

ON AGING – NEW BEAUTY

By Donna Deos

Giving you confidence and control in life's toughest situations.

Call Now!



Donna Deos, LLC

Spiritual Teacher & Transitions Specialist

Counseling, Coaching & Education

for senior citizens and their adult children regarding the challenges of aging

603-224-4178

www.donnadeos.com

1-855-772-2622

Welcome to 2020! The year of clear vision, grounding and stability. I wish you a wonderful new year and look forward to all of the good things coming your way!

The nice thing about this being a year of clear vision is that many times in life we are surrounded by clutter and chaos. This year, those things will be swept away and we will begin to see things in a new light.

This means that we will sometimes be surprised that things we used to trust and believe in now look different to us. You've been through change before. You'll ride through this one as well. Once the veil is lifted and your eyes adjust, and you get over the surprise that you hadn't seen things this way before, you will come to enjoy what you see. You will be refreshed.

It is also a year of grounding and stability, so once you adjust, you will feel much better. You will feel stable and secure – like you are on good, solid ground... strong footing.

When you feel relaxed about things that used to make you feel uneasy you will be more confident. You will be happier with the decisions that you make. Whatever those decisions are you will feel like they are the right ones.



So, as the changes come up – and they will – embrace them to the best of your ability. Ride through the turbulence and come out on the other side. It is much more beautiful there than here.

Of course you will still be here physically, but your heart and headspace will be so much more beautiful and at peace. So don't worry about the new and different things you see this year. They will be things you come to appreciate and enjoy.

**Wishing you all
the best always!
Donna**



Donna Deos, LLC

DUNBARTON ELEMENTARY SCHOOL

"Where eaglets learn to soar"

HONOR ROLL FIRST TRIMESTER 2019-2020

GRADE 4 HIGH HONORS

Lauren Andrews
Olivia Cochran
Elise Jacques
Magdalen Jay
Colby Rae
Madeleine Rioux
Jacob St. Pierre
Ryan Tassias

GRADE 4 HONORS

Saige Ayers
Allison Baier
Joseph Cattabriga
Jake Czarnosz
Anthony Dirocco
Vita-Rose Flagg
Isabella Fournier
Caleb Hafford
Gabriel Logan
Elijah Ordway
Lucille Rancatore
Brian Vance

GRADE 5 HIGH HONORS

Luke Andrews
Grace Ayers
Isabella Blomgren
Zachary Cannon
Madelyn Hebert
Vera Virta
Oliver Weiss
Tim Wilson

GRADE 5 HONORS

Maddy Bouch
Luke Darling
Charlotte Duncan
Ian Duval
Bryce Goodreau
Jacob Hammond

GRADE 5 HONORS

(continued)

Kaylee Jacques
Adam Lafferty
Gabriella Lizotte
Cassidy Madigan
Joshua Roos
William Thomas
Gianna Trott
Mason Vose
Camille Wuellenweber-Gegas
Kalyn Woodbury

GRADE 6 HIGH HONORS

Elijah Ayers
Nora Cook
Cameron Czarnosz
Chase Flagg
Herbert Madden
Eliana Mears
Paxten Roberts
Dirk van der Merwe

GRADE 6 HONORS

Luke Andrews
Luke Antonia
Derek Baier
Dominic Catalfimo
Colton Currier
Audrey Glennon
Cale Goodnow
Kailyn Gosselin
Holton Morin
Riley Pond
Julia Preston
Olivia Rapp
Zachary Tassias
Katherine Terrell
Faye Wilbur
Noah Zanella

Congratulations!

BOW WRESTLERS AND RESIDENTS GIVE BACK



In conjunction with the Capital Region Food Program, the Town of Bow Human Service Department provided holiday meals to 47 Bow families. The Bow High School Wrestling Team and other Bow residents came together to distribute the food. Photo Eric Anderson.

MG's



**FARMHOUSE
CAFE**

EST. 2018

Enjoy our fine coffee blends & breakfast munchies
Soups * Salads * Sandwiches and Much More !

Open Wed-Sat 7:30-3:30 Sun. 8:00-3:00, Closed Mon & Tue

1007 School Street
Dunbarton, NH

For Take Out Orders Call
774-2233