



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. 8 August 2022

www.thebowtimes.com

FREE

DUNBARTON VILLAGE NEWS ON PAGE 16

SELECTMEN DISRUPTED BY ANGELA BRENNAN

by: Chuck Douglas

Newly elected selectman Angela Brennan has created personal animosity among her fellow board members as chronicled in the board’s minutes of July 12, regarding her F-bomb.

The backstory is that due to opposition by residents of Heather Lane to a proposed water tower for Bow Junction water enhancement the engineers have looked for another site for water storage to create pressure and hold gallons of supply.

Dubois and King Engineering have looked seriously at the golf cart sales area on Route 3-A. Because Chairman Bruce Marshall has an interest in that land he has recused himself from voting on or discussing the matter when it comes up at meetings of the board. That is exactly what is called for by the town’s conflict of interest policy.

Outside engineers and appraisers will determine price and/or suitability for the project, not Bruce Marshall.

On July 12, the meeting opened with public comment by Emily Bibbo, who the minutes report “came before the Board to share her shock and dismay with the Selectwoman Brennan’s use of profanity and name calling directed toward another Selectman at the end of June 14, 2022, Board of Selectmen Meeting.”

“Chairman Marshall apologized to Ms. Bibbo for the conduct that took place at the last meeting, and assured her it would not be tolerated moving forward.”

Later Vice Chairman Mike Wayne said: he “ wanted to address the Board on what Ms. Bibbo said at the beginning of the meeting. Just a reminder to the Board we have to maintain civility during meetings at all times and off site. Board members, if someone is speaking don’t interrupt, but wait till they are done. Board members shall not make false statements about other Board members. In the event a Board member acts in a manner as described, during a meeting, the meeting will be suspended until conduct issues have been resolved. I thank Ms. Bibbo for coming in.”

Chairman Bruce Marshall then reinforced the point by saying that “our ethics policy and rules of conduct are pretty clear, there is no room for disrespect from one Board member to another. I want to also apologize to Ms. Bibbo as my job as Chairman is to keep order in a meeting and that includes after the meeting is done, and people leaving the building. Going forward I will make it a point to be the last person to leave the room.”

BODY OF MISSING CALIFORNIA MAN FOUND IN BOW

The body of a California man was found in Bow in July, according to the Bow Police Department.

Jesse Lane, 27, was reported missing after Bow police found his car parked near the end of the Branch Londonderry Turnpike West, a narrow dirt track that cuts from White Rock Road Hill Road to Page Street.

In a Facebook post, Bow Police Chief Ken Miller said it was not clear initially if Lane was camping in the nearby woods or had abandoned his car there.

State police and conservation officers searched the woods with police dogs and a helicopter.

Lane's body was later found in the woods just off the dirt road, Miller wrote in a Facebook post.

Miller wrote that Lane's death did not appear to be suspicious, but said the state medical examiner would investigate the cause of Lane's death.

HOPKINTON-CONTOOCOOK NEWS ON PAGES 11-13

PRIMARIES COMING IN SEPTEMBER BOW DISTRICTS CHANGED

The political party primary elections will be held on September 13, 2022, followed by the general election for US Senate, Governor etc., on November 8.

Bow has been redistricted so that it is now with Hopkinton and Concord in Executive Council District 2. State Senate district 15 is the new district which includes Hopkinton, Bow and Concord rather than prior district 16.

House Districts for state representative changed as well:

BOW

Old: District 23 with Dunbarton

New: District 9 with Hopkinton Dunbarton

Old: District 23 with Bow

New: District 14 with Hooksett; District 27 with Allentown Epsom and Hooksett

Candidates are as follows for District 9:

REPUBLICANS

Joel Lloyd - Hopkinton

Jed Tocci - Hopkinton

Jon Richardson - Hopkinton

Darlene Gildersleeve - Hopkinton

John Martin - Bow

Christopher Lins - Bow

DEMOCRATS

David Luneau - Hopkinton

Mel Myler-Hopkinton

Muriel Hall - Bow

Angela Brennan - Bow

Dunbarton voters have two districts to consider: 10 and 27 as follows:
District 10 (4 seats)

REPUBLICANS

Stephen Boyd - Hooksett

John Leavitt - Hooksett

Ray Plante - Dunbarton

Yury Polozov - Hooksett

Thomas Walsh - Hooksett

DEMOCRATS

Madalasa Gurung - Hooksett

Kathleen Martins - Hooksett

Robert Ray - Dunbarton

Ahmed Tahoun - Hooksett

Dunbarton is also part of a Floterial District, Merrimack County - District 27 (2 seats).

THE REPUBLICAN CANDIDATES ARE:

Ernie Bencivenga - Hooksett

JR Hoell - Dunbarton

Carol McGuire - Epsom

THE DEMOCRAT CANDIDATES ARE:

Dennis Davis - Allenstown

Mary Frambach - Epsom



Patriotic Hay Bales Chuck Douglas | Photo

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

Technical Editor - Jennifer Jameson
jjameson@thebowtimes.com

Billing & Accounts - Julie Adamson
jeanodeano16@yahoo.com

Distribution Manager -
Joshua Coughlin
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

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

TRUMP REALITY FOR REPUBLICANS

by Chuck Douglas

While there are many of my friends who continue to support Donald Trump, I hope a reality check will soon take place.

Trump promised he would release his tax returns but never has. Why not?

Trump claims only criminals invoke the 5th Amendment right to refuse to answer questions, yet last week for 6 hours with hundreds of questions regarding real estate fraud he refused to answer anything except for "What is your name?" Why?

As to the search of his home for possible illegally retained classified national security documents he has said it was a witch hunt raid. Yet all he has to do is to release the search warrant affidavit so we can all read what he was provided as reasons by the FBI to get a warrant. Easy to do yet again he won't come clean.

Is it because his problem is worse than "lock her up" Hillary's with classified documents? Bet it is.

Donald Trump took an oath of office to "preserve, protect and defend the Constitution of the United States." On January 6, 2021, he watched Fox News for 3 hours as a mob tried to stop the tally of state electors by Congress. That should be enough for any Republican who claims to support that Constitution to call it quits on Trump just as his prior supporter *The New York Post* did last month.

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

TRUMP'S SILENCE ON JAN. 6 IS DAMNING

Guest editorial from The New York Post

As his followers stormed the Capitol, calling for his vice president to be hanged, President Donald Trump sat in his private dining room, watching TV, doing nothing.

There has been much debate over whether Trump's rally speech on Jan. 6, 2021, constituted "incitement." That's somewhat of a red herring. What matters more — and has become crystal clear in recent days — is that Trump didn't lift a finger to stop the violence that followed.

And he was the only person who could stop what was happening. He was the only one the crowd was listening to. It was incitement by silence.

He thought the violence of his loyal followers would make Pence crack, or delay the vote altogether.

To his eternal shame, as appalled aides implored him to publicly call on his followers to go home, he instead further fanned the flames by tweeting: "Mike Pence didn't have the courage to do what should have been done to protect our Country and our Constitution."

His only focus was to find any means — damn the consequences — to block the peaceful transfer of power.

There is no other explanation, just as there is no defense, for his refusal to stop the violence.

It's up to the Justice Department to decide if this is a crime. But as a matter of principle, as a matter of character, Trump has proven himself unworthy to be this country's chief executive again.

Editor's Note— The conservative New York Post Endorsed Trump in 2020

LETTERS TO THE EDITOR

What concerns me is Selectman Chris Nicolopoulos continued abuse of "Esq." in town emails. Bruce Marshall is an attorney, but to the best of my knowledge, does not sign "Esq." in town correspondence. You don't sign "Esq." in your official bio as NH insurance commissioner, so why are you signing "Esq." for town official business?

Your use of "Esq." concerning your duties as a Bow selectman is not only inappropriate, but raises serious legal questions.

While it is true you represent Bow, as a selectman, you are not legal counsel for the Town of Bow. Legal counsel for the Town of Bow would be correct in using "Esq." when representing the Town of Bow.

I would suggest you cease using "Esq." immediately and/or resign as selectman. **Bryan Milazzo, Bow**

As I read the Bow Times, I am constantly reminded of its horrific endorsement of now the worst president in US History. It blows my mind how a newspaper that was once the Gold Standard in Political endorsements and has the motto of "LOW TAXES ARE THE RESULT OF LOW SPENDING" could possibly endorse a DC Swamp Creature like Bonehead Biden.

Biden and the 4 rubber stamps that make up NH's congressional delegation's excessive spending and their horrendous policies have directly led to the pain and suffering of the American People. Skyrocketing inflation, record gas prices, Baby Formula shortages, rampant explosion of crime, and the Border crisis are all the result of Hassan, Kuster, Pappas and Bare-Shelves Biden tag-teaming against all Americans.

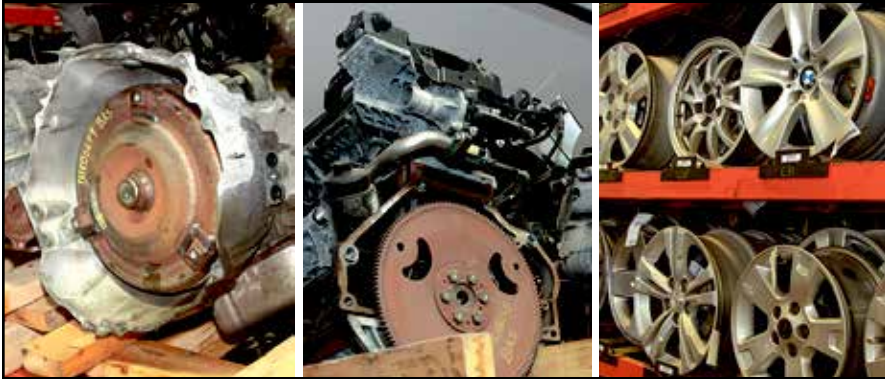
Hassan, Kuster, and Pappas don't represent NH, they represent Blue State Billionaires who pay for their dishonest ads. Ads showing them running away from the democrat party by falsely saying that they're "bipartisan," or they cross party lines to work with Republicans when they rarely if ever vote against their democrat caucus. They deceive people by counting procedural votes to make their claim.

The Bow Times can atone for its horrific endorsement by exposing these dishonest politicians by revealing their real voting record. My bet is that if the vote was close, they voted against the American people and with the democrat party 100% of the time. **Van Mosher, Bow**

1317 NH-3A
Bow, NH

BOW AUTO PARTS

OUR QUALITY IS THE DIFFERENCE!



Used Auto Parts That **Last Longer.**

We use digital tracking in our climate-controlled warehouse to ensure that your used car parts or used truck parts orders are fulfilled promptly and accurately.

Quality Used Parts **To Save You Money** Found In Seconds.

Bow Auto Parts provides fast delivery and friendly, responsive service to customers. We're your local source for well-cared for top-quality parts for both *used car parts* and *used truck parts*.

603-224-8400
www.bowautoparts.com



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**

500 South St Bow, NH

603-224-5394

alliedia.com



Visit us on
Facebook



RESIDENTIAL & COMMERCIAL ASPHALT PAVING

A+ Member of the BBB. Top ranked on Angie's list.
Check out our 5 star reviews on Google.

Asphalt Driveways

If you're looking for perfect paving services for your new driveway, get in touch with Bow Paving. Our team goes above and beyond for every customer and every job, and we're backed by over 30 years of experience!

Asphalt Parking Lots

For quality parking lots and a great reputation, Bow Paving is the company you need. We offer discounts for senior citizens and veterans. Contact us today for your fast, free estimate. We return all calls the same day.

Family owned and operated.

98 Dow Road Bow, NH 03304 **bowpaving.com**

Bow Heritage Day

September 10, 2022

10 AM – 2 AM

SELF TOUR

- Bow's Historic Landmarks
- And Historic Buildings
- Maps at Baker Free Library & Old Town Hall
- Lunch: Noon to 1 PM at Old Town Hall



Accepting New Customers!



E. COOKE

Plumbing & Heating 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

READ ALL EDITIONS OF THE BOW TIMES ONLINE!

www.thebowtimes.com



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



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

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

JULY 2022 REAL ESTATE SALES IN BOW

ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
59 Dicandra Drive	2 Bedrooms 3 Baths	1212 Square Feet	CONDO	\$295,000
18 Bela View Drive	3 Bedrooms 2 Baths	2159 Square Feet	1.03 Acres	\$325,000
14 Evergreen Drive	3 Bedrooms 2 Baths	1818 Square Feet	1 Acre	\$450,000
1 Hope Lane	3 Bedrooms 2 Baths	2316 Square Feet	2.16 Acres	\$480,000
108 Brown Hill Road	3 Bedrooms 2 Baths	1768 Square Feet	2.2 Acres	\$487,000
14 Laurel Drive	4 Bedrooms 3 Baths	2206 Square Feet	2.4 Acres	\$560,000
19 Ridgewood Drive	5 Bedrooms 3 Baths	3027 Square Feet	1.6 Acres	\$585,000
25 Page Road	LAND ONLY	LAND ONLY	67 Acres	\$600,000
20 Hooksett Turnpike	3 Bedrooms 3 Baths	2586 Square Feet	2.32 Acres	\$600,000
Lot 2 Hamilton Court	3 Bedrooms 3 Baths	3032 Square Feet	1.35 Acres	\$753,850

JULY 2022 REAL ESTATE SALES IN DUNBARTON



ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
Lot 11 Hilltop Lane	LAND ONLY	LAND ONLY	12.03 Acres	\$279,000
40 Stark Highway South	3 Bedrooms 2 Baths	1628 Square Feet	3.12 Acres	\$407,500
110 Gorham Pond Road	4 Bedrooms 4 Baths	2996 Square Feet	14.9 Acres	\$740,000

Sales Data for JULY 2022 provided by the NHMLS.

- 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.

The Bow Young at Heart Club

Upcoming Event

SEPTEMBER 14, 2022

Mridula Naik, Bow Town Clerk | Tax Collector

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



**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

6 FINANCIAL TRAPS NEW COLLEGE GRADUATES SHOULD AVOID

As college students graduate and start their careers, financial responsibility should be a top priority. The American Banker's Association has identified six traps that could hinder new college graduates from securing their financial future.

New college graduates should avoid the following financial traps:

1. Not having a budget. Simply put, don't spend more than you make. Calculate the amount of money you're taking home after taxes, then figure out how much money you can afford to spend each month while contributing to your savings. Be sure to factor in recurring expenses such as student loans, monthly rent, utilities, groceries, transportation expenses and car loans.
2. Forgoing an emergency fund. Make it a priority to set aside the equivalent of three to six months' worth of living expenses. Start putting some money away immediately, no matter how small the amount. A bank savings account is a smart place to stash your cash for a rainy day.
3. Paying bills late – or not at all. Each missed payment can hurt your credit history for up to seven years, and can affect your ability to get loans, the interest rates you pay on loans and your ability to get a job or rent an apartment. Consider setting up automatic payments for regular expenses like student loans, car payments and phone bills.
4. Racking up debt. Understand the responsibilities and benefits of credit. Shop around for a card that best suits your needs, and spend only what you can afford to pay back. It's a great tool if you use it responsibly.
5. Not thinking about the future. It may seem odd since you're just beginning your career, but now is the best time to start planning for your retirement. Contribute to your employer's 401(k) or similar account, especially if there is a company match. Invest enough to qualify for your company's full match – it's free money.
6. Ignoring help from your bank. Most banks offer online, mobile and text banking tools to manage your account night and day. In Sugar River Bank's Online and Mobile app, customers have the option to use Money Manager, a FREE budgeting tool right in your account. It's easy use to and a convenient way to check balances, pay bills, deposit checks, monitor transaction history and track budgets.

If you need help, a Sugar River Bank Customer Service Representative can help you set up your Money Manager during business hours.

Source: American Banker's Association, aba.com

Sugar River Bank
www.sugarriverbank.com
Member FDIC



JOHNNY MCKINNON BOW BREADMAKER

by Chase Binder



Johnny McKinnon with his Artisan-style loafs. Photo | John R. McKinnon

Johnny McKinnon is ten years old, a rising 5th grader at Bow Memorial School. Like many kids his age, he wanted to make some money over the summer. Like many parents, Johnny's dad was all in on the idea.

But what to do? Bow's geography doesn't lend itself to convenient paper routes or nearby lawn-mowing customers. Johnny, who comes from a baking-loving family, pondered the problem, and came up with idea: why not bake some bread and see if any Bow folks might like to buy it?

Johnny's dad, John, thought this would be a great chance to teach Johnny a bit about entrepreneurship—identifying (or creating) a need, developing the product, setting a price point, marketing and then distribution.

The first two factors were easy. Everyone loves fresh-baked bread and the McKinnon household had baking experience and a go-to recipe for basic white bread, artisan-style. Setting the selling price came next. They priced out ingredients and materials, factored a cost for running the family oven and a per-mile cost for delivery to Bow residents—an early included marketing perk. The price was set at \$5/loaf, delivered—or you could run over to their home on Bow Bog Road and pick it up.

To find a market John (John R. McKinnon) posted on The Bow NH Community Facebook page. Bingo!! Within a few days, Johnny had forty orders—one of which was me! I discovered their house was on my regular route to Market Basket in Hooksett, an easy addition to my weekly grocery runs. A small dinner party featured my first loaf, gently warmed in the oven and served with room-temperature butter. Mouth-watering as only fresh-baked bread can be! A day later I served the remnants, again gently warmed in the oven, this time with olive oil infused with fresh herbs from my kitchen garden.

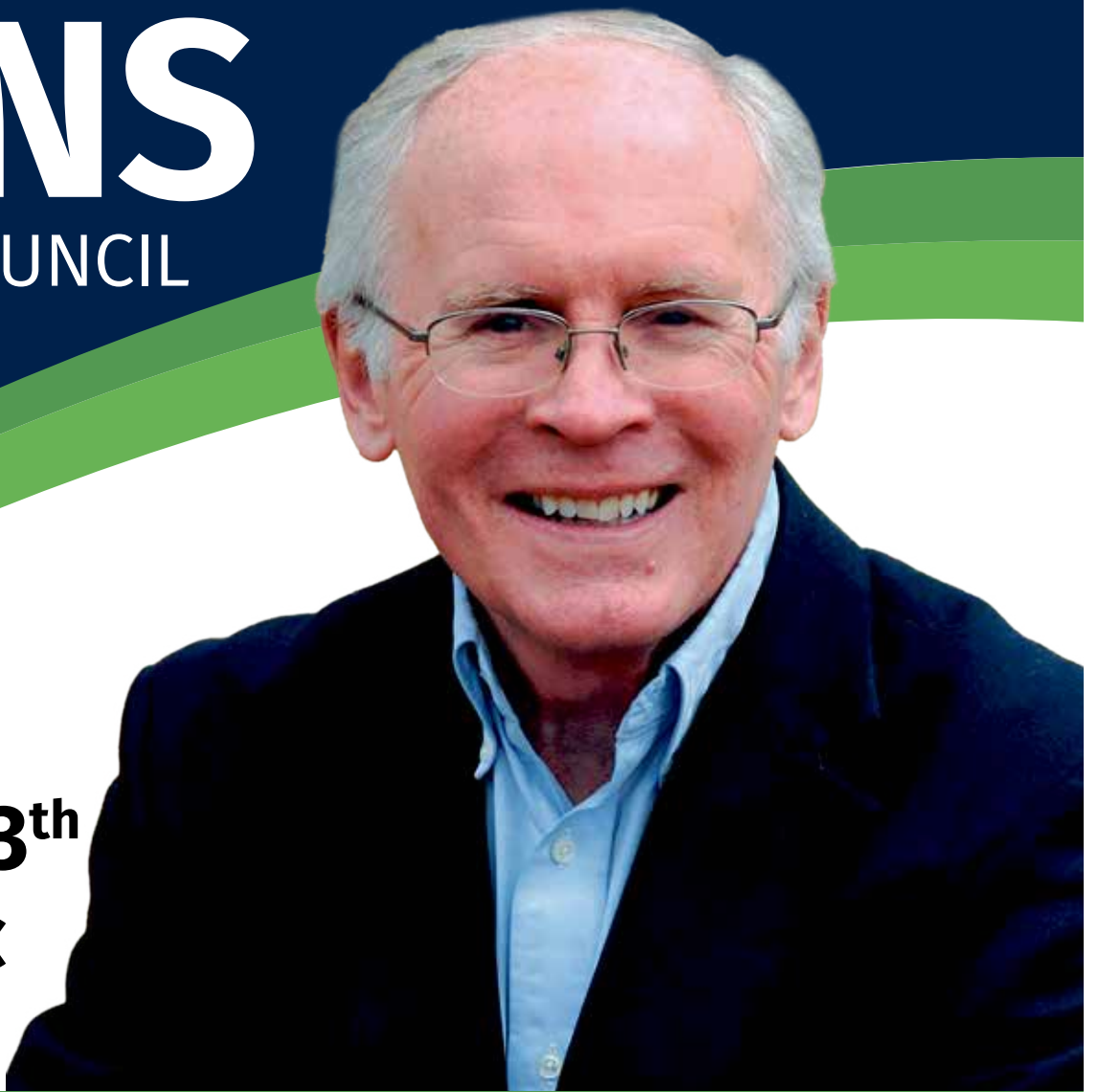
I spoke with John and Johnny recently and learned that Johnny might like to go baking school—he says he finds baking calming, but his real goal is to be a scientist and use technology to invent a portable shield to protect students during situations like the recent Uvalde, TX, school shooting! Sound far-fetched? I wouldn't bet against Johnny.

To order bread email Johnny at johnnysbakedbread@gmail.com, visit the Bow NH Community Group Facebook page and message John R McKinnon or watch for a farm stand at the McKinnon home, 131 Bow Bog Road — coming soon. I suggest beginning with the artisan white bread, but you can also special-order pumpernickel or rosemary bread. Johnny plans to bake throughout the school year but will limit orders.

CRYANS

FOR EXECUTIVE COUNCIL
DISTRICT #2

**Tuesday
September 13th
Democratic
Primary**



VOTE FOR MIKE CRYANS

EXPERIENCE THAT MATTERS ...

- ✓ 2 years District #1 Executive Councilor
- ✓ 19 years Grafton County Commissioner
- ✓ Public School Teacher at Littleton High School
- ✓ Senior VP at Dartmouth Banking Company
- ✓ Executive Director of Headrest

MIKE'S PRIORITIES INCLUDE ...

- ✓ Hands-on Constituent Service
- ✓ 100% Support for Reproductive Healthcare
- ✓ Voting for Supreme Court Justices with Trial Experience
- ✓ Strengthening Public Schools
- ✓ Strengthen Mental Health and Substance Misuse Facilities & Programs

MIKE CRYANS
RUNNING FOR YOU
IN DISTRICT #2



"As working families feel the economic squeeze brought on by rising inflation, high gas prices, skyrocketing grocery bills and a slowing economy, it's important they have an Executive Councilor who understands their concerns."

—Mike Cryans

Paid for by
Friends of Mike Cryans.
Denis Ibey, Treasurer. PO Box 999, Hanover, NH 03755
PAID POLITICAL ADVERTISEMENT

CONTACT MIKE 603-443-1901
mjcryans@hotmail.com

FIRE UP YOUR METABOLISM!

by Jim Olson

When it comes to losing weight, there are a lot of myths and half-truths out there. Some people swear by crash diets, while others believe that the only way to slim down is to spend hours at the gym. However, the most important factor in weight loss is actually your metabolism.

A lot of people think that metabolism is something we have to live with, that our natural body type will always make us either a “fast” or “slow” metabolizer. But the truth is, there are things we can do to nudge our metabolism in the right direction. And while there may not be a magic bullet for weight loss, increasing our metabolism can definitely help us slim down and feel more energized.

Interval training is a great way to boost your metabolism and get your heart rate up.

By alternating between high-intensity and low-intensity intervals, you can help boost your metabolism and burn more calories in a shorter amount of time. And the best part is that interval training doesn't have to be long or difficult — you can start with just a few minutes of intervals and gradually work your way up.

For example, you might sprint for 30 seconds, then walk for 60 seconds. This type of training has been shown to be more effective than steady-state cardio (like jogging at a consistent pace) in terms of increasing metabolism. One study found that doing 10 four-minute speed bursts with two minutes of slow walking or cycling after each (60 minutes total) three times a week upped the body's ability to use fat as fuel during exercise by 25 percent after six weeks.



Jim Olson

If you're new to interval training, start with short bursts of high-intensity exercise followed by longer periods of low-intensity exercise. As you get more comfortable, you can increase the length of your intervals.

Eating certain foods can also help to boost your metabolism and promote weight loss.

Protein is key, as it helps to build muscle and the more muscle you have, the higher your metabolism will be. Additionally, foods that contain healthy fats like avocados, olive oil, and nuts, and fiber-rich foods like oats, beans, and berries can also help to increase your metabolic rate.

Drinking plenty of water and staying hydrated can also help to boost your metabolism by helping your body convert food into energy more easily. Staying

hydrated can also help to flush toxins from your system, keeping you healthy and active.

Lastly, getting enough sleep and reducing stress are important for keeping your metabolism functioning properly.

When we're stressed, our bodies produce the hormone cortisol, which can lead to weight gain. When we are sleep deprived, our bodies have a harder time converting food into energy. So aim for seven to eight hours of sleep each night and find ways to reduce stress in your life.

So if you're looking to fire up your metabolism and lose weight, interval training, eating the right foods, drinking plenty of water, and getting enough sleep are all great place to start.

PRIVATE PERSONALIZED TRAINING WHERE YOU MATTER!

Boost your energy and strength with a 30-day jumpstart

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

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



Individual Results Are Guaranteed™

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

Join us for 30 days towards a healthier you!

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

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

Apply Today

IndividualFitnessllc.com/30



THE RISE OF READY TO DRINK COCKTAILS
ANNOUNCING COPPA COCKTAILS

Have you seen the choice of ready to drink cocktails explode over the last few years as people look to consume cocktails at home that are premade and ready to drink? There are tons of selections out there in the market. If you have tried any of these drinks, there is a mixed bag of quality out there. Most are wine or spirit based, and the range of flavors and quality is vast. Spirit based cocktails over a certain alcohol percentage can only be bought at NH State Liquor Stores. If you have seen other ready to drink cocktails sold by grocery stores, they are wine based or very low on the ABV % and are not to be confused with the various seltzer cans that are also for sale in the beer sections that have gained in popularity. Be sure to read your labels to see the ingredients of what is in the products you are drinking; it might surprise you.

There is a new product to be launching in August at Select New Hampshire State Liquor Stores - COPPA Cocktails are high quality and all natural, like you get made at a vacation resort or beach bar restaurant, the flavors are on point. Looking for a tasty new treat? Each bottle comes in a cool silver cocktail shaker looking package with beautiful graphics on them. These fun cocktails are ready to go, just pour over ice or pour them in a blender with ice, mixing your own frozen drinks at home. Perfect for the pool, lake or ocean or any hot summer days. Cool down and refresh with your favorite flavor that makes you feel like you are on vacation. They are fun to try with friends or great gifts to bring to your next party you're invited to. Choose from a Classic Margarita, Strawberry Daiquiri, Mojito or Pina Colada. You can even mix the flavors or layer them frozen in your glass ~ Strawberry Daiquiri can be layered with the Pina Colada to make a Miami Vice, one of my favorites.



Annie Kenney is a Sales Manager for MS Walker Wines & Spirits in Bow, where she has been passionate about her career for the last 19 years. Wine and Spirits Education Trust Level 2 Certified and a proud Board Member of the New Hampshire Lodging & Restaurant Association.

Anni, a lover of fine wines and spirits, resides in Bow, with her daughter Lexi and her fiancé Brock.


COPPA Cocktails were created from world-class, award-winning bartenders with all natural flavors and coloring to get a high-quality cocktail in an instant. Pick up a bottle or two, share with friends and fire up the blender while enjoying the dog days of summer. Be sure to keep these away from under-aged drinkers as there is no virgin choice here to serve, the alcohol is already in the bottle. You can always make a separate virgin daiquiri or pina colada with whipped cream or fun umbrella if you'd like, so the kids feel special too. Just be sure to find the virgin choice sold separately at stores, double checking those ingredients as COPPA Cocktails have the alcohol already in them ready to serve. Let the summer fun continue for everyone! Enjoy and Serve Responsibly. Cheers ~ Annie



COPPA Cocktails @ Select NH State Liquor Stores \$16.99 on Sale \$13.99 August & September

**RESPONSE
ACTIVITY LOG**

JULY 2022



10 Basic Life Support Transports

31 Advanced Life Support Transports

22 Non-Transport Care Refusal


0 Paramedic Intercepts

17 Fires/Hazardous Conditions/Alarms

41 Service Call Incidents/Good Intent

13 Overlapping Incidents

124 Total Calls for the Month



- To all who participated in **Bow Pride Week**. Deputy Chief Van Dyke, Captain Comeau, Firefighters Shirk, Beaulac, Eastman, Abbott, and future Firefighter Jack Abbott.
- To Captain Skoglund and Firefighter Bowler, for your assistance, additional time, and work with **First Due**.
- To Captain Comeau, Firefighter Shirk, Paramedic Oberman, Firefighter Dent and all assisting with the search and the recovery of the **missing California man, Jesse Lane**.
- To Firefighter Sartorelli for spearheading and raising over **\$3,600** through the **NH Charitable Gift Foundation** for the Bow Volunteer Fire Department.
- To Firefighter Bardwell, for your time and effort in researching new furniture for the day room. Also, thank you for the many hours of research you have put into documenting the **history of the Bow Fire Department**.
- To everyone who assisted with calls and station coverage.

MICHELLE FORTIN 2022-2023 BOW ROTARY CLUB PRESIDENT



On Friday, July 15th, Michelle Fortin received the President's gavel from Ben Kiniry. She will serve as Bow Rotary's President for 2022-2023.

During the Passing The Gavel ceremony, outgoing president Ben Kiniry was thanked for his year of service to the club as president and presented with a gavel and plaque gift commemorating his term in office.



Michelle Fortin and Ben Kiniry.

Photo | Eric Anderson



Bow Rotary Club invites the entire community to enjoy Open Talent Night, our final in the Free Summer Concert Series. The show is from 6-8:00 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 for registration and information.

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.



Ad Hoc Percussion Band at the recent Freese Brothers Concert, sponsored by Bow Rotary Club.

Photo | Eric Anderson



From left to right: Lieutenant Matthew Pratte, canine Roxy, and Matt Dodge, President-Elect.

Photo | Eric Anderson

LIEUTENANT PRATTE & ROXY

Lieutenant Matthew Pratte, Bow's Canine Officer, spoke to the Bow Rotary Club at its Friday meeting on July 8th. Many years of continuing training for both the officer and his dog Roxy, and superior teamwork are involved in performing searches, both for drugs and missing persons. Lt Pratte shared several stories about Roxy and her skills; since she was "on duty", no cuddles or scratches were allowed. A new dog and canine officer will take over these responsibilities in the fall, as Roxy will be retiring and begin her new life as a family pet.

Bow's canine officer and dog conduct these searches not only for Bow, but also for neighboring towns as well who do not have a K9 unit.

Discounts for Students with a "B" or Better Average



**RELIABLE
INSURANCE
SOLUTIONS, LLC**

Auto • Home • Life • Commercial

Matt Poulin

6 Garvins Falls Road
Concord, NH 03301

603-568-2535 (cell)

603-715-2975 (office)
info@ReliableInsSolutions.com

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



New Hampshire FEDERAL CREDIT UNION

LISA GILBERT CELEBRATES 35 YEARS WITH NEW HAMPSHIRE FEDERAL CREDIT UNION



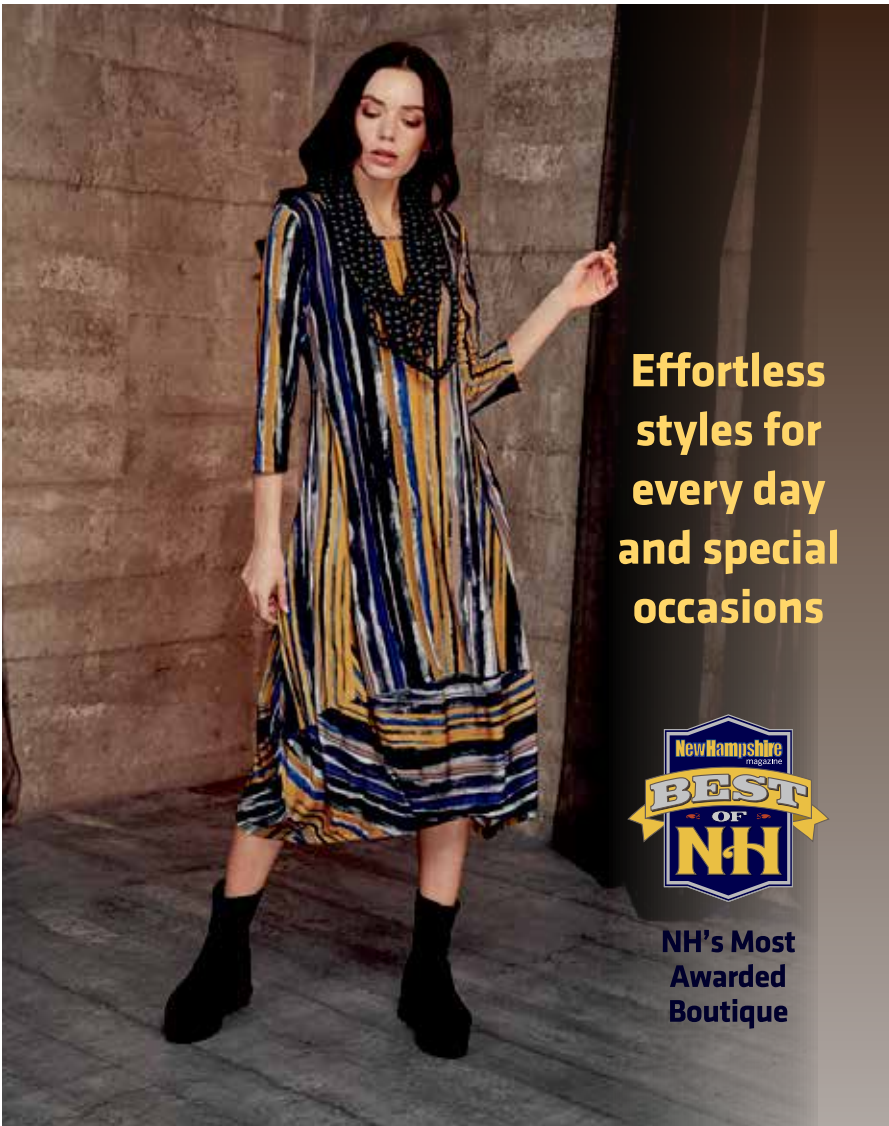
Lisa Gilbert joined New Hampshire Federal Credit Union in 1987 as a part-time Computer Operator and later that year became a full-time Computer Operator. Her attention to detail and knowledge of technology led to her promotion as Department Manager in 1995. As technology advanced, so did Lisa's skills. In 2000, she became Information Systems Manager. She then moved into the role of Information Systems Administrator.

Lisa's skillset broadened and in 2017, she became Operations Manager. In

this role, Lisa handles concerns members may have with debit cards, online banking, and much more. Over the years, Lisa has seen many changes. She states: "I have witnessed the Credit Union's growth from one to three offices, with the opening of the North Main Street and Lee locations, and then the creation of the Centers for Finance & Education."

With the introduction of email, the internet, and upgrading to electronic services, Lisa learned to better serve members using the new technologies. She has also watched NHFCU's assets grow to \$330 million.

Through the transitions, Lisa's top priorities remain the same – to show empathy and professionalism, and an eagerness to provide options and solutions for members.



Effortless
styles for
every day
and special
occasions



NH's Most
Awarded
Boutique

GONDWANA & DIVINE CLOTHING CO.

13 N. Main Street, Concord, NH • Open 7 Days
603-228-1101 • Shop at GondwanaClothing.com

FLANAGAN'S SOUTH ENDER DELI MARKET

Always Hand-Crafted & Delicious



Made to Order Hot and Cold Sandwiches



Salads



Homemade Soups



Grab & Go Dinners

250 South Street, Concord **603.856.8020**

TAKEOUT BREAKFAST ITEMS

6:30 – 11:00 AM



Breakfast Sandwiches,
Donuts, & Muffins



Dessert Items

DELI OPEN Mon - Fri
6:30 AM – 3:00 PM
Saturday 8:00 AM – 3:00 PM

STORE OPEN Mon - Fri
6:30 AM – 6:00 PM
Saturday
8:00 AM – 3:00 PM
Closed Sunday



COWAN & ZELLERS

REAL ESTATE PROFESSIONALS, LLC.

30 South Main Street
Concord, NH 03301

603-225-3333

info@cowanandzellers.com

Serving Hopkinton and Surrounding Communities.



Hopkinton Real Estate Sales – JULY

ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
Rabbit Hill Road	1 Bedrooms 1 Bathrooms	396 Square Feet		\$37,000
179 Pamela Drive	4 Bedrooms 3 Bathrooms	1,458 Square Feet		\$220,000
665 Brockway Road	1 Bedrooms 1 Bathrooms	545 Square Feet	5.1 Acres	\$283,500
477 Bound Tree Road	4 Bedrooms 1 Bathrooms	1,360 Square Feet	1.38 Acres	\$300,000
253 Little Tooky Road	4 Bedrooms 3 Bathrooms	2,192 Square Feet	1.5 Acres	\$410,000
66 Main Street	3 Bedrooms 2 Bathrooms	1,890 Square Feet	0.83 Acres	\$410,000
94 South Shore Drive	2 Bedrooms 2 Bathrooms	1,544 Square Feet	1.17 Acres	\$430,000
274 Gage Hill Road	3 Bedrooms 2 Bathrooms	1,752 Square Feet	1.2 Acres	\$432,000
25 School Street	4 Bedrooms 4 Bathrooms	2,823 Square Feet	0.23 Acres	\$495,000
126 South Shore Drive	3 Bedrooms 2 Bathrooms	2,924 Square Feet	1.15 Acres	\$500,000
73 Main Street	4 Bedrooms 4 Bathrooms	3,395 Square Feet	1.9 Acres	\$655,000
59 Elizabeth Lane	4 Bedrooms 5 Bathrooms	5,116 Square Feet	3.072 Acres	\$966,000

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 - CONTOOCCOOK TOWN CRIER

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

TWO VILLAGES ♥ ONE HEART

► **COMMUNITY FUND** With the cost of fuel oil and propane rising astronomically, more people are using cordwood. The Contoocook Carry Community Fund is looking to get a head start on building up a supplies of seasoned wood for our community's Wood for Warmth program. If you can help with a donation of cordwood, please call Mary at 603-568-2783. For more information visit www.cccommunityfund.org.

► **COACHING POSITIONS** The school's athletic program has coaching positions open for middle school boys' soccer and middle school girls' basketball. If you are interested, please contact Athletic Director Dan Meserve at dmeserve@sau66.org. (An earlier notice mixed up the girls' and boys' teams.)

► **GROUNDING STONE FARM** Certified Organic Blueberries is located in Contoocook, at 298 Maple Street, is open daily 9am to 7pm. Pick your own. Optional curbside pick up. For more information go to groundingstonefarm.com.

► **GOULD HILL FARM** is now picking blueberries and peaches. Lots of fruit makes for easy picking. Pick Your Own hours are Tuesday through Sunday from 10:00-5:00.

► **MEMORIAL** Chief Richard Schaefer was Hopkinton Fire Department's first fire fighter to die in the line of duty. September 2, 2022, will mark ten years since his passing. The Hopkinton Fire Fighters Association Memorial Committee will be erecting a fallen firefighter memorial dedicated to department members who made the ultimate sacrifice protecting our community. The memorial will be erected on the river-side of the Contoocook fire station.

The committee has chosen a bell to represent those who have fallen. A bell has a distinguished history in the fire service. It was the original method of communication, from ringing out alarms to communicating with other firefighters. When a bell rang 5-5-5, it was the original code to indicate a fire company has returned home. Over the years, this code has become synonymous with a firefighter who has lost his or her life, and "returned home."

For more information on how you can contribute to the memorial visit the Hopkinton Fire Department's Facebook page or email Don Delude at DDelude@comcast.net, Jim Lewis at JamesLewis@TDS.net, or Joe Tristaino at Joe.Tristaino@gmail.com.

► **1000 BOOKS** Join us in celebrating the accomplishment of reading 1000 Books Before Kindergarten at the Family Concert with Mr. Aaron At the Hopkinton Town Library on Friday August 26th at 6pm. If your child will be attending kindergarten this September, keep reading and remember to bring in your log sheets. Children who complete the 1000 books before August 26th (even if they will not be attending kindergarten this fall) will receive a certificate and hardcover book at the concert and lots of applause!

► **CONTOOCCOOK RAILROAD MUSEUM** is open Friday through Sunday all summer long. Hours: Friday Noon-4:00, Saturday 9:00-4:00, Sunday Noon-4:00. Please stop by, we would love to show you around this wonderful old building.

► **HYSA** will be running Fall sessions for golf, soccer, and field hockey. We now have PayPal on our website. For more information and to register - www.hysasportsnh.com.

► **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.

► **CALLING ALL 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 August 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.

► **AMERICAN LEGION** Check out the Facebook page of the American Legion E. Roger Montgomery Post #81. Together we will work to achieve better and greater things for our soldiers, veterans, and their families. (603) 746-4495. Closed Mondays. Open 2-8pm Tues-Fri, 12n-8pm Sat and Sun. Some events are open to the public.

► **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. 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.

► **BEECH HILL FARM** corn mazes are officially open! Our themes this year NH Eco-Spy and Ice Cream Jeopardy. The mazes are open everyday from Noon to dusk. Right now we are letting the last group go through at 7:00. Cost - \$7.00 a person - children 3 and under are free.



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

► **RED HAWKS ANNUAL COW PLOP** fundraiser will be held Sunday August 21st from 11am-3pm at Beech Hill Farm and Ice Cream Barn. Each ticket is \$35 and this gives you your cow plop square as well as an ice cream. Tickets must be purchased or reserved (then pay on day of event w/cash or check) on line at www.cowplop.eventbrite.com. Possible \$500 winner if the cow plops on your square!

► **ICE CREAM SOCIAL** Save the date August 23 and 24, move up day and PTA sponsored ice cream social at Harold Martin School. Students and families will meet on the playground at their assigned time. Students will join their teacher for a 20-minute move-up day activity in their classrooms, and they will then rejoin their families on the playground for ice cream. August 23 - Kindergarten 5:00-6:00, 3rd Grade 6:00-7:00. August 24 - 1st Grade 5:00-6:00, 2nd Grade 6:00-7:00.

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

► **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.

► **GIRLS ON THE RUN** is a 10 week program for girls in 3rd and 4th grades of all fitness abilities. Practice times Mondays and Thursdays 315-445pm. Starts week of September 12th at HMS. To learn more about Girls on the Run, registration and financial assistance please visit website: www.girlsontherunnh.org.

► **DINNER THEATER** Join us for a night of entertainment and intrigue (dinner included) at the Death of a Gangster, a 1920's Mafia Marriage Murder Mystery. September 17th from 5-8: 30pm. All details are online at: www.HopkintonRec.com.

HOPKINTON POLICE DEPT.

13 Arrests 3 Accidents 360 Traffic Stops JULY 2022 ARREST LOG

7/01 Jeremy Carter, 37, of 337 Little Tooky Road, Hopkinton, was arrested for Reckless Operation, Disobeying an Officer, Controlled Drug: Sched 1-4; Possession and Unregistered Vehicle.

7/03 Sherri Stanwood, 39, of 69 Meadows Drive, Hopkinton, was arrested for Domestic Violence; Simple Assault – Bodily Injury.

7/04 Lauren Noone, 42, of 1040 Old Hillsboro Road, Henniker was charged with Suspension of Vehicle Registration.

7/06 Daniel Laguerre, 34, of 130 Hunt Road, Peterborough, was arrested for DUI.

7/11 Todd Davison, 45, of 456 North State Street, Apt 2, Concord, was charged with Drive After Revocation/Suspension – subseqt.

7/15 Greisy Machado Lazo, 25, of 218 Central Street, Manchester, was charged with License Required; Operate without Valid License and Following Too Closely.

7/16 Keyla Mullen, 42, of 145 West Parish Road, Concord, was arrested for DUI and Open Container.

7/18 Staci Davis, 36, of 20 White Tail Run, Hopkinton, was arrested for Domestic Violence; Simple Assault, Physical Contact and Domestic Violence; Simple Assault, Physical Contact.

7/18 Keyri Martinez, 22 of 1001 Haywood Street, Manchester, was charged with License Required; Operate without Valid License and Speeding.

7/21 Mark Donovan, 64, of 918 Flanders Road, Apt 5, Henniker, was arrested for Possession of Controlled Drug; Roy Ballou, 59, of 8 Depot Street, Apt 1, Pittsfield, was arrested for Possession of Controlled Drug.

7/23 Forrest Morse, 37, of Old Hillsborough Road, Hillsboro, was arrested on a Warrant.

7/31 Laura Lanoue, 25, of 112 Hiram Patch Lane, Frankestown, was arrested for DUI and Open Container.



End of Summer Concert Series

THURSDAYS 6-8PM, A **FREE** FAMILY-FRIENDLY EVENT

AUGUST 11
SENIE HUNT PROJECT

AUGUST 18
WILL HATCH & CO

AUGUST 25
THE TALL GRANITE BIG BAND

SEPTEMBER 1
NICK'S OTHER BAND

SEPTEMBER 8
EMILY'S GARAGE BAND

SEPTEMBER 15
PEABODY'S COAL TRAIN

AT THE LEWELLEN BANDSTAND BY THE CONTOOCCOOK RIVER
(in downtown Contoocook behind the train depot by the covered bridge)

Beer Garden & Food

All concerts are free of charge thanks to the Town of Hopkinton Merle Dustin Fund and:



EYES ON THE ROAD: THE CHALLENGES OF SAFE DRIVING

THE THREE KEY TYPES OF DISTRACTIONS

MANUAL
TAKING YOUR HANDS OFF THE WHEEL

RED LIGHTS - 7.3 million red light violations every year are a result of distracted driving

VISUAL
TAKING YOUR EYES OFF THE ROAD

CHILDREN - Children are 12 times more distracting to a driver than talking on a cell phone

COGNITIVE
TAKING YOUR MIND OFF DRIVING

FLEET TRUCK - 7 out of 10 fleet companies have written policies to regulate distracted driving!

BICYCLIST - Nearly 50,000 cyclists were killed or injured in motor vehicle traffic crashes in 2011

CELL PHONES - 650,000 drivers are using cell phones while driving, at any given moment during the day

TEXTING - Drivers who text while driving are 23 times more likely to be in or near a crash. Based on a recent survey, 50% of teens use their cell phone while driving, both to talk and text

CAR RADIO - 25% of car accidents in the US are a result of driver distractions - changing the station changes your focus from the road to the radio

PETS - 84% of pet owners travel with their pets in automobiles

FOOD - 70% of people admit to eating while driving

5 TIPS FOR SAFE DRIVING

1 Put your phone on silent to avoid temptation from incoming calls and messages. If you need to make a call, pull over to a safe area first.

2 Make sure you are well rested before any road trip. To avoid drowsiness, take turns driving or take breaks to fuel up on food and water.

3 Prepare for the drive ahead - eat, review maps, program your favorite radio stations - before any road trip.

4 Obey posted speed limits and always maintain a safe distance from other vehicles on the road.

5 Talk to your kids about safe driving habits before they reach driving age and remember they will learn by example!

Public Information Tip from the Bow Fire Department



GENERATIONS DENTAL CARE

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.



SURGICALLY CLEAN AIR



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.



BOW GARDEN CLUB



RIVER TREES - Artist: Elaine Farmer
Floral Designer: Jessica Dunbar



WINDOW SHOPPING - Artist: Susan Monty
Floral Designer: Beverly Gamlin



OCEAN WINGS Glass Artist: Verne Orlesk
Floral Designer: Joyce Kimball



STARRY NIGHT - Artist: Aline Lotter
Floral Designer: Keryn Anderson



BLUE ROOSTER Artist: Cheryl Vratsenes
Floral Designer: Lisa Richards

Members Demonstrate Their FLOWER POWER

Amherst – Bow Garden Club members participated in the annual “Petals 2 Paint” art and floral exhibition again this year held at the LaBelle Winery on June 15-16. Six (6) of our members created floral designs for this year’s event—two for the very first time! “Petals 2 Paint” is sponsored by East Colony Fine Art, a consortium of twenty-three (23) local artists, each of whom lent a piece of their art to the event for floral interpretation. Several member clubs of the NH Federation of Garden Clubs, Inc. participated in this event. The floral arrangers each selected a piece of art a few months prior to the event and then designed a floral piece with a reflecting their objet d’art’s message,, contour, color palette, etc. This was the 17th year where garden club members joined with local artists to hold this two-day event at the winery, beginning with an open reception where the public could view both the artwork and the floral designs, meet the artists and floral arrangers and celebrate the beauty of art in flowers.



CHICADEE
Glass Artist: Susanna Ries Floral Designer: Susan Johnson



CHILD SACRIFICE

You may remember having seen a 2018 article in the *National Geographic* that detailed the findings of mass child sacrifice in the ancient South American empire known as Chimú. The sacrifice of children has been well documented in the Aztec, Inca, and Mayan cultures. While on a medical trip to Central America, I had the opportunity to climb to the top of one of the ancient temple mounds where these executions were carried out. And yes, children were sacrificed in Carthage, Sicily, Sardinia and Malta. In Turkey the remains of ritually sacrificed young people have been found from the Bronze Age (3100 to 2800 BC). In the writings of the Old Testament, we find God's prophets condemning the sacrificing of children to idols (Ezekiel 23:39 & II Kings 17:14-17). There is enough anthropological and archeological research to be fairly certain that over the last 5,000 years many 'advanced' cultures all over the globe have sacrificed their children.

Why would parents sacrifice their children? Scientists believe that the ritual plays an important role in the development of complex societies through social stratification and control of populations by elite social classes (1 & 2). Some of this 'stabilization' is augmented by the beliefs of those hoping to gain success, comfort and financial security. World views that combine these gains with child sacrifice are hierarchical and totalitarian in nature and at the same time secular and humanistic. These systems value one life over another. The life that is not valued might be one of a different race, a different sex, disabled, too old or too young or a different religion. However it presents, it is the perceived beneficial effect that taking (sacrificing) this life will have on the social stratification that one is trying to protect that causes one not to value the life in question. In our own lifetime we have witnessed the marginalization of women, the enslavement of the black race, the slaughter of Jews by the Nazis, genocide in several countries, the push for the acceptance of physician assisted suicide, child trafficking occurring in every country including the US, and currently the demand for more killing of the unborn. Why? In every case throughout history, it is to protect the advantage or privilege of those in control.

Some advocates for abortion (child sacrifice) claim that the developing baby is not a person. But basic science, and our own human experience, informs us that baby humans begin in the womb of the female parent as a separate and distinct human being. They are totally dependent on their mother to provide care and protection. That dependency does not end at birth, but continues until the child reaches an age to survive on its own. Over the past decades we humans have sacrificed millions of our children. The reasons have been varied and difficult, but what has been missing was an underlying understanding that this is what we were doing. Less than 1% of abortions are done because of rape, and less than 10% are due to health problems with the baby or mother. 86% of abortions are because the child would be an inconvenience or interfere with the life that the woman wants to pursue (3). According to the CDC 18% (almost 1 in 5) of all pregnancies in the US end in induced abortion (4).

We label our child sacrifice with terms like "health care" and "removal of the products of conception," and for 50 years our judicial system said it was all "legal." If something is "legal" it is assumed to be moral and the right thing to do. We have finally awakened to the fact that what is called legal may not be moral or right.

Consider this: If the greatest love is to lay down your life for another, the opposite is laying down another's life for yourself. May we strive for the greatest love.

1. <https://www.nationalgeographic.com/science/article/mass-child-human-animal-sacrifice-peru-chimu-science>
2. <https://www.nature.com/articles/nature17159>
3. https://abort73.com/abortion_facts/us_abortion_statistics/
4. <https://www.cdc.gov/mmwr/volumes/70/ss/ss7009a1.htm>



2022 NH EATS LOCAL MONTH KICKS OFF

Nearly 100 businesses and organizations around the state are gearing up for 2022 NH Eats Local Month, coordinated by the NH Food Alliance, throughout the month of August. This year's celebration of farms and food in New Hampshire is centered around the Live Free + Eat Local Challenge. Granite Staters can eat at or from five New Hampshire farms or other food businesses throughout the month of August for a chance to win a delicious local prize.

Granite Staters who participate in the Challenge will write the name and location of each farm or food business on their Live Free + Eat Local Challenge submission form and submit it to the NH Food Alliance by August 31. For more information and to download submission forms visit www.nhfoodalliance.org.



NH Community Seafood in Portsmouth with the previous General Manager, Andrea Tomlinson. Photo | Katie Goodall Ink + Light Creative.



Eric Anderson | Photo

BOW FINANCES IN GOOD SHAPE

Finance Director Geoff Ruggles gave his preliminary report in July for the fiscal year ending June 30. Revenues were \$525,000 over estimates and expenses were \$641,000 less than was budgeted to spend.

DUNBARTON NEWS



CHAIR YOGA with Sherry Gamble Summer Session will be on Thurs, Aug. 25 at 11 am at the band stand. Wear comfy clothes and bring water. Chairs will be provided.

OPEN HOUSE Upcoming elementary school events: Open House at the elementary school is Thurs, Aug 25, 5:30pm to 7pm. Mon Aug 29 is the first day of school. Fri Sept 2 and Mon Sept 5 --no school on the Labor Day Holiday.

DUNBARTON LIBRARY will be closed on Sept 3 and will only be open 10am to 4pm the week of Aug 30 to Sept 2.

BOOK CLUB Dunbarton Congregational Church Book Club's newest selection is *Night Watchman* by Louise Erdrich. Discussion is the first Thurs, Sept 1 at 7pm. Any questions call Barb at 496-3253. All are welcome to join the book club.

VIRTUAL PROGRAMS: at the library: Calling All Weavers, Coopers, Vampers, and Wheelwrights *Let's Explore Your Ancestor's Occupation* hosted by Erin Moulton via Zoom, Thurs, Sept 8 at 6:30pm. FMI Contact the library. Exploring your ancestor's occupation can give you great insights into their daily existence, but how do we go beyond the standard of vital records, census records and city directories? Come and learn as Erin explores and unearths occupational information. FMI contact the Dunbarton Library

Preserving the Harvest with Leslie Cercier via Zoom on Thursday, Sept 15 at 6:30pm. Join the organic gourmet, preparing and preserving a bountiful garden harvest. FMI contact the Dunbarton Library.

TOWN HALL Construction Update. The library has a doorway into the new addition/entryway.

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



Bow student scholars

- Jonah Bult** was named to the dean's list for the spring semester at Cedarville University.
- Maddy Ondzes** was named to the dean's list for the spring semester at the University of Rhode Island.
- Makayla Murray** was named to the dean's list for the spring semester at Saint Francis University.
- Stephanie Gosselin** was named to the UA early college spring semester director's list at the University of Alabama.
- Mary Wiley** was named to the dean's list for the spring semester at the College of the Holy Cross.
- Daniel Jenkins** was named to the dean's list for the spring semester at Plymouth State University.
- Julia Hollinger** was named to the dean's list for the spring semester at Plymouth State University.
- Alec Schultz** was named to the dean's list for the spring semester at Plymouth State University.
- Thomas Rolla** was named to the dean's list for the spring semester at Plymouth State University.
- Colin Tracy** was named to the dean's list for the spring semester at Plymouth State University.

DO YOU HAVE CLEAN DRINKING WATER? Why should you be concerned?

While some pollutants, such as bacteria, viruses and phosphorus, can be reduced by passing through soil under certain conditions, groundwater can be easily contaminated by chemicals and oils. Surface water is also affected by soil and pollutants picked up as water flows over land.

Keep Household Hazardous Wastes Out of Your Drinking Water!

- Such as... Automotive Fluids • Auto Batteries • Used Motor Oil • Oil-Based Paint • Paint Thinner • Antifreeze • Pesticides • Cleaning products • Gasoline
- DO —**
- Use non-toxic and less-toxic alternatives to pesticides and household chemicals.
 - Take leftover household chemicals to your town's household hazardous waste collection day.
 - Follow package directions on pesticides, fertilizers and other household chemicals.
 - Check your underground fuel storage tank (UST) frequently for leaks. If a UST is more than 20 years old, replace it with an aboveground storage tank that has a concrete slab underneath it, a cover and secondary containment.
 - Take care of your septic system. Inspect it every year and get it pumped out every 3-5 years.
 - Avoid damage to your leach field and distribution lines by keeping vehicles, livestock and other heavy objects off of them.

Dunbarton, N.H. 03046

CLEVELAND DRYWALL, LLC

Drywall Installation & Finishing

(603) 496-2893

Matthew Cleveland

REWARDING BAD BEHAVIOR

by Donna Deos

Why do we do this? How come mean people always seem to get a pass on acting that way when the good people can have one off day and everyone lets them know it's not okay? When we let them get away with bad behavior, or we cave in to their meanness and comply, we are actually reinforcing that what they are doing is okay. How? Because it worked. Being the bully got them what they wanted. Being an adult sized baby got them what they wanted.

But it cost them much more – the respect of others.

When I was in school, I was the good, rule following nice girl who tried to make everyone happy. There were other girls in school, you know who they are, the “mean girls.” The ones who were always rude, bossy, mean, put others down to make themselves feel better and so on. Especially to those they saw as inferior or less popular. I wasn't their target, but I saw them do it far too often. I would then go and try to make their victim feel better when they weren't around. Sadly, I did not stand up to them back then because I didn't want to go from non-target to target. That is not okay either. I was a child and it was the safe thing to do.

One day, I was grumpy and not overly happy or nice. Boy did I hear about that. Apparently, if you are nice by nature, the people who aren't don't want you treading on their turf. Likewise, the people who count on you bringing them up really rely on you to do that.

So, now here I am as an adult – many years later and I still see this happening around me – and to me, and to those I love. It simply isn't right. Why do we let this happen? How come some people get to be total jerks and nobody stands up to them? I think it is time we start letting people know what is acceptable and what is not.

For example, if someone asks you what they can bring to your party, and you say “your presence is all I require, please don't bring anything” they should be flattered and not bring anything. I literally had someone ask me three times if they could bring a specific item. I politely declined 3 times (because I was already making that item as it was a specific request by the person whom the party was for) and they still showed up with the item I asked them not to bring! I don't know about you, but to me that is completely, blatantly rude and disrespectful.

It is not okay to go ahead and do what you want anyway, especially when you asked and were given an answer not to do that. Where do people get off thinking this is okay? If you didn't ask and brought something I would get that. But 3 times?!?! This really did happen. I know it is quite unbelievable that anyone would be so bold, but it did happen – and yes, I was not surprised given the person who did it.

If you are having a bad day, I get it. We all do. Own it. When I come home after a stressful day (or, I should say, when I did work out in the world and came back home –lol, there is much less stress working from home for sure! Far less of these people to deal with), I would warn my family. “If I seem cranky, it's not you. My day was not a good one and I don't mean to take it out on you.” Everything went much smoother with that warning label. Nobody took anything I said or did personally. And, because I had put it out there I was aware of it and less likely to be crabby with them.

Wouldn't it be nice if people were generally nice instead of selfish and mean? Sure, we all tend to be selfish on occasion. “On occasion” being the preference instead of incessantly.

One more example of what is not acceptable: just because you really want something does not give you the right to be a complete jerk to someone else to get it. The more you push your agenda and treat that person meanly, in my book, means you are definitely not going to get your way. My friends told me the ability to say no and/or hold your ground is a thing that comes with age. Well, they were right and I am finally there! Thank you 50!

Sadly, not everyone else is there. They let people twist words, manipulate and downright verbally abuse them just to get their way. Let me say it again – this is NOT okay in any world. Please stop being that person if you are. (However, that person is not likely to read this



anyway. Let's be real, I tend to be a positive, upbeat person in life and in my writing, which means mean people aren't attracted to me.) So, for the people who are reading this, it is time to step up and let people know their actions are not okay.

You can even use an assertion statement like this: “when

you yell at me or use your guilt words to get your way, I feel disappointed in you and our relationship, and it makes me not want to give you what you are trying to get. If you approached this want/topic in a polite and positive way you would stand a much better chance of me considering it. Feel free to approach me again when you are able to do this.” End of discussion. Walk away, say goodbye, do whatever you want or need to do end the conversation. You have just let them know their actions are not acceptable and will not work. You did not reward the three year old for having the tantrum by giving them the candy or toy they threw the fit for.

Let's be real people, those of us who raised kids learned this. If you reward bad behavior you get more of it. (Sometimes you get more of it regardless, but that is a topic for another day: trying to deal rationally with an irrational person). If you let people know what is not acceptable, it is then up to them to decide to follow the rules – or not. If they do not. You know how much they value you – they don't. They are too selfish to value others. We all have people like this in our lives. What we can control is how much – or how little – interaction we have with them. You deserve to spend your precious time with those you value and who value you.

One more short story. I was watching my 3 year old grandson. He brought me to see the block tower he built. I praised him on his good work. He proceeded to knock it down. To which I showed an “on my goodness” reaction of surprise, which is what was desired. He then ordered me to sit down and build a new one. I told him no. He said “you have to.” I told him, “no, I don't. You're not the boss of me.” The look of surprise on his face was priceless! It was followed by confusion and disappointment. I then told him, if you had asked me nicely I would have gladly built one for you. He asked me nicely and we spent quite a while with me building towers for him to knock down. Guess who learned what works and what doesn't in a matter of seconds?! If only everyone were that easy.

Good luck on setting boundaries with those who need them. Next month we can talk about dealing with irrational people.

I hope you enjoy the summer. – Donna

“I fought the good fight, I finished the race,
I have kept the faith.”

2 Timothy 4:7



**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 POLICE RECRUIT DIES

Bow police recruit Evin Karic died at his first week of attending the Police Academy in Concord. His unfortunate death off-campus was not the result of a training accident or foul play.

Chief Ken Miller expressed the sympathy of the town to Mr. Karic's family on their loss.



UPCOMING EVENTS – BUTTON UP & MORE

Looking to use less energy and save money? The Bow Energy Committee provides several opportunities to help you learn how:

NHSaves Button Up Presentation @ Baker Free Library Thursday, September 22, 6:30pm

Conducted by a certified energy auditor, this 1.5 hour presentation and Q&A covers whole house weatherization measures that will button up your home for the heating and cooling seasons. Sponsored by NHSaves and coordinated by the Plymouth Area Renewable Energy Initiative. Visit the Library's online calendar to register.

NH Energy Expo @ Dunbarton Elementary School Saturday, October 1, 9am-3:30pm

Come to the NH Energy Expo to explore a variety of energy products and topics. Speak with vendors (several from Bow), attend educational workshops, and meet electric vehicle owners.

Volunteers needed: We are seeking volunteers to run kids' activities at the Expo. We are also looking for electric vehicle owners willing to share their EV experience with others. Please email energycommittee@bownh.gov.

Bow Home Energy Tour

Thinking about solar, heat pumps, an electric vehicle? Sometimes we just want to talk to someone who's done it! Register for the Energy Tour to visit homeowners in Bow who have made energy efficiency improvements (check the Energy Committee Facebook or Town Calendar for registration information).

SELLAR CHIROPRACTIC CLINIC

DR. JOHN A. SELLAR, BS, DC
Chiropractor

35 West Street Concord, NH 03301
concordnhchiropractor.com
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 POLICE LOG

JULY 2022 ARREST LOG

- 7/1** Alexis Slade, 21, Weare, was arrested for disobeying an officer; Jonathan Rash, 39, North Berwick, ME was arrested on a warrant for failure to pay child support
- 7/2** Gentil Kamazi, 22, Manchester, was arrested for driving while intoxicated 2nd offense, driving after suspension or revocation, open container, and yellow line violation
- 7/3** Feisel Abdirahman, 39, Winooski, VT was arrested for driving under the influence 4th offense and disobeying an officer
- 7/4** Mark Siders, 63, Manchester, was arrested for driving under the influence
- 7/6** Melissa Brown, 52, Hooksett, was arrested on a warrant for unauthorized use of a motor vehicle
- 7/7** Sophia Gumaa, 18, Ashland, was summonsed for driving after suspension or revocation, and license required
- 7/8** Jordan Mckee, 25, Lincoln, was arrested for resisting arrest, simple assault, and a bench warrant for resisting arrest and operating without a valid license; Lydia Perkins, 22, Concord, was arrested on a warrant for breach of bail
- 7/10** Laura Parrott, 47, Laconia, was arrested for driving under the influence and possession of controlled drugs; Carlos Solorzano, 20, was summonsed for operating without a valid license; Dustin Averill, 28, Concord, was arrested on two counts of possession of controlled drugs
- 7/12** Frederick Stockton, 58, Salem, MA was arrested on a warrant for operating without a valid license
- 7/13** Garrett Vetere, 44, Manchester, was arrested for driving under the influence subsequent offense
- 7/14** Scott Parmenter, 49, Northfield, was arrested for driving while intoxicated and open container; Luther Whittine, 44, Bogalusa, LA was arrested for criminal mischief; Michelle Brien, 44, Concord, was summonsed for driving after suspension
- 7/17** Peter Emanuel, 60, Bow, was arrested for domestic violence simple assault
- 7/20** Edgardo Molina, 33, New Boston, was arrested on a warrant for failure to appear in court; Breana Jernigan, 27, Manchester, was arrested for driving after suspension or revocation and breach of bail; James Walsh, 19, Bow, was arrested on a warrant for reckless operation; Emanuelle Duran, 35, Albuquerque, NM was arrested for disobeying an officer, resisting arrest, obstruct government administration, simple assault, and misuse of 9-1-1 system
- 7/23** April Greene, 35, Deering, was arrested for domestic violence simple assault, and two counts of criminal mischief
- 7/25** Michelle Hardy, 42, Concord, was arrested on a warrant for failure to appear in court
- 7/26** Danielle Abrams, 35, Northfield, was arrested on a warrant for failure to appear in court; Alicia Coughlin, 25, Manchester, was summonsed for driving after suspension or revocation
- 7/28** Brian Hamilton, 54, arrested for driving under the influence
- 7/29** Jose Alves, 43, Nashua, was arrested on a warrant for driving after suspension or revocation and speeding; Melissa Cleasby, 38, Penacook, was arrested for driving after suspension subsequent offense and on a warrant for failure to appear in court; Peter Emanuel, 60, Bow, was arrested for breach of bail; Denise Davenport, 53, was arrested on a warrant for driving after suspension
- 7/30** Patrick Mukenke, 32, Manchester was arrested for driving under the influence

REQUIRED MINIMUM DISTRIBUTION

Provided by Dominic Lucente

Understanding mandatory retirement account withdrawals.

If you are approaching your seventies, get ready for required minimum distributions. You may soon have to take RMDs, as they are called, from one or more of your retirement accounts.

You can now take some RMDs a bit later in life, which is good. Recent rule changes give your invested savings a little more time to potentially grow in your retirement savings vehicles before that first required drawdown.

What account types require RMDs? Any retirement plan sponsored by an employer, plus traditional Individual Retirement Arrangements (IRAs) and IRA-based retirement plans, such as SIMPLE IRAs and Simplified Employee Pension plans (SEPs). Original owners of Roth IRAs do not have to take RMDs.¹

You can take your initial RMD from a retirement plan by December 31 of the the calendar year in which you turn 72. You actually have the choice of taking that first annual RMD as late as April 1 of the following year, i.e., the year in which you will turn 73, but you'll have to take your second RMD by December 31 of that same year. So if you wait 16 months to take your first RMD, you will end up taking both your first and second RMDs from that account in the same year – and since each RMD represents taxable income, that could lead to higher-than-anticipated tax bill for that year.¹

How are RMDs calculated? The Internal Revenue Service provides calculation formulas in Publication 590-B. Commonly, you calculate your yearly RMD by dividing the balance of your retirement account on December 31 of the previous year by a life expectancy factor, a number you take from tables published within Publication 590-B.¹

If you have multiple retirement accounts (as many of us do), each one will require an annual RMD calculation. If you own multiple traditional IRAs, you have the choice to calculate RMDs for each of those IRAs and take the combined RMD amounts for all three IRAs from just one of those IRAs. You have the same choice if you have multiple 403(b) plan accounts.¹

What do you need to do to avoid penalties with RMDs? The most important thing to do is to take them by the annual December 31 deadline. The second most important thing to do is to withdraw the right amount.

If you take an RMD after the December 31 deadline or withdraw less than you should, a penalty may apply. The I.R.S. may levy as much as a 50% tax on the amount not withdrawn.¹

The good news is some investment firms will update you on your upcoming RMDs well in advance of annual deadlines, and your RMDs may even be calculated for you. This is not a given, however, and even when you receive such information, you must act on it, because it takes time to authorize and execute the RMD.

Lastly, take a look at how the RMD income may affect your taxes. There are ways to manage the tax impact of RMDs, and you can explore those choices with a financial or tax professional.

Dominic may be reached at 603.645.8131

or Dominic.lucente@LPL.com

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

Citations 1. Internal Revenue Service, March 16, 2022

YOU PLANT
SEEDS

today

TO THRIVE
*tomorrow
& beyond*

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
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

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!

100 YEARS OF HOPI KATSINA CARVINGS EXHIBIT



Mt. Kearsarge Indian Museum 18 Highlawn Road, Warner

The Hopi Katsina exhibit is set up in the auditorium and features the fine collection of Chuck and Debra Douglas. Their generous donation of Katsinam objects is greatly appreciated. Traditionally, these figures have been used as teaching tools – carved representation of the Katsinam, spirit messengers of the universe.

The Mt. Kearsarge Indian Museum exhibits allow visitors to travel through time and space – displaying artifacts and pre-

sents information on prehistoric to contemporary Native Americans from every corner of the North American continent. MKIM is always adding to and changing exhibits. This, along with workshops, lectures and special events, gives visitors a reason to return often. Mt. Kearsarge Indian Museum serves as a living center for artistic expression, traditional values, and contributions from past and contemporary Native life. The Museum embraces cultural diversity and encourages environmental action based upon respect for nature and a deeper understanding of Native cultures.

Regular Season Hours Open daily Monday - Saturday 10am - 4pm, Sunday noon- 4pm with the last admission at 3:00pm for all days. Visit www.indianmuseum.org for more information.



BOW VETERINARIAN SAYS PETS CAN GET COGNITIVE ISSUES

Dr. Wendy Jensen, Bow veterinarian, is a contributor to a new book about doggy dementia and Alzheimer's called, *Canine Cognitive Disease*.

Dr. Jensen is very aware of the need for companion animal guardians to learn more about cognitive issues in their dogs. "I'm hopeful that F. Barish-Stern's book, *"Shamrock's*

Story, From Hurricane Katrina to Doggy Dementia & Alzheimers," will raise awareness among companion-animal advocates about the many options available to help their animals above and beyond the medicine we were all raised on. Keep searching, keep learning, and our animals will benefit!"

Dr. Jensen was interviewed by F. Barish-Stern to better understand how homeopathy looks at cognitive issues in dogs. F. Barish-Stern stated, "I was very interested to speak with Dr. Jensen of the Pitcairn Institute of Veterinary Homeopathy because her journey in veterinary medicine took her from traditional medicine to homeopathy. She has also written a book to help clients understand what to expect when working with a homeopathic veterinarian to improve the health of their companion animals.

Dr. Jensen said that the best way to treat animals is to look at everything, not just signs; get a full history and then go back to when things started.

To learn more about dementia & Alzheimer's in dogs, visit:
www.goldenquillpress.com/dogementia.html.



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



WINNERS OF HOSA INTERNATIONAL LEADERSHIP CONFERENCE EVENT

On June 25th, teammates Sage Konstantakos of Bow High School and Megan Gamache of Concord High School, took first place among the over 170 teams in a competitive First Aid/CPR event at the 45th Annual Health Occupations Students of America (HOSA) International Leadership Conference (ILC) in Nashville, TN. Sage and Megan earned the right to compete at the ILC after winning first place in the First Aid/CPR event at the New Hampshire State HOSA Conference in May. Sage and Megan became HOSA members through their participation in the Concord Regional Technical Center's (CRTC) Health Science Course.

HOSA-Future Health Professionals is a State and International Organization for students interested in and preparing for a health career. This year the conference attracted over eight thousand students who participated in professional activities, competitive events, and informative workshops.



OBITUARIES

GEORGE BARNARD

On May 11, 2022, George Barnard of Contookcook passed away. George was born on Feb. 27, 1934, to Perley D. and Eulalie May Barnard. George graduated from Hopkinton HS in 1953. He then joined the U.S. Navy, becoming a proud member of the Seabees. He finished his tour of service in 1957 and returned home to Contookcook and became the owner and operator of the Contookcook Service and Gas Station.

George was married June 4, 1960, and moved to Webster, where he resided for many years.

He is survived by his four children, daughter Wanda McGee and sons Keith, Wesley and John, seven grandchildren, three great-grandchildren and his companion in life for over 30 years, Pam Chalfant.

We remember George as fun-loving, hardworking and always quick with a comical response. He was a very social person who loved gathering friends and family.

DAVIS W. CLARK, MD

Dr. Davis (Dave) Whitney Clark, of Hopkinton, died peacefully with his family by his side at Concord Hospital Hospice House after a brief illness, at the age of 86 on July 8, 2022. Born on July 19, 1935, in West Springfield, MA to Marion Eleanor (nee Whitney) and Garrett Austin Clark.

Clark enlisted in the U.S. Navy and entered Officer's Candidate School in Newport, RI. As an engineering major he was well prepared for OCS and enjoyed learning about ships and how to keep them running efficiently.

After the navy, he graduated from the University of Rochester School of Medicine in 1967.

As he was finishing the program in Rochester, a doctor who had moved to Concord and let him know about Concord Hospital's need for an orthopedic surgeon. Dr. Merwyn Bagan, a practicing neurosurgeon at Concord Hospital helped recruit him.

He served as an orthopedic board examiner for the American Board of Medical Specialties, the U.S. agency which credentials all doctors for fitness to practice.

Dr. Clark was predeceased by his parents and by his sister, Julia Clark. He is survived by his wife, Sandra C. Clark of Hopkinton, by his daughters, Elizabeth G. Clark of Hopkinton, Laura Mitchell (Keith) of Bow, Deborah Hale of Bluffton, SC and his sons Davis W. Clark, Jr. (Brady) of Malvern, PA and Michael Hale (Valarie) of Saco, ME.

In lieu of flowers, please consider giving to the Davis and Sandra Clark Endowed Scholarship Fund (A13410), to provide scholarship support for undergraduate students in Arts, Sciences and Engineering at the University of Rochester.

MARTHA STEEVES FAIRFIELD

Martha Jane (Steeves) Fairfield of Hopkinton died at the age of 77 on July 17, 2022, with family at her side in Concord. She was born in Boston to Richard H. and Dorothy R. Steeves. She leaves her husband of 55 years Edward H. Fairfield identical twin sons, and daughters-in-law, Wesley P. and Kathleen M. Fairfield of Falmouth, ME, and Scott R. and Melissa H. Fairfield, of Hingham, MA, five cherished grandchildren Madison, Cole, Mason, Slater and Aubrey, her brother, Richard H. Steeves, Jr. and sister-in-law Kay K. Steeves of Amherst, and two nephews.

Martha married her college sweetheart after meeting him at the University of Maine. Martha began a distinguished career in banking at Williamstown National Bank and rose to VP of Operations at the Bank of New England. After moving to Hopkinton in 1996, she became an active member of the St. Andrews Church community. She volunteered her time every spring for the last 20 years with AARP helping folks with taxes. Martha spent each summer her entire life in a beloved family cottage on Lake Sunapee. She made the perfect vacation spot for family to gather carrying on the traditions her parents so loved. We will not be able to pass by a red geranium without a memory of Martha.

In lieu of flowers, consider a memorial donation to St. Andrews Episcopal Church, 354 Main Street, Hopkinton, NH, 03229.

WARREN FARGO

Warren E. Fargo died at home in Bow, on July 7, the same date that 60 years prior, he married Peg, the tall girl with a blond ponytail he met in math class at SUNY Cortland.

Born in Verona, New York on July 14, 1936, Warren was the youngest child of Elmer and Estelle (Travis) Fargo. His early adventures with his brother and sister, Bob and Louise, were among his fondest memories.

After graduating from Deposit NY Central School, Warren enlisted in the US Navy and became a hospital corpsman.

In 1958, he returned from the Navy and earned his BS Degree, Masters and Advanced Administration Certifications from SUNY Cortland, SUNY Oswego, Syracuse University, NYU, Colgate and Cornell. His career in education spanned 37 years and included teaching high school biology, high school guidance director, principal of junior high, high school and superintendent in various schools.

Continuing his commitment to education, upon retirement, he served on the Bow School Board of Education from 2004-2010.

Becoming a father to Jane, Michael and Katie shaped his life as he in turn shaped theirs. He was a role model and a mentor to each of them, guiding them in their individual path with a supportive and loving hand. The addition of a daughter-in-law, Judy Van Houten, and a son-in-law, John Piester, along with grandchildren filled his heart with joy and fulfilled his life beyond expectation.

To honor Warren, in lieu of flowers, please consider a donation to the Friendly Kitchen, 2 South Commercial Street, Concord, NH 03301.

CAMERON JAY FORD

Cameron Ford of Contookcook passed away on Thursday, July 14, 2022. He was 64 years old.

Cameron Jay Ford was born in Concord, and lived and attended school in Concord. Cameron is a Vietnam-era US Army Veteran who has been awarded the rank of Sergeant. He later attended Daniel Webster College and received a BA in Organizational Management.

Cameron's family includes his wife Dina Delaney of 40, their lovely daughter, Hannah Ford Delaney of Concord, beloved son and daughters Ben Heine of New London, Alichia Ford Knight of Charleston, Anna Heine of Concord, Charlie Huh. Ford of Pensacola, Florida, Justin Ford of Pensacola, Florida.

He also is survived by Denielle Marcoux and Zeb Ordway who he considered beloved "adopted" children, as well as many nieces, nephews, beloved grandchildren and great grandchildren.

In 2017, Cameron was selected as Executive Director of Headrest, a program he really loved. He worked with people in need, and those who struggled with substance abuse.

Cameron spent more than 30 years working at non-profits. His first venture into this field was with Work Opportunities Unlimited, Concord, NH developing jobs for youth and adults with disabilities. He oversaw the operation of the Youth Career Programs as Director of Youth Development. He spent 9 years at My Turn, Inc. as Regional Director, and then Executive Director. My Turn provided services to 800 students per year both in and out of school programs.

JANET L KRZYZANIAK

Janet L Krzyzaniak, 81, of Contookcook, passed away on July 27, 2022, with her family by her side. She was born to the late George and Lillian Langwasser, April 22, 1941, in Selbyville, Delaware. Her family moved to Hopkinton, NH in 1947, where she graduated from Hopkinton High School in 1960. She married her high school sweetheart, Thomas V. Krzyzaniak in 1961. Janet retired from the State of New Hampshire, where she most recently worked as a Supervisor in Child Support Enforcement. Janet volunteered with the Hopkinton Fire Department as a dispatcher and Auxiliary member, and devoted much of her time in service to the community.

Janet is survived by her husband of 61 years, Thomas V. Krzyzaniak, a brother George Langwasser of Contookcook, two daughters; Pamela Carter of Manchester, Allyson Krzyzaniak Geary and her husband Bob Geary of Contookcook, four grandchildren; Michael Drew, Kelly Carter and Jonathan Carter of Manchester, and Owen Krzyzaniak Geary of Queens, NY as well as two great grandchildren, two brothers-in-law, nieces and cousins.

In lieu of flowers, memorial contributions may be made to the Hopkinton Fire Fighter's Association, PO Box 513, Hopkinton, 03229.

Obituaries | continued to page 22

READ ALL EDITIONS OF THE BOW TIMES ONLINE!

www.thebowtimes.com

Obituaries | continued from 21

DANIEL C. LENNON SR.

Daniel C. Lennon, Sr. of Hopkinton, died on July 22, 2022, from complications related to Acute Myeloid Leukemia. Born in Cambridge, MA, he was the son of Mary Doran Lennon and John H. Lennon, Sr.

He began singing as a young boy and sang professionally in various bands such as the Whirlwinds, Straight Water Blues Band; with his friends, The Four Rascals, and with his brother and cousins in the Lendows. He produced a CD titled, "First Time Out" and co-created a second CD titled, "50 Years Still Rockin" with the Lendows.

Dan was most grateful for the fellowship of Alcoholics Anonymous where he learned to live in sobriety as a man of dignity and compassion for the past 47 years.

He earned a Master's in Counseling & Community Psychology and was a Licensed Clinical Mental Health Counselor and a Master Licensed Alcohol & Drug Abuse Counselor wanting to help others receive the gift of freedom from the illness of addiction.

Dan was predeceased by his parents; sisters Janet, Pauline, Edna, Barbara, Beverly, Mary and brother John. He is survived by Donna, his wife of 32 years; sons Daniel (Susan) Lennon and James (Laurie) Lennon; step-sons Kenneth (Mari) Ramsdell and Eddie (Heidi) Ramsdell and step-daughters Bobbie-Jo DeFillipo and Carol Ambrosino.

The family extends gratitude to the treatment team at NH Oncology & Hematology under the direction, care and guidance of Fred Briccetti, MD and to Dr. Matthew Sullivan at Dartmouth Hospital in Lebanon, NH for his expertise in treating leukemia and for his compassion.

Please consider a contribution in Dan's name to the St. Jude Children's Research Hospital at <https://st.jude.org>.

STEPHEN CHARLES LIAKOS

Stephen Charles Liakos, 70, of Bow, NH, died July 10, 2022, at Granite VNA Hospice House, Concord, after a brief illness.

Born in Manchester, he was the son of Charles and Eva Liakos.

He graduated from Manchester High School Central, Class of 1970. He earned a degree in engineering from the University of NH in 1974.

Stephen was employed with the NH Department of Transportation as a civil and structural engineer for forty-two years. His top priority was public safety.

He excelled in basketball, pickleball and golf, and he volunteered his time teaching golf to adults in the Special Olympics. Whether winning or losing, he was a gracious player.

Family members include his beloved wife of thirty-eight years, Maureen (Warren) Liakos; two daughters, Katie and Christa; a brother, Phil Liakos; his in-laws, James and Brenda Warren, Daniel and June Warren, Erin Warren, Dr. Thomas and Dr. Judith Wilson.

Memorial donations may be made to Special Olympics of New Hampshire, 650 Elm St. #200, Manchester, 03101, NH 03302 or Granite VNA Hospice House, 240 Pleasant St, Concord, 03301.

SHARON "SHERI" B. LUPIEN

Sharon "Sheri" B. Lupien, 71 of Bow, passed away peacefully at home on July 30, 2022, with her family by her side.

Sheri was born September 28, 1950, in St. Johnsbury, VT to the late Gordon Burdette and Eunice (Hubbard) Burdette.

Sheri graduated from Concord High School in 1968. She attended Concord Hospital School of nursing and graduated with her Nursing Degree (RN) in 1971. Sheri began her nursing career with Concord Hospital before moving on to BC/BS and IPP where she worked until her retirement.

Sheri enjoyed rug braiding, gardening, trips to the ocean and spending time with family.

Sheri is predeceased by her father; Gordon Burdette, her two brothers; Michael and Paul Burdette.

Sheri is survived by her loving husband of 51 years; Henry B. Lupien of Bow, her daughter; Melissa Coulombe and husband Ernest of Penacook, her son; Gregory Lupien and wife Sara of Bow, her four grandchildren Michael, Matthew and Jessica Coulombe, and Zoey Lupien, as well as 5 great-grandchildren. Sheri also leaves behind her mother; Eunice Burdette, her sister; Eileen Corbett and husband Bruce, an uncle, aunts, cousins and nephews.

In lieu of flowers, the family asks to consider making a donation to the New Hampshire Food Bank.

GAYL E (WAGAR) PLUMMER

Gayl E. (Wagar) Plummer, 86, of Bow, passed away peacefully on July 24, 2022 with family by her side, at her home.

Gayl was born March 15, 1936, to Marshall C. Wagar and Ethel Wagar. She graduated from Keene HS in 1954 and participated in Girls State, All State Band, Science Fair Committee, Science Club, Camera Club Band, Orchestra and the yearbook.

She held several jobs in banking customer service during her 45 year career including Teller, Head Teller, Customer Service Representative, Administrative Secretary and Proof Operator.

Gayl is survived, and will be greatly missed, by her husband of 63 years, Floyd F. Plummer, who she had known since childhood. She is survived by her sons, David and his wife Marie of Bennington; and Tim and his wife Nicole of Trumbull, CT; and her beloved grandchildren Jennifer, Andrew, Sophia, Violet, Brianna, and Ryan. In addition to her parents, she is predeceased by her daughter, Deanna, and her sister Janet W. Gaseau.

Gayl was an avid animal lover and, for as long as her family can remember, has always had a feline friend in her life.

In lieu of flowers, please consider donations to Pope Memorial SPCA, 94 Silk Farm Rd., Concord, NH 03301 www.popememorialspca.org.

WILLIAM A STICKNEY

William A Stickney, 85, of Contoocook, passed away on July 27, 2022, peacefully at his home.

Bill was born on September 9, 1936, in Concord, to Arthur F and Ursula (Wright) Stickney. Bill graduated Concord High School in 1954. After graduation he joined the U.S. Navy and was honorably discharged in 1957.

After Bill saw the world, he returned home and married his high school sweetheart, Marcia Norris from Concord. They had three children, Michael, Andrew, and Barbara.

Bill was an active Mason in the Horace Chase Lodge. He was a life-long musician and played a real mean trombone! Bill was also a lifelong gardener, spending many hours growing flowers and vegetables.

Bill married his second wife, Trudy Gielar in 1976, and enjoyed 44 years being together and laughing until her death in 2020.

Bill retired from Public Service Company of N.H. after 20 years, and St. Paul's School after an additional 20 years of work.

Bill leaves behind his three children, Michael, Andrew, and Barbara, as well as his two step children, Nancy (Gielar) Eaton, John Gielar and many grandchildren and great grandchildren.

Donations can be made in Bill's name to a charity of your choice.

WILLIAM "BILL" VERPLANCK

William "Bill" VerPlanck, age 71, of Dunbarton passed away suddenly of a stroke on July 7, 2022.

Born on January 31, 1951, the son of the late Lawrence and Gwen-dolyn (Rogers) VerPlanck. He was a graduate of Tilton School, Class of 1969 and of Cornell University with a BS in 1973.

Bill began his career with the Chubb Bond department in NYC, then joined Peerless Insurance Company's MA Regional Office. In 1985, he joined The Rowley Agency in Concord, where he stayed for the remainder of his career, becoming Partner in 1996 and retiring in 2018.

Bill was a current member of the BOD at Concord Country Club. He served on the Board of Directors of CASA of NH for 10 years, Associated General Contractors of NH, and the Jiffi Rule Scholarship Tennis Tournament. He was the former President of the New England Surety Association.

He was an avid golfer, enjoyed playing tennis and, his newest passion, archery.

Bill is survived by his loving wife of 34 years and soulmate Jean (Mannion) VerPlanck of Dunbarton; his 2 sisters, Margaret (VerPlanck) Orbon and her husband, Dr. Richard Orbon, and Judith VerPlanck-Elliott and her husband, James; his sister-in-law: Sandy Mannion and her partner, Tim Langley.

In lieu of flowers, donations may be made in Bill's memory to the Pope Memorial SPCA, 94 Silk Farm Rd., Concord, 03301 or to the Dunbarton Firefighters Association, 1011 School St., Dunbarton, 03046.



END OF SUMMER BOOK BONANZA

August 25th – August 27th

We are cleaning out our Book Sale Room and everything must go! For three days only, browse hundreds of books, music, dvds and more in our End of Summer Book Bonanza. *Everything is free-will donation.

CHILDREN'S PROGRAMS

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. A new book will be coming in September. 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.

ADULT PROGRAMS

Edible Wild Plants and Mushrooms In and Around the Capital Region

Tuesday, September 13th | 6:00pm

The Capital Region is home to over 70 species of edible wild plants, some of which are more nutritious and/or flavorful than their cultivated counterparts, and dozens of species of edible mushrooms. Join Russ Cohen, expert forager and author of *Wild Plants I Have Known...and Eaten* as he covers over three dozen of the tastiest species the region has to offer. Russ will also bring along handouts and samples of tasty treats made with wild edibles for people to sip and/or nibble on.

Registration is required for this program. Visit our Online Calendar to register.

Adult Book Talk

Tuesday, September 20th | 12:30pm & 6:30pm

The Adult Book Talk Group will be discussing *The Woman They Could Not Silence: One Woman, Her Incredible Fight for Freedom...* by Kate Moore. 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 September 20th at 3pm.

Love mysteries? Contact Amy at amy@bakerfreelib.org to learn about the mystery-themed book club, the Whodunits! The Whodunits' next meeting is at White Rock Senior Center on September 6th at 1pm.

NHSaves Button Up Workshop with Bow Energy Commission

Thursday, September 22nd | 6:30pm

Conducted by a certified energy auditor, this NHSaves presentation and Q&A provides examples of whole house weatherization measures that will button up your home for the heating and cooling seasons. Speaker Andy Duncan of Lakes Region Community College will cover energy saving tips and NHSaves energy efficiency programs. Learn about saving electricity, insulation and air sealing, energy audit and weatherization programs, rebates on electric and gas appliances, and other incentives from NH's energy utilities. This presentation is sponsored by NHSaves and coordinated by the Plymouth Area Renewable Energy Initiative (PAREI). **Registration is recommended for this program. Visit our Online Calendar to register.**

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

Baker Free Library

Blue Seal Feeds

Bow Mobil

Bow Recreation Building

Bow Town Offices

Chen Yang Li

Colonial Village Supermarket

Cracker Barrel-Hopkinton

Concord Chamber of Commerce

Concord Food Co-Op

Crust and Crumb

Dimitri's Pizza

Dunbarton Town Office

Everyday Café

Flanagan's South Ender Deli

7 Eleven on 3A

Hampton Inn

Individual Fitness

Irvings Circle K

Johnson Golden Harvest

Lakehouse Tavern

Merrimack Co. Savings Bank

Nina's Bistro, Hall St., Concord

Pages Corner Store

South Street Market

Sugar River Bank, Concord Hts.

Tucker's Restaurant

Veano's, Manchester St.

White Rock Senior Center

notice to our Readers

CORRECTION: The Bow Middle School Honor Roll that appeared on page 23 of the July edition, should have been noted as **Second Semester**.

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



SIGNATURE DESIGN
2022 MAZDA CX-5

Reserve An Incoming MAZDA CX-5
graponemazda.com/cx-5



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 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



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

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

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
- Widsom Teeth
- Implants
- TMJ

ORTHODONTICS

John Walsh, DMD

- Braces
-  invisalign®
- Free Consultation

ESSENTIAL
DENTAL PLAN

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