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THE BOW TIMES

VOL 29, NO. 6 June 2022

www.thebowtimes.com

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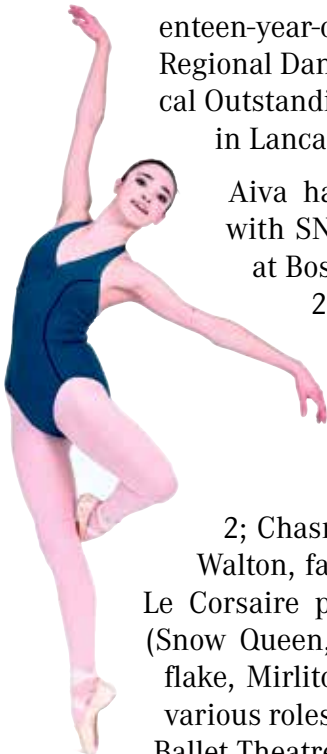
DUNBARTON VILLAGE NEWS ON PAGE 9

HOPKINTON-CONTOOCOOK NEWS ON PAGES 11-13



## AIVA BERRIGAN OUTSTANDING SOLOIST AT REGIONAL DANCE AMERICA'S NORTHEAST FESTIVAL

Southern New Hampshire Youth Ballet (SNHYB), a non-profit organization and the affiliate performing company of Southern NH Dance Theater (SNHDT), is pleased to announce seventeen-year-old Aiva Berrigan of Bow, was named 2022 Regional Dance America (RDA) Northeast Senior Classical Outstanding Soloist at RDA's Northeast Festival held in Lancaster, Pennsylvania May 12-14, 2022.



Aiva has trained and been a company member with SNHDT since 2020. Prior to that she trained at Boston Ballet's pre-professional program from 2017-2020. She has attended summer intensives with San Francisco Ballet, Boston Ballet, The School of American Ballet in New York City, and Brooklyn Ballet. Her performance credits include Nutcracker pas de trois with Boston Ballet 2; Chasm (soloist) choreographed by Ashley Pabst Walton, fairy godmother in the SNHYB's Cinderella; Le Corsaire pas de deux; Palace Theatre's Nutcracker (Snow Queen, Arabian Pas de Deux, Dew Drop, Snowflake, Mirliton, Waltz of the Flowers), and many other various roles. Aiva Berrigan will be attending American Ballet Theatre's Summer Intensive in NYC and Philadelphia Ballet's summer program in Philadelphia, PA.

## THE BOW TIMES WINS SIX MORE PRESS AWARDS

by Debra Douglas, Co-Editor

Judges made up of journalists from the states of New Mexico, Florida, Alaska, New York, Vermont, Virginia, Maine and West Virginia picked the winners for the 2021 New Hampshire Press Awards at St. Anselm College. Attending were the paper's editors as well as its medical and wine editors and its Hopkinton reporter.

The Bow Times won a third place for General excellence in a non-daily newspaper and third place for its front page designed by Nadeane Mannion of Bow. Eric Anderson again came in third place for a news photo. Chuck Douglas won third place for editorial writing and community service.

The coveted First Amendment Award for a newspaper again went to Chuck Douglas for the second year in a row.

This brings the total awards for the paper to 20 for the last four years.



Bow Times well represented at N.H. Press Association Awards Dinner. Left to right: Dr. Richard Johnson, Kathy Butcher, Chuck Douglas, Debra Douglas and Annie Kenney.

## SWITCH TO LED STREETLIGHTS BRINGS SAVINGS TO BOW

Unitil, a provider of natural gas and electricity to customers in New England, recently worked with the town of Bow on a switch to LED streetlights in a move that will save energy and reduce greenhouse gas emissions.

The project involved the replacement of 178 fixtures from Metal Halide and High Pressure Sodium lamps to more efficient LED (Light Emitting Diodes) lighting.

The net investment for the town was just over \$50,000, but the new energy-efficient lighting is expected to result in a 25% reduction in electricity costs - or about \$10,000 a year. The savings means the upgrade will ultimately pay for itself in five years.

Unitil provided energy efficiency incentives and a zero-interest loan to help cover the cost of the streetlight conversion; however, proceeds from the savings will fund the total project over the five-year period.

With the new lights now in place, the total number of kilowatt-hours used annually is expected to be reduced by 72%, dropping from 75,987 to 21,169, while carbon emissions will also be cut by nearly 33 tons a year as LED lighting consumes less energy.

The conversion was the result of an effort launched in October 2018 when the Bow Board of Selectmen began exploring the idea, which was approved at the 2020 Town Meeting.

"In last few years, the town has undertaken several projects designed to improve energy efficiency, lower utility costs, and decrease the town's footprint," Town Manager David Stack said.

## BOW'S DIRECTOR OF COMMUNITY DEVELOPMENT MOVING ON



After almost seven years on the job, Matt Taylor, Community Development Director for Bow has resigned.

Mr. Taylor will be moving to Concord and doing freelance work in the planning and economic development fields. Mr. Taylor came to Bow after serving as Nashua's Deputy Planning Manager.

This newspaper always found him to be straightforward and we wish him well.

**WINNER OF 20 NH PRESS ASSOCIATION AWARDS**  
**MONTHLY BOW TIMES IS DELIVERED TO 3,160 RESIDENCES AND BUSINESSES - FREE**

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### 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 - Jennifer Jameson  
[jjameson@thebowtimes.com](mailto:jjameson@thebowtimes.com)

Billing & Accounts - Julie Adamson  
[jeanodeano16@yahoo.com](mailto:jeanodeano16@yahoo.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

Dunbarton News - Nora LeDuc

Elder Law - Ben Kiniry

Hopkinton News - Kathy Butcher

On Aging - Donna Deos

Photographer - Eric Anderson

Printer - Gannett Pub. Services

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

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

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## EDITORIAL

### YOUTH DEVELOPMENT CENTER \$100 MILLION FUND WILL WORK FOR MANY VICTIMS

by Chuck Douglas

Governor Sununu has just signed into law the creation of a \$100,000,000 fund to be used to compensate hundreds of victims of physical and sexual assault at the Youth Development Center in Manchester. Ten former YDC employees have been charged criminally for their evil conduct.

An arbitrator will decide amounts per claimant, but victims must give up going to court for a jury trial.

The idea is similar to many mass tort settlement funds such as the World Trade Center and the Boy Scouts which were set up to avoid years and years of court proceedings and appeals. Because each claimant has endured different physical or sexual abuse, a one size fits all settlement in a consumer product class action is not permitted because of the great variety of claims.

A couple of years ago, over 70 women at Dartmouth College settled a class action for sexual assault and harassment for \$14 million. Again, the other lawyers and I set up a system to pay out different amounts to each person affected depending on the severity of the harm suffered. The numbers are in line with the number of claimants on the \$100 million YDC fund and its total amount.

The YDC fund is a trade off between speed and some compensation, rather than years in the court system waiting to see what 12 people on a jury might decide. It is not perfect and will not fully compensate some of those harmed. Those who are young enough may be willing to wait years for the hundreds of trials standing between them and their day in court and would avoid the fund process.

#### HOW WILL THE FUND PROCESS CLAIMS?

First, a neutral attorney will be chosen by the State Supreme Court to serve as the Administrator of the fund. This person must be agreed to by the Attorney General and counsel for claimants and will be paid the same as a Superior Court judge if he or she is full-time.

Claim forms, procedures and settlement guidelines will be determined by the Attorney General. As was done 20 years ago in the negotiations with the Diocese of Manchester by the handful of us representing victims of sexual assault by priests, we developed a matrix to help put a dollar value on the cases based on the nature of the abuse, the frequency and duration of it, and aggravating factors. This will result in grouping of claims into values and ranges for the different types of abuse at the YDC.

For any one person who underwent sexual and physical abuse, there is a cap or limit of \$1,500,000, but for physical abuse only, the limit is \$150,000 in the aggregate per person.

#### WHEN CAN CLAIMS BE FILED?

By November 1 of this year, the person chosen as Administrator shall publish notice that claimants can begin filing claims on or after January 1, 2023. Any former resident of the YDC may then file a claim, but no family members or relatives will have standing to file a claim for any distress they experienced as a result of the abuse of a relative at the YDC. There is a two-year window for filing of claims running from January 1, 2023, to December 31, 2024.

Filing a claim is voluntary, but claimants that have filed suit (as about 500 have done) must forgo the judicial process for the fund arbitration system and cannot get back in line for court if they do not like the result. The process, unlike going to court, is confidential, but the claimant may be interviewed by an investigator.

In the Catholic Church priest cases, all my clients were interviewed as part of that process set up to resolve claims without going to court. No claim was turned down based on the 50 or so cases I handled.

If a YDC claim is negotiated and settled, the claimant will have resolved the case far faster than could have been done in court. If the claim cannot be settled with the Attorney General's office, then it will go to the Administrator for an arbitration hearing under rules not yet fleshed out for a three-hour hearing.

Attorneys who represent claimants will be limited to not more than a one-third contingent fee on the amount recovered. The \$100,000,000 fund will last until June 30, 2032.

While not a perfect solution, the State owes victims a timely and fair resolution for the tragedies that should never have happened to them.

**Chuck Douglas is a former Supreme Court Justice  
who practices law in Concord.**

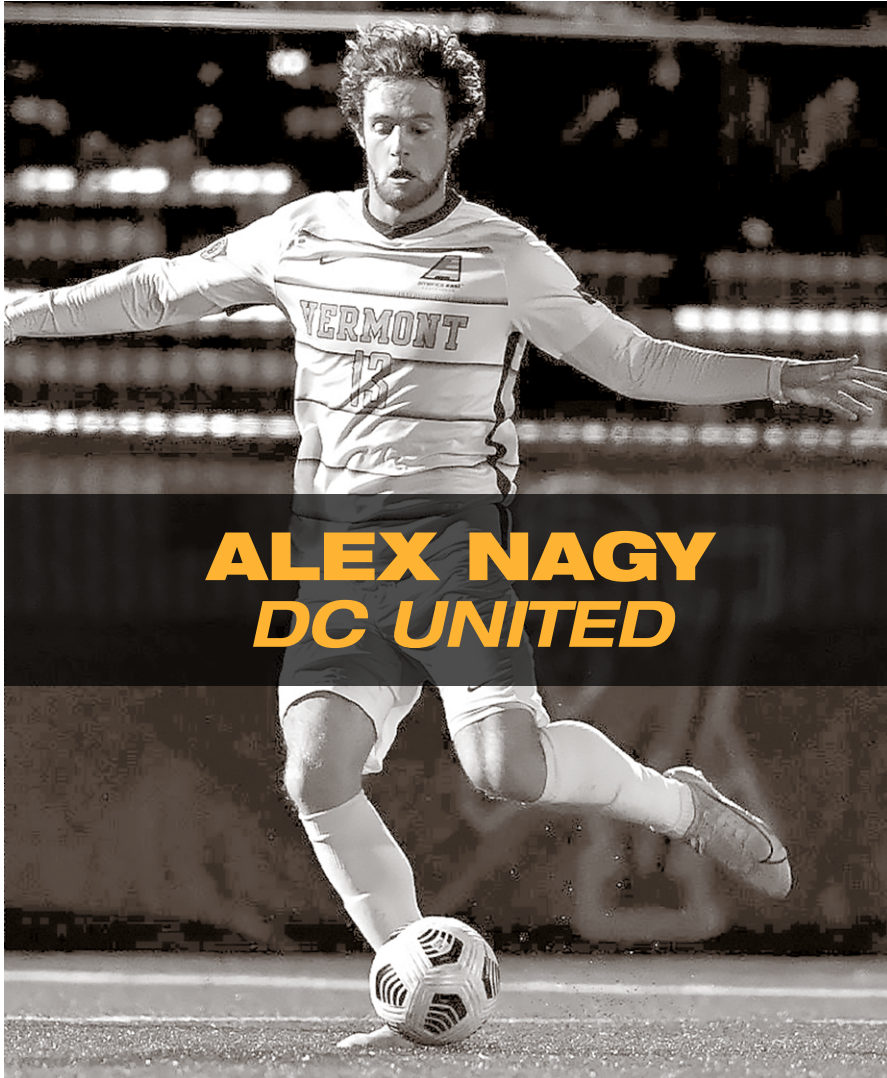


### DRIVE SLOW IN BOW

Bow Police will be utilizing New Hampshire Highway Safety grants to increase patrols and strictly enforce the posted speed limits.

**Helping make Bow safe starts with you!**





## ALEX NAGY DC UNITED

### ALEX NAGY DRAFTED TO MAJOR LEAGUE SOCCER

Alex Nagy of Bow, BHS class of 2018, UVM class of 2022, has been drafted to the Major League Soccer (MLS). Alex was the 41<sup>st</sup> player selected overall in the MLS super draft. He was chosen by DC United, a professional soccer club based in Washington DC.

Alex played for Bow Soccer Club in his early years, then went on to play for Seacoast Academy and New England Revolution Academy in high school. Alex has been a stand-out player at UVM, the 9th player in their program history to receive two 1st team All-American NCAA recognition. He was also named to the Herman Trophy watch list for 2021, the Herman Trophy being the most prestigious award in college soccer presented annually to the nation's top Division 1 soccer player. With five goals and 10 assists just last season, Alex lead the UVM Catamounts to an America East Conference championship and a spot in the NCAA Tournament. Alex is the third player in UVM's history to be drafted to the MLS.

Alex will spend the summer in Washington DC training with the team, then will return to Vermont in the fall for his final season with the Catamounts. He will graduate from UVM in December and then head to DC to begin his career for the 2023 season.

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## THE TOWN OF BOW CELEBRATES MEMORIAL DAY



Charlie Griswold served as the 2022 Master of Ceremonies, introducing the various presenters during the program. Photo | Eric Anderson

On 30 May, the community came together to celebrate the lives of those who made the ultimate sacrifice in the service of our nation. The ceremony was hosted by the Town and the Bow Community Men's Club. It was a beautiful morning on the town green.

The ceremony included the presentation of the colors and pledge of allegiance by all the scouts of the town. Bow High School Senior



Bow High School Senior Elena Jay singing the National Anthem.

Elena Jay masterfully sang our National Anthem. Ms Stephanie Ouellette, NH Survivor Outreach Support Coordinator and Gold Star Sister shared a poignant message on how we should honor the fallen by living our best lives and focusing on the good memories. Retired Lieutenant Colonel Dave West read the names the New Hampshire residents who made the ultimate sacrifice during the Global War on Terrorism. Bow's own Peter Clark solemnly played Taps.

Our dear friend Charlie Griswold was the perfect master of ceremonies. The ceremony was

followed by a picnic with all the fixings prepared by the Men's Club. The day was a perfect blend of recognition of sacrifice and celebration of the lives of our heroes.

Thanks to all who helped make the day a success including the town organizations, the planning committee, Elena Jay, Stephanie Ouellette, Charlie Griswold, the Scouts (all of them), Peter Clark, Lee Kimball, Bryan Westover and all who attended. A special thanks to Lisa Richards and the Bow Garden Club for providing beautiful wreaths. Thanks also to Eric Anderson for the wonderful pictures.



The Men's Club managed food service operation at the conclusion of the Ceremony. Here Chris Lins flips buirgers. Photo | Eric Anderson

## 25<sup>TH</sup> ANNUAL FALCONS BOOSTER CLUB GOLF TOURNAMENT

**Thursday, June 23, 2022 at 9:00 AM  
BEAVER MEADOW**

**1 Beaver Meadow Drive, Concord**

**Registration: 8:30 - 9:00 AM**

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## TWO BOW RESIDENTS CONTINUE AS STATE COMMISSIONERS

The Executive Council granted Debra Douglas of Bow another three year term on the Lottery Commission.

Since joining the lottery panel in 2009, net revenue to public schools has more than doubled from \$68 million to \$144 million.

She has helped oversee the agency acquiring control over charitable gaming and the introduction of Keno, the lottery online platform and sports betting.

Last week Chris Sununu nominated Environmental Service Commissioner Robert Scott of Bow to another four-year term of office.



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## JUNE IS AMERICAN HOUSING MONTH

**Sugar River Bank has been selected to participate in two Federal Home Loan (FHL) Bank of Boston Housing Assistance Programs.**

**The first one, Federal Home Loan (FHL) Bank of Boston's EQUITY BUILDER PROGRAM (EBP):**

The program provides grants to financial institutions to assist households earning up to 80% of the area median income. Borrowers are eligible to receive up to \$22,000 in assistance on a first-come, first-served basis. Buyers must also complete a homebuyer counseling program.

"This grant program is designed to ease some of the challenges associated with a home purchase, particularly in areas where home prices are on the rise. We are pleased to participate to help borrowers become homebuyers, while also supporting the financial stability and vitality of our communities," said Ell Lessard, Mortgage Loan Officer, Sugar River Bank.

Sugar River Bank is eligible to receive up to \$220,000 in 2022 through the Equity Builder Program depending on availability of funds. Since 2003, the Equity Builder Program has awarded more than \$48.9 million in funds assisting 4,251 income-eligible households to purchase a home.

**The second one, Federal Home Loan (FHL) Bank of Boston's HOUSING OUR WORKFORCE PROGRAM (HOW):**

This program provides assistance to FHLBank Boston financial institution members to help local homebuyers earning more than 80% and up to 120% of the area median income with down payments on owner occupied primary residences.

The program provides a two-to-one match of homebuyer down payments made at the time of purchase by eligible homebuyers. Borrowers may receive up to \$20,000 in assistance on a first-come, first-served basis.

"As home prices have increased in many communities, this program has become a valuable tool to help working individuals and families in the community purchase homes. We are pleased we were approved

to participate in this program to assist eligible borrowers who are seeking to become homeowners," said Neal P. Meagher, Vice President Senior Retail Loan Officer, Sugar River Bank.

Sugar River Bank is eligible to receive up to \$150,000 in 2022 through HOW depending on availability of funds.

Since the program launched in 2019, FHLBank Boston has awarded \$5.6 million in funds assisting 421 income-eligible households to purchase a home.

To learn more about applying for assistance, please contact:

**Ellen Lessard, Mortgage Loan Officer, Concord/Warner**  
**603-227-6020 Cell: 603-477-7891 NMLS #1597160**

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## BOW ENERGY COMMITTEE KEEP COOL WITH A HEAT PUMP



Contrary to its name, heat pumps do not just heat your home. They are excellent air conditioners!

There is more than one type of heat pump system. One of the least expensive and easiest to install is an air source mini-split heat pump (pictured here). Let's compare this kind of heat pump to the traditional window air-conditioning unit.

No more stress (or at least less) over a summer spike in electric bills. Although heat pumps also run on electricity, they are much more efficient than a window unit. This means they reduce air pollution and save you money.

No need to lug a clunky, grimy air conditioner up and down the stairs or find room to store it over the winter; once the heat pump goes up, it stays up. And it'll keep working for you all year, converting to a high efficiency heater with the click of a button.

No need to seal the gap between air conditioner and window frame; the heat pump mounts securely on the wall, so you cool your room, not the outside.

No more sleeping with your pillow over your head to block out the roar and constant cycling of the air conditioner's fan; the heat pump runs quietly and steadily in the background.

No more of these things, but lots more comfort, quiet, and peace of mind staying cool this summer.

It is important that heat pumps be professionally installed. Check NHsaves for heat pump rebates, and reach out to us with your questions: [energycommittee@bownh.gov](mailto:energycommittee@bownh.gov).

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# FREEDOM COMES FROM LETTING GO!

by Donna Deos

Freedom comes from letting go. What could I possibly mean by this? Let's refer back to last month's article about "the attic" and all of that stuff that I liberated from its 15-year imprisonment in my attic.

It all had to go somewhere. Some of it, sadly, went in the trash. Some of it went to Goodwill and The Salvation Army.

Some of it is still sitting in my garage waiting for my brother to come visit – hee hee. Some of it will be going to an antiques dealer, and so on.

Some of it has found a new place of prestige in our home, where it can be enjoyed and used finally! All of that stuff is now free to make other people happy or become one with the earth again. I am liberated from the obligation of having to figure it all out, because I have completed that task.

I am now free from the clutter in the attic, which became the clutter in the garage because I was willing and able to let it go (well, most of it anyway).

Last month we talked a little about the stuff we stuff into ourselves, like food, negative thoughts, emotions, memories we are not ready to deal with or let go of. We also talked about how you can get someone to help you get rid of physical stuff, but you are the only one who can handle and move through all of the emotional and psychological stuff.

Here's a way to get started on that. First, what are the things you have stuffed and why? Second, what is the easiest one on that list for you to try and deal with and let go of? Third, what do you need to help you with that? Time, money, space to be alone and process?

Now that you have identified one thing you can work on and what you need to do to start moving through it, make a plan. When can I



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get a day away from everyone so I can face that horrible thing I have been putting off dealing with? A time and space where I can cry or scream or yell or do whatever I want and need to finally process it.

I know, I can never have a good cry when I finally have the house to myself. That would be great and make sense and be

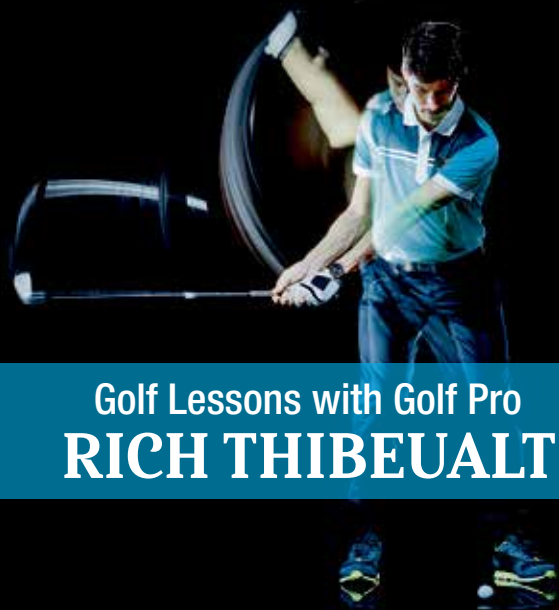
helpful. Instead, it always hits out of the blue, unexpectedly over some small thing that just sends me there. When that happens I have a choice. I can either re-stuff it and try not to cry, or I can take that time to go into another room and let out as much of it as I am able in that moment.

Stuffing things just puts off the inevitable. Letting it move through you and hopefully go away is a better thing by far.

Here's another tip. Try writing about it. You don't have to share it with anyone. The writing is for you. For you to process the event, how it made you feel, how you still feel, how you would like to feel. What you are going to do to head in that direction? Maybe you make a list of things you can do to help with this like who do you want forgiveness from? Who do you need to forgive? [Here's a big tip: we all need to forgive ourselves! You may not think so right now, but ultimately we are the ones holding on to the issue. When you can finally forgive yourself for your part in whatever it is, you are able to let go of so much more than just getting the other person's forgiveness. That's freedom!]

Try doing this with one thing you have stuffed. When you move through that one you will feel the freedom of having finally faced it and let it go. This will inspire you to find another one on that list and make a plan to free that ongoing issue as well.

If you need help, you know how to reach me! All my best, Donna



## Golf Lessons with Golf Pro RICH THIBEULT

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## Upcoming Events

**JUNE 22 – 12:30 PM – BEE KEEPING**

Presented by Busy Bezzz of Hooksett

**JULY 13 – 11:30 AM – BUSINESS MEETING**

All meetings at Old Town Hall, Bow Center Road, Bow



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# SUMMER IS A GREAT TIME TO BEGIN NEW THINGS!

by Jim Olson

You know what I love about summer? It's when I feel the most energized. It's the time of year when I feel I can make some big changes. The sun is out and I find myself outside and doing more (rather than being stuck in my usual routine). That's when I find myself motivated to accomplish a few goals.

Hopefully, you feel the same way, and I challenge you to make this your *summer for change*.

**Summer is a great time to begin new things, especially a new exercise program.**

Summertime is the perfect time to make some changes in your life. The weather is nicer, you have more free time, and you're likely to be more motivated since summer is seen as a time for fun and relaxation. So why not use this opportunity to make some positive changes in your life?

- In summer we tend to have more energy.
- Longer days mean more light for activities.
- Warm weather inspires lots of outdoor activities.
- Research shows that our caloric intake tends to decrease in the summer, making it easier to lose weight, especially if your activity increases.

This summer could be the beginning of you beginning a new, healthier, stronger, and more vibrant chapter in your life. And, since it's summer, you already have a leg up!

**Summer Fitness Tip: Practice random acts of fitness**

Sneak in little bits of exercise with some summer-friendly activities. For example:



Jim Olson

- Washing the car for 30 minutes burns about 100 calories
- Gardening burns 128 calories
- Other options: Throwing a Frisbee, Walking the Dog, Playing a Game of Volleyball (all about 100 calories)
- Mowing the lawn about (176 calories)
- Biking (192 calories), or hula-hooping, which burns about 50 calories in just 10 minutes.

The key to adding physical activity into your day is to do it in a way that's enjoyable, so you'll be more likely to stick with it. Start slow and gradually increase the amount of time you are active. Set some goals for yourself and try to meet them. Remember, any activity is better than none, and even small

changes can make a big difference in your overall health.

**So what are you waiting for?**

Get out there and enjoy the summer while getting healthy and fit at the same time!

If you need help making changes in your life, then book your free consult —[individualfitnessllc.com](http://individualfitnessllc.com) — and let us tell you exactly what we can do to help you reach your goals.

At Individual Fitness, we want you to succeed. We have a vested interest in seeing you meet your fitness and nutrition goals. We care about YOU—which is why we create a custom fitness and nutrition program just for you, to help you realize your specific goals.

It's your season for change. And we can't wait to help you!

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# HOW TO BUY I BONDS DIRECT FROM THE TREASURY

Provided by Dominic Lucente

With inflation hovering near 40-year highs, some investors are looking for alternative ways to weather the storm. For many, a Series I Savings Bond is just the ticket. I Bonds give investors a rate of return plus inflation protection and are backed by the U.S. government.

I Bonds are pretty simple to set up. You can go to TreasuryDirect.gov and open a free account to purchase these federally-backed securities directly from the U.S. Treasury.<sup>1</sup>

Here's how to get started.

**Gather your info.** Make sure you have the following close at hand: your taxpayer identification number, current address, checking or savings account information, and email address.

**Go to Treasurydirect.gov's account creation page.** Navigate to the bottom of the page and select "Apply Now" on the left. This will begin your account creation journey. Next, you will choose between an Individual or Entity account. Select Individual account type (it's the default option) and click "Submit."

**Enter your info.** Using the information gathered in step 1, fill in the fields requested and check the box at the bottom to certify your Taxpayer Identification Number. Click "Submit."

**Select a personalized image.** Take some time here to select an image and caption you will remember. Think of this as a visual password for your account. Click "Submit."

**Secure your account.** Select your password and security questions on this screen. Make sure the answers to your security questions are impossible to guess but easy to remember. Click "Submit" to move to the final step.

**Check your email.** Finally, look for your TreasuryDirect account number in your email. You'll need this to log into your account later.<sup>2</sup>

You can begin purchasing I Bonds now that you've created your account. Here are a few things to keep in mind. I Bonds earn interest for 30 years unless you cash them in. You can do this after a year has passed from the time of purchase, but you'll lose the previous three months of interest. However, there is no penalty if you let them mature for five years or more. The maximum amount you can invest is \$10,000 total per calendar year.<sup>3</sup>

Questions about I Bonds, or anything else financial? Feel free to reach out anytime.

**Dominic may be reached at 603.645.8131  
or Dominic.lucente@LPL.com  
Dlucente.com**

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#### Citations

1. Treasurydirect.gov, 2022
2. Treasurydirect.gov, 2022
3. Treasurydirect.gov, 2022



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# DUNBARTON NEWS



**ANNUAL CHICKEN BBQ** - The annual Dunbarton Fire Department Chicken BBQ is back. The date is June 26th. Servings are from either noon to 2:00 PM or 3:00 to 5:00 PM. Tickets are \$15 for adults and children 12 and under are \$10. Most members of the fire department have tickets to sell. Any questions please PM tammy572003@gsinet.net.

**SUMMER READING PROGRAM** - Dunbarton Public Library Summer Reading Program 2022 Oceans of Possibilities will be held June 28 to July 29. Due to the Town Hall construction at the entrance side of the library, all programs will be held outside on the Town Common, or band stand. Some may be virtual. Sorry for any inconvenience. You may pick up reading logs at their front porch entrance on the Route 13 side of the building once their program starts. Questions checkout the library website or email: dunlib@gsinet.net.

**DCC BOOK CLUB** - This month the DCC Book Club in reading *At Home in Midford* by Jan Karon. The discussion will be Thursday, July 7, at 7:00 PM. Any questions and for the Zoom link, please feel free to call Barb at 603-496-3253.

The library's book discussion will be on summer break.

**MEN'S COFFEE** - Men's Coffee has a new location at the Congregational Church Vestry Fridays at 9:00 AM. Bring your own coffee.

**CONSTRUCTION UPDATES** - Library Information and Town Hall Construction Update, Demo complete! Excavation complete! Form, concrete and drainage work finished up. More excavation and filling, and slab work completed. Construction of the build out has begun. Remember the library is in curbside across the lawn. The path is marked for you to follow. If you need assistance call the library.



**CURIOS ON THE COMMON** - Don't forget to visit Curios On the Common across the street from the library. Stop in and browse. Hours are Wed 10am to 4pm & Sat 9 am to 4pm. FMI 603-774-2682 or curio@dunbartonucc.org.

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## WHY LOCAL NEWS HAS BROAD IMPACT

by: Roberta Baker

Roughly 36,000 reporters were let go during COVID-19 and the hardest hit were outlets in rural communities and communities of color:

When a local news provider closes, community voting rates tumble, surveys show. The number of candidates running for office also declines. Municipal bond ratings drop, and communities pay higher rates to borrow money for municipal projects. Immunization and testing rates slide lower. These findings come from academic, political and news industry journals, including sources such as Columbia Journalism Review and the Shorenstein Center on Media, Politics and Public Policy at Harvard's Kennedy School.

"No one wants to invest in a community when there's no one watching the store," said Lauren McKown at Report for America. "It's critical to have news at the local level. It's not about saving local news outlets. It's about saving the connections that news fosters, and widely distributing information critical to policy, spending, health education, equity, justice and understanding of climate change." McKown said "It's about being able to access and connect communities to find solutions together."

"Without trustworthy information, communities get sick just as when they don't have clean air or water or good food to eat," said James Schacter, CEO of New Hampshire Public Radio.

According to Impact Tracker for the Center for investigative Reporting and The Hechinger Report, the impact of local journalism can be measured in various ways, including by public officials responding to a story, series, or event; the impact on a source in a story; the allocation of government funds to address a problem; institutions taking action, such as creating a task force, position or department and public policy changes.

*This article was shared by the Granite State News Collaborative. For more information visit collaborativenh.org.*

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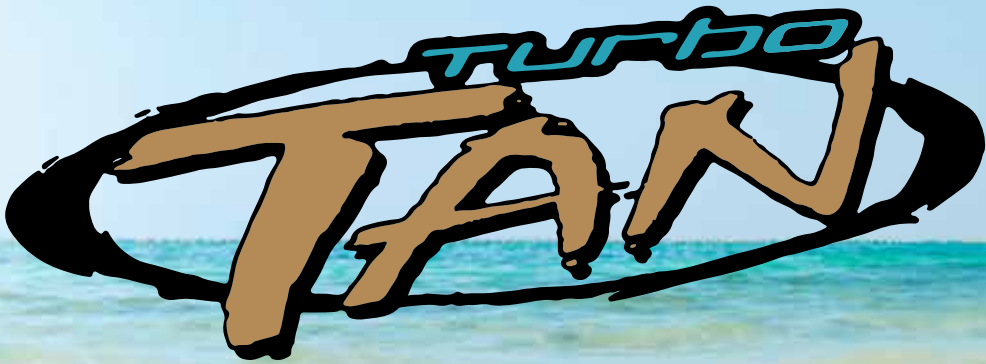
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## Hopkinton Real Estate Sales – MAY

ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
63 Tucker Drive	2 Bedrooms   2 Bathrooms	1,434 Square Feet	0.56 Acres	\$215,600
1671 Hopkinton Road	4 Bedrooms   1 Bathrooms	2,196 Square Feet	1.2 Acres	\$275,000
201 River Grant Drive	2 Bedrooms   1 Bathrooms	1,291 Square Feet	14 Acres	\$300,000
15 Woodland Drive	2 Bedrooms   3 Bathrooms	1,296 Square Feet	0.45 Acres	\$365,000
33 Woodland Drive	4 Bedrooms   3 Bathrooms	2,440 Square Feet	0.53 Acres	\$450,000
50 Roberts Road	3 Bedrooms   2 Bathrooms	2,111 Square Feet	1.2 Acres	\$490,000
447 Currier Road	3 Bedrooms   3 Bathrooms	3,248 Square Feet	3.6 Acres	\$600,000
39 – 3 Maple Street	3 Bedrooms   3 Bathrooms	2,621 Square Feet	6.37 Acres	\$675,000

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## HOPKINTON OLD TRACTOR DAY

Over 20 tractors at least 50 years old participated in plowing a field off Pine Street in Contoocook last month. The old Farmalls, Fords and Fergusons were out in force to show their stuff.



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## HOPKINTON - CONTOOCCOOK TOWN CRIER

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

### TWO VILLAGES ♥ ONE HEART



► **THE HOPKINTON ROTARY CLUB** is planning its annual golf tournament for **Friday, June 24, at Beaver Meadow Golf Club in Concord**. The fun format includes a 9 Hole Fivesome Scramble with a **shotgun start at 4pm**, followed by dinner, raffle and awards. This fast paced event includes Hole-In-One, Longest Drive and Closest To Pin prizes along with a Putting Maze and other hole by hole challenges. The golf fivesomes may be entered as a **team for \$450**, or singles can get in and be placed at **\$90 each**. This is the main annual fundraiser for the Hopkinton Rotary Club, providing over \$10,000 last year toward our commitment to provide scholarships to Hopkinton High School seniors who show a responsibility to service in our community. The Rotary Club is seeking Hole Sponsors from the community and general Concord area for Tee and Green signage and recognition at the tournament for **\$150 each**. Businesses and individuals who would like to participate can contact Ben Barton at [bbarton@nhins.com](mailto:bbarton@nhins.com) or (603)748-0528. Club members will also be looking in the area for donations of raffle prizes. Please contact any Rotary Club member for information on golf or prize donations or contact Golf Chairman, Paul Bliss, (603)568-7531, or [patsfan2404@yahoo.com](mailto:patsfan2404@yahoo.com), to arrange for a prize pick up or golf brochure.

► **JUNE IS NATIONAL DAIRY MONTH!** At Contoocook Creamery we are proud to be NH's family dairy and a 5th generation farm. 100% of our milk is from our cows, bottled on our farm, and delivered directly to our retail partners throughout New Hampshire. To celebrate, support, and learn more about our farm check out the link below [www.contoocookcreamery.com](http://www.contoocookcreamery.com).

► **GROW BOXES** Thank you to the students working with math teacher Sue Roberts. They watered, weeded, and nourished the greens in the GROW Boxes at Hopkinton Middle High School. Though our weather has been unseasonably hot or cold... radishes were harvested and rows of lettuce, arugula, and spinach got their first haircut yesterday. Bags of greens were taken to the Hopkinton Food Pantry.

► **STORMS FITNESS** has a Summer Special just for students! No commitment - no enrollment fee - 3 months/\$185 - 2 months/\$135 - 1 month/\$75. To be eligible, you must be a full-time student under the age of 24.

► **BOOK SALE** The Friends of the Hopkinton Town Library is holding a book sale (first since 2018!) on Saturday 6/11 from 10-3pm - bag sale 2-3pm, free after 3pm! Families are invited to donate up to 2 boxes of books. No old, musty or books in bad condition. No Reader's Digest books, magazines, text books, CDs, VHS, DVDs. Donations accepted Sat 6/4 10-3pm, Wed 6/8 and Thurs 6/9 10-6pm, Fri 6/10 10-4pm.

► **READ WITH ZEKE** Reserve your time to *Read with Zeke* at the Hopkinton Town Library. He loves sitting and listening to a good story. Register for 15 minutes of reading at - [hopkintontownlibrary.org](http://hopkintontownlibrary.org).

► **ART SHOW** Artists here is an opportunity to show and sell your work at Two Villages Art Society's 2022 *Summer Member Show: Celebrating the Artist Next Door*. The art show and sale is July 1 through July 30 at the Bates Building, home to the TVAS art gallery. "Artist Merit" awards will be chosen by a guest juror; the winners will be announced at the July 2 opening reception. A "People's Choice" award will be given at the end of the show. Interested in participating? Let us know by emailing [info@twovillagesart.org](mailto:info@twovillagesart.org).

► **SWIM LESSONS** Kimball Pond swim lessons registrations are open for Hopkinton residents. Register online at [www.HopkintonRec.com](http://www.HopkintonRec.com)

► **50+ PROGRAMS** To learn more about our 50+ Active Living Programs call the Hopkinton Rec Department at (603) 746-8263 or visit us online at [www.HopkintonRec.com](http://www.HopkintonRec.com). Feel free to stop in the Slusser Center Monday-Friday from 9:00- 4:00 for a tour and to pick up a full list of programs.

► **WELLNESS WEDNESDAY** Join us for June's Wellness Wednesday sponsored by Hannaford on June 15th at 11 am! Dietitian Katy will be on site to educate us on the topic "Good Food, Good Mood!" [www.HopkintonRec.com](http://www.HopkintonRec.com).

► **PICKUP SOCCER** Womens' (18+ years) Pickup soccer is on Sunday nights at Houston Park. This program is free to Hopkinton residents (there is a small fee for non-residents). Sign up online at [www.HopkintonRec.com](http://www.HopkintonRec.com).

► **HOPKINTON FORAGERS** Do you have an interest in mycology? Become a member of the Hopkinton Foragers Facebook page to stay in the loop with upcoming events, submit ideas, share information about edible, medicinal, and toxic wild fungi and plants. This page is a venue to post photos of your finds, share experiences, tips and tricks, recipes, start discussions, ask questions and communicate with fellow foragers of all expertise levels within our local community.

► **THE SLUSSER CENTER** offers in person dining for Wednesday Senior Lunch. For details please call the Slusser Center at 746-8265 or drop in at the center Monday through Friday 9:00-4:00. A \$5 donation is requested.

► **FIREWORKS SHOW** Police Officers Association of Hopkinton and Contoocook of Commerce announces the revival of the fireworks show, at Elm Brook Park on Saturday September 24th. Admission is free, donations are welcome. If you would like to make a donation to the fireworks show, you can send the donations to: Police Officers Association of Hopkinton, PO Box 499, Contoocook NH 03229 or Contoocook Chamber of Commerce, PO Box 174, Contoocook NH 03229. Write fireworks on the memo line and your donation will go directly to the fireworks funds.

► **JOB OPPORTUNITY** The Recreation Department is accepting applications for Summer Camp staff. All job descriptions, pay rates and applications are online at [www.HopkintonRec.com](http://www.HopkintonRec.com).

► **DIAL-A-RIDE** for Hopkinton/Contoocook residents for 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 open Saturday 9-noon at the Gazebo behind the Contoocook Train Depot. Visit the Facebook page Contoocook Farmers' Market for updates. SNAP/EBT gladly accepted. The Farmers Market now has seafood available through a fishermen cooperative. Community Supported Fishery (CSF) orders for next Saturday's Farmers Market need to be placed by the posted deadline. In addition to preorders, Blakeney's will be bringing limited quantities of retail fish to the market. [www.nhcommunityseafood.com](http://www.nhcommunityseafood.com).



► **SUMMER DAY CAMP** at BITs for ages 5-12yrs. \$300 Tuesday through Friday 9am-3pm. Back in the Saddle Equine Therapy Center, 334 College Hill Rd, Hopkinton. 746-5681. [info@bitsetc.org](mailto:info@bitsetc.org). [Hopkintonorg](http://Hopkintonorg) . [www.bitsetc.org](http://www.bitsetc.org).

► **CAMP OPTIONS** are available on the Hopkinton Web Site

- Hopkinton Rec Camp June 27-August 12
- Boys Lax Camp Tuesdays July 12, 19, 26 from 530-730 PM. Register by July 8th. Taught by the Hopkinton Varsity Lax players. Will help players ages 6-14yrs work on developing skills by focusing on stick work, positioning and lax techniques.
- Box Lax Camp for all 10U-14U (ages 8-14) on Thursdays from 5:30-7:30 PM - July 14 and 21 offensive clinic, July 28 faceoff and goalie clinic
- Girls LAX Clinic August 1-4 for 8U-10U and 12U-14U.
- Summer Art Camp Aug 8-12.
- British Soccer is the week of August 15th at Houston Park

Information and registration at [www.HopkintonRec.com](http://www.HopkintonRec.com).

► **WRITING CAMP** is a time for students entering grade 3 up to high school to spend a week reading, writing and sharing their literacy experiences with others. Led by two experienced writing teachers, students will be given many opportunities to write, read and share in a supportive environment. We use the library, the classroom, and the computer lab. Afternoons are spent on walking field trips and/or listening to advice from writers in the field. This year we are running two sessions of camp: the weeks of June 27 and August 15. We have full day and half day options. Please contact Trish Walton [trishrhwaltton65@gmail.com](mailto:trishrhwaltton65@gmail.com) or Joan Follansbee [joanfollansbee1970@gmail.com](mailto:joanfollansbee1970@gmail.com) for more information and registration materials.

► **HOPKINTON REC CAMP** One week of Hopkinton Recreation Summer Camp costs \$200.00 this year which is out of reach for many Hopkinton families. With your support, youth in our community can access all of the summer experiences available to our children, including swim lessons, art and sports camps. If you are able to help a family afford these programs, please send a check payable to Town of Hopkinton Human Services with "camp scholarship" on the memo line. Please mail donations to Hopkinton Human Services, 330 Main Street Hopkinton, NH 03229.

► **BASEBALL CAMP** for players age 7 to 15, will run June 27-30 at Hopkinton High school. For a registration form email Coach Chase - [4chaseteam@comcast.net](mailto:4chaseteam@comcast.net)

► **KAYAK AND CANOE RENTALS** The Rec Dept. is offering Kayak and Canoe Rentals at Kimball Cabins. Saturday June 18 10am-1pm. View the details at [www.HopkintonRec.com](http://www.HopkintonRec.com). free, donations are welcome. If you would like to make a donation to the fireworks show, you can send the donations to: Police Officers Association of Hopkinton, PO Box 499, Contoocook NH 03229 or Contoocook Chamber of Commerce, PO Box 174, Contoocook NH 03229. Write fireworks on the memo line and your donation will go directly to the fireworks funds.

► **WILD ONES FARM** is now open at 258 Dustin Rd Contoocook on Fri, Sat and Sun from 9am-6pm. Local cheese available - long aged hard cheese and classic soft cheeses.

► **BEECH HILL FARM** Beech Hill Farm and Ice Cream Barn is open everyday from 12:00-8:00! We have delicious ice cream, adorable baby farm animals, colorful flowers, and exciting new products in our farm stand store. We incredibly excited to announce that we are now serving all of our frappes with fresh local milk from [Contoocook Creamery](http://ContoocookCreamery.com)! You can also find their flavored milk for sale in the farm stand store!

► **SUMMER OF FUN** Hopkinton Town Library's Summer of Fun 2022! Oceans of Possibilities. June 28th-August 12th (six weeks of programs with a one week break in the middle). The Summer Reading Program is a fun way to include reading and related activities in summer family time! And, it helps children maintain and improve reading skills when not in school. Weekly programs are for children entering 5th grade and younger. Masks are optional. When possible, programs will be held outdoors behind the library, on the porch, or under a tent. Please bring a towel and water bottle. Registration for the Summer of Fun is now open. Sign up online from home or at the library to reserve a space for each program. (We can show you how to sign up, too.)

► **HOPKINTON CLUB SOCCER** If your child is interested in playing Hopkinton Club Soccer this fall, they must attend one of our two evaluations. We are working with Hopkinton Youth Sports Association (HYSA) to ensure every kid can play soccer, and that every team is setup for success. Sunday June 5 and Sunday June 12 - Girls at 12 noon/Boys at 1:00. Houston Fields. Boys and Girls entering the 3rd - 8th grade in the Fall of 2022. There is no cost, but all kids must be registered. All players must register at <https://system.gotsport.com/programs/367U29141>.

If your player is unable to attend these evaluations, please contact your previous HSC Soccer coach or email us at [HopkintonSoccerClub@gmail.com](mailto:HopkintonSoccerClub@gmail.com) for more information. Note - HYSA will be supporting soccer programs for players entering Pre-K, Kindergarten, 1st or 2nd grade in the fall of 2022. For additional information go to: [hysasportsnh.com](http://hysasportsnh.com).

**Kathleen Butcher** [kathb123@comcast.net](mailto:kathb123@comcast.net) or 603-724-3452

## HOPKINTON STUDENTS TO COMPETE IN NATIONAL YOUNG INVENTORS PROGRAM

The 2022 Invention Convention US Nationals in Dearborn, MI is fast approaching and two of Hopkinton's young inventors are part of our Northern New England Delegation who will represent the Young Inventors' Program at this national competition. The US Nationals invites over 400 students from across the US to share their original inventions and to compete for awards each year.

This year, two inventors from Hopkinton are joining 20 others from NH and MA to make up our NE finalists. Jacob M is a 2nd grader at HMS who did YIP with JoEllen McCaffrey and her Tween School N' Home program after school.

Jacob invented the Inflatable Igloo to make building snow/ice igloos easier and fun. Jacob won Best in Grade 1st Place for Grade K-2 at the NE Invention Convention.

Gwen B is a 5th grader at MMS who participated in the MSS After School YIP with Michelle Clarner.

Gwen invented the Salt Spreader, a machine that helps people salt their driveway to help prevent slips and falls on ice.

## HOPKINTON POLICE DEPT.

### 4 Arrests 4 Accidents 235 Traffic Stops MAY 2022 ARREST LOG

**05/05** Samuel Chase, 23, of 99 Pinewood Drive, Hopkinton, was arrested on a Warrant.

**05/07** Angela Dubois, 48, of 544 Dustin Road, Hopkinton, charged with Simple Assault; Physical Contact or BI and False Imprisonment.

**05/29** Richard Newcomb, 26, of 221 Gould Hill Road, Hopkinton, was arrested for Breach of Bail and Violation of Protection Order.

**05/30** James Fortier, 62, of 110 Tucker Drive, Hopkinton, was arrested for DUI.

# BOW – HOPKINTON SPORTS NEWS

## GIRLS' LACROSSE

### *Girls' Lacrosse Championship ends with Hopkinton 13, Bow 12*

The girl's Lacrosse final was a tightly contested game that went to Hopkinton in a one point victory on June 7 at Bank of NH Stadium.

The Falcons have won four state championships in program history, most recently in 2009, but all of their titles were in Division II. In order to win its first Division III championship, Bow had to beat Hopkinton. The Hawks, who beat No. 3 Gilford 22-13 in their semifinal victory, and the Falcons who beat Derryfield 17 to 4 have played twice against each other this season. Hopkinton won the first game and Bow won the second.

## BOYS' LACROSSE – JUNE 4

### *Hopkinton 10, Trinity 7*

**Key Players:** Hopkinton – Ryan Brown (goal, 4 assists, 3 ground balls, caused turnover), Quinn Whitehead (4 goals, 4 ground balls), Ethan Molnar (2 goals, 4 ground balls, caused turnover), Josh Duval (2 goals), Patrick Buss (goal, 4 ground balls), Connor Tewksbury (11/21 face offs), Steven Reddy (assist, 7 ground balls, 6 caused turnovers), Cam Bassett (3 ground balls 2 caused turnovers), Eli Standefer (15 saves).

### *Coe-Brown 6, Bow 0*

The Falcons couldn't keep their win streak alive, while the Bears had another dominant defensive performance in Saturday's quarterfinal.

## HOPKINTON TRACK TEAM THIRD IN DIVISION III

The Hopkinton girls were hoping to defend their title and the Hawks did just about everything they could to achieve that on May 29 in Pelham. Senior Anna O'Reilly won the 1,600 meters and ran a leg on the runner-up 4x800 relay with senior Cailey Stockwell, junior Hannah Bennett and freshman Reese Bove. Sophomore Grace Hall successfully defended her crown in the triple jump (34 feet, 9 inches).

Hopkinton finished the Division III track and field championship with 57 points, nearly matching the 68 the Hawks accrued last year, but couldn't match the star power of Newfound (112 points) and Newmarket (80) and placed third as a team at Pelham's track.

The Hopkinton girls were the best area team in D-III. The Hopkinton girls 4x800 clocked a 10 minute, 17 second relay to finish second to Newmarket, who won in a D-III record time of 9:54.53 and O'Reilly led a tight race from start to finish to take the 1,600 in 5:34, just beating out Newmarket's Alanna Hagen (5:35) and Gilford's Catherine Stow (5:36).

## BOW MIDDLE SCHOOL BASEBALL

Bow Memorial School (7-4) defeated West Running Brook in Tri-County Division 2 quarterfinals, 11-7. Peyton Larrabee (2-for-3), Clayton Nadzan (6 RBIs) and Jake Reardon (6 runs) led Bow's offense, while Larrabee got the win on the mound, allowing one hit and striking out seven in five innings. Reardon got the save, striking out two and allowing three hits.

Bow will play Fairgrounds Middle School in the semifinals.

## HIGH SCHOOL ALL-STATE TEAMS NAMED

**The New Hampshire Baseball and Softball Coaches' Association released All-State rosters last month.**

## SOFTBALL

Division II: Bow's Hannah Mc-Gonigle (Jr).

Division III: Hopkinton's Maddie Carmichael (Sr.) and Kyanna Landry (Jr).

## BASEBALL DIVISION II

First Team: Bow's Alex Boisvert (Sr.) and Owen Petretta (Sr.).

Second Team: Bow's Myles Rheinhardt (Sr.).

Third Team: Bow's Ethan Clark (Sr.).

## BASEBALL DIVISION II

First Team: Hopkinton's Armen Laylagian (Jr.) and Peyton Marshall (Sr.).

Second Team: Hopkinton's Bryce Charron (Sr.).

Third Team: Hopkinton's Jack Morrall (Sr.) and Owen O'Brien (Sr.).

## SOFTBALL – JUNE 4

### *Bow 2, Hanover 12 in Quarter Finals for Division II*

"They were a lot of fun. They were fun to coach," said Bow coach Ben Forbes. "It was tough to be in a bad mood around this group."

Looking to next season Bow will return eight players including most of their pitching staff. Forbes said he has hope for the 2023 Falcons.

## D-III BASEBALL – JUNE 4

### *Monadnock 5, Hopkinton 2*

**Key Players:** Hopkinton – Bryce Charron (2-for-3, RBI: 2 IP, 0 ER), Joe Yanzo (double, RBI: 2 IP, 1 ER, 2 K), Malcolm Klingler (2 IP, 0 ER).



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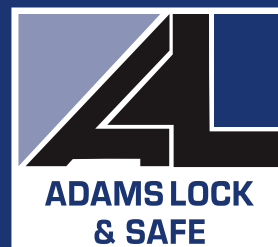


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## DO YOU WANT TO BE AN IMPACTFUL LEADER?

### 5 KEY POINTS TO HELP YOU IN YOUR JOURNEY

#### It's an ongoing debate: Are great leaders made or born?

It's a bit of a trick question. The answer is both. One study shows that leadership is only 30 percent genetic and 70 percent learned. While cases have been made that both nature and nurturing are responsible, those who aspire to high-level leadership positions should never stop learning or developing the traits and skills required, says Benjamin Breier (www.benbreier.com), ForbesBooks author of *Intentional Disruption: Leadership Lessons in Healthcare, Business, and Beyond*.

"Some people may have a slight genetic edge, but everyone can sharpen their leadership skills," Breier says. "A career in management or in the C-suite demands hands-on experience and a steady improvement of leadership qualities throughout that process. One needs to be proactive in their approach if they want to keep ascending, inspiring others, and driving their companies toward continual success."

#### Breier shares a few tips to develop into a good leader:

- Stay true to your core values. There is no straight line of success on the way to the top. Challenges, setbacks and disruptions happen, and budding leaders need to be anchored to their core values as a strong foundation to weather storms and make good decisions, he says. "When you're aligned with your underlying values and the company's mission, you will remain centered to handle difficult situations and focused on considering all factors, from the human side to the financial," Breier says. "Your core values become your North Star. Regardless of how brilliant or savvy an otherwise great leader may be, he or she is nothing without integrity and solid core values."
- Practice discipline. "Developing discipline in your professional and personal life is essential to becoming an effective leader," Breier says. "It's easier said than done. Almost everyone will talk a big game when it comes to being disciplined, but very few people actually put in the hard

work. It's what separates the good from the great leaders in business, sports, and life. And there is nothing genetic about one's willingness to work hard. It's a conscious choice that anyone can make."

- Take on more responsibilities. Breier says the path to becoming a senior-level executive includes a willingness to navigate new twists and turns that other aspirants are reluctant to embrace. "You need to show the initiative and the capability to take on extra responsibility, and your supervisor doesn't have to walk you through everything it entails," Brier says. "If you can take work off your boss' desk, you become more valuable. If you want to grow, you have to step out of your comfort zone. Sure, it can cause stress, but it's an amazing learning opportunity. Again, it's a conscious choice – it has nothing to do with your DNA."
- Play offense, not defense. Today's feverishly competitive business world is filled with disruption. According to Breier, "Companies of all shapes and sizes covet proactive leaders who know how to shake things up, to rewrite the rules, and to take the fight to competitors, rather than sit back and wait to be punched in the face. Running a business is not about staying back on your heels and playing defense. It requires courage and judgment. You must recognize opportunities and take them when the timing and risk/reward profile is just right."
- Work on your soft skills. Soft skills – like empathy, self-awareness, and giving and unpredictable business world. "The good news is that everyone can improve their soft skills," Breier says. "Again, it just takes discipline and hard work. Everyone should create a personalized leadership development plan – with two or three key goals – and update it every single year."

This article is made available for publication with commentary from Benjamin Breier, former CEO of Kindred Healthcare and author of *Intentional Disruption: Leadership Lessons in Healthcare, Business, and Beyond*.



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Cell: 603-491-7753  
ann@dippolddennehy.com



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



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



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MAY 2022 REAL ESTATE SALES IN BOW

ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
16 Grandview Road	3 Bedrooms   1 Baths	1598 Square Feet	.64 Acres	\$320,000
244 Page Road	4 Bedrooms   3 Baths	2703 Square Feet	2.67 Acres	\$480,000
101 Page Road	4 Bedrooms   3 Baths	1976 Square Feet	1 Acres	\$560,000
40 Brown Hill Road	3 Bedrooms   2 Baths	780 Square Feet	1.50 Acres	\$600,000
21 Timmins Road	3 Bedrooms   3 Baths	3324 Square Feet	2.2 Acres	\$730,000
21 Buckingham Drive	4 Bedrooms   4 Baths	4182 Square Feet	2.28 Acres	\$742,000
74 Peaslee Road	4 Bedrooms   3 Baths	3668 Square Feet	1.12 Acres	\$750,000
Lot 1 Hamilton Court	4 Bedrooms   3 Baths	2880 Square Feet	.75 Acres	\$753,337
2 Windsor Road	4 Bedrooms   3 Baths	3647 Square Feet	3.37 Acres	\$800,000

MAY 2022 REAL ESTATE SALES IN DUNBARTON

ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
179 Robert Rogers Road	3 Bedrooms   2 Baths	1547 Square Feet	13.49 Acres	\$440,000
30 Clifford Farm Road	4 Bedrooms   3 Baths	2740 Square Feet	5.01 Acres	\$576,500
1042 Montana Road	3 Bedrooms   2 Baths	2521 Square Feet	40 Acres	\$765,000

Sales Data for MAY 2022 provided by the NHMLS.



**BOW ROTARY  
CONCERT  
SERIES  
FREE SUNDAYS!  
6-8:00 PM**

The Bow Rotary Club invites the entire community to join our Club's Free Summer Concert Series. All shows are at 6:00-8:00 PM at the Bow Bandstand. In the event of inclement weather, the shows will be performed in the Community Building unless the artist elects to postpone to the optional rain date of 8/21.

Come and join the fun! Better yet, if you have talent to share, check out the Bow Rotary website at [www.bowrotary.org](http://www.bowrotary.org) for registration and information.

**7/10 KID PINKY:** Kid Pinky is a retro-style four-piece band that is both authentic and unique. Led by Steve Prisby, the band pays homage to blues, N'Awlin's funk and jazz.

**7/17 HONEY BEES:** Equal parts 30's era Jazz, Western Swing, Folk-Rock and oddball Americana, the Honey Bees, with chanteuse Mary Fagan, present chestnuts, standards and favorites with flair, fun and a hint of mischief.

**7/24 KNOCK ON WOOD:** Knock on Wood is a high-energy acoustic folk-rock duo, featuring singer-songwriter Howie Newman who performs Classic Rock covers and funny original songs suitable for all ages.

**7/31 FREESE BROTHERS BIG BAND:** Celebrating The Swing Era and the Great American Songbook, the Freese Brothers Big Band features Basie, Goodman, Ellington, Sinatra and Dorsey, along with updated arrangements of classic hits from Michael Buble and others.

**8/7 CONCORD COACHMAN/GRANITE STATESMEN:** Concord Coachmen Chorus and Granite Statesmen delight audiences with their presentation of many timeless tunes sung in the Barbershop a cappella style.

**8/14 OPEN TALENT NIGHT:** We will repeat last year's greatly successful Open Talent Night so our friends and neighbors can delight us with their talents.



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## YOUR CHILD IS NOW LEGALLY AN ADULT... WHAT YOU HAVE NOT THOUGHT OF!

Congratulations to all the students graduating from high school and to their parents!

Parents, your child has reached a milestone, you celebrated your child's 18<sup>th</sup> birthday in the last year, and recently celebrated another milestone, their graduation from high school. Now your *Adult Child* will go out to the world to start a new career, serve in a branch of our great military, attend trade school or head off to college.

*What you haven't thought about* is the fact that as parents *you no longer have any legal rights over your Adult Child's affairs*. This may lead into some issues for you if your Adult Child should become incapacitated in one manner or another, or if your Adult Child would like your help in any aspect of his/her life. Here are some real-life examples:

**HEALTH CARE EMERGENCY:** Clients of mine came to me some years ago and were clearly distraught over their situation. Their son was attending college in New York City and their son's roommate called to inform them that *their son was in the hospital and was deathly sick*. They reached out to the hospital to inquire regarding their son's circumstances to which the hospital responded, "Do you have power of attorney or an advanced directive from your son?" My clients informed them that they did not, however, they are the parents, surely, they must be able to ask questions about their sick son. The response from the hospital was that since their son was 18 years old, an adult in the eyes of the law, and that they did not have any documentation showing they had authority regarding their sons' affairs, they would not be able to share their adult son's information, over the phone or in person. My client's take away was that they were "nobody" for the purposes of their son's affairs. Unfortunately for my clients, I had to inform them that the hospital was legally correct, that parents do not have any legal rights regarding their Adult Child's affairs. They could not be informed of his condition nor make any decisions regarding treatment, as the hospital implied, they were powerless.

**THE BURSAR'S OFFICE:** Parents often experience frustration with the fact that they are paying for their Adult Child's college costs and often

questions arise that only the bursar's office at the college can answer. Some of you know where I'm going with this because you've experienced it. That is, you, the parent, calls the bursar's office to inquire regarding the financial matters at hand and you are informed you have no legal rights whatsoever regarding your Adult Child's financial matters at the college, only your Adult Child has a right to make these inquiries. Of course, all parents like to point out that they are paying the bill!

**I WANT TO HELP MY ADULT CHILD WITH:** A third situation that many of you have incurred over the years is that your Adult Child may still depend on you to help out (they have not learned all that life entails and how the adult world really works). For example, I was recently told by a mother that her adult daughter was relatively sick and needed to get in to see her doctor. The daughter asked her mother to set up the appointment as she was sick enough that making the appointment was going to be a real chore. The mother, just wanting to help out, called the doctor's office and was promptly told that only her daughter could schedule an appointment. Once again, being the parent of a young adult is not enough.

These three scenarios illustrate the fact that once your Adult Child turns 18 and you are without authority over their affairs, you might as well be nobody. Fortunately, the law has an answer to this. If you have read my previous articles you are already aware of the fact that if your Adult Child would like to give you authority over their affairs should they become incapacitated, or even if they are perfectly healthy but would not mind your help from time to time to assist in the management of some aspect of their lives, then there are two documents that your Adult Child can create providing you with authority to do so. The first one is the **Durable Power of Attorney** and the other is a **Medical Advance Directive**.

I would encourage you to have a conversation with your Adult Child before they head out into the world regarding this topic. If your Adult Child would like to provide you with such authority feel free to reach out to the Kiniry Law Firm, PLLC and we would be happy to assist your child in establishing the **Durable Power of Attorney** and **Medical Advance Directive**.

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



## DANGER ON THE ROAD – DISTRACTED DRIVERS!

We are lucky to live in such a beautiful town. The residents care so much about many aspects of our community life. My wife, Tammy, and I take advantage of living in Bow by being physically active with running, biking, and walking on the trails and roads.

Given the number of hours and miles we have spent running on our roads, my wife and I have had some life-threatening experiences. In some cases, literally jumping into ditches to save ourselves from bodily harm, or even death. What is even more upsetting is that the distracted drivers never even recognized what had just occurred.

I write this to point out we are not immune from some of the dangers in life, or specifically, distracted driving. This is a topic Tammy and I feel very strongly about! We've all seen it and are well aware of the reality of people driving in their vehicles weighing 2, 3, or even 4 tons, driving at 30, 35 or 40 or more miles per hour, all while making texts or doing other tasks while in their automobiles. I'm not a scientist, but I dare fathom that the impact to the human body would be significant! How many times have you seen drivers all over the road, across both the yellow and white lines, or in some cases, driving off the road?

**Our First Request:** One thing that I ask, plead, beg, and pray for, is that you put your phone down while you are driving and encourage your children and other to do the same. **DO NOT BE THE PROBLEM!** Whatever it is, it can wait or you can pull over.

**Our Second Request:** One of the things Tammy and I have taken notice of over the course of our time in Bow is many, if not most, people walk on the right-hand side of the road, with their backs to oncoming traffic. We see individuals, married couples, sometimes with their children, sometimes with a baby carriage, and very often with a dog with their backs to oncoming traffic. I personally literally cringe when I see this. I think to myself, "this person must be a thrill seeker" (okay, not really). This brings us to the second request: I ask is that you walk on the left side of the road, facing oncoming traffic as a way of practicing self-defense from distracted drivers. These actions will save lives, there is no doubt about it, it has saved both of our lives on more than one occasion.

**Be Safe This Summer! A public service announcement The Kiniry family**

# Travel Time WITH CHASE & BUD | NIAGARA FALLS

At last. Our annual return from wintering in Florida last month approached the good old days of pre-COVID road trips. For the first time since the fall of 2019 restaurant dining rooms and hotel lobbies were open. Brands like Country Inn and Suites and La Quinta were offering free breakfast again.

We did encounter lots of masks, of course, especially in highway rest areas. We also found COVID-related signage virtually everywhere. Establishments urged patience due to staffing shortages and provided details on state/local COVID policies on masking and social distancing.

Still, a collective sigh of relief was in

## If You Go

For your best Niagara Falls experience, start with these websites to help guide your approach.

[www.niagarafallsstatepark.com](http://www.niagarafallsstatepark.com)  
for the American side.

[www.niagarafallstourism.com](http://www.niagarafallstourism.com)  
for the Canadian side

Thinking Canada? Don't forget the **ArrivCAN** app.

even starred in a 1956 movie "Niagara." Alas, with the advent of commercial airlines in the mid-1900's and the ability to reach more exotic honeymoon destinations, Niagara Falls' star began to fade.

We had to go. But how? Niagara Falls is actually three separate waterfalls (American and Bridal Veil and the much larger Horseshoe) on the Niagara River, which forms the US/Canadian border. The big choice? Visit the US side or cross the border. Advice came back fast, furious, and unerringly consistent. Forget the US side. The Canadian side is by far the best.

The reasoning? The Canadians have invested far more in tourist infrastructure and the city of Ontario is far more developed, with a range of high-end eateries,



The view from Canada to the American side is humbling. Water falls over American and Bridal Veil Falls (left) with 280 tons of force and over Horseshoe Falls (right) with a stunning 2,509 tons of force. The US and Canada share the 4+ million kilowatts of electricity produced.

the air. Fellow travelers smiled and nodded, even engaged in brief chats. The good old days!

So, we decided to include a uniquely "retro" stop on our way back to Bow—Niagara Falls. Back in the 1950's Niagara Falls was known as the premier honeymoon destination of the world. I had never been but had read about its first honeymooners—Vice President Aaron Burr's daughter in 1801 and Napoleon Bonaparte's brother in 1804. It wasn't until the early 1900's and the advent of the automobile that the honeymoon cache really caught on, though. Marilyn Monroe

Alas, huge digital signs at the border warned us that the app ArrivCAN was required for entry. We ducked into a restaurant for lunch, and I pulled out my phone. Frustration. The app required internet access and scans of all our documents. I'd have to go back to the hotel.

Impossible timing. New York's Niagara Falls State Park would have to do. Disappointed, yes—at first. But within minutes of arriving, we were grinning and shaking our heads. The park (the first state park in the US) was designed by Frederick Law Olmsted. Think Central Park, the Biltmore Estate and the White House and US Capitol grounds. Expansive views of the falls are juxtaposed with intimate gardens. Plantings, pathways, and vistas complement each other and lead you right to the edges of all three falls. The result is at once serene and exciting.

And dog friendly! The sun came out and we strolled around with Maggie and Millie, amazed at the raw power of the water and thrilled that we could almost reach out and touch the falls.

Sadly, we had no time to descend to the Cave of the Winds or board the Maid of the Mist. But we left wanting to learn more. Take the Barrel Brigade, fifteen daredevils who since 1901 have thrown themselves over Horseshoe Falls in barrels and other contraptions (only ten survived). How about the Underground Railroad's Harriet Tubman leading four escaped slaves to safety in Canada over the Niagara Falls Suspension Bridge in 1856? Bud, of course, was fascinated with the hydroelectric story.

We could see the glamour and high-rise casinos across the river, but we were immensely pleased with the up-close-and-personal feel of the American side. Which is for you? That depends on your personal choice and how much time you have.

**"IT IS IMPRESSIVE, BUT IT WOULD BE MORE SO IF THE WATER WENT IN THE OTHER DIRECTION."**

Attributed to Oscar Wilde

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## Safe@Home

**Friday, July 1 2022 from 9:00 - 10:00 AM at Bow High School, Room 2303**

Designed to prepare students entering grades 4-6 to be safe when 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

**Wednesday, June 29 2022 from 8:30 AM - 1:30 PM at Bow High School, Room 2303**

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)**



The Summer Reading Program begins Friday, June 17! Stop by the library between 4:00pm and 6:00pm to register for your program, receive your Reading Record, and stock up on books for the summer. While there, you can sign-up for all your favorite summer events, and catch a live show from children's musician Julieann Hartley, beginning at 5PM! All ages welcome.

### CHILDREN'S PROGRAMS

Flamingo the Fish: A Creative Children's Concert with Miss Julieann Friday, June 17th | 5:00pm

Enjoy a live concert from children's musician and music therapist Miss Julieann! This interactive 1-hour show focuses on engaging the creativity of children, while also working to support the development of language and attention skills. Part of the library's Summer Reading Kick-off Party! All ages welcome.

Miss Julieann is a Parents' Choice award-winning music therapist from Hooksett, NH. You can find her album, *Therapeutic Songs for Kids*, on all streaming services.

### FAMILY STORYTIME ~ Every Tuesday 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 playtime, allowing children and their caregivers to meet and socialize together. All ages welcome. This session runs from June 21st to Tuesday, August 9th.

### GLOW-IN-THE-DARK NIGHT!

Wednesday, June 22nd | 5:30-7:00pm | ages 3-7

Wednesday, July 13th | 5:30-7:30pm | ages 8+

Explore the beauty of bio-luminescence with a night full of glowing games, crafts and activities! This black-lit party will be bursting with color, and include glowing face and body paint for young children and tweens!

This program will be offered twice to accommodate different age groups; please register your child for the appropriate session. Families with children in multiple age groups may choose whichever session they prefer.

Registration required. Visit our Online Calendar to reserve your spot.

### YOUNG WRITER'S WORKSHOP ~ Tues., June 28th | 4:00-5:00pm

Celebrated local author Erin Bowman presents a creative writing workshop for young writers! Participants will complete writing exercises, learn how to give and receive feedback, and discover the ins-and-outs of crafting an engaging story. This workshop is designed for aspiring writers entering grades 4 and up, and space is limited. Please register to reserve your spot.

If your child falls outside of the suggested age range and would like to attend this workshop, please contact the Youth Services Librarian at [juliana@bakerfreelib.org](mailto:juliana@bakerfreelib.org).

Registration required. Visit our Online Calendar to reserve your spot.

### YOUNG WRITER'S CLUB ~ Thursdays, June 30th - July 21st | 3-4pm

This summer, the library will assemble a collection of stories, comics and poems created by its youngest writers! Each participant will have the opportunity to contribute an original story, poem, or comic, complete with illustrations, which will be bound into a book and added to the library's shelves at the end of summer.

Want to work on your story at the library? Drop by the Young Writers Club, where we'll share what we're working on and explore games and activities designed to get us writing. Attend meetings as often as you like.

This is a drop-in program suitable for writers entering 4th grade and up, or for those reading and writing at those grade levels. Registration is not required.

**STORYWALK® AT KNOX TOWN FOREST** ~ Saturday, June 25  
The StoryWalk® is back at the Robertson Trail this summer! Visit our website to view the Featured Books this season. Thanks to Bow Open Spaces for facilitating the use of the Robertson Trail at the Knox Town Forest.

Trail maps are available through Bow Open Spaces and may be picked up at Baker Free Library prior to your visit. Limited parking is available at the trailhead of Knox Town Forest located on Knox Road.

### FRIDAY MATINEE SERIES ~ Fridays, June 24th - August 5th | 1pm

Join us in the MCSB Room for Friday Matinees this summer! Escape the heat and enjoy family-friendly movies while we provide the refreshments and entertainment. Stay tuned for a full list of movies and descriptions to come!

### ADULT PROGRAMS

Feasting from the New England Seaside (Virtual Program)

Monday, June 27th | 6:30pm

The beautiful shorelines of New England offer an amazing variety of fresh seafood. During class, chef Liz Barbour of The Creative Feast will share her tips about buying, storing, and preparing seafood at home. Liz will demonstrate two recipes you and your family will love.

Registration is required to receive the Zoom link through our Online Calendar.

### THE FINEST HOURS:

New York Times bestselling author Michael Tougias will give a virtual presentation on his book *The Finest Hours: The True Story of the U.S. Coast Guard's Most Daring Sea Rescue*. (Virtual Program) Monday, July 11th at 6:30 PM via Zoom.

On February 18th, 1952 an astonishing maritime event began when a ferocious nor'easter split in half a 500-foot long oil tanker, the Pendleton, approximately one mile off the coast of Cape Cod, Massachusetts. Incredibly, just twenty miles away, a second oil tanker, the Fort Mercer, also split in half. On both fractured tankers men were trapped on the severed bows and sterns, and all four sections were sinking in 60-foot seas. Thus began a life and death drama of survival, heroism, and a series of tragic mistakes. Of the 84 seamen aboard the tankers, 70 would be rescued and 14 would lose their lives.

This program is free, open to all, hosted by the Baker Free Library and sponsored by the New Hampshire Humanities Council.

The Disney Corporation has made a movie based on the book which will be shown at the Library on Friday, July 15th at 1pm during our Friday Matinee series.

Register to receive the Zoom Link through our Online Calendar.

### ADULT BOOK TALK ~ Tuesday, July 12th | 12:30pm & 6:30pm

The Adult Book Talk Group will be discussing *Margreete's Harbor* by Eleanor Morse. Copies of the book are now available at the Circulation Desk to check out.

**The White Rock Book Group** will be meeting at White Rock Senior Center on July 19th at 1pm.

**Love mysteries?** Contact Amy at [amy@bakerfreelib.org](mailto:amy@bakerfreelib.org) to learn about the mystery-themed book club, the **Whodunits!** The next meeting is at White Rock Senior Center on July 5th at 1pm.

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## BOW GARDEN CLUB HOSTS A SUCCESSFUL SPRING PLANT SALE!

The Spring Plant Sale held on May 28th was another successful endeavor thanks to the hard work of its members and the continuing patronage of Bow area residents! Literally thousands of healthy and colorful plants were displayed at the Bow Community Center and there was plenty for everyone this year – flowers for garden beds, window boxes, planters, veggie starters and herbs for culinary needs.

New this year was the **BGC Craft Corner** where some of our artisan members created and donated garden-related items to sell for extra revenue for the club. Among the offerings were hand made pillow cases sewn from nature-inspired fabrics, tiered glass garden art, solar powered butterflies for the garden, mini succulent gardens, locally made maple syrup and an assortment of previously owned baskets and flower vases.


Many thanks for the monetary donations and for the kind words of appreciation and acknowledgments that we received throughout the sale. It is heartening to know how much the club's civic beautification efforts around town are enjoyed and appreciated.



Tim, Ashley and upcoming little gardener Lucy Polson.





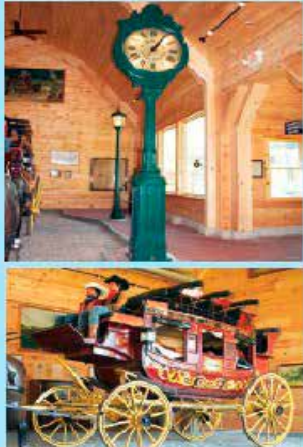


L to R: Bow Garden Club members Janis Kuch & Lorraine Dacko.




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## BOW POLICE LOG

### MAY 2022 ARREST LOG

#### Bow Police Department May 2022 arrest log (Felonies and Misdemeanors)

**5/2** Joshua Bessette, 36, Deerfield, was arrested on a warrant for disobeying an officer.

**5/5** Stephen Droney, 53, Hill, was arrested for driving under the influence, disobeying an officer, and driving after revocation or suspension-subsequent offense.

**5/6** Jannelle Delaney, 37, Manchester, was arrested for driving under the influence and open container; Michelle Hardy, 43, Concord, was arrested on a warrant for harassment; Quanterrius Lovett, 30, Hyannis, MA, was summonsed for operating without a valid license and driving after revocation or suspension.

**5/7** Teyro McGee, 42, Concord summonsed for driving after revocation or suspension-subsequent offense; Joseph Frazier, 40, Penacook, was summonsed for driving after revocation or suspension.

**5/10** Madison Howland, 19, was arrested on a warrant for bail jumping.

**5/14** Jason Paradis, 45, Concord, was arrested on a warrant for violation of probation; Kristen Macrae, 21, Concord, was arrested on a warrant for violation of probation.

**5/15** Paul McGonagle, 51, Concord, was arrested for criminal trespass; Tyler Lundstrom, 29, Concord was arrested for operating while a habitual offender and on a warrant for operating after revocation or suspension- subsequent offense.

**5/19** Maureen Marcoux, 65, Bow was arrested on a warrant for two charges of simple assault.

**5/20** Catherine Lennon, 72, Bow was summonsed for disorderly conduct.

**5/22** Robin Bailey, 51, Bow, was arrested on a bench warrant for theft by unauthorized taking.

**5/22** Jennie Gillespie, 35, Nottingham, arrested on a warrant for possession of controlled drugs with intent to sell; Mark Lozeau, 46, Bow, was arrested on a warrant for suspended registrations and driving after revocation or suspension.

**5/24** Jon Daigle, 35, Manchester, was arrested for possession of controlled drugs and a bench warrant for a probation violation and credit card fraud.

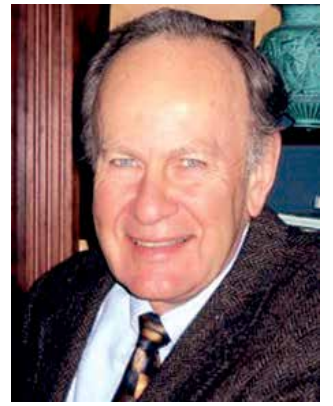
**5/25** Nathaniel Webb, 31, Concord, was arrested on a warrant for simple assault and disorderly conduct.

**5/27** Shauna Longfellow, 18, Bow, was arrested for driving under the influence; Jose Alves, 42, Nashua, was arrested for breach of bail and driving after revocation or suspension.

**5/28** Charlotte Laffey, 23, Pelham, was arrested for driving under the influence.

**5/30** Monica Quenneville, 35, Manchester, was arrested on a bench warrant for burglary

**5/31** Marcel Daigle, 53, Boscawen, was arrested for possession of controlled drugs and allowing an improper person to operate a vehicle.



## GUN VIOLENCE

In 1985, the then Surgeon General, C. Everett Koop, led a workshop on violence and public health.

He emphasized that violence was a public health issue, and therefore public health strategy was needed to try to make our society safer.

We as a nation, have not done a very good job at reducing gun violence. In the US, between 2010 and 2018, more than 300,000 people died from firearm-related injuries. Among 14 to 18-year-olds, firearm-related injury was the leading cause of death in 2018, which was 25% higher than motor-vehicle crashes. More than 42% of people who died from firearm-related injuries in 2018 were younger than 35 years.

I cannot put into words the grief that is experienced by those who have lost a loved one to gun violence. It may seem crass, and it cannot compare to the emotional loss, but it is worthwhile noting that the writers of the book *Bleeding Out* estimated that the financial cost of murder to our society is from \$173 billion to \$332 billion. Many studies have shown that the firearm homicide rate in the US is more than 25 times that of other 'high-income' countries.

And yes, we all know that Black men are much more likely to die from firearms than White men. As I write this on 24 May, we have just seen the horrors of the 27<sup>th</sup> school shooting in 2022! So far this year 17,112 people have died from firearms: (7,608 are homicide/murder/unintentional and 9,504 are suicide). It is not meaningful to argue if these numbers are increasing or decreasing, because that begs the question... this is simply too many deaths!

We need to address root causes of violence in our families and communities, and those may differ depending on the population and risk level. I think that we all need to acknowledge some responsibility in creating cultures of violence, and we all need to accept responsibility for coming up with a remedy. We also need to acknowledge what has become a battle cry of 'second amendment rights', AND we must acknowledge that it is a public health necessity to have reasonable limits (and even restrictions) on those rights.

We must all accept responsibility for gun related deaths because we have failed to act. I began this article by saying that I thought that we as a nation had not done a very good job of reducing gun violence; we have actually done a terrible job... we have failed our fellow citizens. Would you feel differently if your child died from gun violence? What are you going to do about it?

1. <https://www.nlm.nih.gov/exhibition/confrontingviolence/materials/OB10998.pdf>.
2. <http://www.cdc.gov/injury/wisqars/index.html>.
3. Journal of the American College of Surgeons: September 2021 - Volume 233 - Issue 3 - p 471-478,478e1

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THAT TAKE YOUR BREATH AWAY

Maya Angelou



## OBITUARIES

### NORMAN CAIN

Norman Cain of Bow passed away on May 19, 2022, at home due to pulmonary fibrosis.

He was born on August 7, 1941, at Portsmouth Hospital in Portsmouth to parents Norman R. Cain, Sr. and Arlene (Johnson) Cain.

Norm was a graduate of Portsmouth High School and Keene State College with a degree in Secondary Industrial Arts Education. He taught at Charlestown HS, Fall Mt. Regional, Bow Memorial, and Henniker Middle School.

Norman was giving, kind, honest, generous with his time to help others, an amazing problem solver, and had a great sense of humor. As a teacher, Norm encouraged his students to be creative, independent, and critical thinkers.

He was predeceased by his parents, his surviving family includes his wife Peggy of 50 years; his daughter, Kristin; daughter-in-law, Christine; grandsons: Dylan, Logan, and Branden; his cousin, Dr. Brad Goodwin (Susan); his brother-in-law, Don Lower, his children Terri, Pam, and Kevin and their families; cousins and friends.

In lieu of flowers, donations may be made in Norm's memory, to Granite VNA, Granite VNA Hospice, 30 Pillsbury Street, Concord, NH 03301

### RICHARD BAXTER

Richard N. Baxter, "Dick," of Bow, passed away peacefully at home on May 13, 2022, surrounded by family. He was 75 years young.

He is survived by his wife Maureen Baxter of Bow, his daughter, Maura, and son-in-law, Ben, of Hingham, MA. He was the son of Robert A. Baxter and Virginia N. Cleary, and a loving brother to Robert Baxter, Jr. (deceased) and his wife Linda of Scituate, MA, Peter Baxter and his wife Candi of Parrish, Florida, and David Baxter and his wife Karen of Loudon, NH. He enjoyed spending time with his many nephews, nieces, and cousins.

In lieu of flowers, donations can be made in his memory to his nephew's scholarship foundation: Sean P. Cunningham Memorial Scholarship Fund, LVHN Pocono Foundation, 206 East Brown Street, East Stroudsburg, PA 18301.

### CEDRIC DUSTIN, JR.

Cedric H. Dustin Jr., age 96, and the Boston Post Cane holder for Bow passed away on May 17, 2022, at Epsom Healthcare Center.

"Dusty" was born on August 19, 1925, to Cedric H Dustin and Bertha (Robinson) Dustin in Exeter. He was a United States Army Air Force veteran and served in World War II. Following his discharge, he attended Northeastern University and graduated in 1951. That year was monumental for Dusty. On April 8 he married Elinor M Shannon of Woburn, MA with whom he shared 63 years of marriage until her passing in 2014. He moved to Bow in 1951 and began his employment with Concord Natural Gas, where he rose to President over the years. Later, he worked for Energy North Inc., retiring in 1988 as Senior Vice President.

In Bow, he served in town government as: Trustee of Trust Funds, worked on the Budget Committee, on the Water and Sewer Commission, and on the Conservation Commission. Outside of town government, he was involved in Boy Scouts and the Bow Men's Club. In Concord he was president and director at Concord Community Development Corp. for 18 years and served on the Advisory Board for NHTI for over 20 years.

He is predeceased by wife; Elinor, and his sister; Frances Winch. He leaves three sons; Dr. Cedric Dustin III, of Pittsfield, John Dustin (Melodie) of Shrewsbury, MA, and Robert Dustin (Carolyn) of Pelham; and five grandsons.

Donations may be made to Saveourgasholder, New Hampshire Preservation Alliance, or a conservation organization of your choice.

### CAROLYN R. URBAN

Carolyn R. (Dubey) Urban of Bow passed away May 30, 2022.

Carolyn was the fourth of five children born to Leon T. and Yvonne Dubey on Dec. 12, 1940, in Berlin, N.H.

Carolyn attended St. Patrick's High School in Berlin, Becker College in Worcester, MA., and went on to live and work in Boston, MA., as an orthopedic medical assistant for almost seven years until she returned to Berlin to marry Anthony (Tony) Urban in 1966 after years of courtship. That marriage lasted 51 years until Tony's death.

She was a devoted wife and mother. Once saying she felt her greatest achievement was being Tony's wife and Pam's mother. She underestimated her own high value in so many others' lives.

Carolyn pursued a bachelor's degree from the University of New Hampshire (summa cum laude) and became an elementary school teacher at Berlin's Marston and Bartlett schools. She loved teaching and was the "favorite teacher" of many children.

After many happy years in Berlin together, illness forced Tony and Carolyn to relocate to Bow, in 2015.

Carolyn is survived by her daughter Pamela Urban-Morin (spouse Marc Morin), sisters Joan Morency of La Habra, Calif., Nancy Thome of Rockville, Md., several nieces and nephews, and brother-in-law Rudy Urban. She is predeceased by her parents, Tony's parents: Edward and Mary Urban, her sister Lois O'Leary, brother Leon Dubey, and husband and Mayor of Berlin, Tony Urban.

Anyone who wishes may consider a donation in Carolyn's memory to: Granite VNA of Concord; 30 Pillsbury St., Concord, NH 03301 (attn: Home Care program) or The Friends Program of Concord; 130 Pembroke Road, Suite 200, Concord, NH 03301.

*What moves through us is a silence, a quiet sadness, a longing for one more day, one more word, one more touch. We may not understand why you left this earth so soon, or why you left before we were ready to say good-bye, but little by little, we begin to remember not just that you died, but that you lived. And that your life gave us memories too beautiful to forget.*

Author Unknown



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Dunbarton Town Office	Veano's, Manchester St.
Everyday Café	White Rock Senior Center
Flanagan's South Ender Deli	

## RESPONSE ACTIVITY LOG MAY 2022

- 21** Basic Life Support Transports
- 31** Advanced Life Support Transports
- 21** Non-Transport Care Refusal
- 0** Paramedic Intercepts
- 18** Fires/Hazardous Conditions/Alarms
- 31** Service Call Incidents/Good Intent
- 15** Overlapping Incidents
- 122** Total Calls for the Month

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