

NHPR WELCOME KIT

A collaboration between HR & the DEI Working Group. We hope this information will help you get settled. Below is a list of the different sections. All the recommendations come from fellow colleagues.

Basic Information on:

- Registering a car, voting, licensing a dog, and public transportation
- Restaurants by region
- Medical, Dental, Vision, Mental Healthcare providers and Vetrinarians
- Landlords & Realtors
- Plumbers, Electricians, Repairmen, Contractors, Etc.
- Car & Bike Mechanics
- Schools and, Childcare Providers
- Hairdressers
- Clubs, Organizations, Churches, Temples, Mosques, and Synagogues
- Outdoors Biking, Hiking, Camping, Skiing.
- Daytrips by region
- Miscellaneous recommendations

BASIC INFORMATION

Car Registration & Licensing

Once you become a resident of NH you have 60 days to register your vehicle and obtain a NH Driver's license.

Driver licensing is done at the Department of Motor Vehicles at <u>23 Hazen Drive, Concord</u>. You will need the following:

- 1. Completed Application for Driver License or Non Driver ID (available at the DMV)
- 2. Proof of Identity and Residency. Real ID Compliant or Non Compliant
- 3. Appropriate Fee.
- 4. You may be required to bring additional documents to your specific appointment.
- 5. You will also be given a vision test.

More details here: https://www.dmv.nh.gov/drivers-licensenon-driver-ids; https://www.dmv.nh.gov/drivers-licensenon-driver-ids/transfer-license-another-state

Car Registration. Bring your title or certificate of title along with proof of residency (utility bill, lease agreement, payroll check stub, etc.) to your town clerk (in Concord, the Tax Collector's Office). You must pay a fee based upon the Manufacturer's Suggested Retail Price, along with other fees. There are also state fees based upon the weight of the vehicle, and you will receive new plates and stickers. Within 10 days after registering your vehicle, it must be inspected and emissions tested. You can do this at most any auto service center. There are some near the station. The fees for registering your vehicle are higher than in many other states. The town part that is based on the MSRP goes down year after year (with the depreciation) but the state portion based on the weight stays the same.

Voting

If you are a U.S. Citizen, a NH resident 18+ on or before Election Day, you may register to vote by completing a form at your city or town clerks' office. You may register to vote in the clerk's office up to 10 days prior to any given election. Residents may also register to vote at the polls on Election Day. You will be required to provide proof of residence, citizenship and age. You must complete another voter registration form if you move or change your name or party affiliation. You do not have to declare a party affiliation to register. Undeclared voters can vote in a primary. See more information on voting in primaries here.

Find more information, including what to bring with you here: https://www.sos.nh.gov/elections/voters/register-vote

Dog Licensing

The state requires every owner or keeper of a dog age 4+ months to annually register and license their dog in the city or town in which the dog is kept. Proof of rabies vaccination is required. This can be done at your town/city hall or online via their website; fees can vary by dog age and spay/neuter status. There is a \$25 fine for the owner or keeper of an unlicensed dog.

Change of Address

https://moversguide.usps.com/mgo/disclaimer?referral=UMOVE

Public Transportation

Concord Area Transit http://concordareatransit.com/ (Concord area)

COAST https://coastbus.org/ (Seacoast area)

Concord Coach Lines https://concordcoachlines.com/ (travel from Northern NH, Concord, Manchester, Maine; drops off at Logan Airport, Boston South Station)

C&J Bus Lines https://www.ridecj.com/ (travel from Portsmouth, Dover, Seabrook; drops off at Logan Airport, Boston South Station, New York City)

School Enrollment

Visit your town/city hall or see their website for registration

RECOMMENDATIONS

Restaurants & Bars

-North Country

Polly's Pancakes (Sugar Hill)

Peach's (North Conway)

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Schilling Beer Co. (Littleton)
Black Mountain Burger (Lincoln)
Woodstock Inn and Brewery (Woodstock)
Moat Mountain Brewery (North Conway)
Jack & Em's (Littleton)
The Crumb Bum Bakery (Littleton)
Rek-Lis Brewing Company (Bethlehem)
27 North (North Conway)
Frontside Coffee Roasters (North Conway)
The Inkwell Coffee & Tea House (Littleton)
-Lakes Region
Poggios (Center Harbor)
Gusto (Center Harbor)
Defiant (Laconia)
Lemongrass (Center Harbor)
Lago (Meredith)
Broken Spoon (Franklin)
Trillium (Laconia)
Camp (Meredith)
Sunshine & Pa's (Meredith)
Tilt'n Diner (Tilton)
Tilton House of Pizza (Tilton)
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Tamworth Distilling (Tamworth)

Patrick's Pub & Eatery (Gilford)

Shooters (Belmont)

El Jimador (Belmont)

Foothills (Center Sandwich)

The Corner House (Center Sandwich)

-Upper Valley

Tuckers (New London)

Tuckerbox (White River Junction, VT)

Lalo's Taqueria (Lebanon)

Phnom Penh (Lebanon)

The Karribean (Lebanon)

Katie's Cookies (Lebanon)

Chef Brad's Crazyside (Quechee, VT)

The Skinny Pancake (Quechee, VT)

Tuk Tuk Thai Cuisine (Hanover and West Lebanon)

Lou's (Hanover)

Red Wagon Bakery (Canaan)

-Capitol/Southern Tier

Puritan Backroom (Manchester)

MT's Local (Nashua)

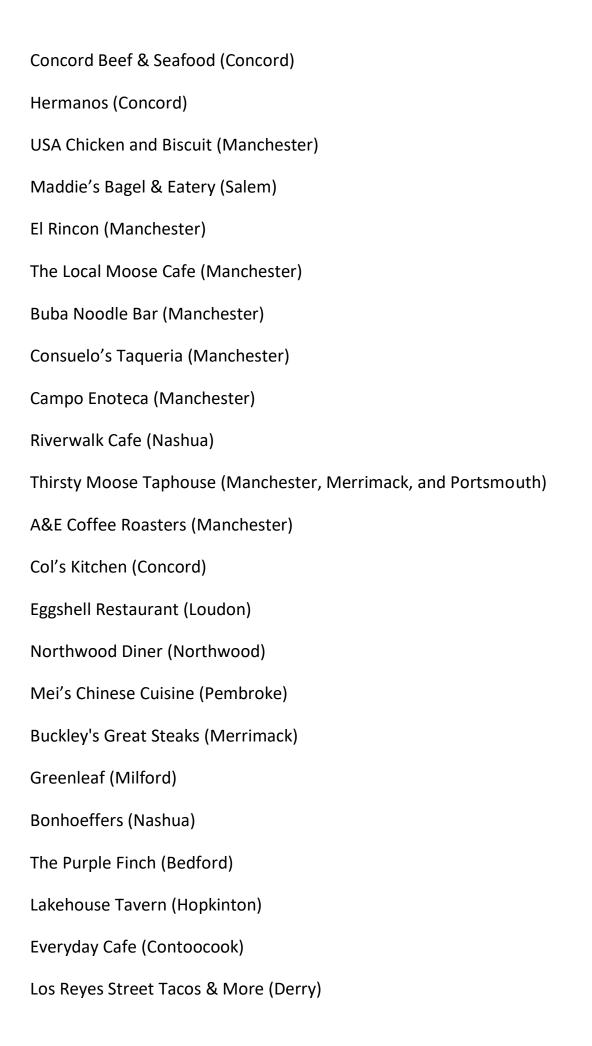
The Peddler's Daughter (Nashua)

Cotton (Manchester)

Boards and Brews (Manchester)

Common Man (multiple locations)

Oddfellows Brewing (Nashua) Backyard Brewing (Manchester) Concord Craft Brewing (Concord) Henniker Brewing Company (Henniker) Tucker's (Bedford, Concord, Hookset, Merrimack) Smoke Show BBQ (Concord - within walking distance of the office) Feathered Friend Brewing (Concord - within walking distance of the office) The Works (Concord, Portsmouth) Dos Amigos (Concord) Crown Tavern (Manchester) California Burrito (Nashua and Hudson) Teatotaller (Concord) Siam Orchid (Concord) NH Pizza Company (Concord) Splendid Sushi (Concord) Georgia's Northside (Concord) Revival Kitchen (Concord) Nonna's Place (Concord) Revelstoke Coffee (Concord) In a Pinch (Concord) Nina's Bistro & Sandwiches (Concord) The Barley House (Concord, North Hampton) The Red Blazer (Concord)



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Stark House Tavern (Weare)
Ilsley's Ice Cream (Weare)
Almolu's (Northwood)
-Seacoast
Vida Cantina (Portsmouth)
The Friendly Toast (Portsmouth, Bedford, coming to Concord!)
Cure (Portsmouth)
Thirsty Moose Taphouse (Manchester, Merrimack, and Portsmouth)
Smuttynose Brewery (Hampton)
Tulsi (Kittery, ME)
Cava (Portsmouth)
Green Elephant (Portsmouth)
La Maison Navarre (Portsmouth)
Elephantine Bakery (Portsmouth)
The Juicery/The Soupery (Portsmouth)
The Press Room (Portsmouth)
The Franklin (Portsmouth)
Tripoli Pizza (Seabrook)
Petey's Seafood (Rye)
Lil's (Kittery, ME)
Lexi's (Portsmouth, Exeter, Epping, and Dover)
The Holy Grail (Epping)
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Street (Portsmouth) Nikki's Bahn Mi (Portsmouth) Betty's Kitchen (North Hampton) Portsmouth Gas Light Co (Portsmouth) Sassy Biscuit Co. (Dover) Surf (Portsmouth) Ore Nell's (Kittery, ME) La Festa (Dover) Throwback Brewery (North Hampton) 7th Settlement (Dover) Sonny's Tavern (Dover) Cup of Joe (Portsmouth) -Monadnock Coopershill (Peterborough) Harlow's Pub (Peterborough) Harrisville General Store (Harrisville) Twelve Pine (Peterborough)

Medical/Dental/Vision Providers

Dr. John Samaha, Dentist (Concord)

Dr. Sidney Mitchell, OBGYN (Concord)

Dr. Cathy Yi, OBGYN (Bedford/Concord)

Dartmouth Health, Primary/Specialty/Urgent Care (Nashua)

NH Eye Associates (Manchester, with locations elsewhere)

CPTE Physical Therapy (Nashua)

Dr. Shannon Arndt, Orzechowski & Arndt General Dentistry (Concord)

Concord Family Vision (Concord)

Setu Geddes, APRN, Family Physicians of Pembroke (Pembroke)

Eugene Baylus, Capitol Vision Center (Concord)

Equality Health Center (Concord)

Sonja Nelson, OBGYN, Harbor Women's Health (Portsmouth)

Concord Family Dentistry (Concord - in our building)

Dr. Eric Kropp, Family Medicine (Concord)

Weare Family Dentistry (Weare)

Main Street Eye Care (Goffstown)

Mental Health Providers & Support Groups

-NHPR does not recommend Granite Recovery Centers

National Suicide Prevention Lifeline (call or text): 988

Between Us Associates (Manchester)

Concord Behavioral Health (Concord)

Warren Street Counseling (Concord)

Riverbend (Concord)

- Riverbend Mobile Crisis Team: (844) 743-5748

Alcoholics Anonymous NH

Narcotics Anonymous NH

General support groups

Veterinarians

CAVES - Capital Area Veterinary Emergency and Specialty (Concord) 603-227-1199 - 24 hour emergency care. Services can be more expensive than a regular vet but great if you have an emergency or after hours/weekend issue.

Lockridge Animal Hospital in Manchester (any of their vets)

Fisherville Animal Hospital in Manchester (use Nicole Tellier, DVM - DO NOT USE ALYSSA BERTRAND, DVM)

Banfield (inside Petsmart in Concord) - has monthly wellness plans that help offset large vet bills

Russell Animal Hospital (Concord)

Cilley Animal Hospital (Concord)

Weare Animal Hospital (Weare)

The Ark Animal Homecare, offers in-home service in Southern NH. I can't say enough about these folks. https://www.arkanimalhomecare.com/

Landlords & Realtors

Concord and any surrounding community are good places to live. Outlying areas are nice too. You can use google maps to judge your drive time. Manchester has a lot of housing but also has typical problems of a city its size - Google street view can give you some perspective. A good number of NHPR folks live in Manchester. Manchester and Nashua are New Hampshire's most diverse cities.

Barbara Ruedig, Ruedig Realty https://ruedigrealty.com/realestate/agent/barbara-ruedig/

Bobbi-Jo Plamondon, Coldwell Banker Lifestyles https://www.coldwellbanker.com/Coldwell-Banker-Lifestyles-8093c/Bobbi Jo-Plamondon-7422207a

Kristin Sullivan, Ruedig Realty https://ruedigrealty.com/realestate/agent/kristin-sullivan

Jonathan Smith, The Masiello Group https://jonathansmith.masiello.com/

Stephanie Murphy stephanie.murphy@kw.com. Keller Williams Realty.

Rentals: (also see a few realtors above)

Concord: Your best bet is a house rented by a private landlord, there are not many apartment buildings in the area, and many are age-restricted. Near the UNH Law School/downtown (look for the words: near downtown, White Park, Concord High, State Offices, Memorial Field, Concord Hospital). There are lots of houses divided into rental properties near/off of Franklin St, Centre Street, Washington St, Warren St, School St, Rumford St, and Pleasant St); South Concord (near South St, Spring St, Broadway, look for the words: Rollins Park, Abbott-Downing School or Rundlett Middle School)

Nina Timney, house on State Street (young, owns a house that she lives in and rents rooms for up to 3 other people) (see Christina Phillips for contact)

Dan Whyte (603-616-7536) (5 Gilmore St)

Rich Maher (603-496-7667) (47 Gilmore St, 2 apts)

Keystone Management https://keystonemanagement.com/

For temporary housing when you first arrive, Airbnb can be good. These places have positive reviews from fellow colleagues:

https://www.airbnb.com/rooms/22700145

https://abnb.me/qryKMSOljub

https://www.airbnb.com/rooms/860073

https://www.airbnb.com/rooms/46065417

Plumbers, Electricians, Repairmen, Contractors, Etc.

Dana Carlucci, Heating/Cooling/Plumbing 603-485-3352 (Pembroke)

Brady Plumbing & Heating 603.738.9207

Arakelian Plumbing (Hampton)

Paradigm Plumbing (Hooksett - covers Concord too)

Joe DiStefano - Chimney Sweep 603.848.7046 (Concord area)

Rick Frederickson - Chimney Sweep/Maintenance 603.731.8405 (Concord area)

Grogan Electric - Hopkinton - 603-731-6896

Copper Electric https://www.copperelectricllc.com/ 603-521-4742

Car Mechanics & Bike Shops

Weed Family Automotive (Concord)

Price Auto (Concord) 603-856-7922

Garry's Service Center (Concord) Route 77 Motors (Weare) Mr Gee's Tire (New Boston) Tires only Northwood Garage (Northwood) American Brake Services (Concord) Village Street Garage (Penacook) Jake's Bike Shop in Manchester has good bike swaps sometimes if you're looking for a new-toyou used bike S&W Sports (Concord - near the office) Seacoast Volkswagen (Greenland) **Schools & Child Care Providers** Exeter Elementary School Heronfield Middle School (Hampton Falls) Mountain Village Charter School (Plymouth) Christa McAuliffe School (Concord) Green Valley School (Pembroke) Hairdressers

Moira Cordelia at Earthly Roots (Concord)

Chris at Simplicity (Concord)

Tina Gobin at Anjou (Concord)

Jessica (or anyone) at Tower of Curls & Beyond (Manchester) They specialize in curly hair, I know they can handle textured hair, but I don't know how textured

Evolution Barber Shop (Nashua) They can do Black hair, most people working the shop are fluent in Spanish and speak English as a second language

Clubs & Organizations

Gate City Striders in Nashua is a local run club that puts on fun, low key race series and events! Runner's Alley in Concord has a running group as well that's very friendly for all paces.

For road races that are exceptionally well run at a range of distances, that welcome beginners and seasoned runners, check out Millennium Running events in Bedford. They also host a running club and have a dangerously nice storefront with many tempting items to purchase.

If interested in rowing (including learn to row) -- Amoskeag Rowing Club in Hooksett; Concord Crew in Concord

I just went to a New England Nordic Skiing Association event in Concord where they taught beginners how to ski. It was very welcoming and fun, and it also had lessons for people with different abilities which was great.

Concord Young Professionals Network

Manchester Young Professionals

Stay Work Play

Queerlective (queer arts collective)

Seacoast Outright

Churches, Temples, Mosques & Synagogues

Concord Unitarian Universalists is a very welcoming congregation that also hosts an earth based spirituality group for several rituals/services a year. https://concorduu.org/

Temple Beth Jacob in Concord https://www.tbjconcord.org

North Church, Portsmouth

South Church, Portsmouth

Outdoors

In the summer, Thursday evenings are kayak nights at the Contoocook River Canoe Company (Concord)

Daisy Beach - swim, picnic, and rope swing along the Contoocook river.(Concord)

Profile Falls - nice rustic swimming hole but not for small children or anyone with mobility issues. (Franklin)

Biking

<u>The Northern Rail Trail</u> is 59 miles of biking on rail beds with some great scenery and good places to stop. Runs from Boscawen (Capital Area) to Lebanon (Upper Valley)

Derry Rail Trail/Windham/Salem rail trails are nine miles of paved trail in Southern NH (Derry)

Hiking

A word of caution, many NH hikers will describe a hike as "easy" but you should be cautious and refer to hiking guides for comparisons and definitions.

For folks new to NH or new to hiking it's best to start with the <u>52 with a View</u> list. I highly recommend Mt. Willard and Middle Sugarloaf. This <u>book</u> is where the list originally came from and is highly recommended.

Great easier day hikes: Mt Kearsarge, Welch and Dickey Loop, Mt Major, Pawtuckaway State Park (The Boulder Field in Pawtuckaway State Park is a very easy trail and cool to see.)

Welch-Dickey is a great medium White Mountains hike – a sweet loop with two peaks, lots of views, takes less time than some others.

Longer day hikes that still aren't too crazy: Mt Monadnock, Mt Cardigan, Mt Chocorua, Mt Avalon, Cannon Mt, (do it in the winter if the weather is good!)

Most epic and hardest hike to tackle: The Presidential Traverse.

Book a night at Lake of the Clouds Hut with Appalachian Mountain Club (pricey, but perfect for an iconic hike that is the jewel of NH) and get ready to make your legs sore with miles of above treeline ridge hiking, fantastic views, and climbing over rock piles.

<u>The Concord Hiking Trail System</u> is worth checking out. Some favorite hikes are the Swope connector trail, the Nottingcook Forest, Jim Hill Riverwalk, Oak HIll, and Winant Park. These are all easier hikes good for when you have a spare hour.

Camping

Favorite spots to camp: Echo Lake State Park (for lovely waterfront spots with a nice beach and beautiful lake), and Milan Hill State Park (It's off the beaten path for sure, but if you want solitude this is the spot).

Hands down best backcountry spot is Thirteen Falls Tentsite, and all Appalachian Mountain Club run sites are well maintained and lovely to stay at.

Skiing - Alpine

Good place to ski if you're a beginner or just want a fun, relaxing time on the mountain: Pat's Peak (Henniker)

If you want something a bit bigger but with a low-key local vibe, hit up Ragged Mountain (Danbury)

If you want some of the best groomed trails on the east coast, head to Bretton Woods. And if you want a more robust ski rundown, talk to Dan Tuohy.

Mt. Sunapee is a great place to learn to ski (Newbury) as is Pat's Peak (Henniker)

Mt. Cranmore is a good family mountain and North Conway is a great town to vacation in. (North Conway)

Skiing - Nordic/Cross Country

The Great Glen Trails Center great xcountry/nordic trails right next to Mt. Washington. Also has great touristy things like the Snow Coach up Mt. Washington (although that's pricey, look for mid-week 2for1 deals) (Gorham)

Bretton Woods (Bretton Woods) and Waterville Valley (Waterville Valley) both have great xcountry ski trails as well as downhill.

Beaver Meadow Golf Course and White Farm both have groomed skiing for free. White Farm is flatter and more geared for skate skiers/racers (Concord)

Eastman Community Association has reasonably priced trails (Grantham)

Day Trips & Places to See

Definitely look up the <u>NH ice cream trail</u> it's dairy lobby propaganda of course, but there are some tasty tasty ice cream spots, especially Isley's in Weare and Jordan's Ice Cream in Belmont.

-White Mountains & North Country

Visit Pittsburg NH & the Poore Family Homestead Historic Farm Museum

Magallowy Mountain & climb fire tower

Santa's Village (Jefferson NH)

Flume Gorge (Franconia Notch)

Conway Scenic Railroad (North Conway)

Zeb's General Store (North Conway)

Diana's Baths (North Conway)

Cathedral Ledge (North Conway)

Kancamagus Highway (Rt. 112) (Lincoln from the west, Conway from the east)

Mount Washington

Swim at Lower Falls off the Kanc (Kancamangus Highway)

Visit Sabbaday Falls (off the Kancamangus Highway)

Moose watching - by chance but especially Rt. 302 and the Kancamagus Hwy

Take a day trip to Littleton! Schilling Beer Co is a nice spot to hang out on the river even if you're not into beer, and downtown Littleton has shops and restaurants and is lively and charming (Littleton)

Take the Cog Railway up Mt Washington! It's amazing- even if you're a big hiker, taking the Cog Railway is seeing the mountain in a new way and is a really fantastic, if touristy, experience.

The Flume is a good and stunning hike to go on with parents (or kids). Plus an interactive visitor center. (Franconia Notch)

White Birch Books (North Conway)

Outlet shopping in North Conway

Peacock Antiques (Littleton)

-Lakes Region

Mount Washington cruise on Lake Winnipesaukee

Catch a concert at Bank of NH Pavilion - Gilford

Squam Lakes Natural Science Center especially if you have kids. Also has great workshops. (Holderness)

Newfound State Park

-Upper Valley

The Fort at Number 4 - (Charlestown)

Sunapee State Park - (Newbury)

<u>League of NH Craftsmen</u> Annual Fair. The oldest craft fair in the country. Juried craft fair at Mt Sunapee Ski Area (Newbury)

-Monadnock

Hike Mount Monadnock

Cathedral of the Pines (Rindge)

Saint Gaudens National Historic Park (Cornish)

LA Burdick - Best Hot Chocolate in NH - (Walpole)

-Capitol/Southern Tier

Currier Museum (Manchester)

Manchester MillYard Museum

Canobie Lake Park (Salem)

Carter Hill Orchard (Concord) to pick apples or Apple Hill Farm (Concord) or Mac's Apples (Londonderry) or Cardigan Mountain Orchard

Deerfield Fair - (Deerfield)

Concord's Market Days - June (Concord)

Concords Midnight Merriment - December (Concord)

Walk the trails at Massabesic Lake (Auburn)

NH Audubon Massabesic Center (Auburn)

See a concert or play at the Palace Theatre (Manchester)

Bear Brook State Park has lovely trails for running, hiking, or mountain biking (Allenstown)

Andres Sculpture Park is delightfully quirky, with lots of trails in the woods where you will encounter sculptures and artwork. (Brookline)

Scenic Rail Riders right in Concord is a great way to spend a summer afternoon, cruising down the rails in a pedal powered rail bike.

Warner NH has a nice, welcoming small town vibe and puts on some really nice festivals, especially the Fall Foliage Fest and Maple Weekend (March).

-Seacoast

Definitely check out the beaches: The main Hampton Beach drag needs to be experienced at least once, but can get busy and hard to find parking. For a quieter experience, check out North Hampton State Beach. And be sure to cruise up Route 1A with the windows down and your music cranked up.

Travel route1 on the seacoast (route 1a too)

Shopping & dining in Portsmouth

Strawbery Banke Museum (Portsmouth)

Take a boat to Isle of Shoals & spend the day or weekend (Portsmouth)

Blink's fried dough at Hampton Beach

Portsmouth's Market Days (Portsmouth)

Odiorne State Park (Rye)

Walk, bike, run the Rockingham Recreational Rail Trail

Hampton Beach Seafood Festival - September (Hampton Beach)

See a concert at the Hampton Beach Casino Ballroom (Hampton Beach)

Shows at Jimmy's Jazz and Blues Club - intimate venue, fabulous food, amazing shows (Portsmouth)

The Music Hall Lounge (Portsmouth)

-Out of State

Portland Maine -Old Port.

Rocky Neck Artist Colony in Gloucester, MA
Rockport, MA for art/seaside.
Montreal or Quebec City for weekend trips.
York Beach, ME
Boston, MA
Salem, MA
Ben & Jerry's factory, VT
Portland, ME
Ogunquit, ME
Any other recommendations
-North Country
Baba Yaga (Littleton)
-Lakes Region
Lake Opechee Inn and Spa

Still North Book & Bar (Hanover)

-Monadnock

-Capitol/Southern Tier

Dog groomer in Concord: Chelsea at Pawtopia

Sandy's Pet Food (Concord)

Gibson's Bookstore (Concord)

Thrive Group Fitness (Concord)

Concord Farmer's Market – downtown next to the statehouse during the summer.

Jazzercise Manchester (Manchester)

Planet Fitness in Nashua and Manchester (seriously, they're both surprisingly nice!)

Lull Farms in Hollis

Farm & Flower Market in Manchester

Pumpkin Blossom Farm - All things Lavender and u pick lavender in August (Warner)

M&C Consignment in Amherst (has lots of shoes, kids clothes, women's clothes, and some kid's sports gear)

Snap! It's Vintage in Nashua

Antiques on Elm in Manchester

Hilltop Consignment in Concord

Bedford Home Consignment (Bedford)

Consignment Gallery (Bedford- good for high quality used furniture)

Finder's Seeker (Goffstown) vintage toy shop for unusual finds

Apotheca Flower & Tea (Goffstown) grab some local coffee and walk around the consignment shop

The Bookery (Manchester)

Shaw's Drive Up & Go service (Concord)

United Shoe Repair (Concord)

Kimball Jenkins (Concord) art classes

Currier Art Center (Manchester) art classes

Contoocook RIver Canoe & Kayak (Concord) - boat sales and rentals, paddle the Contoocook River right there

-Seacoast

Folk (Kittery, ME)

Off Piste (Portsmouth)

Gus & Ruby (Portsmouth, Portland)

Sanctuary Arts (Eliot, ME) art classes