the pandemic.

## BOW PARKS & REC SAFESITTER CLASSES



### Safe@Home

**Monday, March 21, 2022 from 5:30 - 7:00 PM at the Bow Municipal Building**

Designed to prepare students entering grades 4-6 to be safe when they are home alone. Students learn how to practice safe habits, how to prevent unsafe situations, and what to do when faced with dangers such as power failures or weather emergencies. Student also learn a system to help them assess and respond to injuries and illnesses. **\$45 Bow Resident | \$50 Non-resident**

### SafeSitter® Essentials

**Monday, March 28, 2022 from 4:30 - 7:00 PM at the Bow Municipal Building**

Designed for students entering grades 6-8 to be safe when they're home alone, watching younger siblings, or babysitting. Students learn life-savings skills such as how to rescue someone who's choking, and helpful information like what to do if there's severe weather. The lessons are filled with fun activities and role-playing exercises. Student even get to use CPR manikins to practice choking rescue! **\$75 Bow Resident | \$80 Non-resident**

**Register at Bow Parks and Recreation.**

**For information call 223-3920 or email [parksandrec@bownh.gov](mailto:parksandrec@bownh.gov)**





**PROVIDING PEACE OF MIND  
ONE FAMILY AT A TIME!**

**ELDER LAW + ESTATE PLANNING**  
**PROBATE LAW + VETERANS PENSION**  
**SPECIAL NEEDS TRUST/DISABILITY PLANNING**  
**CONSERVATORSHIPS/GUARDIANSHIPS**  
**ASSETS PROTECTION/MEDICAID PLANNING**

9 Van Ger Drive, Bow, NH 03304 Tel: (888) 471-2903  
 Email: Ben@KiniryLawFirm.com www.kinirylawfirm.com

## TWO OF YOUR FAVORITES TEAM UP!



**DONNA DEOS**

This month the Kiniry Law Firm is pleased to announce the addition of Donna Deos to our team! We are so pleased that Donna has joined the team as a Legal Assistant. Donna is here to help you navigate through the process of completing your Elder Law and Estate Planning from start to finish. We would have you consider Donna as your personal concierge. The Kiniry Law Firm, PLLC, with Donna's assistance, will work hard to provide you and your loved ones

with the best possible experience in all that you are facing.

Donna brings decades of business experience, with a personal Elder Care touch, to the team. You may not know this but Donna was with Havenwood-Heritage Heights, a continuing care retirement community in Concord, as a Retirement Counselor for almost a decade; and

was the Business Operations Manager for Mason + Rich, PA Accounting Firm in Concord, for four years.

We look forward to Donna utilizing her wealth of knowledge in all things elder, aging and caregiving related to assist our clients. Donna is highly motivated, organized, with just the right amount of caring follow up to keep you moving forward in a difficult time.

One important item of note is Donna will still continue hang her own shingle for her counseling, coaching and education business, services, which are needed in our greater community, so no worries there.

The Kiniry Law Firm, PLLC specializes in Estate Planning, Probate Law, Elder Law, Special Needs Trusts, Medicaid and Guardianships. Donna Deos, LLC specializes in coaching, counseling and education for senior citizens and their adult children regarding all of the challenges of aging. So, as you can see, the two go hand in hand.

Donna's knowledge, her experience, and her kind and compassionate manner, are now here to help you navigate all you have before you.

**Please help us in welcoming Donna to our team!**

**We look forward to serving you!**

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

## CELEBRATING CHILDREN PRESCHOOL

**4-Day Program for 3-5 Year Olds**

**Monday, Wednesday & Thursday**

**9:00 AM-12:00 PM**

**Plus Tuesday! Sport Day  
(45 minute session)**

**21 Bow Center Road, Bow**

**(603) 228-2214**

**adavid@bow-nh.gov**



**An Open House for the 2022-2023 school year will be held on Tuesday, January 25<sup>th</sup> from 6:00pm to 7:30pm at Bow Recreation Center (21 Bow Center Road, Bow)**

**Come join us, meet the staff and see the facility!**

**Please call or email for additional information.**



# TIPS FOR CARING FOR FERAL CATS IN WINTER



Temperatures are dropping to below freezing in New Hampshire, and people are wondering how they can help cats survive living outdoors. If you wish to help a stray cat this winter, here are some tips on what to do:

- **DONATED DIGS** Line the bins with Styrofoam, cut out a doorway and voila! You have an instant shelter.
- **IN A PINCH, RAID THE TRASH** A cardboard shelter is better than no shelter. To keep it from getting wet, elevate off the ground, line with newspapers and cover the lid with plastic – a garbage bag will do.
- **KEEP IT STEADY** Use sheets of plywood to weigh down light-weight shelters made from plastic, cardboard, Styrofoam, etc.
- **TIGHT QUARTERS** Cats rely on body heat to stay warm, so keep your shelters small for colonies with just a few cats. For more populated colonies, go with multiple shelters of a larger size.
- **WARM AND DRY** Always insulate shelters with **straw, not hay**. Hay and fabrics like towels and blankets can absorb moisture if it rains or snows, leaving the inside of the shelter frigid. Straw, on the other hand, repels moisture and is a natural material for cats to burrow in to stay dry and warm. Straw is inexpensive and can be found at most garden and home improvement centers.
- **SHOVEL OUT** Yes, cats can get snowed in, so it's important to remove snow from all entrances and exits to their shelters. Shovel regularly to stay ahead of the game.
- **SKIP THE SALT** Alley Cat Allies cautions against using salts and chemicals designed to melt snow near your colonies. They can be toxic when licked off paws or ingested from melting puddles, and can hurt a cat's paw pads.
- **KEEP WATERED** Note that extreme cold weather can increase a cat's energy and nutritional needs. Don't forget extra water to prevent dehydration. To avoid food and water freezing outdoors, serve them in ceramic or plastic bowls that are deep rather than wide and place them in a sunny spot. Heated bowls are also a handy tool, and we have a few recommendations. Another option to prevent freezing is to provide a source of running water, such as a cat drinking fountain.
- **"WET" THEIR APPETITE** Per Alley Cat Allies, wet food in insulated containers is ideal for cold-weather feeding-because it takes less energy to digest, that's more energy for keeping warm.

**Sources:**  
**Alley Cat Allies**  
[www.alleycat.org/top-4-tips-to-help-cats-outdoors-in-cold-weather](http://www.alleycat.org/top-4-tips-to-help-cats-outdoors-in-cold-weather)  
**ASPCA:**  
[www.aspcapro.org/resource/top-ten-tips-caring-feral-cats-winter](http://www.aspcapro.org/resource/top-ten-tips-caring-feral-cats-winter)



**Bow Rotary Club began 2021 continuing our Friday morning meetings via Zoom.** We would have to say that some our members have developed new technological skills as a result, much to their own surprise.

Since the town had curtailed the use of the Old Town Hall (OTH) for in-person meetings, we spent most of 2021 continuing to renovate and make repairs to the historical building. Once the plaster repairs had been completed, we painted the walls and trim. Myrt Fellows then completed his fine work refinishing the floors. Once that was completed, new period appropriate textured wallpaper was professional hung before it was painted. Members then made significant repairs to the chair rail and cleaned and recolored the wainscotting. A new picture rail was made by one of our club members and installed by the Bow Men's Club. Rotary purchased new curtains and they were hung on new rods and hardware.

At long last, the Town permitted in-person use of OTH with limitations on the number of persons in attendance, number per table (4) and a required cleaning to follow. After a poll of our members, we began meeting in a hybrid fashion (some members continuing on Zoom, and some attending in person) this summer. It was wonderful to see people in person again, to catch up with casual conversation, and to experience the teasing and joking we've become accustomed to over the years.

Gradually we have been figuring out some breakfast options, having lost our dear long-time caterer, Sandy Bartlett, to her well-deserved retirement. We have found that Flanagan's makes some hearty breakfast sandwiches, and the School Street Café in Dunbarton prepares delectable parfaits. Supplements include coffee, juice, fruit, and baked goods, but we don't expect to have the glorious breakfast spread that Sandy gave us until we can find new breakfast caterer willing to take on feeding the club every Friday morning.

The leadership of the club changed over this past summer from Matt Gatzke to Ben Kiniry. Ben gave a moving tribute to Matt's outstanding leadership during the pandemic. Our annual summer concerts were held at the gazebo in the open, fresh air. The Bow Rotary Car Show was postponed from May to August, in hopes that more people would be vaccinated, and the virus would recede. Even with the change in date, the Car Show was a big success, attracting over 150 cars.

We had to swiftly pivot from our customary in-person Annual Scholarship Auction to a totally online event this year. The variants had begun to show their strength, and we were worried about the safety of attendees and our members. Matt Dodge, chair of this year's Auction, found an online auction platform that worked with our existing auction software. We had never done an online auction, but it was extremely successful. Thank you again to all who donated and all who made purchases.

Quickly following the Auction was our sale of Christmas trees. Like many others, we experienced the "supply chain effect", and almost didn't have them. Thanks to the perseverance of Steve DeStefano, and some good fortune, trees were finally found in northern Vermont and all 200 trees were sold in just seven and a half days!

It has been a rollercoaster of a year. The vaccine announcement seemed to herald the possibility of an end to the pandemic, but it was not to be. The Delta and then Omicron variants have had a significant impact on everyone. We are hopeful for a better year in 2022! Please join us in person or via Zoom! Info at [www.bowrotary.org](http://www.bowrotary.org).

**DL&G**  
**DOUGLAS, LEONARD & GARVEY, P.C.**

Employment Law Sexual Harassment  
Auto Accidents Personal Injury  
Medical Malpractice Criminal Defense (DUI/DWI)  
Workers' Compensation Family Law

14 South Street, Concord, NH 03301  
PHONE: 603-224-1988 WEBSITE: [www.nhlawoffice.com](http://www.nhlawoffice.com)





# COWAN & ZELLERS

REAL ESTATE PROFESSIONALS, LLC.

30 South Main Street  
Concord, NH 03301  
**603-225-3333**  
[info@cowanandzellers.com](mailto:info@cowanandzellers.com)


Serving Hopkinton and Surrounding Communities.




Hopkinton Real Estate Sales – NOVEMBER

ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
Lot 10 Bound Tree Road			9.7 Acres	\$65,000
42 Meadows Drive	2 Bedrooms   1 Bathroom	1008 Square Feet	0 Acres	\$80,000
00 Wildwood			5.03 Acres	\$129,000
1787 Hopkinton Road	3 Bedrooms   2 Bathrooms	1745 Square Feet	1 Acres	\$275,000
45 Country Club Road	3 Bedrooms   1 Bathroom	1400 Square Feet	2.1 Acres	\$320,000
Map 240 Lot 54 Gould Hill Road			60 Acres	\$330,000
199 Pleasant Pond Road	3 Bedrooms   3 Bathrooms	3159 Square Feet	2.8 Acres	\$415,000
54 Clarke Lane	4 Bedrooms   3 Bathrooms	3585 Square Feet	5.15 Acres	\$905,000
573 Gould Hill Road	6 Bedrooms   4 Bathrooms	3811 Square Feet	14.65 Acres	\$1,200,000


LET US BE YOUR SOURCE FOR ALL THINGS REAL ESTATE!




Calvin Herst




Rolf Gesen



Suzanne Zellers-Beck



Sandy Heino



Molly Hardenbergh

THE AREA'S #1 INDEPENDENT REAL ESTATE COMPANY

Based on combined Real Estate Sales in Merrimack County, MLS for 3 years 2018 – 2020!



MUSIC COLLECTIVE

NH Music Collective offers booking and promotion services for public and private events, professional coaching and artist management for musicians, production and recording, house concerts, and much more.

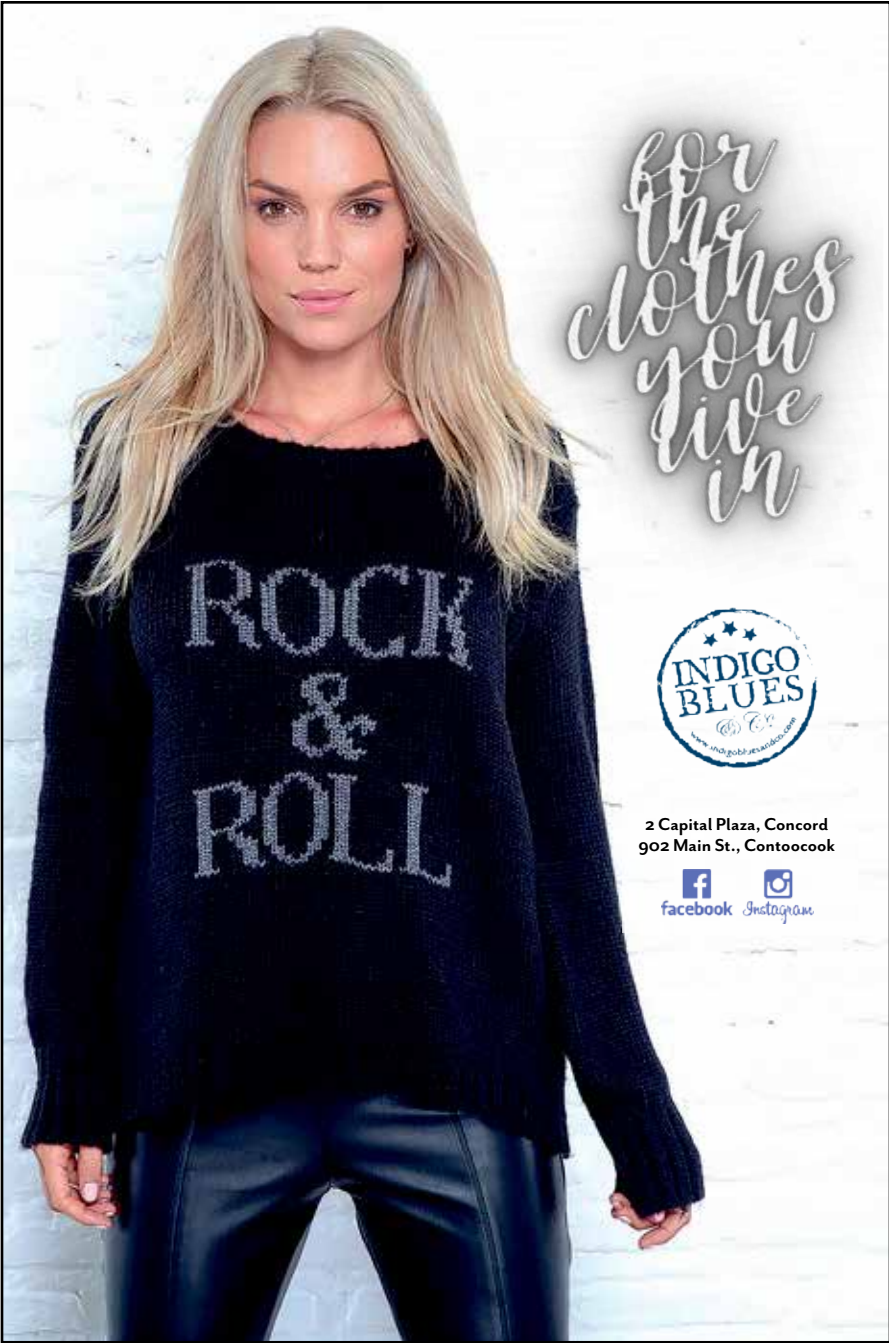
Owners Brad Myrick (HHS class of 2000), John McArthur, and Reva Tankle strive to help composers create great music, musicians create great performances, venues enhance their music programming, and audiences have remarkable music experiences.

NH Music Collective is an integral part of the thriving local music scene, bringing music programming to dozens of locations around the state!


Visit our website at [nhmusiccollective.com](http://nhmusiccollective.com) for information on our services and to view scheduled events.



BOOKING  
ARTIST DEVELOPMENT  
PRODUCTION



for the clothes you live in



INDIGO BLUES

2 Capital Plaza, Concord  
902 Main St., Contoocook

facebook Instagram





## HOPKINTON - CONTOOCCOOK TOWN CRIER

by Kathleen Butcher  
724-3452, kathb123@comcast.net

### TWO VILLAGES ♥ ONE HEART

#### ► A MUSICAL ADVENTURE WITH CHRIS MARTIELLO

Thereminist at the Hopkinton Town Library, Friday January 14th at 6pm. Snow date Friday January 21st at 6pm. Theremin: a purely melodic electronic musical instrument typically played by moving the hands in the electromagnetic fields surrounding two projecting antennae. (Merriam-Webster). Learn about the Theremin's history. Listen to the music of the Theremin. Hear about the science of the Theremin. Have a hands-off experience with the Theremin... that's right, you don't touch the Theremin to play it! All programs are free and open to the public. No sign up is required for this program. There will be a limit of 60 people to see the show. Doors open at 3:50 PM. Masks, please! Brought to you with the support of the Friends of the Hopkinton Town Library as part of the Friends Winter Family Series.

► **WIN A \$100 GIFT CARD** Our after Inventory hours: Thursday 11-5, Friday 11-5, and Saturday 10-4. Bring us your gently used *Der Markt* bags and boxes during the month of January for a chance to win a \$100 Gift Card. We will give you one raffle ticket per item. The more items the greater your chance to win. Additionally, we will donate \$1.00 per item returned to the Contoocook Community Carry Fund to provide winter fuel assistance to those in need. Let's make a difference for our community and our planet!

► **CHAMBER'S FIRST 2022 NEW MEMBER** The Contoocook Chamber of Commerce is excited to announce the Chamber's first **2022 New Member – The NH Music Collective!** The NH Music Collective offers booking, artistic development, and production for Granite State musicians. Owners Brad Myrick (Hopkinton High class of 2000), John McArthur, and Reva Tankle support composers to create great music, musicians to reach their full artistic potential, venues to enhance their music programming, and audiences to have remarkable music experiences. NH Music Collective is an integral part of the thriving local music scene, bringing music programming to dozens of locations around the state, including Chamber members Gould Hill Farm/Contoocook Cider Company, Concord Craft Brewing, and the Contoocook Farmers Market. To learn more about their work visit <https://www.nhmusiccollective.com>.

► **WINTER WONDERLAND WALKS** walks are sponsored by the Hopkinton Recreation Department for ages 18 years and older. Mondays from 7:30-8:30 PM. February 14 to March 7. Information at [www.hopkintonrec.com](http://www.hopkintonrec.com).

► **LIBRARY BOOK DISCUSSION** The Novel *American Dirt* by Jeanine Cummins has been selected for the book discussion by the Hopkinton Town Library, on Wednesday, January 26 at 1:00. The type of meeting (in-person, Zoom, or a hybrid) to be announced. Copies of the novel (regular and large print editions, and CD audiobook) are available for checkout at the library. It is also available as a hoopla audiobook, Overdrive/Libby ebook and Overdrive/Libby audiobook.

► **HOPKINTON HUNDRED** Help select The Hopkinton Hundred. Let us know your family's top 10 picture books by February 28, 2022. Stop by the library to pick up a nomination form. One per family, please. Email [lmaynard@hopkintontownlibrary.org](mailto:lmaynard@hopkintontownlibrary.org) or call 746-3663.

► **DIAL-A-RIDE** is open for Rides to medical appointments, dental, physical therapy, radiation and chemotherapy and any other errands such as shopping, banking and barber or hairdresser appointments. The office hours at the Slusser center are Monday, Wednesday and Friday 10 Am to noon. Call 603-746-4357 to schedule an appointment or to volunteer.

► **CONTOOCCOOK FARMERS MARKET** is every Saturday 9-noon inside at Maple Street School. Stay up to date by visiting the Facebook page Contoocook Farmers' Market. Masks are required.

► **BABYSITTER TRAINING** Join us for the Red Cross Babysitters Training on March 25 (no school on this day). This class is geared for those in 5th-6th grade; it fills up fast, sign up now to secure a spot! [www.HopkintonRec.com](http://www.HopkintonRec.com).

### HOPKINTON POLICE DEPT.

#### 6 Arrests 16 Accidents 197 Traffic Stops NOVEMBER 2021 ARREST LOG

**12/09** Anthony Whitehouse, 37, of 134 Airport Road, Concord, was charged with Negligent Driving and Reckless Conduct.

**12/09** Richard Newcomb, 25, of 221 Gould Hill Road, Hopkinton, arrested for DV; Simple Assault; Physical Contact and Criminal Mischief.

**12/14** Samuel Osterhout, 32, of 1066 Upper Straw Road, Hopkinton, charged with Disorderly Conduct, Criminal Trespass, two Criminal Threatening – Conduct and Simple Assault; Physical Contact or BI.

**12/26** Sue Ellen Herrick, 34, of 384 Burnham Intervale Road, Hopkinton, was arrested for Criminal Threatening – Deadly Weapon, Burglary – Night/Home/Weapon, Criminal Mischief, 2nd Degree Assault; Deadly Weapon & BI, Reckless Conduct – Deadly Weapon and Operate After Certified as Habitual Offender.

**12/27** James Curran, 34, of 53 Old Sutton Road, Bradford, was charged with Operating After Suspension/Revocation and Suspended Registration.

**12/28** James Curran, 34, of 53 Old Sutton Road, Bradford, was arrested for Criminal Mischief and Reckless Conduct – Deadly Weapon.

## NATIONAL WORLD SPAY DAY

One of the most important things that can be done to control the populations of cats and dogs is to spay and neuter them. That's why World Spay Day is an important day for pet lovers to mark on their calendars. Spay Day falls on the last Tuesday in February and helps pet lovers all over the world save the lives of animals and improve their lives significantly.

### TUESDAY, FEBRUARY 22, 2022

#### Facts About Spaying & The Pet Population

*During the course of our research, we've come across some interesting facts about spaying & neutering, so we decided to list some of the more remarkable facts below:*

- Half of all animals entering shelters are euthanized.
- Over 2.7 million adoptable dogs and cats are euthanized because they don't have homes.
- Spaying reduces the number of animals euthanized every year.
- It costs less to spay a pet than it does to raise the puppies or kittens for one year.
- Early spaying and neutering can reduce aggression in pets.
- Spaying and neutering pets make them less likely to wander away from their owners.
- Female dogs and cats that are spayed are healthier than their un-spayed counterparts.





## A LITTLE SUNSHINE ON AGING

By Donna Deos



*If you need someone to truly listen and to help call Donna!*

Donna Deos, LLC ∞ Counseling, Coaching & Education

603-224-4178

www.donnadeos.com

1-855-772-2622

Welcome to another new year! I hope your holidays were special and that you are looking forward to the new year in positive ways.

I realize this can be hard to do while we are still in a pandemic and the numbers keep going up. Here's a bright spot: historically pandemics last an average of 3 years and we are now down 2 of those years! Okay, what else can we think of for things to be positive and happy about?

The days are getting longer again (a little more sunshine each day!). The winter has been relatively easy so far. We still have each other. We live in a pretty great community. I don't know about you but we have nice neighbors. We also have great friends. I bet you do too.

Who do you have in your life that makes you smile? Grandkids? Kids? Your siblings? Parents? Co-workers, former co-workers, the people who take care of you and are nice to you when you go out to eat or go to the grocery store? The people at your regular haunts who know you and recognize you and make you feel seen and appreciated? We all have a lot of things, and especially people, to be grateful for.

Do you have a pet? A grand-pet? Birds or other wildlife outside your window? Neighbors who wave to you and say hello as they walk or drive by? I bet you do. There are lots of bright spots in our lives that we often overlook. Then, there are the other moments when a small and simple moment catches your attention and makes you realize that there are good people all around us. Those moments touch you right in the heart and catch you off guard. They brighten your day and your life. You do this for others too.

Remember at the grocery store when the person with lots of stuff let you go ahead of them in line because you had a lot less stuff than they did? The person who overheard you were looking for something and chimed in to let you know where you could find it? And, there's always the person who will open a door for another or help you carry something if you look like you could use some help.

I know a lot of things out there like to bring people down, scare them and make them feel all doom and gloom. They can only do that if we let them. So, let's try not to let them. When someone has a negative attitude and is rude to you or near you, instead of letting it get to you try a different approach. Think about how sad it is that they are in that bad place and boy, whatever happened that made them be that way is really a bummer for them. Then, you can be grateful that your day and life isn't that bad and you can count your blessings for that. You can also send them positive thoughts and wishes that their situation turns around and that they find happiness. You don't have to say or do anything. Just thinking it helps.

I guess, the main idea is to be in control of how you think and feel and not let others dull your sparkle. If you're shining and they are not: too bad, so sad for them. Send them some positive thoughts and go right on enjoying your happy spot. Other people's words and bad attitudes can only hurt you and bring you down if you let them. Remember, whatever is causing them to be that way really isn't your fault. They are the ones having the crabby or bad day. You don't have to be!

Here's wishing you many happy returns. Go out there and do things that make you – and others happy. Let's be the sunshine on another's cloudy day. What goes around comes around. Let's put some really great things out there and beat the negative nellys out of existence by killing them with kindness (figuratively only, of course!)

Happy New Year, my friends. Thank you for putting sunshine in my life. I hope I bring a little to yours as well. All my best, Donna.



Girls on the Run New Hampshire is looking for volunteer coaches for the Spring 2022 season at Bow Elementary School and Bow Memorial School.

A GOTR coach is a volunteer position that facilitates and supports the GOTR curriculum open to girls in grades 3-5. The position requires approximately 2-4 hours per-week for 8 weeks, with the additional commitment of a one-time coach training. Most of the training will be done online, and is self-paced. Coaches do not need to be runners. They must be willing to lead with an open heart and assume positive intent.

The season will begin the week of April 4 and run through the 5K event on June 11.

In anticipation of possible continued COVID related safety guidance, GOTR program delivery has been modified to accommodate a variety of scenarios. We know from our experience during the Fall 2021 season that the modifications create a safe, flexible and accessible team environment.

If you are interested in learning more, please contact:

**Betsy Cissel**  
betsy.cissel@girlsontherun.org  
or **Michelle Myrdek** at  
mmyrdek@bownh.gov.

Coaching GOTR team is one of the most rewarding ways to get involved with the program!

## THRILLS, CHILLS AND SPILLS - AND JUST PLAIN FUN!



Boys and sled dog had a need for speed!

Photo | Eric Anderson



Hold on - we're going to make it!

Photo | Eric Anderson



# BOW-HOPKINTON HS SPORTS NEWS

## GIRLS BASKETBALL

### BOW GIRLS FALCONS

DECEMBER 18 | BOW 50, PLYMOUTH 13

DECEMBER 16 | BOW 51, SOUHEGAN 17

### HOPKINTON GIRLS HAWKS

JANUARY 7 | HOPKINTON 38, NEWFOUND 25

Sierra Stone (12 points, rebounds), Shaylee Murdough (8 points, defense), Lizz Holmes (rebounds).

### BOW BOYS FALCONS

JANUARY 4 | SANBORN 60, BOW 41

JANUARY 6 | CONVAL 69, BOW 46

Key players: Colby Smith, Connor Bernard and Hunter Duncan

### HOPKINTON BOYS HAWKS

JANUARY 8 | HOPKINTON 48, NEWFOUND 44

Quinn Whitehead (22 points), Brendan Elrick (19 points), Jack Morrall (strong defense).

JANUARY 11 | HOPKINTON 47, STEVENS 36

Key players for Hopkinton: Brendan Elrick (31 points) and Quinn Whitehead (12 points)

## BOYS HOCKEY

### BOW BOYS FALCONS

DECEMBER 1, 2021 | BOW 1, PINKERTON 0

Billy Smethurst of Bow scored the games only goal in the second period for a shutout of the Astros of Pinkerton Academy in Derry.



Bow wins over Plymouth 50 to 13. Photo/Rich Miyara



Bow goaltender Marquis makes a save. Photo/Chip Griffin



## FAMILY OWNED SINCE 1940

HEATING OIL • PROPANE • SERVICE • INSTALLATIONS



# Johnny Prescott

Heating Oil Propane



122 Airport Road, Concord, NH \* 603-225-5991 \* www.prescottoil.com

Building & Remodeling  
**Erickson**  
603-224-8135



**FOR ALL  
YOUR BUILDING  
& REMODELING  
NEEDS!**

Quality Craftsmanship  
Dependable Service  
Free Estimates  
**603-224-8135**





## BOW GARDEN CLUB

### Our Year at-a Glance

**APRIL:** Members enjoyed the program *"Cocktails or Coffee in C.L.'s Garden"* via ZOOM, featuring C. L. Fornari, an award-winning New England creative gardening expert, author and speaker. C.L. gave us a virtual tour of her beautiful, creative gardens located in Cape Cod.

**MAY:** *"Of Plants, Packets, Pots and Promises"* with Kevin Bragg, a horticultural historian and the owner of Canterbury Plantation. Via a ZOOM presentation, Kevin helped us explore the history of the buying and selling of seeds and plants throughout America beginning with Colonial times.

**JUNE:** The last of our ZOOM meetings for 2021, members enjoyed the presentation, *"Cooking & Gardening with Edible Flowers"* with chef and gardener Liz Barbour of *Creative Feast*. In her presentation, Liz explored the varieties of edible flowers we can all grow in our gardens, and took us on a virtual tour of her cottage-sized edible gardens. Then, in real time from her own kitchen, she prepared two delicious looking recipes featuring edible flowers that she had just picked from her own garden.

**JULY:** We held our first in-person gathering, our annual Progressive Dinner, at one of our member's homes. Appetizers, main course and sides, plus several desserts were contributed by members for this annual feast. Tables were set apart from each other and the venue was open to the outside to make the event as Covid-safe as possible.

**AUGUST:** *Characteristically, we do not have a members' meeting in August giving us time to enjoy our own gardens, vacations, etc.*

**SEPTEMBER:** *"Protecting Our Pollinators"* was the subject of our first fall meeting featuring Dr. Pamela Hunt, a Conservation Biologist with the NH Audubon Center. Dr. Hunt presented an inspiring educational program about Bees, Butterflies, Hummingbirds and all the winged creatures that are so necessary to pollinate both our nation's industrial crops and our residential flower and vegetable gardens.

**OCTOBER:** We had scheduled a chiropractor to provide us with a program entitled *"The Ergonomics of Gardening,"* however Covid concerns prevented us from doing this. Instead, we aired the film *"Celia Thaxter's Island Garden,"* the story of Celia and her famous gardens located on the Isle of Shoals during the 19<sup>th</sup> century which were later re-created some 80 years following her death.

**NOVEMBER:** Undoubtedly our most popular event of the year was Jane Kelly's program *"Birds of Prey."* Jane, a raptor rehabilitator and owner of *"On the Wing"* located in Epping and who is frequently seen on the TV show *"North Woods Law,"* brought three of her feathered owl friends with her to show us and talk about. It was fascinating! We will definitely have her back with some "new" friends in '22!

**DECEMBER:** Members were delighted to be able to get together on a Saturday morning at the Old Town Hall to contribute to a "Sweet Treat Swap" with their fellow garden club members, to hold a brief annual meeting and to enjoy a rousing Yankee Swap exchange. Members were seated apart from each other, masks were worn throughout with no food being consumed at this particular meeting, but everyone was able to take home a nice container of sweet treats to continue the celebration; Not the "brunch feast" that we usually hold in December, but nonetheless a very "sweet" way to be together and wish each other "Happy Holidays."

The new garden club year begins in April. Plans are near completion in regard to securing another great year of speakers and programs for members and guests to enjoy and learn from in 2022.

New members are welcome and can join at any time during the new year by contacting President/Membership Chair Keryn Anderson at [www.bowpresident@bowgardenclub.org](mailto:www.bowpresident@bowgardenclub.org) or (603)731-6425.



## COMEDY FUNDRAISER

Featuring Top Local Comedians to Benefit

## BOW BRAWLERS

Friday, January 28, 2022

Bow Community Building

3 Center Road | Bow, NH 03304

Door open at 7:00 PM | Show starts at 7:30 PM

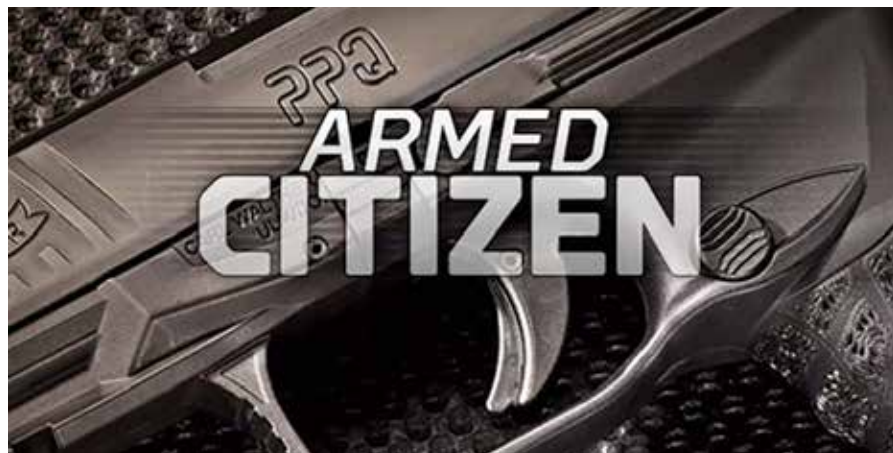
BYOB/S - Bring Your Own Booze/Snacks  
Raffles & 50/50 Drawing, Auctions • 18+ Show

Tickets \$25.00

For tickets, to donate, or sponsor, please visit  
[funny4funds.com/events](https://funny4funds.com/events)

For more information, please email  
[bowbrawlerswrestling@gmail.com](mailto:bowbrawlerswrestling@gmail.com)

Powered by **FUNNY 4FUNDS** COMEDY NIGHT FUNDRAISERS



A man in his 70s shot a home invader who was attacking his wife on the morning of May 26. Sheriff's deputies said the intruder was initially standing in the residence's driveway, acting erratically, making threats and swearing. The 31-year-old bandit then burst through a glass door and began beating the homeowner's wife. The armed citizen said he could not physically stop the younger man, so he retrieved his firearm from another room and stopped the threat by firing at and killing the intruder. (fox6now.com, Panama City, Fla., 5/28/20)



- Free Estimates
- Prompt & Reliable
- Gentle Low-Moisture Treatment
- Family Owned Since 1983
- Deodorizing & Sanitizing
- Environmentally Safe
- Carpet Protectant Available
- Removes Grease

-Carpet -Upholstery  
-Hardwood -Tile & Grout  
[www.heavensbest.com](http://www.heavensbest.com)

**DRY IN 1 HOUR**

**(603) 707-1313**







## OBITUARIES

### ANNA BRYAN

Anna Bryan, 90, of Dunbarton, passed away December 27 at home in love and peace, her family by her side while listening to her favorite Tony Bennett music. She was born April 10, 1931 in Cranford, NJ to Vito and Frances (nee Costa) Francaviglia. Anna grew up and attended school in Linden, NJ.

Anna married Theodore E. Bryan January 5, 1962, in Linden, NJ and relocated to Goffstown to be closer to family. She resided with her daughter and son-in-law, moving to Dunbarton in 2018. Anna enjoyed reading recipe books; country music; and watching NASCAR. Anna is survived by her daughter Vita (and Kevin) Wagner, Dunbarton, her son, Theodore (and Donna) Bryan, Canon City, CO; her brother Joseph (and Mary) Francaviglia, Kingman, AZ; grandchildren Rena Hall, Theodore Bryan, Timothy Wagner, Abigail Rebman, Amanda Koschei, and Justin Bryan; and her 8 great grandchildren.

In lieu of flowers, memorial donations be made to Granite VNA, 30 Pillsbury Street, Concord, NH 03301.

### CHARLES ROY CAYEN

Charles R. Cayen, 81, of Bow died at home on November 28th, 2021 after a brief illness. He was born on August 9th, 1940 to Charles Roy Cayen and Cecile (Charron) Cayen. He earned a degree in Chemistry at American International College in Springfield, MA and worked as a chemist for many years.

Charlie had many hobbies which he pursued up until the last weeks of his life. For over 40 years he was an avid amateur radio operator (KT1I) and was a member of the Montachusett Amateur Radio Association. He loved geocaching and was proud of having over 1700 finds across the country. He recently hid a cache (Rt. 93 View) in Bow, and he would appreciate if you took the time to find it.

Charles leaves behind son, David Cayen of Westfield, MA, daughter, Elizabeth MacWhinnie and her husband Raymond of Concord and his grandchildren, Amelia Richmond Cayen, Fiona MacWhinnie and Aidan MacWhinnie.

In lieu of flowers, donations may be made to Granite VNA, 30 Pillsbury Street,

### MILDRED L. H. CUSHING

Mildred Louise Heath Cushing of Hopkinton passed from this world peacefully on December 28, 2021. She was 97 years old.

The fifth of six children of Charles and Bernice Morrill Heath, Millie was born in Boscawen and grew up in Franklin. There she met the love of her life, Tom Cushing, whom she married in 1946, shortly after he returned from serving in the Pacific in World War II. Their relationship spanned almost 75 years, including 68 years of marriage, before her beloved passed away in 2014.

An accomplished watercolor artist, Millie's works will continue to delight beholders into the future. She brought her artistic talent to her other great passion, flower gardening. Her prize-winning flowers and beautiful gardens were always a joy to behold.

In addition to her husband, Millie is predeceased by her sons John and Billy. She is survived by her daughter Catherine, son David, and her three grandchildren.

In lieu of flowers, the family requests that memorial donations be made to the William T. Cushing Memorial Scholarship Fund at the University of New Hampshire, Concord, NH 03301.

### MICHAEL "SCOTT" S. DORN

Michael Scott Dorn of Contoocook, died suddenly on November 23, 2021. He was born in Portland, Maine and moved to Contoocook as a child and lived there the rest of his life.

He graduated from Hopkinton High School and Plymouth State College. He spent most of his life as a carpenter.

He was an excellent golfer and won many junior and senior tournaments. He was happiest teaching kids how to play golf, which he did for many years.

He is survived by his parents, Donald and Joan Dorn of Bluffton, SC, a brother Kevin (Joanne) of Cary, NC, his niece Katherine Dorn and nephew Michael Dorn of Cary.

If you wish to make donations in memory of Scott, please send them to the Contoocook/Hopkinton food pantry.

### PHYLLIS M. JENKINS

Phyllis Marie Jenkins, 95, of Bow passed away peacefully at home with her family by her side, on December 4, 2021, following a brief illness.

Phyllis was born in Island Falls, ME February 18, 1926, to Tom and Christine (Johnson) Donham. She was educated in area schools and attended both University of Maine Orono and Husson University.

Though she was primarily a skilled and loving homemaker, Phyllis also worked outside the home. In the 40s, shortly after college, she worked at the Concord Monitor. She soon moved on to work at the Mechanic's Bank where she stayed for many years, and following that, spent ten years in the laboratory at Concord Hospital.

Phyllis was a lively and outspoken woman who was fiercely independent and always spoke the truth. She loved to sing and harmonize with her sisters and had an amazing ability to instantly commit lyrics and poems to memory and recite them flawlessly.

Phyllis is survived by her three daughters, Christine Perkins (Lynn) of Warner, Joanne Wood (Edward) of Wilton, and Riva Jenkins-Batchelder of Canterbury. She also leaves behind eight grandchildren.

Memorial contributions may be made to Pope Memorial SPCA at 94 Silk Farm Road, Concord, NH 03301.

### HAZEL MAE JOHNSON

Hazel Mae Newbegin Johnson, 85, passed away on January 1, 2022, at her home in Contoocook. She was born on September 18, 1936, in York, ME, to Charles and Gladys Newbegin.

At age 5, Hazel's family moved to Concord and Hazel graduated from Concord High School in 1954, then married Cyril Johnson, Jr. in 1955. He served in the US Navy, at Brunswick Naval Air Station and at Oceana Naval Base.

Hazel was an avid scrapbooker. She created large, historically detailed scrapbooks for each of her children and grandchildren. This task kept her busy for nearly 30 years by collecting photos, genealogies and documents from the late 1800's to present.

She is survived by her husband, Cyril, her son Dirk Johnson and wife Cheryl, her daughters, Stacey Durgin and husband Robert, and Lynn Peringer and husband John; her grandchildren, Joshua and Zachary Johnson, Issac Durgin, Thomas Johnson, and Cy Blu Durgin; her two foster brothers, Don and Jim Scovil and nine great-grandchildren.

In lieu of flowers, the family requests that you make memorial donations to the Granite Visiting Nurses Association.





OBITUARIES continued

SUSAN RITCHIE LEADBEATER

Susan Leadbeater, age 83, of Contoocook passed away on Saturday, January 1, 2022, after a period of declining health.

Sue was born June 1, 1938, in Cincinnati, Ohio, the daughter of Herbert and Helen (Raymond) Ritchie.

She was educated at Denison University and completed her Masters in Psychology at the University of Cincinnati. Though a proud Buckeye, and after a short stint on the West Coast, she became a true New Englander.

After marrying Erick Leadbeater, she spent the next forty years caring for her peach trees, sailing to and from many ports, completing extraordinarily complicated Liberty puzzles, summering on Swan's Island, Maine, and enjoying her life atop Gould Hill at the farm.

Susan was always one to teach herself how to do new things, whether cross-stitch and knitting, playing a song on the piano, cooking Gourmet centerfold dinners, or designing her forever home. These wonderful talents are just a few of the many that she passed down to those she leaves behind.

Susan is survived by her husband, Erick Leadbeater; daughters Karen McKinney Jantzen of Contoocook, and Kathryn McKinney Ashraf of Wellesley, MA; and, grandchildren Doak, Zakry, Zoe, and Phoebe Jantzen as well as Lexi and Nicholas Ashraf.

MALCOLM A. MERRILL

Malcolm A. Merrill, of Hopkinton, passed peacefully surrounded by his children on Thursday, December 16, 2021. His spirit lives on through his loved ones, friends, and students.

Malcolm Albert Merrill was born January 8, 1930 to his father, Fred Dexter Merrill, and mother, Eva Rosella (Avery). Malcom attended a one room elementary school in West Thornton and graduated eighth grade in June 1944. He attended Lincoln High School, graduating in June 1948. Later he attended Plymouth Teachers College, from September of 1948, and graduated in 1952 where he met the love of his life, and his future wife, June Elizabeth Blake.

Malcolm and June were married at the South Newbury Church on June 15, 1952. Malcolm was offered the position of sixth grade teacher in Hopkinton in the fall of 1952. When the new Maple Street School was completed in 1942, he accepted his new role as Supervising Principal, which he held until his retirement in June of 1985. He worked for 33 years in Hopkinton Elementary Schools.

Malcolm is survived by his children, Brian Merrill, and his wife Bonnie, of Lewes, Delaware, Susan Smith, and her husband Paul, of Concord, Sandra LaCombe, and her husband Arthur, of Barton, NY, and predeceased daughter, Sally, and her husband Scott, of Trumansburg, NY. He leaves 10 grandchildren and one deceased grandchild, and 10 great grandchildren, as well as his beloved cousin, whom he considered a brother, Vincent Levasseur of Thornton, and his wife Judy. He also thought the world of his longtime neighbors, who became exceptional friends. He is predeceased by his one true love, June E. Merrill, his parents Fred and Eva Merrill, and siblings Mary Merrill, and Fred D. Merrill, Jr.



Wishing you peace to bring comfort,  
courage to face the days ahead and loving  
memories to forever hold in your heart.

BOW POLICE LOG

DECEMBER 2021 ARREST LOG

12/1 Cordaire Nelson, 35, Concord, was arrested on a bench warrant for failure to appear; Taylor Carr, 25, Concord, was arrested on a bench warrant for failure to appear; Stephano Alvarez-Rivera, 21, Concord, was arrested for driving under the influence

12/2 Juan Negron, 50, Nashua, was arrested for disobeying an officer, and driving after revocation/suspension; Tyshawn Roberts, 22, Manchester received summonses for suspended registrations and driving after revocation/suspension; Joshua Mitchell, 27, Concord, received a summons for driving after revocation/suspension- subsequent offense

12/4 Nicholas Taylor, 30, Claremont, was arrested for driving under the influence and reckless conduct

12/5 Tevin Bingham, 29, Walls, MS, received a summons for driving after revocation/suspension- subsequent offense

12/8 Steven Anctil, 37, Concord, was arrested on a warrant for possession of a controlled drug, and two bench warrants for failure to appear

12/10 Michael Licciardi, 56, Concord, was arrested for driving under the influence; Cristina Oliveira, 53, Acton, MA received a summons for operating without a valid license; Carlos Pimentel, 51, Hudson, was arrested for driving after revocation/suspension- subsequent offense, misuse of plates, and 11 bench warrants for failure to appear

12/12 Ryan Hillsgrove, 43, Newport, received a summons for driving after revocation/suspension- subsequent offense

12/13 Benjamin Beecher, 31, Concord, was arrested for driving under the influence, and operating without a valid license; Crystal Lemay, 28, Hooksett, was arrested for driving under the influence, disobeying an officer, and transporting drugs in a motor vehicle; Nicole Adams, 37, Manchester, was arrested on a warrant for criminal mischief; Loribeth Smith, 38, North Berwick, ME was arrested for driving under the influence, and open container

12/15 Gregory Hurst, 51, Henniker, was arrested on warrants for possession of a controlled drug, and false report to law enforcement; Ryan O'Donnell, 40, Bow, was arrested for domestic violence; simple assault

12/16 Zachary Wildman, 46, Concord, was arrested on a warrant for theft

12/17 Bonnie Gilbert, 46, Pembroke, was arrested for possession of a controlled drug and a bench warrant for failure to appear; Garrett White, 37, Hillsboro, was arrested on a warrant for bail jumping, and a bench warrant for failure to appear

12/21 Christopher Cronan, 24, Bow, arrested on a warrant for criminal trespassing

12/22 Todd Radcliffe, 28, Manchester, was arrested for possession of a controlled drug; Brandon Mancini, 31, Concord, was arrested for possession of a controlled drug

12/23 John Champney, 29, Warner, was arrested on a warrant for theft; Jennifer Grindle, 43, Pembroke, was arrested on a warrant for theft; Sean Milne, 42, Concord, was arrested on a civil warrant for failure to appear

12/24 Jose Grave-De La Cruz, 30, Providence, RI, received a summons operating without a valid license

12/27 Abdul Rashid Griffen-Orlandy, 23, Boston, MA, received a summons operating without a valid license; Brian Hardwick, 33, Hillsboro, was arrested for possession of a controlled drug, and a warrant for larceny

12/29 Christina Fuller, 36, Nashua, was arrested on a bench warrant for failure to appear; David Veillette, 40, Milford, was arrested on a bench warrant for failure to appear

12/30 John Champney, 29, Warner, was arrested for possession of a controlled drug, and warrants for burglary and loitering/prowling; Jennifer Grindle, 43, Pembroke, was arrested for transporting drugs in a motor vehicle, driving after revocation/suspension, and warrants for conspiracy to commit burglary and loitering/prowling



notice to our *Readers*

**CORRECTION:** Debra Barnes’ Caprese Cheese Dip recipe on page 8 of the December edition called for 3 cups of basil pesto but it should have been only one third cup.



Child Attending College?

If your child is a student at college feel free to send us news about them so their friends, family and neighbors can share important milestones in their life.

Send photos and news to Nadeane Mannion at:  
nmannion1@comcast.net

Pick up a copy of  
*The Bow Times*  
at one these 29 locations!

- |                              |                                  |
|------------------------------|----------------------------------|
| Baker Free Library           | 7 Eleven on 3A                   |
| Blue Seal Feeds              | Hampton Inn                      |
| Bow Mobil                    | Individual Fitness               |
| Bow Recreation Building      | Irving's Circle K                |
| Bow Town Offices             | Johnson Golden Harvest           |
| Chen Yang Li                 | Lakehouse Tavern                 |
| Colonial Village Supermarket | Merrimack Co. Savings Bank       |
| Cracker Barrel-Hopkinton     | Nina's Bistro, Hall St., Concord |
| Concord Chamber of Commerce  | Pages Corner Store               |
| Concord Food Co-Op           | South Street Market              |
| Crust and Crumb              | Sugar River Bank, Concord Hts.   |
| Dimitri's Pizza              | Tucker's Restaurant              |
| Dunbarton Town Office        | Veano's, Manchester St.          |
| Everyday Café                | White Rock Senior Center         |
| Flanagan's South Ender Deli  |                                  |

FLANAGAN'S  
**SOUTH ENDER**  
DELI MARKET

Always Hand-Crafted & Delicious



Made to Order Hot and Cold Sandwiches



Salads



Homemade Soups



Grab & Go Dinners

250 South Street, Concord **603.856.8020**

TAKEOUT  
BREAKFAST  
ITEMS

6:30 – 11:00 AM




Breakfast Sandwiches,  
Donuts, & Muffins



Dessert Items

Deli Open Mon - Fri  
6:30 AM – 3:00 PM  
Store Open Mon - Fri  
6:30 AM – 6:00 PM  
Saturday  
9:00 AM – 3:00 PM  
Closed Sunday






# ADDED VALUE & PEACE OF MIND

Every New Vehicle at Grappone Hyundai Comes With

**10 Years**  
NH State  
Inspections

**+**

**11 Year -or-  
125,000 Mile**  
Powertrain Protection



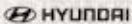
2022 Tucson

Visit [grapponehyundai.com/why-grappone](http://grapponehyundai.com/why-grappone) to learn more.

603.751.0431

514 NH-3A, Bow, NH 03304

America's Best Warranty  
10-Year/100,000-Mile  
Powertrain Limited Warranty

 **HYUNDAI**  
Assurance

## She was buried and “in the red”



Laina and her boyfriend, Carl.



Laina, with her furry friend at The Farm at Sakari's Place, where she serves on a volunteer board to help rescue wolf dogs and other animals who need a safe place to live.

*I missed so much of my life because of my addiction... NHFCU changed all that! The freedom to explore...and travel to visit my family out-of-state feels incredible...Anyone who went through what I did, please reach out to NHFCU's Centers for Finance & Education. They talked options, free classes, free help with my financial wellness...and it changed my life. Not a lot of banks do that. NHFCU doesn't just want money, they want to give members education and freedom. They're an organization who wants to better the community.*

**Tell us your story today. And let us help you build a better tomorrow.**

Contact us today at (603) 224-7731, ext. 330



**New Hampshire**  
FEDERAL CREDIT UNION

(603) 224-7731 • (800) 639-4039

70 Airport Road, Concord • 47 N. Main Street, Concord • 71 Calef Highway, Lee

[www.nhfcu.org](http://www.nhfcu.org)



**80**  
ANNIVERSARY  
1941 - 2021

*Celebrating 80 years of NHFCU - 1941 - 2021*



NHFCU is an Equal Housing Lender and NHFCU may lend to members only.

Federally insured by NCUA



# BOW'S CHOICE FOR DENTAL CARE

## \$57 NEW PATIENT OFFER

- CLEANING • X-RAYS
- EXAM • TREATMENT PLAN

Additional services may be necessary. Paid at first visit. \$400+ value.

### GENTLE DENTAL CONCORD

410 S. Main Street, Concord, NH 03301

**CALL TODAY: 603-712-5058**

[gentledental.com/concord](http://gentledental.com/concord)

Dr. Cash, General Dentist, Periodontist  
Dr. Walsh, Orthodontist, Dr. Gass Jr., Oral Surgeon

### GENTLE DENTAL CONCORD HOSPITAL

246 Pleasant St. Memorial Building  
Concord Hospital Suite 225, Concord NH

**CALL TODAY: 603-651-0508**

[gentledental.com/concordhospital](http://gentledental.com/concordhospital)

Dr. Persha, General Dentist



### NOW ACCEPTING NEW PATIENTS

- Emergencies seen same day
- Most insurance accepted

### ALL PHASES OF DENTAL CARE

• Cleaning	• Root Canals	• Braces
• Fillings	• Implants	• Bridges
• Extractions	• Invisalign	• Sedation Dentistry

#### ORAL AND MAXIOFACIAL SURGERY

Donald J. Gass Jr., DMD,FAGD

- Tooth Extraction
- Wisdom Teeth
- Implants
- TMJ

#### ORTHODONTICS

John Walsh, DMD

- Braces
-  Invisalign®
- Free Consultation



**ESSENTIAL**  
DENTAL PLAN

No Insurance? Gentle Dental now accepts Essential Dental Plan. For a low annual fee, members receive a significant discount on all dental services. Learn more and sign up at [essentialdentalplan.com](http://essentialdentalplan.com).