

# The Bow Times

“Of the People, By the People, For the People”

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

THE BOW TIMES                      VOL 29, NO. 7      July 2022                      www.thebowtimes.com                      FREE

## DUNBARTON VILLAGE NEWS ON PAGE 9



Lyndsey LaPerle, Bow High School Junior.                      Chip Griffen | Photo

## LYNDSEY LA PERLE NAMED GIRLS SOCCER PLAYER OF THE YEAR

by: Dan Attorri

Bow High School’s Lyndsey LaPerle is the Gatorade NH Girls’ Soccer Player of the Year, the sports drink company announced on Thursday.

The award, “which recognizes not only outstanding athletic excellence, but also high standards of academic achievement and exemplary character demonstrated on and off the field,” according to a Gatorade news release, comes after LaPerle led the Falcons to an 18-1-0 record and a Division II title this past season.

LaPerle, a junior in 2021-22, led a prolific Falcon offense with 24 goals, eight assists and game-winning goals in overtime in both the semifinals and finals, earning a First-Team All-State selection. LaPerle winners sent the Falcons past Hollis-Brookline, 2-1, in a Nov. 4 semifinal and over Pembroke three days later by the same 2-1 count in the state final.

The Falcons are one of the strongest soccer programs in New Hampshire, with 12 consecutive trips to the final four and nine championship game appearances during that span.                      **Courtesy of the Concord Monitor.**

## HOPKINTON-CONTOOCOOK NEWS ON PAGES 11-12

### 6 WAREHOUSES OF OVER 200,000 SQUARE FEET PLANNED IN BOW

Peter Levine, the principal of Amber Bow Associates, presented Application #203-22 to the Planning Board on June 16. It calls for construction by a year from now of six warehouses on Dow Road. One would be 40,466 square feet, the second 24,373 square feet and then four 35,476 square foot buildings.

The total of 206,000 square feet will have water supplied by wells in a 90,000 gallon cistern.

The Planning Board of Bow will do a site walk on July 22.

Further studies for lighting, drainage traffic, etc. will be conducted.

### BOW GIRLS WIN DIVISION I CHAMPIONSHIP GAME

The Bow Soccer Club, Girls U12 team played in the New Hampshire Soccer League Division 1 Championship game on Sunday, June 12 versus Hampshire United at the NHSA complex in Pembroke.

The Bow girls came away victorious with a 2-0 result. Bow’s first goal was scored late in the 1st half by Celia Roberge off a great cross from Jolee Trudell and the second goal was put in mid-way through the 2nd half by Sadie Pelletier off a Reanne Hubbard throw-in. Bow’s defense, led by Zoey Lupien, was solid on the day, as they were all season, helping goalkeeper Kyleigh Duval earn the shutout. The girls had 7 wins, 0 losses, and 1 draw in the spring season and didn’t concede a goal in any match, including the playoffs.



Pictured in the photo, starting front row left to right are: Kyleigh Duval, Sadie Pelletier, Jolee Trudell, Celia Roberge, Addison Rader, and Brylee Coffman. In the back row, left to right are: Ashlyn Blethen, Mily Jacobson, Matison Couto, Jordyn Leonard, Zoey Lupien, Reanne Hubbard, Marissa Reyes, Autumn Betteridge, and Tulla Flanagan. Missing from the photo was Ava Popielarz. The girls were coached by Don Hubbard and Nate Reyes. Photo courtesy of Bob Pavano.

## BOW HIGH SCHOOL STUDENTS & TEACHER TAKE TOP AWARDS IN STATEWIDE COMPETITION

How can equity be defined and illustrated? This year 46 Granite Staters took on that challenge by the Racial Unity Team. Three Bow High School students were awarded for their artistic creativity and originality, with **Aren Akcan, Bryana Szepan, and Sage Landers winning first, second, and third place respectively.**

Racial Unity Team’s Founder and Chair, Ken Mendis, presented the Chairperson’s Award to BHS art teacher **Jenn Markmanrud.** “You, Jenn, provided the opportunity to students to apply their creative expression to our theme, Equity. You facilitated a learning community for students to expand their knowledge through their artwork, and you fostered opportunities for group learning.”

Additional Bow participants were Quinn Lewis, Myles Rheinhardt, Eve Libby, Patrick Walton, Isabella Jones, Joseph McDowell, and Rae-Lynn Shi; from Dunbarton.

The Art and Poetry Challenge promotes the education and understanding of important and complicated themes surrounding racial unity and acceptance. Participants of the challenge submit poetry and artwork inspired by the assigned theme of the year that are later judged and awarded based on quality and comprehension.

For more information about the competition and the Racial Unity Team, go to [www.racialunityteam.com](http://www.racialunityteam.com)

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



# LOW TAXES ARE THE RESULT OF LOW SPENDING

## The Bow Times

Publisher - The Bow Times, LLC

Editor - Chuck Douglas 224-1988

Co-Editor - Debra Douglas

Sales and Prepress Design -  
Nadeane Mannion 715-8106  
[nmannion1@comcast.net](mailto:nmannion1@comcast.net)

Technical Editor - 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)

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

### ADVERTISEMENT ERRORS:

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

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

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

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

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

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

## EDITORIAL

### DIAL IT BACK ANGELA

by Chuck Douglas

At a recent Board of Selectmen meeting newcomer, Angela Brennan, disagreed with one of her fellow selectmen and called him an “a” hole. This is very reminiscent of her mentor, Harry Judd, dropping an F-bomb on a selectman.

Politics and Bow is not well served when policy disagreements become swearing matches. The nation is ill served by such conduct and Bow certainly does not want it.

We should be able to disagree without being disagreeable. It is time for Ms. Brennan to apologize, take a deep breath and grow up.

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

### PENCE’S COURAGE: HE MAY HAVE SAVED U.S.

Mike Pence rates low with some Americans because he was a loyal vice president to Donald Trump. But in a dark hour and **under incredible pressure**, Pence put loyalty to his country first and may have saved it in the bargain.

Facts are stubborn things and the fact is that Pence, as illustrated in last week’s congressional hearing, was a profile in courage during the Jan. 6, 2021, mob action at the Capitol and the days leading up to it.

Trump loyalists can complain about the orchestration of the hearings, but the hard fact is that the legal scholar filling Trump’s head with wild theories about Pence’s electoral college duty was quick to seek a presidential pardon when Pence ignored him. Showing his own “loyalty” to those doing his bidding, Trump declined to issue the pardon.

U.S. Rep. Liz Cheney of Wyoming is among five recipients of this year’s Kennedy Library Profiles in Courage award. She is deserving of it, given that her acceptance of a seat on the Jan. 6 committee may cost her reelection this fall. But Pence did more than serve on a controversial committee. He may have risked his life when he refused Secret Service entreaties to flee.

As an aide told the committee, Pence was not going to have the world see the Vice President of the United States fleeing the U.S. Capitol

Guest Editorial Courtesy of the Union Leader

### IT’S NOT WHAT TRUMP KNEW, IT’S WHAT WE SHOULD HAVE KNOWN

*Guest Editorial by Mona Charen*

The January 6 House committee devoted the second of its public hearings to demonstrating beyond doubt that Donald Trump knew he had lost the 2020 election. The unstated assumption here is that Trump did not sincerely believe the election was stolen. He was told over and over again that it wasn’t and yet persisted in propagating a dangerous lie to the world. And therefore, he is responsible.

Asking whether Trump knew the election was free and fair is like asking whether a Komodo Dragon prefers smooth jazz or hip hop. It’s a category error.

At some point, citizens have to use the sense God gave them. If the Dominion Voting machines were rigged, why did Republican House and Senate candidates do so much better than Trump? If there was a vast conspiracy to flip votes from Trump to Joe Biden, why did Trump perform better with Hispanics in 2020 than he had in 2016? And if the problem was the “rigged” voting machines, why did two hand recounts in Georgia show no discrepancies?

If the riot at the Capitol was the work of Antifa and the deep state, why was Ashli Babbitt a martyr? And for that matter, if it was Antifa, why were Republican members asking Trump for pardons in the final days of his presidency? Alternatively, if it was a “normal tourist visit,” why blame it on Antifa?

Finally, why would people like Brad Raffensperger, Chris Krebs, Bill Barr, Brian Kemp, Doug Ducey and Liz Cheney, who had nothing to gain and a great deal to lose by telling the truth, be doing what they are doing?

If any discordant reality can be dismissed with “explanations” like “RINO” or “woke,” we have left the realm of reality altogether.

So, yes, Trump is responsible for his lies however fervently he may tell himself and others that he believes in them, because what he believes is irrelevant. His mind is a black hole of truth. It’s not what he knows but what he has a responsibility to know. And the same goes for all of us.

Courtesy Union Leader

## LETTER TO THE EDITOR

Dear Editors,

I just wanted to thank you for highlighting dancer Aiva Berrigan in last month’s The Bow Times! She is a wonderful human being and obviously so talented. I was able to see her dance in one of her performances and she was amazing. Thank you also for highlighting Alex Nagy-another wonderful person and also quite talented.

As many of you know, I taught here in Bow for a long time and loved, loved, loved my job! It wasn't really a “job,” it was an amazing opportunity. With the schools taking such hard hits these days, it is wonderful to see some good reporting!

Edie Perkins, Bow



## ALEXANDRA LARRABEE MAKES 2022 ALL AMERICAN TEAM



USA Lacrosse has recently announced its 2022 All American team which includes Bow's Alexandra Larrabee. Alex is one of nine girls from New Hampshire that have been given this prestigious honor.

Alex, a junior, currently holds the Bow High School records for career assists (66) and most points (goals and assists) in a season with 127. Alex has committed to play lacrosse at Colgate University after high school.

## ANNUAL WHEELER AWARD WINNERS



Bow Athletic Club (BAC) is pleased to announce the 2022 winners of 39<sup>th</sup> Annual Wheeler Award are Ella Trefethen and Jake Reardon.

The Wheeler Award is named after the late Robert Wheeler, one of the founders of BAC. He was strongly committed to teaching all young athletes core essential qualities that sports should build in every child: a) Being a positive contributor to the team; b) Being committed to other players and coaches; and c) Demonstrating an exceptional level of sportsmanship. The Wheeler Award is presented to an athlete that displays each of these criteria.

Ella excels at soccer, basketball and lacrosse, while Jake plays soccer, basketball and baseball. Also nominated for the award by an area coach was Mackenzie Carder, Josie Johnson, Gavin Buxton, Ryan Dolder, Chase Flagg and Peyton Larrabee.

READ ALL EDITIONS OF THE BOW TIMES ONLINE!  
[www.thebowtimes.com](http://www.thebowtimes.com)



**If you're looking for a way to release your stress or wish to have a more restful, restorative night's sleep...**

Join instructor Lucia Cote, RYT, and explore gentle, easy-to-learn and accessible techniques in the comfort of your home via Zoom.

Lucia will lead you in restorative stretching, meditation, in-motion and guided mindfulness practices.

**Virtual Classes are offered:  
 Wednesdays from 7:00 to 8:00 PM**

**Class dates are:  
 July 27, August 24 and September 28**

**Choose one or all three classes.  
 Cost per class is \$15 for Bow Residents  
 \$20 for non-residents.**

**Contact Bow Parks & Recreation  
 at 603-223-3920 to register.**



## Bow student scholars

**James Jensen** was named a presidential scholar for the spring semester at Clarkson University.

**Louis Keith** was named a presidential scholar for the spring semester at Clarkson University.

**Sarah Ciotti** was named to the dean's list for the spring semester at the University of Vermont.

**Gwen Molind** was named to the dean's list for the spring semester at the University of Vermont.

**Rebecca Lessard** graduated from Stonehill College.

**Mary Wiley** graduated from the College of the Holy Cross.

**Christopher Gallier** graduated from St. Anselm College with a Bachelors in Business.



## THE CONCORD COALITION TO END HOMELESSNESS HOSTS The Annual Bluegrass BBQ



### COOKING UP A FUNDRAISING FEAST

The annual Bluegrass BBQ is back! If you are looking to enjoy an awesome meal on a summer afternoon, listen to some **live music**, and support the work of Concord Coalition to End Homelessness (CCEH), the barbeque is the perfect opportunity.

The event takes place on **Saturday, July 23rd** in White Park, in Concord, with a rain date of July 24th. Food service runs from 11-4 p.m. Live music will be playing throughout the afternoon, with performances by Paul Hubert, Bow Junction, Whiskey Prison, and Hank Osborne.

The Bluegrass BBQ will be tailgate/drive-in style, so bring your chairs and picnic blanket to enjoy your meal in the park.

Purchase your tickets early by going to [concordhomeless.org](http://concordhomeless.org). Tickets are **\$40 for the Pit Master Special meal-for-one**; this meal includes a generous portion of BBQ brisket, smoked sausage, pulled pork, baked beans, coleslaw, pickled red onions, a beverage and more. Other options include: the **\$25 Pulled Pork Sandwich Meal** includes baked beans, coleslaw, pickled red onions, and a beverage; **\$15 Pulled Pork Sandwich ONLY**, **\$10 Grilled Hot Dog Meal** for will include a bag of chips and a beverage; and a **\$20 Vegetarian Wrap** consisting of a Hummus, Tabouli (couscous, parsley, tomato, lemon juice, salt, garlic, cucumber), greens, tomato, cucumber, peppers with slaw, potato chips, pickel and beverage.

Photos by Mulberry Creek Imagery



## Travel with The Bow Times



Siri Douglas, editors' granddaughter, enjoys reading her copy of The Bow Times on the beach at Monterosso Al Mare, Italy.

## New Hampshire FEDERAL CREDIT UNION

New Hampshire Federal Credit Union Board of Directors approved the 2022 – 2023 Slate of Officers as follows:

James P. Fredyma, Chair; Lori H. Real, Vice Chair;

A. Allan Clark, Treasurer; George C. Gendron, Jr., Secretary.

Board Members include: Heather E. Brown, Avis L. Crane, William F. Costa, Stephanie L. Milender, and Jenna B. Partington.

### Discounts for Students with a "B" or Better Average



## RELIABLE INSURANCE SOLUTIONS, LLC

Auto • Home • Life • Commercial • Investments

**Matt Poulin**

6 Garvins Falls Road  
Concord, NH 03301

**603-568-2535** (cell)

**603-715-2975** (office)

[info@ReliableInsSolutions.com](mailto:info@ReliableInsSolutions.com)

**FREE COMPREHENSIVE REVIEW  
OF YOUR INSURANCE NEEDS**  
[www.ReliableInsSolutions.com](http://www.ReliableInsSolutions.com)





**Local Decisions,  
Local Lending  
at Concord's  
Hometown Bank.**



**At Sugar River Bank, we make the home buying experience a lot easier for you.**

**HOME MORTGAGES • JUMBO LOANS  
LAND LOANS • CONSTRUCTION LOANS  
HOME EQUITY LOANS • HELOCS**

During every step of your journey, from pre-approval to selecting the right mortgage program, to closing on your new home, you can expect personal service from our lending professionals.

**Additional Branches:** Newport, New London, Sunapee, Warner, Grantham

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

**How can Ellen help you?**  
**ELLEN LESSARD**  
Mortgage Loan Officer  
NMLS #1597160  
**603.227.6011**  
elessard@sugarriverbank.com

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

Member FDIC | Equal Housing Lender

## 10 TIPS TO GREEN YOUR HOME AND SAVE MONEY

Whether you're a renter or a homeowner, chances are you care about protecting the environment – and saving money. Here are some tips from the American Bankers Association to help you do both.

### Light up the house, not the electric bill

Replacing incandescent light bulbs with more energy efficient compact fluorescent light (CFL) bulbs will save you about \$6 a year in electricity costs per bulb and more than \$40 over its lifetime. According to ENERGY STAR, if every American home replaced just one light bulb, we would save enough energy to prevent 9 billion pounds of greenhouse gas emissions per year. Remember to recycle used CFL bulbs.

### Some like it hot, hot, hot ... or cold, cold, cold

Closely monitor your thermostat. Adjusting it just a few degrees while you're out can save energy and money. You can make it easier by installing a programmable thermostat. Use fans and close the blinds during the warm months and let the sun in for natural warmth in the winter. Also, change your filter every three months.

### How low can you go?

One way to save water is by using low-flow toilets. The most cost-effective way to do this is to simply take a 1 liter plastic bottle, fill it with water and place it inside the tank. This will reduce your water use per flush. Another way to save water is placing an aerator on all of your faucets.

### Make it mean-green-clean

Cleaning supplies can be expensive and are made with toxic chemicals. You can save money and the environment by making your own cleaning supplies. All you need are some basic household ingredients like vinegar, lemon juice, baking soda and borax to clean everything from windows to tile. Look online for recipes and suggestions.

### Reduce, Reuse, Recycle!

Sticking to this mantra can help you save money around the house. Use a rag instead of paper towels. Buy products in bulk, concentrate or refillable containers to reduce packaging waste. Look for products made from recycled content. And don't forget to recycle!

### Win-dos for your windows

There are a number of ways you can make your windows more energy efficient without replacing them. For better insulation from the weather, you can caulk exterior joints, put shrink wrap on them or hang blackout curtains.

### Fan the green flames

Your refrigerator can run more efficiently and the motor won't have to work as hard if the fan is clear of items in the way.

### Decorate green

Houseplants are like living air-filters. English Ivy, rubber trees, peace lilies and red-edged dracaena can help clean the air and look pretty too.

### Vampire energy is sucking you dry

On or off, anything plugged into the wall sucks energy. Vampire power costs U.S. consumers more than \$3 billion a year, according to the U.S. Energy Information Administration. Unplug your electronics and appliances when they're not in use.

Source: American Banker's Assoc, aba.com

Sugar River Bank  
www.sugarriverbank.com  
Member FDIC



## BOW HIGH SCHOOL SENIOR AWARDS NIGHT

Bow High School Class of 2022 celebrated students' accomplishments and scholarships at their Senior Awards Ceremony on June 7th.


Through the generosity of many state and local organizations, seniors were recognized for their achievements.

A few of the recipients follow:

**Bow Athletic Club Scholarship** - Sarah Guerrette, Teddy Pfeifle, Jessica Chamberlin and Myles Rheinhardt, **Bow Falcons Booster Club Scholarship** - Jocelyn Webber, Stephen Thorne, Zachary Anderson, Noah Leuchtenberger, Cailyn Benson and Sarah Guerrette, **Bow Garden Club Scholarship** - Lincoln Routhier, **Bow High School Most Outstanding Student in Theatre Arts Award** - Miles Ess, **Bow High School Career Athlete Awards** - Alexander Boisvert and Sarah Guerrette, **Bow High School Student Senate Scholarship** - Sarah Guerrette, **Bow Men's Club Scholarship** - Rorie Cochrane, Andrew Conley, Ashley Panzino and Myles Rheinhardt, **Bow Pops Chorus Award** - Rorie Cochrane, **The John Philip Sousa Band Award** - Hannah Waltz, **The National School Choral Award** - Rorie Cochrane, **The Director's Award for Most Outstanding Student in Music** - Madeleine Kropp, **Rookie of the Year Award** - Connor Bernard, **Daughters of the American Revolution Award** - Cassie Murphy, **Dunbarton Garden Club Scholarship** - Lincoln Routhier, **Faculty Book Awards: Best Award of Excellence** - Dylan Kiniry, **Business Award of Excellence** - Delana Mooney, **Academic Excellence in**


**Mathematics Award** - Amelia Soucy, **Excellence in Science Award** - Adem Aricanli, **Distinguished Work in Engineering Award** - Cameron Cafasso, **"We the People" Award of Excellence in Social Studies** - Rorie Cochrane, **National Community Service Award**: Rose Anderson, **National Honor Society Scholarship** - Cailyn Benson, **National Merit Scholarship Program Certificate of Merit**: Katherine Lessard, **National Merit Scholarship Program Letter of Commendation** - Adem Aricanli and Caneron Cafasso, **New Hampshire Army National Guard Minutemen Scholarship** - Sierra Mason, **United States Air Force Academy Appointment**: Michael Pelletier, **United States Navy Scholarships**: Annmarie Labbe and Dylan Kiniry, **Community Service Award** - Abigail Denise, **National Honor Society**: Rae-Lynn Shin and Ashley Panzino.

## SUMMER SALE! UP TO 50% OFF!



**Effortless styles for every day and special occasions**

**NH's Most Awarded Boutique**



**GONDWANA & DIVINE CLOTHING CO.**  
Open 7 days • 13 N. Main Street, Concord  
GondwanaClothing.com • 603-228-1101





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



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



**DIPPOLD  
&  
DENNEHY**

REAL ESTATE GROUP

**PROFESSIONAL, EXPERIENCED,  
LOCAL MARKET EXPERTS**

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



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



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

**JUNE 2022 REAL ESTATE SALES IN BOW**

ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
30 Bow Bog Road	2 Bedrooms   1 Baths	1296 Square Feet	.92 Acres	\$350,000
23 Rand Road	3 Bedrooms   2 Baths	1654 Square Feet	97 Acres	\$415,000
126 Bow Bog Road	3 Bedrooms   2 Baths	1830 Square Feet	3.2 Acres	\$425,000
104 White Rock Hill Road	4 Bedrooms   3 Baths	2262 Square Feet	.50 Acres	\$425,000
5 Fernwood Place	3 Bedrooms   1 Baths	1296 Square Feet	1.07 Acres	\$433,000
23B Stone Sled Lane	2 Bedrooms   2 Baths	1614 Square Feet	CONDO	\$440,000
70 White Rock Hill Road	3 Bedrooms   2 Baths	1512 Square Feet	.53 Acres	\$440,000
2 Kelso Road	3 Bedrooms   3 Baths	1964 Square Feet	1.40 Acre	\$480,000
100 Allen Road	4 Bedrooms   2 Baths	2240 Square Feet	2 Acres	\$480,000
51 Logging Hill Road	4 Bedrooms   3 Baths	2773 Square Feet	.46 Acres	\$495,000
14 Poor Richards Drive	4 Bedrooms   5 Baths	3812 Square Feet	1 Acre	\$510,000
19 Risingwood Drive	4 Bedrooms   2 Baths	2312 Square Feet	2.74 Acres	\$530,000
21 Birchdale Road	4 Bedrooms   2 Baths	2148 Square Feet	10 Acres	\$530,000
3 Woodland Circle	4 Bedrooms   3 Baths	2984 Square Feet	1 Acres	\$625,000
8 Crockett Drive	3 Bedrooms   4 Baths	3208 Square Feet	3.01 Acres	\$625,000
40 Albin Road	3 Bedrooms   3 Baths	2848 Square Feet	1 Acres	\$640,000
4 Hidden Forest Drive	4 Bedrooms   3 Baths	2668 Square Feet	3.11 Acres	\$675,000
12 Essex Drive	4 Bedrooms   3 Baths	2371 Square Feet	2 Acres	\$677,000
25 Merrill Crossing	4 Bedrooms   3 Baths	2708 Square Feet	2.42 Acres	\$785,000
37 Allen Road	3 Bedrooms   3 Baths	3704 Square Feet	2.10 Acres	\$802,000
6 McNichol Lane	4 Bedrooms   6 Baths	6997 Square Feet	0.31 Acres	\$1,700,000

**JUNE 2022 REAL ESTATE SALES IN DUNBARTON**



ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
199 Kimball Pond Road	4 Bedrooms   2 Baths	1644 Square Feet	2.10 Acres	\$421,500
20 Overlook Drive	3 Bedrooms   3 Baths	2436 Square Feet	2.70 Acres	\$675,000

Sales Data for JUNE 2022 provided by the NHMLS.



If you're thinking of selling, or just curious about your home value, give us a call for a

**FREE PRICING ANALYSIS.**

# AVOID THE DREADED MIDDLE-AGE SPREADS

by Jim Olson

## Tips for Staying Fit and Healthy:

It's no secret as we age, it becomes harder to stay fit and healthy. One of the most common problems people face in their 40s and 50s is weight gain, especially around the middle. The *middle-age spread* is caused by a combination of factors, including hormonal changes, a decline in physical activity, and changes in the way the body stores and uses energy. This can lead to a number of health problems down the road, so it's important to take steps now to avoid it.

How can you avoid (or reverse) the middle-age spread? There are a few things you can do to avoid or reverse the middle-age spread:

**STAY ACTIVE:** Exercise is one of the best ways to prevent weight gain. It helps to burn calories and keep your metabolism going. Try to get at least 30 minutes of moderate exercise most days of the week. Walking, biking, swimming, and gardening are all great ways to stay active.

**EAT A HEALTHY DIET:** Eating a healthy diet is important for keeping your weight in check. Make sure to eat plenty of fruits, vegetables, and whole grains. Avoid processed foods, sugary drinks, and excessive amounts of saturated and unhealthy fats.

**GET ENOUGH SLEEP:** Getting enough sleep is crucial for maintaining your health. Lack of sleep can lead to weight gain and other health problems. Aim for seven to eight hours of sleep each night.

**MANAGE STRESS:** Stress can lead to weight gain, so it's important to find ways to manage it effectively. Try exercise, meditation, or deep breathing exercises to help you relax.

**What are some other ways to stay fit and healthy as you age?**

There are a few other things you can do to stay fit and healthy as you age:



Jim Olson

**LIMIT ALCOHOL:** Drinking alcohol in moderation is generally safe, but excessive drinking can lead to a number of health problems, including weight gain. If you drink alcohol, aim for no more than one drink per day for women and two drinks per day for men.

**DON'T SMOKE:** Smoking is a major risk factor for a number of diseases, including heart disease, stroke, and cancer. If you smoke, quitting is the best thing you can do for your health. Get regular checkups: Regular checkups with your doctor can help catch potential health problems before they become serious. Be sure to schedule a checkup at least once every year.

**LOOK TOWARDS MID-LIFE WITH EXCITEMENT, NOT WITH DREAD.**

It's important to remember that not everyone will experience weight gain in middle age. If you are currently at a healthy weight, you can still follow these tips to help you stay fit and healthy. And if you do start to gain weight, don't despair.

If you put in the work, with little effort, you can get back on track and avoid the health problems that are a result of being overweight. It doesn't have to be hard. Just get up and get moving.

You don't have to go crazy – 30 minutes a day is enough. Break it up if you need to – 10 minutes, three times a day – just enough to get your heart racing.

Our mission is to provide every individual the opportunity to achieve a healthier lifestyle by following our proven system.



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

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

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



**IF INDIVIDUAL FITNESS**  
PERSONAL TRAINING STUDIO

Individual Results Are Guaranteed™

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

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

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

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

**Apply Today**

**IndividualFitnessllc.com/30**



The snow roller at the Schoolhouse in the “Historic Bow Center” was discovered in the woods rotted down to its metal parts on Dr. Robert Johnson’s property on Bow Center Road in about 2004. At that time, Dr. Johnson advised the Bow Heritage Commission of his discovery. He asked if the Town might have an interest in the remaining parts. The parts were identified as belonging to a snow roller that may have operated on the Town’s roads up into the 1920’s and 1930’s. (An actual photo of the snow roller on Grandview Road in 1920, can be seen on page 340, in the book, “100 Acres More or Less.”)

The Bow Heritage Commission expressed an interest in obtaining the parts. Dick Welch, a long time Bow resident, a student at the Bow Center Schoolhouse, a collector of antique vehicles and the maintenance of them, agreed to take on the task of researching and building a replica of the original Bow Snow Roller using the metal parts that Dr. Johnson discovered in his woods.

Using the recovered metal parts, including the original steel axles, hubs, and a few wooden parts, Dick Welch laid out patterns and cutout the missing wooden parts from new yellow pine and oak. He did all the work in his backyard on Bow Center Road primarily using hand tools.

Jim Merrow and John Meissner donated time and material to construct the drawbar, while Mary and Frank Woodbury donated the evener and the whiffletrees completing the project in October 2006.



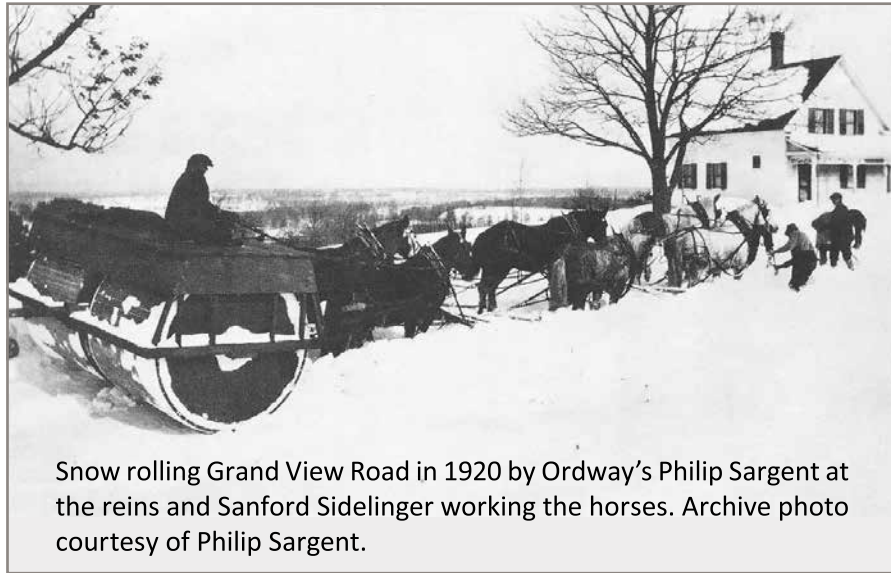
**Dick Welch cuts wooden pieces to duplicate original parts to create a replica of the original Bow Snow Roller.**  
Eric Anderson | Photo

Once Dick Welch completed his work of constructing a replica of the original Bow Snow Roller, Andy Young of Young’s Furniture here in Bow, agreed to truck the snow roller from Dick’s backyard to the site of the Bow Center Schoolhouse. The snow roller was mounted onto a pad there that was designed and constructed by members of the Bow’s Department of Public Works.



**Andy Young (left) and Dick Welch (right) watch as Chum Cleverly (center left) and Tim Sweeney (center right) position the Snow Roller on the pad at the Bow Center Schoolhouse.**  
Eric Anderson | Photo

## BOW SNOW ROLLER



Snow rolling Grand View Road in 1920 by Ordway’s Philip Sargent at the reins and Sanford Sidelinger working the horses. Archive photo courtesy of Philip Sargent.

Scanned photo from “100 Acres – more or Less” of a 1920 photo of a snow roller operating on Grandview Road.

The Snow Roller was dedicated at the Bow Center Schoolhouse site on July 7, 2007. Town Manager Jim Pitts, at the time, Leon Kenison, Chair of the Select Board at the time, and the builder of the snow roller Dick Welch participated in the Snow Roller Dedication Ceremony. Residents owning 1920’s and 1930’s antique Model T and Model A Fords attended the event along with residents of the Bow community.

In 2012 Gary Nylen, Chair of the Bow Heritage Commission at the time, designed and obtained approval for the construction of a shelter to protect the snow roller from the elements over the long term. Posts and beams for the construction of the shelter came from wood recycled from the 1700’s Hammond Barn that was removed from the Hammond Preserve located on Dunbarton Center Road in 2009.

In addition, some of the lumber used for the shelter was milled from downed trees from the ice storm in 2008 and the windstorm in 2010.

Members of the Bow Heritage Commission along with members of the Bow Community Men’s Club and the Department of Public Works joined forces to construct the shelter. The shelter was completed in October 2012.

In the 1918 Annual Town Warrant, Article 6, the Town Meeting was asked “To see if the town will authorize the selectmen to buy one or more snow rollers.” And again, in the 1921 Annual Town Warrant, Article 11, the Town Meeting was asked “To see what sum the town will appropriate to build (a) shed for the snow rollers.” The Town’s 1922 Annual Report notes that \$287.35 was expended that year on the Town Shed for the “snow rollers.”

One-hundred years later, the Town of Bow has its snow roller and a shed for its protection thanks to the dedication of volunteers, organizations, Town Departments and Officials, and our local taxpayers, that helped to preserve another piece of the Town of Bow’s rich heritage.



**Members of the Bow Heritage Commission, the Bow Community Men’s Club, and the Town’s Department of Public Works join forces to construct the shelter to help protect the Snow Roller over the long term.**  
Eric Anderson | Photo



**A replica of the Bow Snow Roller now proudly rests in its shelter for all to see and appreciate having performed its primary duty for our community over 100 years ago.**  
Eric Anderson | Photo



# DUNBARTON NEWS UPDATE



**CONSTRUCTION WORK** is advancing rapidly at the library and soon will break into the library’s walls. This will be a major impact on their operations. Please expect some adjustment to the library’s hours/services will be necessary, perhaps without much notice. Thanks for your patience and support.

**READ TO DOGS** Mr. T and his handler Nancy, will be at the library on Thurs. July 28 starting at 10:30 am on the band stand. Call to schedule your 20 minute session. Mr. T is a registered and certified therapy dog from Therapy Dogs International Chapter 205.

**CHAIR YOGA** with Sherry Gamble: Summer sessions are Thurs. July 28 at 11am and Thurs Aug. 25 at 11 am. Come to the band stand. Wear comfy clothes and bring water. The library will provide chairs.

**BOOK GROUP** The Congregational Church Book Group is reading *Never Caught* by Erica Armstrong. The book discussion will be held the first Thurs in Aug on Zoom at 8pm. Any questions and for the Zoom link call Barb at 496-3253.

**CHICKEN BBQ** The fire department thanks everyone who helped and donated to their Annual Fire Department Chicken BBQ. Even though it was extremely hot everyone seemed to enjoy themselves.

**THE LAKE HOST PROGRAM** is looking to add a few good people as volunteers at the state boat ramp on Gorham Pond in Dunbarton. No experience necessary. Training is quick and easy. Free Lake Host t-shirt. Looking for weekend coverage with two hour shifts from Sat, July 30th through Sun, Sept 18th. You pick the two hour period you wish to volunteer. You must register first with NH Lakes to be volunteer. NOTE: All you do is check all watercraft coming into or going out of Gorham Pond for invasive plant species (explained in the training). The rest of the time is your own, so bring a lemonade, a chair and a book and enjoy your shift. Your volunteer hours help them receive more money from NH Lakes in 2023. Contact Bob Leonard at dlakehost18@gmail.com.

**HAZARD MITIGATION COMMITTEE** The Dunbarton Hazard Mitigation and Severe Weather Event Survey: The Hazard Mitigation Committee is in the process of updating the Town’s 2017 Hazard Mitigation Plan and needs your help. Please take a few minutes to complete the survey online, sharing your experiences and concerns of hazards and weather events in Dunbarton [www.surveymonkey.com/r/DunbartonHazMitNH](http://www.surveymonkey.com/r/DunbartonHazMitNH).

**Nora LeDuc**  
**dtowncrier@gmail.com • 603-774-3141**

## DUNBARTON POLICE DEPARTMENT

### DUNBARTON PUBLIC LIBRARY’S 6TH ANNUAL TOUCH-A-TRUCK!



Our many thanks to all who came out to the Dunbarton Public Library’s 6th Annual Touch-A-Truck event that took place on June 29, 2022!

Dunbarton Police, Fire, Highway and Transfer Station vehicles were on display and dozens of Junior Police Officer stickers were passed out to local youth. A special thank you goes out to Library Director Mary Girard for setting up and facilitating the event!

### JUNE CRIME PREVENTION LOG

*Dunbarton Police Officers completed the following crime prevention and proactive policing efforts in June:*

Business Check/Walkthrough	5
Directed Patrol Burglary/Robbery Prevention	7
Directed Patrol – General/Proactive	11
Directed Patrol – Recreation Area Check	23
Directed Patrol – Traffic Enforcement	32
Pedestrian Check/Checking Subject:	2
School Zone Patrol	12
Vacant Property Check	15
Vehicle Check/Log:	12



FLANAGAN'S

SOUTH ENDE

DELI MARKET

## Always Hand-Crafted & Delicious



## Made to Order Hot and Cold Sandwiches



## Salads



## Homemade Soups



## Grab & Go Dinners

250 South Street, Concord **603.856.8020**

## TAKEOUT BREAKFAST ITEMS

## 6:30 – 11:00 AM



## Breakfast Sandwiches, Donuts, & Muffins



## Dessert Items

**Deli Open Mon - Fri**  
**6:30 AM – 3:00 PM**

**Store Open Mon - Fri**  
**6:30 AM – 6:00 PM**

**Saturday**  
**9:00 AM – 3:00 PM**  
**Closed Sunday**



## Upcoming Events

**JULY 27, 2022**

## DISCOVERING NEW ENGLAND STONE WALLS

Presented by Kevin Gardner of NH Humanities Council

## AUGUST 10, 2022 – BINGO

AUGUST 24 2022

## PUTTING YOUR GARDEN TO BED

Ron Trexler of the University of New Hampshire Cooperative Extension will discuss the necessary steps to prepare your gardens for winter and care of gardening tools and supplies.

The Bow Town Clerk will also do a brief presentation on voting.

All meetings are held from 11:30am - 2:30 PM  
at the Old Town Hall, 91 Bow Center Road, Bow

# CONGRATS graduates!

**UNH GRADUATES** – The following local students graduated from the University of New Hampshire in Durham this spring:

**BOW**

George Anderson, Emory Bayer, Mark Borak, Lauren Craven,  
Bridget Ehrenberg, Benjamin Guertin, Rachael Lavalley,  
Justin Leach, Christian McDonald, Mariana Mielcarz, Miah Munro,  
Valerie Pascetta, Emma Roberge, Lauren Walter, Jonathan Whaland

## DUNBARTON

Chelsea Bruzga, Caleb Hoell, Savannah Speckman

## HOPKINTON

Gerard Donahue, Patrick Earley, Aidan Horne, Carley Kanter,  
Casey Lewis, Fiona MacDonald, Eliezer Morse, Carter Quiet,  
Seamus Quinn, Caroline Flood, Teresa Masci, Kevin McGrath

## BOW SCHOLARSHIP WINNER

Merrimack County Savings Bank is pleased to announce that this year's recipient of the William Hilton Community Service Award is **Abigail Denise** of Bow. Abigail just graduated from Bow High School and is attending University of Delaware where she will study Chemical Engineering.

## HOPKINTON COLLEGE STUDENTS

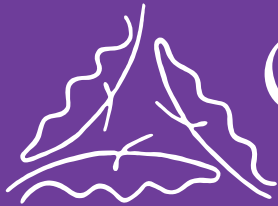
**Taylor Signor** was named to the dean's list for the fall semester at Rochester Institute of Technology.

**Gillian Miller** earned a bachelors degree in biomedical engineering from Worcester Polytechnic Institute.

**Declan Campbell** graduated from the University of Wisconsin, Madison following the conclusion of the fall 2021 term.

**Frances Trafton** was the winner of the National Merit Scholarship from Bowdoin College.





# COWAN & ZELLERS

REAL ESTATE PROFESSIONALS, LLC.

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

*Serving Hopkinton and Surrounding Communities.*



## Hopkinton Real Estate Sales – JUNE

ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
1800 Bound Tree Road	LAND	LAND	1.1 Acres	\$52,900
170 Deer Path Rd	3 Bedrooms   2 Bathrooms	1,568 Square Feet		\$184,900
216 Tucker Dr	3 Bedrooms   2 Bathrooms	1,434 Square Feet	0.56 Acres	\$230,000
1102 Upper Straw Rd.	3 Bedrooms   3 Bathrooms	1,912 Square Feet	3.29 Acres	\$479,900
294 Bassett Mill Rd	4 Bedrooms   3 Bathrooms	3,568 Square Feet	3 Acres	\$550,000
46 Stonybrook Ln.	4 Bedrooms   3 Bathrooms	2,656 Square Feet	3.75 Acres	\$580,000
59 Blaze Hill Rd.	4 Bedrooms   4 Bathrooms	2,610 Square Feet	0.98 Acres	\$625,000
8 Blaze Hill Rd.	3 Bedrooms   3 Bathrooms	3,278 Square Feet	1.2 Acres	\$670,000

## LET US BE YOUR SOURCE FOR ALL THINGS REAL ESTATE!



Calvin Herst



Rolf Gesen



Suzanne Zellers-Beck



Sandy Heino



Molly Hardenbergh

## THE AREA'S #1 INDEPENDENT REAL ESTATE COMPANY

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

## HOPKINTON POLICE DEPT.

### 13 Arrests 2 Accidents 376 Traffic Stops JUNE 2022 ARREST LOG

**06/02** Christian Edwards, 23, of 136 Orange Street, Manchester, arrested on a Warrant.

**06/02** Mitchell Pike, 41, of 136 Orange Street, Manchester, charged with Drive After Revocation/Suspension-DUI and Alcohol Interlock-Tamper with Ignition Interlock.

**06/02** Dana Hanson, 57, of 79 Diamond Lane, Warner, charged with Drive After Revocation/Suspension-DUI.

**06/06** William Fifolt, 50, of 766 Jewett Road, Hopkinton, arrested for DUI-4th and Operate After Certified a Habitual Offender.

**06/07** Vincent Waddell, 19, of 80 Carriage Way #8, Manchester, arrested for Transport Alcohol by a Minor, Possess/Use Tobacco Product by Minor and Yellow/Solid Line Violation.

**06/11** Adam Wetherby, 37, of 566 Western Ave, Henniker, arrested on Warrants.

**06/14** Mitchell Pike, 41, of 136 Orange Street, Manchester, charged with Drive After Revocation/Suspension-DUI and Alcohol Interlock-Tamper with Ignition Interlock.

**06/17** Hunter Oesterreich, 20, of 500 West River Road, Hooksett, charged with Possess/Use Tobacco Product by Minor.

**06/22** Tasia Hodge, 26, of 13 Suffolk Street, Providence, RI charged with License Required; Operate without Valid License and Unregistered Vehicle.

**06/26** Angela Dangir, 38, of 32 Hall Ave #2, Henniker, arrested for DUI, Drive After Revocation/Suspension, and Prohibitions re: Drivers License.

**06/29** Santos Nunez, 61, of 146 Spruce Street, Manchester, charged with License Required; Operate without Valid License

**06/30** Rafael Ortiz, 31, of 165 Pawtucket Street, Lowell, MA arrested for Violation of Protective Order and Drive After Revocation/Suspension.

**06/30** John Laferriere, 48, 14 Chambers Lane, White River Junction, VT arrested on a Warrant and Drive After Revocation/Suspension-DUI.



## U.S. MASTERS SWIMMING

### HOPKINTON'S DONELDA HORNE WINS MULTIPLE SWIMMING EVENTS



Photo courtesy of Eric Anderson

US Masters Swimmer, Donelda Horne of Hopkinton, competed in seven events at the **8th Annual Snag Holmes Masters Invitational Event**, held in Jupiter, Florida, on March 25 and 27, 2022. In this year's meet at the North County Aquatics Complex in Jupiter, Donelda placed first in all seven of her individual swim events.

Donelda competed in the 75-80 age group with over 176 swimmers from 22 clubs. She has achieved 24 U.S. Masters Swimming Top-10 Recognition Awards.





## HOPKINTON - CONTOOCOOK TOWN CRIER

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

### TWO VILLAGES ♥ ONE HEART

► **CARTER MOUNTAIN BRASS BAND** plays at the Gazebo on Sunday, July 17 at 3 pm. This concert is free to the public!

► **PATHFINDERS NATURE PRESCHOOL** at Owen Farm 580 Brockway Road in Hopkinton. The summer session classes are held on Tuesday, Wednesday and Thursday mornings from 8:00 to 12:30. Parents can enroll their children for the summer, or choose the weeks they would like their children to attend. In the fall registration for Pathfinders Nature Preschool will be for the full school year. Pathfinders accepts children ages 3,4, and 5 who are fully potty trained. For more information, contact Deb Follansbee at 603-228-9592.

► **GARDENERS AND LOCAL FARMERS** - please share some of your fresh garden produce and local eggs in support of those in our community who rely on the Hopkinton Food Pantry. The drop off dates for this summer's Shared Harvest and egg donations are July 20th and August 3rd, 17th, and 31st. Details will be posted before each donation date on our Facebook Page - Shared Harvest of Hopkinton. Thank you! Plant. Grow. Share. End Hunger.



► **CONTOOCOOK FARMERS' MARKET** is open Saturday 9-noon at the Gazebo behind the Contoocook Train Depot. Stay up to date by visiting the Facebook page Contoocook Farmers' Market. 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 <https://www.nhcommunityseafood.com/>

► **HOPKINTON TOWN BAND** will be performing at the Jane Llewellyn Bandstand behind TD Bank in Contoocook every Wednesday at 7:00 through August 3. Bring your chair or blanket to the gazebo and enjoy the Hopkinton Town Band's free concert. Selections include: the Washington Post March, Jersey Boys, Doors in Concert, Beer Barrel Polka, Armed Forces Salute, God Bless America, and more.

► **STORY WALK** There's a new story on the Story Walk™. Take the path behind the playground for an outdoor adventure! The story, to go with the Hopkinton Town Library summer theme Oceans of Possibilities.

► **THE REC DEPT.** is offering Kayak and Canoe Rentals at Kimball Cabins. View the details at [www.HopkintonRec.com](http://www.HopkintonRec.com). Available at specific dates and times.

► **50+ ACTIVE LIVING** 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.

► **DIAL A RIDE** is open for rides 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.

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

**Hopkinton Rec Camp** weekly through Aug 12

**Box Lax Camp** for all 10U-14U (ages 8-14) on Thursdays 530-730pm - 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** week of Aug 8th

**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. The last session is the week of August 15. We have full day and half day options. Please contact Trish Walton [trishrwalton65@gmail.com](mailto:trishrwalton65@gmail.com) or Joan Follansbee [joanfollansbee1970@gmail.com](mailto:joanfollansbee1970@gmail.com) for more information and registration materials.

**Summer Day** camp at BITs for ages 5-12yrs. Weekly. Back in the Saddle Equine Therapy Center, 334 College Hill Rd, Hopkinton. 746-5681. [info@bitsetc.Hopkinton.org](mailto:info@bitsetc.Hopkinton.org). [www.bitsetc.org](http://www.bitsetc.org).

► **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! You can also find their flavored milk for sale in the farm stand store!

► **SUMMER OF FUN 2022!** at the Library runs through August 12th (six weeks of programs with a one week break in the middle).The program helps children maintain and improve reading skills when not in school. Weekly programs are for children entering 5th grade and younger. reserve a space online from home or at the library.





# THE BEHAVIOR GAP AND YOUR FINANCIAL HEALTH

Provided by Dominic Lucente

## How might it affect you?

*"It turns out my job was not to find great investments but to help create great investors," writes Carl Richards, author of "The Behavior Gap." From increasing our budget mindfulness to taking a steadier approach to investing, Richards has drawn attention to how our unexamined behaviors and emotions can be to our detriment when it comes to living a happy and financially sound life. In many cases, we make poor financial decisions when experiencing panic or anxiety due to personal or widespread events.<sup>1</sup>*

*The Behavior Gap Explained. Coined by Richards, "the behavior gap" refers to the difference between a wise financial decision versus what we decide to do. Many people miss out on higher returns because of emotionally driven decisions, creating a behavior gap between their lower returns and what they could have earned.*

*Excitement When Stocks Are High. Whether in a bull market or witnessing the hype from a product release, many investors may feel tempted to increase their risks or attempt to gain from emerging investments when stocks are high. This can lead to investors constantly readjusting their portfolios as the market experiences upswings.*

*Fear When Stocks Are Low. In response to market volatility, investors may feel the need to choose more secure investments and avoid uncertain or seemingly unsafe investments. When stocks are low, a typical response may be to sell and effectively miss out on potential long-term gains.*

*Short-Term Anxiety and Focus. As humans, viewing aspects of our lives through the lenses of current circumstances is normal. However, one emotional response to any event is letting the moment consume us. Many may find it difficult to think long-term and remember. However, making a rash decision can inhibit the long-term benefit of maintaining a balanced perspective without reactionary behavior.*

*The market can go up or down at any given point, or it can remain the same. One thing we can control is how we handle our financial strategy. Remembering the likelihood of recovery over time — and the market's nearly inevitable up-and-down movement — can provide a more logical angle to calm the nerves.*

*If you're experiencing financial anxiety in response to the markets, take a breath and remember the potential for long-term gains. Of course, you can and should always reach out to your financial professional for further clarification.*

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

This material was prepared by MarketingPro, Inc., and does not necessarily represent the views of the presenting party, nor their affiliates. This information has been derived from sources believed to be accurate. Please note - investing involves risk, and past performance is no guarantee of future results. The publisher is not engaged in rendering legal, accounting or other professional services. If assistance is needed, the reader is advised to engage the services of a competent professional. This information should not be construed as investment, tax or legal advice and may not be relied on for the purpose of avoiding any Federal tax penalty. This is neither a solicitation nor recommendation to purchase or sell any investment or insurance product or service, and should not be relied upon as such. All indices are unmanaged and are not illustrative of any particular investment.

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

### Citations

1. BehaviorGap.com, May 16, 2022



Like planting a successful garden, creating a financial plan and cultivating investment strategies begins with understanding what's important to you now and knowing what you want through all the seasons of your life.

At NPA, we have the expertise to help you craft a comprehensive plan that works towards achieving the retirement of your dreams and leaving a financial legacy for generations to come.

## LET'S START PLANNING.



**Dominic M. Lucente, CFP®, RFC®**  
CERTIFIED FINANCIAL PLANNER™  
**Northeast Planning Associates, Inc.**  
425 Hooksett Road · Manchester, NH 03104  
(603) 645-8131 · [dominic.lucente@lpl.com](mailto:dominic.lucente@lpl.com)  
[www.dlucente.com](http://www.dlucente.com)



22-062 Financial planning offered through Northeast Planning Associates, Inc. (NPA), a registered investment adviser (RIA). Securities and advisory services offered through LPL Financial (LPL), an RIA and broker-dealer (BD), member FINRA/SIPC. Credit union is not an RIA or BD. Insurance products offered through LPL or its licensed affiliates. LPL registered representatives offer products and services using NPA. These products and services offered through NPA, LPL, or their affiliates, which are separate entities from, and not affiliates of the credit union, are:

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

**Dunbarton, N.H. 03046**

## CLEVELAND DRYWALL, LLC

Drywall Installation & Finishing



**(603) 496-2893**

**Matthew Cleveland**



## SELLAR CHIROPRACTIC CLINIC

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

35 West Street Concord, NH 03301

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

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

**PROADJUSTER**

**and  
Impulse Instrument**

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

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



# BOW – HOPKINTON SPORTS NEWS

## GIRLS LACROSSE ALL-DIVISION PICKS AS SELECTED BY THE COACHES

### Division III

**First Team:** Jess Chamberlin, Bow, Attack; Sarah Chodosh, Hopkinton, Attack; Alex Larabee, Bow, Midfield; Annie Higginbotham, Hopkinton, Midfield; Hannah Hoyt, Hopkinton, Midfield; Frances Trafton, Hopkinton, Defense; Isabella LaPerle, Bow, Defense; Elena Roy, Bow, Goalie.

**Second Team:** Rose Finlayson, Hopkinton, Attack; Lindsey LaPerle, Bow, Midfield; Olivia Selleck, Bow, Midfield.

## DIVISION III BOYS LACROSSE CHAMPIONSHIP

Laconia 12, Hopkinton 10

NHIAA Division III Boys Lacrosse Championship Game on Sunday, June 12, gave Laconia a 12-10 victory over Hopkinton at Bill Ball Stadium in Exeter.

Fourth-seeded Laconia finished 14-3 and allowed six or fewer goals in 11 games. The Division III title is the Sachems' fifth overall.

The second-seeded Hawks, who defeated Laconia, 8-5, in the regular season, finished 14-3.

Hopkinton senior Aidan Burns' only goal cut Laconia's lead to 11-10 with 2:53 left. The Hawks also received a goal each from Patrick Buss and Josh Duval. Hopkinton senior goalie Eli Standefer made 11 saves.

## BOYS LACROSSE ALL-DIVISION PICKS AS SELECTED BY THE COACHES

**Division III First Team:** Quinn Whitehead, Hopkinton, Attack; Aidan Burns, Hopkinton, Midfield; Eli Stanefer, Hopkinton, Goalie.

## BASEBALL ALL-DIVISION TEAMS

Chosen by the Baseball Coaches Association of NH in June were:

### Division II

**First Team:** Owen Petretta and Alex Boisvert, Bow

**Second Team:** Myles Rheinhardt, Bow

**Third Team:** Ethan Clark and Zach Cross, Bow

### Division III

**First Team:** Armen Laylagian and Peyton Marshall, Hopkinton

**Second Team:** Bryce Charron, Hopkinton;

**Third Team:** Jack Morrall and Owen O'Brien, Hopkinton.



Chip Griffen | Photographer | www.chipgriffin.com



Chip Griffen | Photographer | www.chipgriffin.com

## BOW & HOPKINTON ATHLETES TO JOIN TEAMS IN COLLEGES

Several Bow and Hopkinton students are going to be continuing their athletic careers after high school.

### BOW

**Jessica Chamberlin:** Lacrosse, Wheaton College (MA)

**Ethan Clark:** Baseball, Colby-Sawyer College

**Rylee Constant:** Field hockey, American Int'l. College (MA)

**Sarah Guerrette:** Swimming, UNH

**Kyra Johnson:** Dance team, UConn

**Kyle Martin:** Baseball, Trine University (Indiana)

**Addison Trefethen:** Lacrosse, Stonehill College (MA)

**Jocelyn Webber:** Field hockey, Sacred Heart University (CT)

### HOPKINTON

**Julia Baer:** Field hockey, Keene State

**Katelyn Bouchard:** Field hockey, St. Lawrence (NY)

**Ashley Brehio:** Soccer, Elon University (NC)

**Aidan Burns:** Lacrosse, Montana State

**Jessie Carney:** Soccer/Track, SUNY Cobleskill

**Brendan Elrick:** Basketball, Clark University (MA)

**Jack Morrall:** Football, Bates College (ME)

**Kally Murdough:** Basketball, Wheaton College (MA)

**Anna O'Reilly:** Cross country, Track; Keene State

**Eli Standefer:** Lacrosse, Keene State

**Cailey Stockwell:** Swimming, Fairfield University (CT)

**Francie Trafton:** Nordic skiing, Bowdoin College (ME)

## BOW MEMORIAL SCHOOL BASEBALL

Bow Memorial School baseball team (8-5) fell to Amherst Middle School in the Tri-County Division championship game, 4-0. Aidan O'Keeffe and Troy Konstantakos pitched great for Bow, going a combined seven innings, striking out six batters and only allowing one hit to a very solid hitting Amherst team. Clayton Nazdan went 1-for-3 with a stolen base. Josh Roos and Konstantakos recorded two putouts in the field, while Bryce Gervais showed a strong performance behind the plate, catching his first game of the season.





*Advanced Technology, Time-Honored Care*

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

**603-225-6331**

**www.generationsdental.com**

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



DR. CHRISTOPHER BINDER

DR. VICTOR STETSYUK

DR. JONELL HOPECK

DR. CHRISTINA McCANN

DR. ASHELY LEAVELL

DR. RISHI BHUSARI

DR. JEREMY ANDERSON

DR. SARAH McSHERRY

*Select Saturday Hours are Available.*

**WELCOMING NEW PATIENTS  
AND THEIR FAMILIES.**



## SAFESITTER

**CLASSES FOR  
KIDS ENTERING  
GRADES 6-8**

TO PREPARE THEM TO  
BE SAFE WHEN THEY  
HOME ALONE, WATCHING  
YOUNGER SIBLINGS  
OR BABYSITTING.

**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**



## P&B Affordable

**Remodeling & Repairs**

Fully Insured - Free Estimates

**PAUL GILBERT**

**603-455-4794**

paul1962gilbert@gmail.com

WINDOWS • DOORS • KITCHENS

BATHS • DRYWALL • DECKS

Quality Work at

**AFFORDABLE PRICING**



- Cleanup of overgrown embankments & tight spaces
- Define edges of fields, open areas & stonewalls
- Building & maintenance for walking and horse trails

**Call for Quick, Friendly Service**

**603-496-2994**

**FREE ESTIMATES. Fully Insured.**



BOW PRIDE CLEANUP WEEK

Al St. Cyr PLAYGROUND

- Raked and picked up debris, etc. inside playground area

BOW SAFETY CENTER

- Planted flowers and mulched around flagpole
- Picked up fallen branches on parking lot and building perimeter
- Cleared brush around sign, trimmed trees for driveway line of site

COMMUNITY BUILDING

- Raked and weeded gardens on south side and front of building
- Cleaned hillside, swept sand from paved drainage swale on Knox Rd.
- Trimmed bushes and weeded at Santa's Place next to Town Pond
- Raked and cleaned Town Pond dam area

GAZEBO

- Removed bulletin board

HANSON MEMORIAL RECREATION AREA

- Litter was picked up in the park and along Albin Road
- Painted some of the dugouts

MUNICIPAL BUILDING

- Rake, weeded and cleaned along edges of all parking lots
- Cleaned flower beds, pruned, trimmed bushes and shrubs (front)
- Painted the railings on the handicapped ramp
- Painted front railings

PUBLIC WORKS BUILDING

- Restored antique road grader and weeded display area
- Cleanup of Robinson entrance

SARGENT PARK

- Replaced handrail

WHITE ROCK HILL ROAD

- Roadside and tennis court area litter pickup



The Old Horse Drawn Road Grader restoration crew, Mike Hague, Rick Wombolt, and Duane Resse proudly display their work at the Town's Pride Week of Clean-up June 19-24, 2022. Eric Anderson | Photo



Tonia Lindquist and David Stack clean-up around the parking lot at the Municipal Building. Eric Anderson | Photo



Keaton, David and Jen Lahey work as a family to beautify Santa's Place at the Town Pond. Eric Anderson | Photo

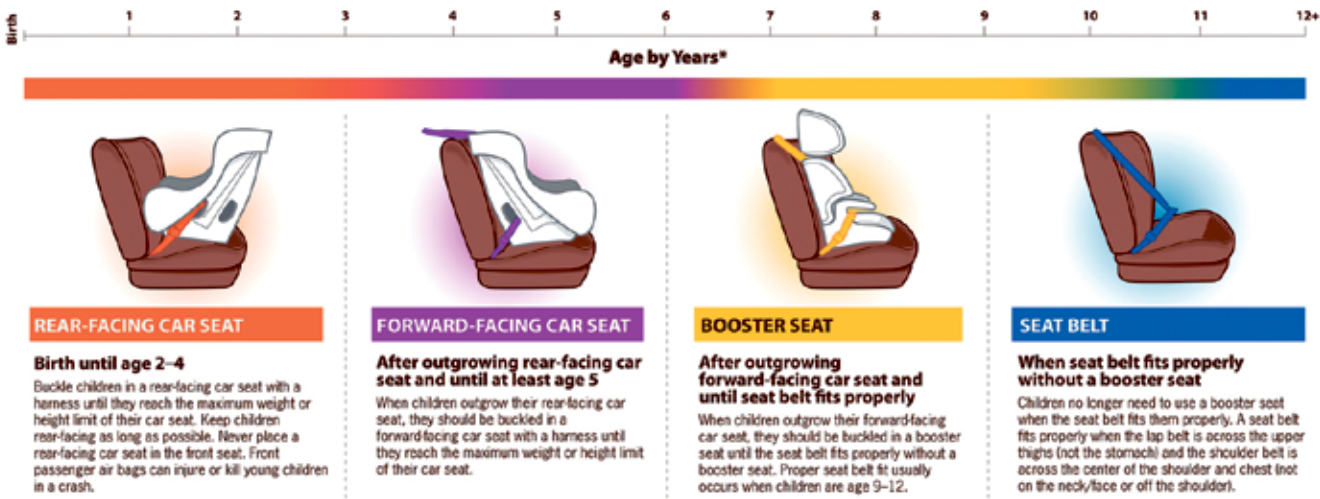
THE BOW FIRE DEPARTMENT REMINDS YOU TO BUCKLE UP EVERY AGE, EVERY SEAT, EVERY TRIP

Motor vehicle injuries are a leading cause of death among children in the United States. But many of these deaths can be prevented.

Always buckling children in age and size-appropriate car seats, booster seats, and seat belts reduces serious and fatal injuries by up to 80%.

THE BOW FIRE DEPARTMENT has 3 members certified in child safety seats. We encourage residents to schedule appointments by calling the Fire Department at 603-228-4320.

Using the correct car seat or booster seat can be a lifesaver. Make sure your child is always buckled in an age- and size-appropriate car seat or booster seat.



Keep children age 12 and younger properly buckled in the back seat.

\*Recommended age ranges for each seat type vary to account for differences in child growth and weight/height limits of car seats and booster seats. Use the car seat or booster seat manual to check for important information about installation, the seat weight and height limits, and proper seat use.

Child passenger safety recommendations: American Academy of Pediatrics (AAP) 2018.

www.cdc.gov/transportationsafety/child\_passenger\_safety





# BOW POLICE LOG

## JUNE 2022 ARREST LOG

- 6/1** Jordan Kean, 36, Manchester was arrested for DV-Simple Assault
- 6/2** Jowanna Melo, 27, Manchester was arrested on a warrant for possession of a controlled drug; David Black, 55, Manchester was summoned for driving after suspension or revocation
- 6/3** Leslie Wright, 54, Hudson was summoned for driving after suspension or revocation-subsequent; Asim Roychoudhuri, 43, North Woodstock was arrested for driving after suspension or revocation, disobeying an officer, resisting arrest, and obstruction of government administration; Sasha Dye, 33, Contoocook, was summoned for driving after suspension or revocation and suspended vehicle registration
- 6/4** Chantelle Bartlett, 24, was arrested on a warrant for failure to appear for criminal mischief; Driss Benlaatmania, 21, Londonderry, was arrested for driving under the influence; Kristen Macrae, 32, Concord was arrested for possession of a controlled drug; Kevin Gobeil, 31, Concord was arrested for possession of a controlled drug and on a warrant for theft
- 6/5** Mary Foreman, 39, Newport was arrested for DV-Stalking
- 6/7** Terrance Chaplin, 30, Dorchester, MA was arrested for receiving stolen property; Eric Collins, 32, Marlborough, MA was arrested for receiving stolen property, simple assault, disorderly conduct, resisting arrest, driving while intoxicated, and escape
- 6/8** David Ramos, 53, Concord was summoned for driving after suspension or revocation, license required, and suspended vehicle registration
- 6/11** Paul McGonagle, 51, Concord, was arrested for criminal trespass and breach of bail
- 6/12** Shana Dutter, 29, Concord, was arrested on two charges of possession of a controlled drug and transporting drugs in a motor vehicle
- 6/13** Luis Mendez, 29, Pawtucket, RI, was arrested on a warrant for aggravated felonious sexual assault
- 6/14** Dennis Magnin, 72, Concord was summoned for driving after suspension or revocation, licenserequired, and suspended vehicle registration
- 6/14** James Kelley, 38, Manchester, was arrested on a bench warrant for failure to appear
- 6/16** Segundo Guaman-Acota, 29, Brockton, MA, was summoned for driving after suspension or revocation and license required
- 6/18** Torey Garnett, 38, Franklin, was arrested on a bench warrant for failure to appear; Amber Batchelder, 36, New Hampton, was arrested for driving after suspension or revocation, license required, and a bench warrant for willful concealment
- 6/19** Mariann Perna, 39, Hampton, was arrested for two counts of possession of drugs with intent tosell
- 6/21** Kevin Kenneson, 34, Northfield, was arrested on a bench warrant for failure to appear in court for driving after suspension or revocation
- 6/25** Brandi Richmond, 29, Bow, was arrested on a bench warrant for resisting arrest, disorderly conduct, and criminal trespass; Jimmy Pridgen, 55, Bow, was arrested on three counts of simple assault
- 6/27** Michael Jordan, 20, Manchester, was arrested on a bench warrant for non-appearance in court for driving after suspension or revocation and operating without a valid license
- 6/28** Jimmy Pridgen, 55, Bow, was arrested on two counts of breach of bail; Wendy Reeves, 56, Concord was summoned for driving after suspension or revocation and operating without a valid license

# RESPONSE ACTIVITY LOG JUNE 2022



- 18** Basic Life Support Transports
- 34** Advanced Life Support Transports
- 17** Non-Transport Care Refusal
- 0** Paramedic Intercepts
- 28** Fires/Hazardous Conditions/Alarms
- 18** Service Call Incidents/Good Intent
- 12** Overlapping Incidents
- 115** Total Calls for the Month

## ONE PERSON DEAD FOLLOWING I-93 CRASH IN BOW JUNE 14

NH State Police said one person is dead after a single-vehicle crash on I-93 in Bow late Tuesday night, on June 14.

Shortly after 11:00 PM, troopers responded to reports of a crash on the northbound side of the highway and found a 2021 GMC Sierra had left the highway and crashed into a tree.

A passenger, who was not identified, sustained fatal injuries, and the driver was taken to Concord Hospital with serious injuries, according to a news release.

State police are asking anyone who may have witnessed the crash to contact Trooper Eric Torrens by phone at 603-223-3622, or by email at Eric.M.Torrens@dos.nh.gov.

## COP FACES 18 DOMESTIC VIOLENCE CHARGES

A Manchester police officer who lives in Bow is on paid leave following her arrest on 18 domestic-violence-related charges nearly three months ago.

Brittany Battye, 37, of Logging Hill Road in Bow, was arrested April 2 in connection with an incident that took place earlier in the day, according to Bow police, who brought the charges.

Manchester police never announced her arrest but confirmed her leave status to Concord Patch, an online service that recently disclosed her arrest.

Battye started with the Manchester Police Department in March 2019 and is assigned to the patrol division, said Manchester police spokesman Heather Hamel.



PROFESSIONAL RESIDENTIAL & COMMERCIAL  
POWER WASHING, SOFT WASH & ROOF CLEANING

CONTACT US TODAY FOR A FREE CONSULTATION



603-715-6195



SPRAYFORCEPW.COM

WALKWAYS | DECKS | PATIOS | DRIVEWAYS | STAIN & GRAFFITI REMOVAL & MORE...



## Bow Rotary Club Foundation Awards \$26,000 in Scholarships in 2022



The Bow Rotary Club's Scholarship Program provides scholarships to graduating high school seniors who either attended Bow High School or who are Bow or Dunbarton students who attended other area high schools. Bow High School tuition student must be from a town/city either without a Rotary club or with a Rotary club that doesn't offer college scholarships.

Scholarships can be to attend a college or university of their choice or to attend a two-year community college or technical school. Scholarships are also available for adult learners who have decided to attend school, either to finish a degree or acquire a new degree or skills. Students who have been awarded a scholarship are eligible to apply for only one additional scholarship in their second year.

This year, the club received a total of nineteen applications for scholarships. Of those, twelve students were selected and awarded one of the following scholarships: three students each received a \$4,000 scholarship; one received a \$3,000 scholarship; two each received a \$2,500 scholarship; and six each received a \$1,000 scholarship for a total of \$26,000 awarded in 2022.

Students receiving their first scholarship were: Isabelle Blackburn; Alexandra Boone; Rorie Cochrane; Andrew Driscoll; Sydney Ferland; Molly Knight and Clara Udelson.

Students receiving their second and final scholarships were: Olivia Bynum; Michelle Eweka; Matthew Driscoll; Shannon Luby and Jack Roberge.

The Bow Rotary Club owes a great dept of gratitude too the greater Bow community for their support of our fundraising efforts to be able to provide scholarships to deserving local students. Without their support, this would not be possible.



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.

**7/17 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.



TOWN OF *Bow* ENERGY COMMITTEE



### BE FREE WITH SOLAR

The cost of electricity is up. What if your electric bill wasn't? What if you could be independent of fluctuating electricity rates? If you have sufficient sun exposure for solar panels, this could be a reality for you.

Solar may be the wisest investment you can make today. The payback period is typically 5-10 years. In contrast, solar panels last decades, with efficiency expected to remain high for at least 25 years. That means many years of generating and using your own free energy.

With advances in electric technologies, solar's potential grows. Paired with electric heat pumps or an electric vehicle, it can also

lessen the cost of heating and cooling your home or driving your car.

The price of solar dropped 90% in 10 years, becoming the cheapest form of energy in 2020. Meanwhile, efficiency keeps improving, with fewer panels needed to generate the same amount of energy. The 26% federal solar tax credit was set to expire, but has been extended through the end of 2022. With solar panels more efficient, affordable, and useful than ever, the time is now to bask in the freedom of generating your own power.

Have questions or not sure where to start? Reach out to the Bow Energy Committee:

[energycommittee@bownh.gov](mailto:energycommittee@bownh.gov).



Allied Insurance Agency Inc.

*Your protection is our profession.*

HOME - AUTO - MOTORCYCLE - BOAT - RV - LIFE - BUSINESS



*If your home fits one or more of these, we have a competitive answer for your insurance needs!*

- ◆ HIGH VALUED HOMES ◆ OCEAN FRONT PROPERTY
- ◆ ISLAND PROPERTY ◆ AirBnB – Rental Property



Visit us on Facebook

500 South St Bow, NH  
603-224-5394  
[alliedia.com](http://alliedia.com)





The Library's Summer Reading Program is underway, and our readers are making up for lost time! In the first two weeks, more than 400 readers signed up for this year's program, and between them they've already logged more than 350 hours and 800 books. Visit the Summer Reading page on the library's website to learn more, or to register for the program from home!



L-R: Amelia Holdsworth, Delaney King & Martin Walters pose with the BFL Summer Reading Program mascot at the Summer Reading Kick-Off Pirate Party on June 17th. Lauren Porter is in the shark costume! All photos courtesy of Eric Anderson



Delaney King (Rt) and Lauren Porter – in the shark costume, pose with eager readers.

## CHILDREN'S PROGRAMS

### Whales and Seals with UNH Extension

Thursday, July 28<sup>th</sup> | 4:00pm

An exploration of whales and seals with the University of New Hampshire's Extension Program! A marine docent will visit the library to teach us about these aquatic creatures, including what they eat and how they stay warm. Hands-on, interactive activities will be included. Registration is required. This program is recommended for children entering grades K-3.

Registration is required through our Online Calendar.

### 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.

### StoryWalk® at Knox Town Forest

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 24<sup>th</sup> - August 5<sup>th</sup> | 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. Visit our website for a full list of movies and descriptions to come!

### Ice Cream Party featuring Mike the Bubble Man

Saturday, August 13<sup>th</sup> | 11am-12:30pm

Celebrate the end of summer! Enjoy the magic and wonder of bubbles with an interactive live show from Mike the Bubble Man which includes music, comedy, audience participation and plenty of bubbles. After the show, reward yourself for completing the Summer Reading Program with a trip to our Ice Cream Sundae Bar! Ice cream and toppings will be provided by the library. All ages welcome; registration is not required.

## ADULT PROGRAMS

### Homer's Odyssey

Wednesday, July 20<sup>th</sup> | 6:00pm

Using the well known scenes of the Odyssey, Sebastian Lockwood delivers the passion and intensity of the great epic that deserves to be heard told as it was by bards in the days of old. Lockwood tells the great epics: Gilgamesh, Odysseus, Caesar, Beowulf and Monkey. His studies in Classics and Anthropology at Boston University and Cambridge University in the UK, laid the foundation for performing these great tales. This program is free, open to all, hosted by the Baker Free Library and sponsored by the New Hampshire Humanities Council. The presentation will be held in the MCSB Room. Registration is required through our Online Calendar or call us at (603) 224-7113.

### Adult Book Talk

Tuesday, August 9<sup>th</sup> | 12:30pm & 6:30pm

The Adult Book Talk Group will be discussing Everyone in this Room Will Someday be Dead by Emily Austin. 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 August 16th at 1pm.

603-682-3747



**NO BLEACH Roof Stain Removal**

**www.RoofShampoo.com**

**HUCKLEBERRY**

**Propane Heating Oil**

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

**796-2007**

License #MBE1000505

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

Proudly Serving Bow for 20 Years!



## MY TABLE TO YOUR TABLE

by Debra Barnes

### COOL & REFRESHING SUMMER SMOOTHIE!

I am so happy that summer has arrived! Our local farms are bursting with fresh strawberries and raspberries ready to pick, can or freeze. In the last few weeks, I picked about 50 pounds of strawberries and about 5 pounds of raspberries for freezing. I remove the strawberry tops and pile the berries onto a large cookie sheet, cover lightly with parchment or paper towel and place in the freezer. About 24 hours later, just fill whatever size freezer baggies you have. You can vacuum seal too! Raspberries and blueberries are handled with the same freezing method (no tops to remove)!

If you can't get out to berry pick, I have found that the grocery stores frozen section for fruits surprisingly offer wild blueberries, whole strawberries, mango and raspberries. Wyman's brand also offers a medley mix. These are quite handy with our short New England growing season.

favorite. You can freeze all the fruit and the additional ingredients are staples that most will have in their pantry. Other combinations can include greens like kale, spinach or watercress all of which will add those extra vitamins and minerals.

Cool and refreshing, smoothies are a delicious and satisfying way to start your day.

You will find a certain brand of almond milk in my recipe. The sugar content is much lower than other brands and I prefer to get my sweetness from the fruit. Feel free to use what you have on hand. Regular milk may require additional honey:)



## SMOOTHIE RECIPE

16 ounces Almond Breeze Vanilla  
Reduced Sugar Almond Milk  
1 peeled banana  
1 cup of strawberries  
1 cup of blueberries  
1 tsp vanilla extract  
1 tsp local honey  
Optional: 2 TBSP almond  
butter or peanut butter  
for added protein.

Place all ingredients in your  
blender and blend until smooth!

*Alternative ingredients can be,  
fresh almonds or walnuts, mango,  
raspberries or blackberries.*

Any way you blend it, a smoothie  
will bring a smile to your face!

Be sure to watch the Bow Garden  
Club Facebook page for details on  
a talk I am giving on growing and  
cooking tomatoes. There will be  
a cooking demo and tasting!

September 12, 2022 at 5:00 PM  
Space is LIMITED so please reach  
out to the garden club to reserve  
a spot!



### JULY KITCHEN TIP:

Need to line your kitchen cabinet shelves or drawers? You will find the rolls of the rubber non-slip liners which only do a small amount and are quite pricey. I found that an 8 x 10 non-slip rug pad made from the same material will give you plenty to do your whole kitchen and about 1/3 the cost. Just cut to size.

Debra Barnes lives in Bow and is a chef and avid gardener. You can find her on Instagram @EAT603.



## FAMILY OWNED SINCE 1940

HEATING OIL • PROPANE • SERVICE • INSTALLATIONS



# Johnny Prescott

Heating Oil Propane



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

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



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

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





# Travel Time WITH CHASE & BUD | GLAMPING



Huttopia White Mountains

Here’s a fun concept: glamping. It’s a happy merger of the words “glamorous” and “camping” and denotes an outdoor vacation that takes the old tent-on-the-ground experience and kicks it into the stratosphere. Instead of having to wrestle with your own tent and unroll your own sleeping bag, glamping destinations can offer permanent tents on raised platforms, complete with real beds and bed linens, space (and furniture) to lounge about in and much more. Some offer tree houses, cabins and/or “pods”—mini-houses plunked down in stunning outdoor settings. Some have classic tents, some have yurts. Some provide hook-up sites for your own RV.

As for amenities, it all depends on the specific destination. Some have on-site gourmet food options, some have in-tent or in-cabin cooking facilities. All pay special attention to the American obsession with bathrooms. Some have actual functioning bathrooms with toilets, showers and sinks. Some have private outhouses (you’d be amazed at how they can be duded up) and lovely outdoor showers with solar heated water.

Sound dubious? I totally get it. Bud and I were a bit uneasy before our first tented safari experiences in South Africa and Kenya. We were told we would be comfortable, but had no idea the level of luxury we’d find. King sized beds. Sofas and writing tables. Impeccable attention to bathrooms. Decks and porches with expansive views over the savannah. Best of all, we were outdoors. We could feel the breezes, hear the lions and elephants and monkeys as they moved about in the night. It was amazing. It was glamping!

And now, luckily for New Hampshireites, you don’t have to go to Africa to have such an experience. You won’t hear leopards searching for a midnight snack, but you can have a luxury camping experience here in our own state. In fact, the options are almost endless.

And what better timing? Gas prices are at historical highs. Traffic in the air and on the ground is honestly epic. Why not save some time, effort and money and enjoy glamping right here?

## NH GLAMPING OPTIONS

Begin researching with Google to find current articles and general lists. Then do a deep dive into sites like [www.tentrr.com](http://www.tentrr.com) and [www.hipcamp.com](http://www.hipcamp.com). Both offer map searches if you have a hankering for a certain area of the state. The destinations below give an idea of the wide variety available.

**Huttopia White Mountains** is a glamping resort in Albany run by a French company devoted to combining French style with enjoyment of the outdoors. Accommodations are nicely outfitted platform tents and cabins, some more remote than others and amenities include an Airstream trailer converted to a high-end food truck. Visit [www.canada-usa.huttopia.com](http://www.canada-usa.huttopia.com) for photos, maps and more.

**Hub North** is a rustic glamping destination/resort in Gorham, converted from the former Sunset Valley Girl Scout Camp by Kara and Jason Hunter who were inspired by their visits to New Zealand. Tents and yurts have full kitchens and access to bike-in/bike-out mountain biking trails. Visit [www.hubnorthnh.com](http://www.hubnorthnh.com) for lots mor info and images.

**Plein Air** is closer, just near Plymouth, and has just one luxury platform tent with a tin roof, a covered porch, and a sense of remote serenity. The interior is outfitted better than many luxury hotels we’ve seen. Owners Angie and Brandon Miller also run a working farm—so you’ll get farm fresh eggs and pastries from the local bakery in the morning. Find images and details at [www.hipcamp.com](http://www.hipcamp.com).

**Cozy Treehouse** might suit you better if you like sturdier constructions. Yes, it’s vertical, made of some new and some reclaimed materials, but all charming and surprisingly house-and-home-like. It’s in Sanbornton and definitely worth more than a quick look. Visit [www.vrbo/1774712](http://www.vrbo/1774712) for pictures and details.

**Fox Pointe-BYO-RV** represents another option if you have your own RV and like privacy instead of a big RV park. This is a single RV pad, complete with all hookups: water/sewer/electric and Wi-Fi overlooking lovely Sunrise Lake in Middleton, near Wolfeboro and the Maine border. There’s a private beach, a 40’ dock and a sense of lake life as it used to be. Visit [www.hipcamp.com](http://www.hipcamp.com) for images/details or call owners Debra and Randy Barnes directly 603 724-7699 for info and offers.



Fox Pointe-BYO-RV

intro to

PICKLEBALL

2-DAY WORKSHOP

Here’s your opportunity to try Pickleball. This 2-day workshop is for those who’ve never picked up a paddle or played a game. In this workshop you will learn the rules of the game, correct use of the paddle, how to serve and etiquette and safety of the game.

**Sunday June 26 and Sunday July 10**  
**1:00-3:00 pm**  
**\$35.00 Bow Resident and \$40.00 Non Resident**  
Please register at Parks & Rec for this workshop.

FREE

ZUMBA

OPEN HOUSE!

Ready To  
Get Fit?

FULL BODY WORKOUT  
GAIN STRENGTH  
REDUCE BODY FAT

**Looking to try something fun and healthy at the same time?**  
**Lose weight while dancing to salsa, flamenco and meringue music!**

Come try Tracey Beaulieu’s **FREE ZUMBA Open House** class on **June 28th at 5:45 pm at the Bow Community Building.**

Contact Bow Parks & Rec for more information.



## COMFORT IN CLOSENESS

by Donna Deos



**NEED SOMEONE TO LISTEN?**

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

Donna Deos, LLC ∞ Counseling, Coaching & Education

603-224-4178    www.donnadeos.com    1-855-772-2622

Last month we talked about the Freedom in Letting Go. I am sure you have heard the quote, “If you love something, set it free. If it comes back it is yours, if it doesn’t it never was.”

Well, this month I want to talk with you about closeness and the comfort that comes with it.

Closeness can be in proximity. It can also be in the internal feeling you have with other people.

Five years ago my daughter, Starsea, moved to Minneapolis, Minnesota to work for Target Corporation. It was hard to let her go. She is a full grown adult, so I really did not have much to say to hold her back. She found a career that used her college degree and was a great next step for her at the time.

Over those five years we kept our closeness in our hearts and with frequent visits with each other. Well, you know how the past several years have gone. Fortunately, Target is a wonderful corporation and she has been work from home for the past couple of years. This enabled her to escape Minneapolis during the George Floyd times to the safety and comfort of home in New Hampshire. We were grateful to be able to have her with us for months at a time and to know she was safe. These opportunities to be together showed us the comfort in closeness of proximity again.

She has just moved back to New Hampshire and will be very close by again for (hopefully) a long time to come. It is a wonderful world in which we live that gives us the ability to go far away and still stay close to those we love through technology, social media, video calls and zoom, and through travel. It is also a wonderful gift to have those we have let go of return to us because they have come to value the closeness of proximity and have the freedom to work from home to be able to select that as what they prefer to do.

As our aging loved ones see their friends and loved ones leave them completely. It is even more important that we show them how much we value any and all time we have to spend with them. If you are physically far away, please take advantage of the technology to visit and check in on your loved ones far away. If you are physically close – I hope you will stop and think how lucky you are to have that closeness and the comfort that comes with it.

We all have loved ones. How often do we take the time to appreciate the closeness we have with them? I hope it is often and you truly breathe in the love that is shared by each of you. – All my best, Donna



Donna Deos, LLC



**603.801.5720**

FULLY LICENSED AND INSURED

**ERIC COOKE**

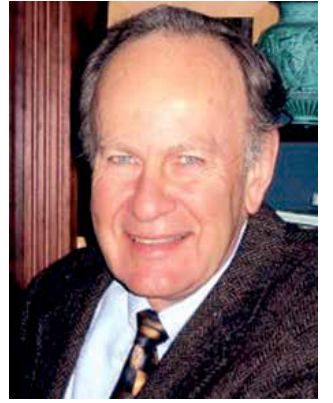
ericcooke137@gmail.com

54 Woodhill Road

Bow NH 03304



www.facebook.com/E.CookePlumbingandheating.com



## TITLE IX

Let us start with the presuppositions (which are true) that youth who participate in school athletics have a lower risk of becoming overweight, they develop an understanding of teamwork and responsibility. They develop physical endurance. They also learn to manage their time so they can accomplish the necessary academic requirements. These students basically develop a healthy lifestyle. My wife and I insisted that our three daughters participate in school athletics. They could choose the sport(s) in which to participate. You guessed it; as mothers, they also encouraged their children to participate in yearly school athletics. Our daughters and granddaughters have participated in soccer, track, volleyball, downhill skiing, swimming, competitive cheerleading, and field hockey. Much of this was made possible when on 23 June 1972 President Richard Nixon signed the Education Amendments Act. Some of the women who were the key architects of what went into Title IX were Rep. Patsy Mink, Rep. Edith L. S. Green, Bernice Sandler, Donna Lopiano, Billie Jean King, and many more. Senator Birch Bayh was in the beginning the lone male supporting this legislation. Title IX altered women’s sports forever as it recognized gender equity in education as a civil right.

You might be surprised to learn that the words “sport”, “athletics” or “physical education” do not appear in this legislation which was designed to address all gender inequities in education.

Title IX has never been just about sports. But women’s sports have never just been about sport. Women’s sports, as all sport should be, is about equality, fairness, opportunity, and respect in all areas of participation, scholarships, and allocation of resources.

I want to give recognition to one of my high school classmates, Lauren Anderson (we graduated in 1963). She was a real force behind advancing athletic programs for women. Two of her many honors include being named, in 1987, the NE Division I Cross Country Coach of the Year and in 1990 she was named the NE Division I Track & Field Coach of the Year. (1) As a result of the work of many women like Lauren there has been real progress. In 1972, 7% of high school varsity players were female, during the 2018-2019 season that rose to 43%. In 1972 women comprised only 15% of athletes competing on college teams; in 2020-2021 that rose to 44%. (2)

The Equality in Athletics Disclosure Act (1994) is a federal law requiring colleges & universities to publicly report gender equity information about their athletic programs. It is much more difficult to get a sense of what is happening at the high school level. Girls in minority schools have only 67% of the opportunities to participate in sport compared to the opportunities boys have.

The problem we face is understanding **equality**. “Sport has never sought to celebrate testes as special in either the men’s or the women’s category. Precisely the opposite is true: Gonadal sex traits define the categories, and then each separate category sets out to isolate and celebrate other characteristics.” (3)

We have “categories” for all different sports. D1 schools compete against D1 schools, not D3 schools. The special Olympics are for those very talented and competitive people who have some handicap, not for the NCAA superstar. Journalist Sherry Boschert correctly wrote that “opponents began trying to weaken Title IX immediately and continued to do so for decades.” (4) The current assault on Title IX is allowing males who want to be female to participate in female sport, thereby usurping positions on teams and taking away record and scholarship opportunities. This is disrupting the whole purpose of Title IX, which was to create an equal playing field and opportunity for genetically female athletes. On this the 50<sup>th</sup> anniversary of Title IX, we need to understand the job is not done. How can we give athletic opportunity to trans athletes without taking away opportunity for genetically female athletes? How do we continue to protect the principles of equality within ‘categories’ that so many women for 50 years have been striving for?

1. <https://scsuowls.com/honors/hall-of-fame/lauren-anderson/107/kiosk>

2. [https://www.womenssportsfoundation.org/wp-content/uploads/2022/05/13\\_Low-Res\\_Title-IX-50-Report.pdf](https://www.womenssportsfoundation.org/wp-content/uploads/2022/05/13_Low-Res_Title-IX-50-Report.pdf)

3. Doriane Coleman (Law Professor at Duke, and 800 meter National Swiss Champion). “A Victory for Female Athletics Everywhere” Quillette, 3 May 2019.

4. <https://www.washingtonpost.com/outlook/2022/06/22/true-mother-title-ix-why-it-matters-now-more-than-ever/>



# BOW MEMORIAL SCHOOL HONOR ROLL First Semester 2021-2022



## GRADE 7 ~ HIGH HONORS

Sean Atwell, Morgan Aubrey, Grace Ayers, Dale Berg, Isabella Blomgren, Madelynn Bouch, Robert Briere, Zachary Cannon, Trey Catenza, Arya Chakraborty, Laura Ciminesi, Kyle Cimis, Chandler Curtis, Madelyn Fish, Nikolai Fuchs, Charles Garland, Brylie Gelinas, Bryce Gervais, Nicholas Greene, Jacob Hammond, Madelyn Hebert, Ethan Herrick, Andrew Jewell, Alexandria Karakostas, Shire Kelley, Samuel Kelso, Troy Konstantakos, Garrison Landers, Griffin Lange, Benjamin Lewis, Charlotte Lewis, Cassidy Madigan, Annabelle Maxwell, Kaylee McGill, Nathaniel McKee, Meghan McKeen, Madison Pfister, Callum Richardson, Ryleigh Riggs, May Schleifer, Rowan Schlosser, Trevor St. Cyr, Emma Stocks, Samuel Stonecipher, Jordin Testa, William Thomas, Vera Virta, Oliver Weiss, Charlotte Weiss, Owen Wright, Camille Wuellenweber, Anna Zerba, Sophia Zink

## GRADE 7 ~ HONORS

Gwendolyn Barrieau, Elise Boullion, Brayden Brown, Luke Darling, Charlotte Duncan, Jacob Gancarz, Bryce Goodreau, Alexander Hickman, Noah Insana, Kaylee Jacques, Caitlyn Johnson, Landen Krause, Shelby Ledbetter, Jacob Littlefield, Lyrach Lydon, Ryan McKerley, Aubrey Merrill, Colin Mullaney, Emina Muminovic, Clayton Nadzan, Madison Oppold, Lea Parente, Estelle Piar, Wyatt Premo, Shane Rabalais, Addison Rodger, Joshua Roos, Charlie Sarette, Lucas Slayton, Gavin Szafran, Gianna Trott, Sean Walton, Bryson Wesler, Claire Wilke, Camden Wilson

## GRADE 8 ~ HIGH HONORS

Sydney Adams, William Albushies, Madison Barrett, Meldina Becirovic, Samuel Bennett, William Bennett, Belladonna Chang, Nora Cook, Alanah David, Ryan Dolder, William Drew, Ciaran Duffy, Alexandra Edraos, Connor Eno, Christina Fossum, Leah Gallier, Bethann Hartford, Emily Hou, Julia Hou, Caylee Jobin, Sabine Karanouh, Brigid Kelly, Yousef Khudair, Matthew Kropp, Molly LaFlamme, Molly McCarthy, Gwyneth McLaughlin, Hannah McLeod, Eliana Mears, Carter Monroe, Sarah Radomski, Jasmine Ramirez, John Reardon, Caleb Sandahl, Eisley Siegler, Audrey Starr, Zachary Thornton, Ella Trefethen, Dirk van de Merwe, Gabriella Wood

## GRADE 8 ~ HONORS

Vivian Altman, Luke Andrews, Luke Antonia, Kaitlyn Antrim, Elijah Ayers, Lochlann Brady, Gavin Buxton, Dominic Catalfimo, Colton Currier, Cameron Czarnosz, Chase Flagg, Audrey Glennon, Cale Goodnow, Kailyn Gosselin, Josephine Johnson, Parker Kazanowski, Brayden Lane, Cameron Leonard, Lauren Longley, Herbert Madden, Miles Miller, Elijah Modzeleski, Holton Morin, Mae Morrow, Cami Morrow, Maddux Oosterveen, Riley Pond, Lily Rayne, Addison Sarette, Sophia Smith, Thomas Tsouros, Ashley Wallen, Wyatt Worcester, Joseph York

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

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

## HAVE A SEPTIC TANK?

Four things to do to save your leach field:

- 1 No wipes in the system.
- 2 Use Scott 1000 toilet paper only.
- 3 No insinkerators and no food down the drain. Use a strainer in your sink.
- 4 Never wash latex paint brushes in the sink because latex is deadly to bacteria in your tank.

## Big Bear EXCAVATION

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

www.BigBearExcavationNH.com

## FREE ESTIMATES



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

7 Branch Londonderry Turnpike W.  
Bow, New Hampshire 03304



**PLUMBING**  
and  
**HEATING Corp.**

MBE0000478

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

**603.225.6929**

3 BOW BOG ROAD, BOW, NH 03304





Driven *By* People

BUILT FOR NEW HAMPSHIRE.

# 2023 MAZDA CX-50

Learn more at [grapponemazda.com/CX-50](https://grapponemazda.com/CX-50).



**GrapponeMazda.com**  
603.210.4387  
530 NH 3-A | Bow, NH



MAKE YOUR HOME

# WORK FOR YOU!




## HOME EQUITY

LINE OF CREDIT NOW AVAILABLE!


Contact our Lending Department today at (603) 224-7731, ext. 500, for more details.

*"We exist to make a **POSITIVE DIFFERENCE** in the lives of those we serve through **FINANCIAL EDUCATION** and **SERVICES**."*




New Hampshire  
FEDERAL CREDIT UNION

(603) 224-7731 • (800) 639-4039  
70 Airport Road, Concord • 47 N. Main Street, Concord • 71 Calef Highway, Lee  
[www.nhfcu.org](https://www.nhfcu.org)



Federally insured by NCUA

All loans are subject to credit requirements. NHFCU may lend to members only.



# BOW'S CHOICE FOR DENTAL CARE

# \$57

NEW PATIENT OFFER

- CLEANING • X-RAYS
- EXAM • TREATMENT PLAN

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



## GENTLE DENTAL CONCORD

410 S. Main Street, Concord, NH 03301

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

[gentledental.com/concord](https://gentledental.com/concord)  
Dr. Cash, General Dentist, Periodontist  
Dr. Walsh, Orthodontist, Dr. Gass Jr., Oral Surgeon

## GENTLE DENTAL CONCORD HOSPITAL

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

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

[gentledental.com/concordhospital](https://gentledental.com/concordhospital)  
Dr. Persha, General Dentist

### NOW ACCEPTING NEW PATIENTS

- Emergencies seen same day
- Most insurance accepted

### ALL PHASES OF DENTAL CARE

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


### ORAL AND MAXIOFACIAL SURGERY


Donald J. Gass Jr., DMD,FAGD

- Tooth Extraction
- Wisdom Teeth
- Implants
- TMJ

### ORTHODONTICS

John Walsh, DMD

- Braces
-  Invisalign®
- Free Consultation



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