

The Bow Times

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

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THE BOW TIMES

VOL 27, NO. 9

September 2020

www.thebowtimes.com

FREE

RESULTS OF SEPTEMBER 8 PRIMARIES - DEMOCRATS

For Governor

Dan Feltes 773
Andrew Volinsky 504

For United States Senator

Paul J. Krautmann 36
Jeanne Shaheen 1302
Tom Alciere 13

For State Senator

Kevin J. Cavanaugh 1156

For State Representatives

Sally Wuellenweber 473
Samantha Fox 879
Mary Beth Walz 1065
Gary L. Woods 949

(TOP 3 WON)

For Representatives in Congress

Ann McLane Kuster 1272
Joseph Mirzoeff 62

For Sheriff

Keith Mitchell 514
David A. Croft 362
Michael Labrecque 234

For Executive Councilor

Mark S. Mackenzie 601
Kola Adewumi 224
Jerome Duval 250

**DEMOCRATIC
VOTES**

DEMOCRATIC BALLOTS CAST

Total # of Democratic Ballots Cast by ELECTION DAY voters **758**
Total # of Democratic Ballots Cast by ABSENTEE voters **638**
Grand Total # of Dem. Ballots Cast (sum of two #'s above) **1396**

ELLE MACCHI BORN IN BOW AMBULANCE



On May 1, the Macchi family of Bow was expecting the arrival of their 4th child. Labor progressed much faster than anticipated so Lindsay and Tim pulled into the Safety Center parking lot at 8:07 am. Captain/Paramedic Eliot Berman and FF/AMET Dennis Comeau were on duty and FF/Paramedic Gregg Aucoin was just coming off duty. En route to the hospital Elle Macchi was born at 8:19 am.

Recently the Macchi family visited the Safety Center when the ambulance crew was recognized by the Bow Fire Department and Concord Hospital. “An emergent delivery is one of the most stressful calls paramedics will have. These calls are rare and emotionally charged, because instantly the EMS provider has 2 patients, each potentially critical,” said Chief Mitch Harrington.

Congratulations on a job well done!

WINNER OF 6 NH PRESS ASSOCIATION AWARDS
MONTHLY BOW TIMES IS DELIVERED TO 3,100 RESIDENTS AND BUSINESSES - FREE

HOPKINTON-CONTOOCOOK NEWS ON PAGES 19-20



Election Officials processing absentee ballot submissions (Supr of Checklist Beth Titus and Volunteer Betsey Patten review the documentation)



Matt Poulin Provides voter with instructions at the ballot box.
Photos by Eric Anderson.

RESULTS OF SEPTEMBER 8 PRIMARIES - REPUBLICANS

For Governor

Nobody 3
Chris Sununu 964
Karen Testerman 66

For State Senator

Jason Syversen 824

For United States Senator

Don Bolduc 428
Any Martin 52
Corky Messner 466
Gerard Beloin 15

For State Representatives

John F. Martin 730
Raymond Plante 683
Mariya Markova 601

For Representatives in Congress

Steven Negron 445
Matthew D. Bjelobrk 60
Lynne Ferrari Blankenbeker 403
Eli D. Clemmer 22

For Sheriff

James S. Valiquet 287
Dennis A. Crawford 516

For Executive Councilor

Ted Gatsas 869

**REPUBLICAN
VOTES**

REPUBLICAN BALLOTS CAST

Total # of Republican Ballots Cast by ELECTION DAY voters **843**
Total # of Republican Ballots Cast by ABSENTEE voters **209**
Grand Total # of Rep. Ballots Cast (sum of two #'s above) **1052**

LOW TAXES ARE THE RESULT OF LOW SPENDING

The Bow Times

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 Hampshire Press Association**

EDITORIALS



Harry Judd processes absentee ballots during the NH State Primary.

Photo by Eric Anderson

A DUMB MOVE BY HARRY JUDD

With the Trump Campaign hiring lawyers across the country to challenge mail-in votes the last thing Bow needs is to be in a lawsuit. Harry Judd showed exceptionally poor judgment in serving as an absentee ballot processor on Primary election day. His wife, Mary Beth Walz, was on the ballot in a contested Democratic primary so his hands should have been nowhere near any ballots. Moderator Peter Imse should not repeat this mistake in November. Any possible conflict of interest must be avoided at all costs if Bow results will not lead to a courthouse struggle for weeks on end.

STATE DOT STILL ASLEEP AT EXIT 1 ON I-89

Driving down Logging Hill Road to get to our offices in Concord my wife and I have recently kept a log of the people we see doing U-turns coming off of Exit 1 and getting back on I-89 again cutting in front of traffic coming into Bow around the bend after the underpass. Last week a piece of construction equipment was flipped off of a flatbed trailer trying to make that U-turn maneuver but luckily no car was hit.

Here is a partial list:

1. At 12:29 p.m. on Sunday, June 14, 2020, we were coming south on I-89 to exit A Consolidated Trucking 18-wheeler proceeded us off the interstate and when it got to Logging Hill Road it did a very wide two-lane U-turn to get back on I-89.
2. On June 18 at 3:30 p.m. my wife came up Logging Hill Road to exit 1 south and saw a Mass. plate do a U-turn to get back on I-89.
3. On Thursday June 25 on my way home on Logging Hill Road at 4:11 p.m. a white Honda with Mass. plates came off Exit 1 South at I-89 and did a U-turn to get back on I-89.
4. On August 20 Debra was coming back from Concord on Logging Hill Road when a truck so long it had to go around using part of Short Road to make a U-turn at Exit 1 to get back on I-89.
5. On September 8 at approximately 4:25 p.m. a pickup truck traveling southbound on Interstate 89, took Exit 1 for Logging Hill Road in Bow by mistake, attempted to complete a U-turn to get back onto the on ramp for Interstate 89 south which caused a flatbed trailer with a cherry picker boom lift to overturn.



The Bow Police have asked for a no U-turn sign to be put up but the rocket scientists at D.O.T. seem oblivious. Feel free to email your observations to me at this paper at chuck@thebowtimes.com. With enough evidence maybe Commissioner Virginia Sheehan will put safety ahead of delay and install the sign changes DOT said they would do last year.

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

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The Bow TIF District provides a unique investment opportunity at the Junction of two well-traveled interstates.

BOW'S COMMITMENT TO NEW DEVELOPERS INCLUDES INFRASTRUCTURE UPGRADES & IMPROVEMENTS!



HIGHWAY IMPROVEMENTS

The State of New Hampshire is finalizing plans to redesign several highway exits in the Capital Region, including Bow's I-89, Exit 1. The exit is adjacent to tracts of undeveloped land and the State has agreed in principle to allow direct access to the exit from a new town road. The Town's TIF funds can be used to help build these roads, as well as other improvements necessary to access the highway.

MUNICIPAL WATER UPGRADES

Bow currently has a high-capacity municipal water system with plenty of water for many more commercial and residential users.

The TIF plan calls for a major expansion of the Town's water distribution system with about 15,500 linear feet of new line. It would bring public water north along the Route 3A corridor all the way from Vaughn Road to Bow Junction and the Concord City line. The water lines would also be extended up South Street and to land adjacent to I-89, Exit 1.

GOAL: Your future tax dollars will pay for the infrastructure you need today!



BOW & DUNBARTON

This November, vote for **JASON SYVERSEN** for State Senate

- Loving husband and father of 6
- Successful tech entrepreneur
- Started and sold company with 40 employees
- Full-time volunteer for 7 non-profits
- Dunbarton basketball coach for 14 years
- SAU-67 technology committee for 5 years



"I'm running to use my technology and charity experience to help rebuild New Hampshire in the post-COVID era. I would be honored to earn your vote!"

"I am enthusiastically supporting Jason Syversen for State Senator. Jason's successful business experience, his understanding of technology, and his leadership in non-profit organizations is exactly what we need to help keep New Hampshire moving forward."

Governor Chris Sununu



"I know Jason's leadership approach to government will be thoughtful and inclusive. He has always stood by his virtues and his actions reflected them."

Martin Osterloh, Bow School Board Member

"We need some new leadership in Concord and his business and charitable experience will give our district a new perspective to the state's challenges."

Dr. Richard Johnson, Dunbarton

"I admire Jason's commitment to volunteering full time for several non-profit organizations. His passion for helping people is just what we need in Concord."

Joya Dennehy, Bow Rotary Club Member

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JASON
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STATE SENATE
A NEW LEADER

BOW TIMES WINS 2 MORE PRESS ASSOCIATION AWARDS



Eric Anderson

In the 2019 Distinguished Journalism Contest conducted by the New Hampshire Press Association, the Bow Times won two more awards.

A second place for General News Photo went to Eric Anderson for a Memorial Day photo last year. A third place award went to Jay Martin for his cartooning.

Eric Anderson is a graduate of the College of Graphic Arts and Photography at the Rochester Institute of Technology, Rochester, NY.

He served a career as a commissioned officer in the USAF.

He commanded a combat documentation unit in Southeast Asia photographically documenting the air war over North Vietnam. He was selected to serve on the Staff of the Secretary of the Air Force in the Pentagon for a period of five years as a public affairs officer working with the national media.

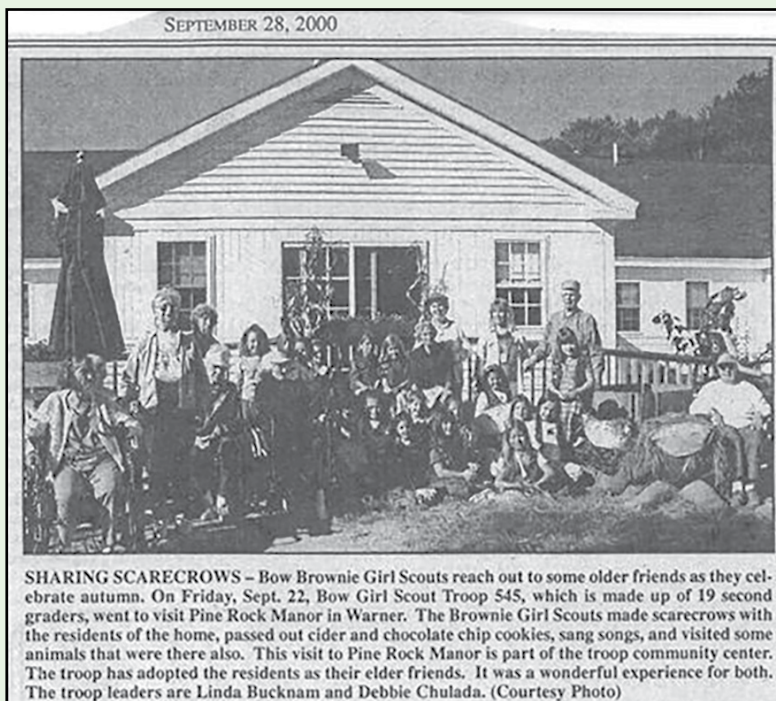
After a 22-year career of public service in the Air Force, he returned to Bow, to continue his career of voluntary public service. Initially, he served on the Bow Planning Board. Once he got his feet wet there, he signed up to run for a 30-year stint as a Bow Selectman. At the same time, he was elected to serve as a State Representative at various times over a period of 14 years.

He has also been elected and served as the past president of the Baker Free Library Foundation. For the past 34 years he has also been a member of the Bow Rotary Club, its past president, and the recipient of two Paul Harris Fellow Awards.

Since he was a member of the Camera Club while in high school, his interest in photography has continued to this day – moving from large format film to digital photography. He has taken most of the photographs contained in Bow's Annual Town Reports as well as its covers over the past 34 years. Ever since being invited to submit his photos of Bow's activities to The Bow Times, he has been an enthusiastic monthly photo submitter.

At the 2020 Annual Town Meeting, Eric was presented the Town's Citizen of the Year Award "...in recognition of (his) services to the Town of Bow."

Jay Martin was born and raised in and around the Manchester area. He is currently living in Bow. The *Way Up North* cartoon series was first published in the UNH student paper in 1997. Jay majored in Fine Arts at UNH, and later earned a degree in graphic design.



SHARING SCARECROWS – Bow Brownie Girl Scouts reach out to some older friends as they celebrate autumn. On Friday, Sept. 22, Bow Girl Scout Troop 545, which is made up of 19 second graders, went to visit Pine Rock Manor in Warner. The Brownie Girl Scouts made scarecrows with the residents of the home, passed out cider and chocolate chip cookies, sang songs, and visited some animals that were there also. This visit to Pine Rock Manor is part of the troop community center. The troop has adopted the residents as their elder friends. It was a wonderful experience for both. The troop leaders are Linda Bucknam and Debbie Chulada. (Courtesy Photo)

The Bow Times

Bow News 20 Years Ago



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TOP 10 PERSONAL FINANCE TIPS FOR COLLEGE STUDENTS

PERSONAL FINANCE 101:

1. You are in charge. You are responsible for your finances and you should act accordingly by creating a realistic budget or plan and sticking to it.
2. Watch Spending. You control your money, determining how you spend or save it. Pace spending and increase saving by cutting unnecessary expenses like eating out or shopping so that your money can last throughout the semester.
3. Use Credit Wisely. Understand the responsibilities and benefits of credit. How you handle your credit in college could affect you well after graduation. Shop around for a card that best suits your needs.
4. Utilize Your Bank Account. Banks are more than money in a vault. They offer valuable services that students can benefit from like check cashing, debit cards, online banking, balance alerts, personal loans, direct deposit, financial education and some offer identity theft protection.
5. Lookout for Money. There's a lot of money available for students, you just have to look for it. Apply for scholarships and look for student discounts.
6. New is Out. Consider buying used books or ordering them online. Buying books can become expensive and often used books are in as good of shape as new ones.
7. Entertain on a Budget. Limit your hanging out fund. There are lots of fun activities to keep you busy in college and most are free to students. Use your meal plan or sample new recipes instead of eating out.
8. Be particular when it comes to money. Don't just trust anyone with your money. Be skeptical of classmates, friends or salespeople that have ideas for your money.
9. Save. Things happen, and it's important that you are financially prepared when your car or computer breaks down or when you have to buy that unexpected bus ticket home. No matter how small the amount you should start putting some money away immediately.
10. Ask. This is a learning experience, so if you need help, ask. Your parents or your banker are a good place to start and remember the sooner the better.

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BOW ROTARY CELEBRATES 50 YEARS!



For the Rotary year of July 2020, through June 2021, the Bow Rotary Club plans a series of events to celebrate its 50 years of existence and service in the Bow community. All Rotary Clubs are part of Rotary International, which covers not only the United States, but in 200 countries throughout the world with its 1.2 million members serving their respective communities in 35,000 Rotary Clubs.

What Takes Place at a Bow Rotary Meeting?

In keeping with the efficiency and productivity of businesspeople, members of Rotary Clubs, known as Rotarians, usually meet weekly for breakfast, lunch, or dinner typically for one hour as an opportunity for fellowship and to organize their leadership activities aimed at improving their communities and the world. When the Bow Rotary Club was chartered in 1970, it was only the 7th Club in Rotary International's worldwide membership to be a breakfast club. Everyone said it would fail but now, breakfast meetings are the most popular in the US.

Normally, our meetings begin promptly at 7:30 am, with the ringing of the bell at the Bow Old Town Hall. Most members arrive before that time and are met at the door by the day's "Greeter". At Bow Rotary, If you are a guest or a speaker, the cost of your breakfast is covered.

Once the bell has rung, the President of the club or a presiding officer, leads us in the pledge of allegiance to the flag. The Greeter then offers words of wisdom, humor or inspiration, and the members resume eating and catching up.

Around 7:50, the President rings the bell again, to start the meeting. Members, guests and speakers are counted and announced by the Greeter. Any pertinent announcements are made, which might include events for the club, for the town, or for other Rotary Clubs, and any correspondence is read.

The President then calls on the Sergeant-at-Arms who takes over. If a member has had a birthday since the last meeting, they are recognized and pay \$1 to tell us about their year. If the birthday falls on that meeting day, the celebrant is serenaded with a birthday song by the members. If a Rotarian has forgotten to wear their Rotary pin or name badge, that member will be fined \$1. "Happy Bucks" gives members an opportunity to let other members know of milestones achieved, or new children, or grandchildren, for example. Some Clubs call them "Brag Bucks" but it's all in good fun and we put the funds raised by the Sargent-at-Arms to good use in our community.

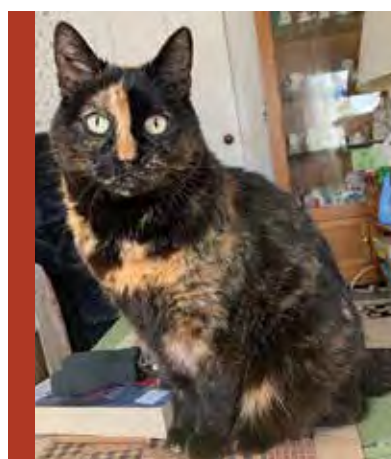
If there is a speaker, this part of the meeting wraps up no later than 8:05 to give the speaker at least 25 minutes, including questions. As a thank you for speaking at Bow Rotary, the club donates a children's book in the speaker's name to either the Bow elementary school, or the children's section of the Baker Free Library. At 8:30 sharp, the meeting is concluded with a final ring of the bell and a toast to Rotary the world over is given.

Once a month instead of a speaker, we have a "Club Assembly." Basically a business meeting to cover important business, decisions made by the Board of Directors are reviewed, as well as the and the Secretary's and Treasurer's reports. In addition, any upcoming club activities are discussed and committee reports and any other announcements are given.

As with other organizations, due to Covid-19 we have been meeting via Zoom for the past few months instead of in person. It is at least good to see member's faces, but we are all really looking forward to the day when it will be safe again to meet at the Old Town Hall in person.

The Bow Rotary Club is always looking for people who want to give back to their community. Are you interested? The Bow Rotary Club, which includes Bow and Dunbarton residents, anyone who works in Bow or any adjoining towns. We meet every Friday morning from 7:15 to 8:30 am at the Bow Old Town Hall on Bow Center Rd. We would love to see you there once we are back to meeting regularly. Currently our weekly meetings are held on Zoom and you are welcome to join us on Zoom in the interim.

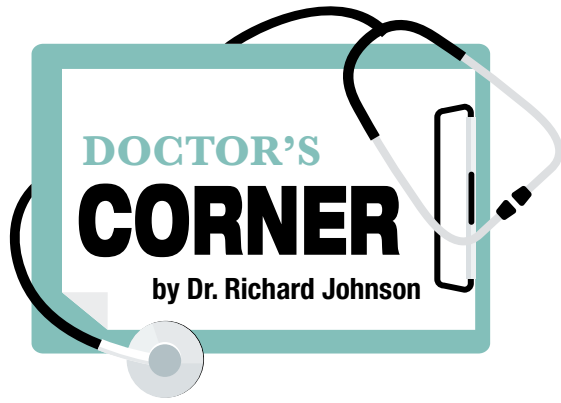
Please check our website at www.bowrotary.org for our meeting schedule and details. Alternatively, you can contact our President, Matt Gatzke at: mmsgatzke@gmail.com or (603) 496-9044.



PLEASE HELP US FIND TIGGY!

Tiggy is a sweet, 8-year-old, with tortoiseshell markings, lost on Knox & Robinson Rd.

Contact owners at
603-496-5239 if you see her.



IS YOUR TEEN SAFE BEHIND THE WHEEL?

I now have two more grandchildren entering the world of driving on the arteries of our state and nation. Are they safe? What are the risks? How can we mitigate the risks?

During 2015, NH teen drivers comprised 2% of all NH drivers, but were involved in more than 16% of NH car crashes. It is safe to infer that “inexperience” behind the wheel was a significant contributor to their car crashes.

According to the Center for Disease Control the leading cause of death for children, teens, and young adults is motor vehicle accidents. It is estimated that NH traffic accidents costs total \$143 million. NH State Police report that about 75% of all traffic accident fatalities are associated with impaired driving, distracted driving, speeding and the failure to use seatbelts. As an aside, I reflect on the recent behavior of some students at our nation’s universities who simply threw aside common sense behavior guidelines in this pandemic, and as a result the schools shut down. Those of us who have gone through adolescence have hopefully gained insight on ‘risky’ choices and the potential effect our choices have over time. Yes, the adolescent has unique decision making skills, but as Hartley and Somerville point out “the late development of the prefrontal cortex, could constrain the utilization of such strategic aspects of decision-making in adolescence.” Inside your adolescent’s brain the prefrontal cortex (which controls behavior and decision making) is not yet fully operational, while the limbic system which controls fear and pleasure is about as active as it will ever be! The adolescent does not ‘think’ before they ‘act’ because their brain is not yet ‘wired’ to do that.

So how should we prepare our youth to take the wheel and be a safe driver?

There are many groups devoted to providing programs for helping adolescents become and remain safe drivers. I would encourage parents and their teens to look into programs such as: The Injury Prevention Center at CHaD.

As important as these programs are, I firmly believe that it is the parent’s responsibility and privilege to help their children through these tumultuous years. It is almost a given that your adolescent will seek risky behaviors. Encourage them to engage in ‘safe’ risky behaviors like athletic competition. I remember a grandson with his snowboard standing on top of a rocky embankment off of the trail and wanting me to join him. “No”, I said, “my prefrontal cortex is working, and what you are about to do is very risky, so be aware that there will be a consequence as you come off that rock!” That is what we call ‘a controlled learning experience!’ Parents also have the great privilege of discussing ‘risky behaviors’ with their children. Carefully, and with sensitivity, discuss the risks of alcohol, drugs, vaping, smoking, sexual behaviors, and yes driving.

While driving with my grandson, I attempted to illustrate that the consequences of risky behavior may not be apparent right away, but will show up in time. I showed him that turning the wheel ever so slightly does not immediately create a problem, but over time, that slight turn of the wheel will cause us to hit a tree or another vehicle. As my pickup truck was headed for the ditch, he was able to experience the truth that a little risk over time can have a very poor outcome! That, I explained is what can happen with risky behavior with drugs, alcohol, sex and smoking (to just name a few). So take the initiative and start preparing your adolescent for life and driving.

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CRVNA
2020

CONCORD REGIONAL
VISITING NURSES ASSOCIATION
HONORS KATHLEEN & BILL AMES

Kathleen and Bill Ames of Bow were recognized by the Concord Regional VNA for their commitment to the community. Kathleen Ames joined the Concord Regional VNA Board of Trustees in 2003 serving 12 years, including two years as chairwoman. She participates in Parent-Friend celebrations, Passion for Caring and Hospice Lights of Life.

Her leadership, commitment and guidance continues to support the growth of Concord Regional VNA’s service, including the Telehealth/Health Buddy, Physician Portal, evidence-based, nationally recognized programs and the community health educator program.

Bill Ames, an active supporter of Concord Regional VNA, began volunteering in 2018. He has provided patient companionship and caregiver respite, has served as a pet escort with the organization’s therapy dog teams and has delivered dozens of lights to businesses as part of the annual Hospice Lights of Life campaign.

In 2019, Bill began serving as the “Veteran Volunteer Captain.” Acting as captain, he assists the volunteer coordinator with recruiting and training new volunteers, and works with veteran service organizations to educate members about the needs of veterans at end-of-life.

PSU
2020

Plymouth State University
ALUMNI AWARDS

The Plymouth State University (PSU) Alumni Association recently announced its 2020 Alumni Award recipients. Six alumni and one staff member were recognized for their commitment to serving PSU, their professions and their communities.

“Plymouth State University is extremely fortunate to have such exceptional, dedicated and caring alumni,” said Donald L. Birx, Ph.D., President, Plymouth State University. “Their continued service to the University helps to set us apart from other educational institutions and inspires current students to consider how they can contribute to the PSU community – both while they’re on campus and when they graduate.”

OUTSTANDING GRADUATE ALUMNI AWARD: Charles Lloyd, Ed.D. of Bow, graduate Class of 2007, and 2011 recipient of a certificate of advanced graduate studies, was honored for his leadership in education, working to transform the community college experience for students across the state of New Hampshire. Lloyd began his career at New Hampshire Technical Institute working in student life, teaching businesses and leadership classes, and coaching men’s basketball, and currently serves as President of White Mountain Community College. “His passion and dedication to helping students achieve their goals through higher education has continued to grow over the years,” said Birx.

SPRING
2020

**Congratulations
Hopkinton/Contoocook Students
for Academic Excellence!**

CAITIE MCGLASHAN, a sophomore majoring in neuroscience was named to the dean’s list for the spring semester at Bates College in Lewiston, Maine.

CONNOR MERCHANT, a computer networking and cybersecurity major, was named to the dean’s list for the spring semester at Champlain College in Burlington, VT.

LILLIAN PRICE was named to the dean’s list for the spring semester at Colby-Sawyer College in New London.

EMILY A. THUNBERG graduated magna cum laude with a bachelor’s degree in biomedical engineering from Boston University. Thunberg was also named to the dean’s list for the spring semester.

MARY TRAFTON, a freshman, was named to the dean’s list for the spring semester at Bates College in Lewiston, Maine.

TOGETHER, WE WILL MAKE FITNESS FIT IN YOUR LIFE!™

by Jim Olson

My hope is that you all were able to enjoy the fruits of your Labor day this past holiday weekend and then are still taking action toward your fitness goals for real!

It's no surprise that each year that goes by has more people on earth struggling with their weight. And it's certainly not for a lack of information out there.

With each year comes more info, books, diets, workout programs, gurus, and more.

The pill that "sets your metabolism on fire." The shake that "provides all the nutrient you need in a day." The workout that "melts fat."



Jim Olson

So, if there's more information and help available than ever before, why do people increasingly struggle with their weight?

I'll tell you...

It's because they want it to be easy, and when it's not they quit. Or when life happens (which it always will) they fall off track.

People are so focused on reaching the end result of that perfect healthy body that they're disappointed when it doesn't happen in a few weeks.

That's why health clubs (pre-COVID) are so busy for part of January than die-off in February. Of course, we want it to be easy!

And of course, there are no magic bullets. You simply don't get around putting in the work.

So, if you want the REAL magic bullet, it's this...

Fall in love with the process, and commit to seeing it through no matter what. That's the only way to get where you want to go and stay there long-term.

I know it's not a sexy answer, but it's the truth. Because all of those fake "magic bullets" don't get you results anyway.

If you've ever experienced this, you know it's a lot easier NOT going at it alone, which is why I want to tell you about how we are here for you! Whether you need your fitness designed for you to do, in-studio, at home, or on-the-go, **together we will make fitness fit in your life!™**

DON'T JUST TAKE MY WORD FOR IT, GIVE US A TRY.



YOUR VISIONS + OUR STRATEGY = RESULTS™



does this sound like you:

- AVOIDING MIRRORS AT ALL COSTS •
- WEARING BAGGY CLOTHES TO HIDE YOUR ROLLS •
- AFRAID OF THE THOUGHT OF WEARING A BATHING SUIT? •

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GET YOUR FAFSA READY

by Dominic Lucente

Mark this date on your calendar: October 1. That is the day when current and future traditional college students can start submitting the Free Application for Federal Student Aid (FAFSA) for the 2021-22 school year. For many students, the FAFSA is frequently the gateway to significant financial aid: federal and state student loans, grants, university scholarships, and work-study programs.¹

FAFSAs should be sent in as soon as possible. The closer to “opening day” (October 1) you can do it, the better. Some states offer aid on a first-come, first-serve basis, and some universities set fall deadlines for financial aid requests.^{1,2}

What do you need to complete the FAFSA form? First of all, the FSA I.D., which replaced the older PIN system some may recall. Your student needs one, and if your student is your dependent, you also need one. An FSA I.D. is a username-password combination that will let your student fill out the FAFSA form online (this can even be done with the myStudentAid mobile app on your smartphone). You can create your FSA I.D.s at pin.ed.gov. You can fill out the FAFSA form at the FAFSA website, fafsa.ed.gov, entering numeric codes for the colleges or universities your student is considering for the 2021-22 school year.³

Your student will need to enter a bunch of personal information, some of which will be yours if you have recently claimed them as a dependent. The basics? Birthdates, Social Security numbers, and even the student’s driver’s license number, if applicable.

Beyond the basics, financial information is needed, both from you and your student, including checking and savings accounts’ balances, investment account values, and business and rental property assets. Untaxed income (such as interest income and child support) must also be reported. In addition, you will need information from your 1040 income tax form for the 2019 tax year. Most of this tax information can be easily imported right into the FAFSA form, thanks to its Data Retrieval Tool, which connects directly with the Internal Revenue Service. Not everyone is able to use the DRT, though, and not all info carries over, so keep your 1040 forms from 2019 handy.^{3,4}

Has your household income fallen since 2019? Then your student might qualify for more financial assistance than the FAFSA form calculates. A student can appeal an aid decision or ask for an adjustment to financial aid offered at any time, even during the midst of a quarter or semester.⁵ If you or your student need to pursue an adjustment, the first step will always be contacting the financial aid office of the school or institution in question.

You may have some leverage here. Enrollment is dropping at many universities, due to the pandemic, and the perception that pricier schools can’t currently offer a real college experience. Virtual classes might still be the norm in the Fall 2021 term. Attracting quality students is a top priority, and financial aid offices may be ready and willing to negotiate new aid packages well into the 2021-22 academic year.

Whenever a college considers awarding financial aid, it looks at the expected family contribution (EFC), which is calculated according to a formula set by law. The EFC is the amount of money the college believes you can pay toward your student’s education, and the EFC factors heavily into calculations of need-based aid (as opposed to merit-based aid, like scholarships).⁵

If your student receives more need-based aid, that may, in turn, reduce your EFC. Any revision of need-based aid can also potentially impact a student’s estimated cost of attendance (COA); sometimes, the COA rises with changes in financial aid. When the COA rises, or the EFC falls, a household may be eligible to apply for work-study programs and subsidized college loans.⁵

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

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Citations.

1. University of Nevada, Las Vegas, August 13, 2020
2. StudentAid.gov, August 13, 2020
3. StudentAid.gov, August 13, 2020
4. University of New Mexico, August 13, 2020
5. Forbes, July 28, 2020

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BOW GARDEN CLUB

by Joyce Kimball

ALLISON ~ UPCOMING BGC MEMBER!



7 year-old Allison, is very proud of her single green bean!

We hoped that the Garden Club's "National Garden Week" event we held in June might inspire Bow youths to take up gardening for the first time and we were pleased to hear from one local family that a new gardener has indeed been born! Seven year-old Allison and her mom Michelle stopped by our *Drive-by Planting Kit Pick-Up* event where Allison selected a packet of green bean seeds to try her hand at. Using the packet of potting soil, the plant pot and instructions that we provided, Allison planted the seeds, nurtured her mini-garden and enjoyed the success of her efforts.

Allison's Mom contacted us on Facebook saying "I wasn't expecting much but she's taken care of it all summer and today harvested a single green bean. She was **THRILLED**. Her plant was so full we were able to split it and share part of it with her little sister and it looks like that plant might sprout a bean too! Thank you – this was a fantastic thing for her this summer. I thought you all would appreciate seeing the good that came from your efforts."

THANKS BOW FIRE DEPARTMENT!

We would once again like to call attention to the continuing care our "Watering Buddies", the Bow Fire Department, has given to our new garden at the Gazebo. We so appreciate them taking such good care of our newly planted Pollinator Garden! Everything is doing well and their diligent watering on all the recent super-sunny days has made all the difference! Thank you!



Our "Watering Buddies" at work.

KUDOS RECEIVED FOR OUR 2019 NATIONAL GARDEN WEEK PROJECT

At the end of 2019, we submitted several award applications to the National Garden Clubs, Inc. for consideration in regard to projects that

we had undertaken in 2019. We recently received recognition for our June 2-9 "National Garden Week" project and a Certificate of Appreciation from the National Garden Club for this project. The National Garden Clubs, Inc. is the umbrella organization for all local and state garden clubs.



NEW MEMBERS ALWAYS WELCOMED AT THE BOW GARDEN CLUB!

The Bow Garden Club invites area residents to visit our website at www.bowgardenclub.org to learn more about the club's activities, goals and objectives. New memberships received before the end of the year will be honored throughout the garden club's 2021 calendar year when we will once again be offering educational programs and comradery at our evening membership meetings. All members will receive our monthly newsletter as well quarterly newsletters from our state and regional organizations that offer lots of gardening tips, places to visit and other garden-related resources. We hold our meetings at 6:30 p.m. on Monday evenings, generally the second Monday of the month, for eight months of the year. We begin our garden club year in April and do not officially meet during the months of July and August although we often have casual gatherings or take field trips to gardens, etc. You don't need any gardening experience—we all learn from each other and from experts who give presentations at our monthly meetings. Please check out our website and feel free to contact Membership Chairman, Keryn Anderson at kerynanderson@ericandkeryn.com, (603)-731-6425 or Club President Lorraine Dacko at ldacko@gsinet.net (603)-774-3596 for more information about the club. We hope that you will consider joining us!

BOW HERITAGE COMMISSION

IS COVID 19 KEEPING YOU HOME?

It's a great time to visit

The Bow Heritage Commission website at
www.bownh.gov/396/Heritage-Commission.

You will be amazed at the myriad of topics listed on the menu that include historical facts, historical documents, and compelling photos from the past.

Find a tangible link to the past, and a sense of the continuity of time and place.

www.bownh.gov/396/Heritage-Commission

CELEBRATING THE 100TH ANNIVERSARY OF WOMEN'S RIGHT TO VOTE



The General Federation of Women's Clubs New Hampshire (GFWC NH) hosted a commemoration of the 100th Anniversary of the adoption of the 19th Amendment to the United States Constitution on August 26, 2020. On a beautiful summer afternoon, Club members from across the State gathered outside the State House, many dressed in period costumes, joined by several female members of the NH House and Senate.

Governor Chris Sununu was the keynote speaker. The Governor also presented an official proclamation, declaring September 10, 2020, as New Hampshire Women's Suffrage Day. New Hampshire ratified the 19th Amendment on September 10, 1919.

In her opening remarks, GFWC NH President Jeanne O'Sullivan, from Exeter, shared that the GFWC NH is comprised of 22 clubs, providing service to communities for 125 years. Locally, GFWC NH worked to establish the Old Man of the Mountain Museum, preserve land in the White Mountains, established an audio walking tour of Odiorne Point and much more. Its parent organization, GFWC International, is a world-wide, non-partisan organization that has long been a supporter of women's rights, dating back to 1914.

GFWC NH Chairman of Legislation and Public Policy Laurie Jasper, of Hudson, who organized the event, spoke of the history of women's suffrage. The battle for the 19th Amendment became known as a "war of the roses," as the yellow rose became an emblem of the suffrage cause, while anti-suffragists adopted the red rose. In January 1918, the woman suffrage amendment passed the House of Representatives. In June 1919, it was approved by the Senate and sent to the states for ratification.

On August 18, 1920, Tennessee became the 36th state to ratify the amendment, giving it the three-fourths majority needed to make it the law of the land. Young Tennessee State Representative Harry Burn, just 24 years old, wore a red rose in his lapel, indicating his plan to vote "no." But, after receiving a note from his mother imploring him to vote in favor of ratification, he changed his vote and became a part of history.

Jasper said: "As I look out among all of you, and see many familiar faces, I see the faces of women who would have joined in the suffrage movement. I also see women such as Elizabeth Cady Stanton, Lucy Stone, Lucretia Mott, Sojourner Truth and Susan B. Anthony standing shoulder to shoulder with all of you. Today, we honor all who worked for women's right to vote... From the first women's rights convention held in Seneca Falls, New York in July 1848 to 1920, and beyond.

Jasper then introduced Governor Sununu, thanking him for his leadership during these unprecedented times of COVID19.

Sununu praised the GFWC NH for celebrating New Hampshire's place in the suffrage movement amidst restrictions and difficulties due to the coronavirus. "I'm just so excited you were able to hold this event today. I think it's a great representation of what the Live Free or Die State is all about. We have had such incredible representation in New Hampshire by women, on both sides of the aisle, who have really led the charge. I think it's a testament of how important the issue is, the fact that you organized and that you are making sure this is being heard today and as we move forward," said Sununu.

"I was thinking about the Founding Fathers; they called America the, 'great democratic experiment.' And, like any good experiment, it never really ends. You constantly have to keep pushing yourself to do better, to find another way, to open up more opportunity," concluded the Governor.

COMING SOON

from Bow Parks & Recreation

TENNIS LESSONS for CHILDREN

Instructed by Dave Taylor

Red Ball for kids ages 4-6

Orange Ball for kids 7-9

Lessons will be held on weekday afternoons
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Oral Surgery Practice Merges

We are pleased to announce the merger of the oral and maxillofacial surgery practice of Dr. Robert Kuepper D.D.S.

(RCKDDSOOMS) with those of Dr. Nader Moavenian and Dr. Cameron Braasch of New Hampshire Oral and Maxillofacial Surgery (NHOMS). Dr. Moavenian started NHOMS twenty years ago, which has offices in Nashua, Manchester, and Salem, New Hampshire.

We are in the process of expanding our state of the art surgical facility at 5 Sheep David Road in Pembroke, NH. Our newly formed practice will provide the full scope of oral and maxillofacial surgery services with an emphasis on dental implant surgery. Dr. Kuepper will be joined in the Pembroke office by Dr. Moavenian and Dr. Johnathan Bean.

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PANDEMIC RELIEF - NO RMD REQUIRED FOR 2020!

BY BEN KINIRY, ESQ.

Pandemic Relief: Retirement Account Owners don't have to take Required Distributions in 2020.

Retirement account owners, many of whose retirement balances have been pummeled by a stock market drop due to the coronavirus pandemic, do not have to take mandatory withdrawals this year.

Federal law requires individuals who were age 70 1/2 before the end of 2019 to begin taking required minimum distributions (RMDs) from their retirement plan in April of the year after they turned 70. (Note that those who were younger than 70 1/2 at the end of 2019 can wait until they turn 72 to take RMDs) The amount of the distribution is based on the value of the account at the end of the previous year, but the funds you withdraw are treated as taxable income in the year you take the distribution.

The coronavirus pandemic caused the stock market to tumble, depleting many retirement accounts. RMDs for this year would be based on the value of the account at the end of 2019, when the account likely had more money in it because the stock market was at a high point. Although the market has rallied somewhat, it still isn't back to where it was at the end of 2019.

Recognizing this, the coronavirus relief bill known as the CARES Act waives the requirement that individuals take RMDs from their non-Roth IRAs and 401(k)s in 2020. This includes any 2019 distributions that would otherwise have to be taken in 2020. Waiving RMDs will allow retirees to retain more of their savings. The waiver applies to individuals taking RMDs from their own retirement accounts as well as people who have inherited retirement accounts.

Generally, it is considered a good idea to not take a withdrawal if you do not need to because leaving the money in the account al-



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lows it to continue growing tax-deferred. Taking a withdrawal can also increase your 2020 tax burden. However, there are circumstances where it may make financial sense to take an RMD, for example if you need the money to live on. In addition, if you know you are going to be in a much lower tax bracket in 2020, but expect your tax bracket to increase next year, it might make sense to withdraw the money now so you can pay taxes on the withdrawal at a lower rate.

If you already took an RMD, you may have the option to return it to the account it came from or another retirement account. Usually RMDs cannot be rolled over into another account, but because the CARES Act waived RMDs, they are considered voluntary distributions. This means they can be redeposited or rolled over into a new retirement account (including a Roth account) as long as you do it within 60 days. The IRS has provided guidance, waiving the 60-day rule if you took an RMD between February 1 and May 15 as long as you roll over the RMD by July 15, 2020. This type of rollover can only occur once per year, so if you rolled over a distribution within the previous 365 days, you cannot do it again.

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

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BOW WOMAN IS A LEADERSHIP NEW HAMPSHIRE GRADUATE

Kristine Stoddard of Bow graduated in August with the class of 2020 for Leadership New Hampshire. She is Director of Public Policy for the Bi-State Primary Care Association.

Joseph Rheaume with the Devine, Millimet law firm lives in Bow and is in the class of 2021.

Leadership New Hampshire celebrated the graduation of its 28th class on August 28th. The cohort of 38 associates includes individuals from across New Hampshire who participated in an intensive 10-month program. They were selected through a highly competitive process and began their unique educational journey last fall.

In a traditional year, each class attends 12 full day sessions held in various locations around the state. These provide an in-depth exploration of a topic of timely importance to New Hampshire, including demographic changes, the economy, criminal justice, environment, education, culture and arts, community leadership, government and politics, and health care.

DUNKLEE ROAD BRIDGE REPLACEMENT WELL UNDERWAY



Photo Eric Anderson

Reconstruction of Dunklee Road Bridge as of Saturday, September 5th.

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KINDNESS

By Donna Deos

I know it's been a long, hard year and we're only to September. There's still $\frac{1}{3}$ of the year left!

I know that I am tired. My zip and my zest seem to have checked out somewhere along the line. I hope it is just me and not the majority. It reminds me of how I felt after my Mother passed. I had spent 10 years working full time, helping her take care of my Dad and then taking care of her in her final



years and I was spent. I didn't know how spent I was until my duties as caregiver were done. She was the same way when my Dad passed. Until you stop, you do not know how tired you are.

It is the old saying, "You can't pour from an empty vessel," and yet we all do. When you do that long enough you completely drain yourself and the resources (mental, physical and emotional) that you have stored up prior to this. You really do have nothing left to give and you don't even care because you are just done and ready for someone to do it all for you. You do not even care if it gets done.

So, what does this have to do with kindness? Everything.

When we are tired, spent, and worn out we can be crabby. We can seem uncaring or mean or just not our normal selves, which will put others into a spin because they rely on us to be who we normally are. They do not understand and it makes them uncomfortable. Then, both sides may say things they don't really mean and the situation gets worse. Kindness is the cure.

Each of us has our moments when we are done. We want the world to stop so we can get off but we keep going.

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When you feel like this, or when someone you know is crabby and tired, please show them kindness. Please don't make them feel worse for being out of sorts. It is 2020 – they have earned it! Let them have their moments and give them the time and space and kind words to let them know you care and understand. Help them to do things if they are open to that.

We all need to be loved, nurtured and cared for – sometimes much more than at other times. So simply show them kindness.

When they come back out of it, and they will in time, welcome them back. Tell them you have missed them and you are glad they made it through.

We all walk through storms in our lives. We all need the time and space – and loving kindness – from those around us to help us find our way out the other side.

"Do unto others as you would have them do unto you!"

With loving kindness, Donna



Donna Deos, LLC

FINANCE DIRECTOR REPORTS ON FISCAL YEAR END FINANCES

by Geoff Ruggles

Overall, the town ended the year in good fiscal shape as of June 30, 2020. Operating revenues finished slightly over estimates while operating expenditures were well below budget resulting in a net surplus of roughly \$275,000.

REVENUES

- The town has received nearly \$84,000 in COVID-19 grants from the State to cover costs through June. We have applied for an additional \$12,000 from the State and are in the process of filling out the FEMA application for another \$50,000.
- Motor Vehicle revenue rebounded in June finishing just \$3,500 shy of the estimate.
- Department revenues continued to improve but fell short of estimates by about \$63,000 due primarily to the shortfall in Solid Waste fees.
- The shortfall in Transfers from Capital Reserve Funds, just over \$488,000, is due primarily to postponement of the municipal building drainage/paving project and construction of the new fire truck not being completed by the end of the fiscal year.

EXPENDITURES

- The over expenditures in Police, Fire, Emergency Management, and Facilities are all COVID-19 related and will be reimbursed by grant funds.
- The largest areas of cost savings were Assessing at \$64,000 due to a reduction in the need to defend utility assessments, Highway at \$72,000 due to a mild winter, and Parks & Recreation at \$67,000 due to a reorganization.
- The under expenditure in Capital Improvements is due to delayed and ongoing projects as stated in the revenue section.

Free Estimates



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PASSPORT ACCEPTANCE AGENTS ARE NOW AVAILABLE

By Appointment ONLY... No walk-ins at this time – Beginning September 1st, we will be accepting passport application appointments. Please contact the Library to make an appointment. Our schedule will be Monday-Friday 10am-3:30pm and Saturday 10am-3pm. For more information, visit our website or call (603) 224-7113.

PUBLIC COMPUTERS ARE NOW AVAILABLE

By Appointment ONLY...No walk-ins at this time – Beginning September 1st, we will offer public computer services. Please contact the Library to make an appointment. We will limit patrons to 1 hour of computer access. Our schedule will be Monday-Friday 10am-5pm and Saturday 10am-3pm. For more information, call (603) 224-7113.

NEW! CREATIVE KITS FOR KIDS

Monthly Take Home Activity Bundles – Beginning in September 2020, these kits will be available to registered families of children aged 3-7 and 8-12, and include a month’s worth of crafts, science experiments, and reading recommendations designed for each age group. All instructions and many project materials will be included, along with a full calendar of suggested activities.

Throughout the month, we will delve into each kit’s contents with virtual read-alouds and book club meetings, hosted by the library! Creative Kits will be available during the first week of each month, until the library is able to resume its schedule of in-person programs. We hope that these projects will support and inspire our school-aged patrons, wherever they’re reading and learning from this year.

Supplies are limited and registration is required. To reserve a kit for your child, please sign-up with the appropriate age group using our online calendar. Registrations do not carry forward; you will need to sign-up for each month you plan to participate. Reserved kits can be picked up anytime during the first week of the month.

Interested in participating in the weekly Virtual Read-Aloud every Wednesday at 12pm? Contact Juliana at juliana@bakerfreelib.org to get the link!

COMING SOON! ADULT CRAFT KITS

Monthly Take Home Crafts for Teens & Adults – Stay tuned for more information in the upcoming weeks. Registration will be required to reserve your kit. For more information, contact Betsy at betsy@bakerfreelib.org

ADULT BOOK GROUPS – At this time, the in-person Adult Book Groups and White Rock Whodunits for the month of September have been canceled. Please contact Amy at amy@bakerfreelib.org with any questions

UPDATED ON WEBSITE! ELECTION INFORMATION

Election information and resources available on our website – The Library website has compiled information and resources to best help voters during the upcoming elections. Feel free to visit the website to learn more. Information will be updated as needed.



BOB ARNOLD
NEW LIBRARY
TRUSTEE

With Library Trustee Marc Van de Water leaving the post, the Selectmen on September 1, unanimously approved Bob Arnold as Trustee to fill out the remainder of Van de Water’s term. Bob Arnold has served for several years as a member of the Bow Budget Committee. Bob and his wife Heidi live on Dow Road.

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AUGUST 2020 REAL ESTATE SALES IN BOW

20 Putney Road	3 BR 2 BA	1.01 acres	1540 sq ft	\$315,000
50 Brown Hill Road	3 BR 2 BA	1.11 acres	1830 sq ft	\$317,000
95 Bow Bog Road	3 BR 2 BA	1.1 acres	1372 sq ft	\$325,000
52 Brown Hill Road	3 BR 2 BA	1.14 acres	750 sq ft	\$330,000
31 Hooksett Turnpike	4 BR 2 BA	1 acre	2012 sq ft	\$345,000
15 Evergreen Drive	3 BR 2 BA	1.0 acres	1626 sq ft	\$364,000
5 Bona Vista Drive	3 BR 2 BA	1.09 acres	1916 sq ft	\$369,900
2 Heidi Lane	4 BR 3 BA	1.01 acres	2352 sq ft	\$389,900
49 Bow Bog Road	3 BR 3 BA	.91 acres	2508 sq ft	\$390,000
1 Briarwood Drive	3 BR 3 BA	2.16 acres	768 sq ft	\$395,000
63 Knox Road	3 BR 3 BA	18.3 acres	2644 sq ft	\$410,000
South Bow Road	4 BR 3 BA	2.9 acres	2944 sq ft	\$430,000
57 South Bow Road	4 BR 3 BA	4.71 acres	2184 sq ft	\$439,900
113 Woodhill Road	3 BR 2 BA	1 acre	2477 sq ft	\$450,000
Brown Hill Road	5 BR 5 BA	2.03 acres	4128 sq ft	\$455,000
9 Cob Road	4 BR 3 BA	2 acres	3168 sq ft	\$469,000
34 Stack Drive	4 BR 3 BA	2.59 acres	3114 sq ft	\$479,500
4 Blueberry Lane	6 BR 5 BA	1 acre	4579 sq ft	\$493,500
17 Woodhill Hooksett Rd	4 BR 3 BA	2.5 acres	3836 sq ft	\$500,000
3 Arrowhead Drive	3 BR 3 BA	2.38 acres	2508 sq ft	\$505,000
9 Fieldstone Drive	3 BR 4 BA	2.62 acres	2958 sq ft	\$609,000
54 Knox Road	4 BR 4 BA	2 acres	3748 sq ft	\$610,000
112 Knox Road	4 BR 3 BA	3.2 acres	2974 sq ft	\$625,000
15 Summer Lane	4 BR 3 BA	1.26 acres	3539sq ft	\$699,900
32 Sterling Place	5 BR 7 BA	3.58 acres	8086 sq ft	\$1,075,000

AUGUST 2020 REAL ESTATE SALES IN DUNBARTON

3 Jewett Road	3 BR 3 BA	1 acre	1592 sq ft	\$315,000
1012 Clinton Street	3 BR 3 BA	1 acre	2472 sq ft	\$345,000
88 Twist Hill Road	3 BR 3 BA	7.28 acres	2682 sq ft	\$479,000
58 Jay Drive	3 BR 3 BA	5.39 acres	2792 sq ft	\$710,000

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BOW PIONEERS SNOWMOBILE CLUB 19TH ANNUAL MUM SALE



THE FINEST MUMS IN THE AREA WILL BE
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Individual Plants are \$12 each ~ Baskets are \$24

All plants will be available for pickup Saturday, September 19th and Sunday, September 20th. Pre-sale Reservations are encouraged or you may purchase mums the day of the sale. Pre-orders must be made no later than September 14th.

For information contact Dan or Jodi Weed at 228-3188 or email: weedfamily@comcast.net.



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The Veggie Bagel: egg, spinach, tomato, peppers, bean sprouts \$ 5.25

The Breakfast Sandwich: egg, meat & cheese, sausage, bacon, ham or hash \$4.75

The Breakfast Burrito: Omelet style egg wrap Choose your meat \$4.75

Extra Toppings: tomato, onion, bell peppers, mushrooms,
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6:30am-7pm
Sat
7am-7pm

Travel Time WITH CHASE & BUD

When Bud and I run into folks these days, the conversation often starts with “what trips have you had to cancel”? A villa in Italy, we say...and you? The answers range from Morocco, St. Maarten, Australia and London to complete world cruises, the Galapagos Islands and South Africa.

Many of these were Bucket List trips and many can be rebooked, often with significant incentives. But suppose you hadn't yet nailed down your own trip of a lifetime. Is now a good time to plan that trip to Southeast Asia, Europe, South America or wherever?

The answer is quite possibly yes—with a few caveats.

The two main reasons to go for it are money... and money. First, the initial cost. Many destinations around the world are increasingly desperate for tourist dollars, especially American dollars. This means pandemic-related discounts, promotions and special offers abound almost anywhere you look. I think back to international trips we took in the 2-3 years after 9/11, the Great Recession and the Arab Spring. Prices dropped a good 30-60%. A bonus was the lack of crowds and easy access to iconic attractions and activities like helicoptering in New Zealand's Milford Sound or visiting Luxor.

Finding a reduced basic price is a place to start, but don't forget the value of added incentives like free Wi-Fi, laundry, cocktails, breakfast, day excursions, room upgrades and more.

There are several ways to locate these deals. Begin with the internet. Decide where and how you'd like to travel. African safari? European tour? Pacific Rim?

Independent travel? Tour company? Cruise? Airline package? Then visit some sites for general tourism as well as specific companies and sign up for their newsletters—you want to hear about promotions as soon as they go on offer. You can also set up some Google alerts by geography, industry, type of travel and more. If you want the personal help of professionals, try Concord's own AAA Travel (603 228-0301) or Laconia's Penny Pitou Travel (603 524-2500).



Our 2009 “Bucket List” road trip through Turkey took us to Cappadocia, known for its moonscape-like rock formations. Hotels and restaurants are carved out of the volcanic ash and provide for unique and surprisingly elegant venues. Booking the trip during the economic downturn saved us 50% and the Turkish people were overwhelmingly welcoming.

The second “money” issue is the dramatically improved ability to cancel and/or reschedule without penalty. Hotels, resorts, tour companies, cruise companies and even airlines and some third-party booking sites are so anxious for bookings that many of them are allowing free cancellations right up to a day or two before your departure. This does a couple of things. First, it helps with peace of mind. If you need to cancel at the last minute, you might be able to recoup most, if not all, of your cost. Secondly, it just might allow you to forego pricey travel insurance – insurance that often disappoints when you go file a claim. Insuremytrip.com is a great resource with truly current info.

If I've got you drooling and dreaming, great! But, as always, the devil is in the details. Once you find an offer you think you can't refuse, read all—and I do mean all—the fine print. Check especially for exclusions and restrictions (i.e. airline change fees eliminated, but only for higher fares). Also, try and book directly with resort, hotel, cruise line, airline—whatever. Third party booking website like Expedia can add another layer of potential problems between you and your trip. If you find a great deal for a particular destination on such a website, contact the resort or hotel directly and ask if they'll match it. I'll bet they will, and just might throw in an extra perk or two.

Lastly, it's folly to book a trip without checking out travel restrictions imposed by the US government (as well as other countries). Start at travel.state.gov and work through to the official governmental websites of your dream destinations.

Travel Talk has a new look! From now on we'll feature an image and information from our past travels. It's a bit of nostalgia for the world of travel that used to be, but perhaps also a bit of inspiration for the world of travel that is surely yet to come.

Next month:
A deep dive into changes in the travel insurance industry.



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Recently, in northern Maine, there has been an increase in Mountain Lion sightings. These are not just tourist sightings but reports from outdoorsmen and guides that have spent their whole lives in the woods.



Why don't we have more evidence in the form of pictures? I don't know.



This month Salmon season ends. It is likely the worst season in memory. This could have been avoided, but somebody dropped the ball big time. I'm glad I got to fish the big lake when it was a tremendous fishery. **Will it ever come back?** Probably not to the level of the old days.

This summer was one of the hottest on record – 25 days of over 90° reported in Concord. This is very bad for many of our shallow Trout ponds. I have no doubt that great numbers of Trout could not survive in these temperatures.



Is this a sign of future years?

With cool down comes a big change in our Trout fishing. Cooler temperatures mean the Trout leave their depths and move closer to the surface and shore. Super fast sinking lines are replaced by sink tips or traditional floating fly lines.

Many fly fishermen enjoy late season fishing. Small nymphs and dry fly's work best. Casting to sipping Trout on the shoreline requires a delicate presentation and can be great fun. A small soft hackle with a green body works well.

Enjoy the fishing, it can be some of the best of the season.



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Ron



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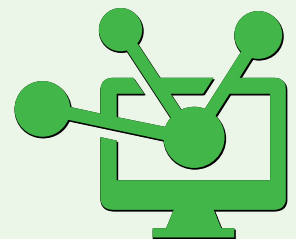
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DUNBARTON NEWS

By Nora LeDuc



DCC BOOK CLUB In September the DCC Book Club will read Mary Magdalene by Lynn Picknett. Discussion is Thursday, October 1, 7:00 pm to 8:00 pm on Zoom. Contact Robert or Barbara for the log in information.

ABSENTEE VOTING Registered voters who have concerns about voting in person in the November 3, 2020, General Election due to the COVID-19 pandemic may vote by absentee ballot. Your November ballot will be mailed to you after they are delivered to the Town Clerk's office. Completed applications should be dropped off or mailed to: Town Clerk, 1011 School St. Dunbarton, NH, 03046. They may be faxed to: 774-5541. If you plan to deliver your ballot please do so during office hours as they cannot be accepted if they are dropped through a mail slot or left with another department.

FMI on ballot delivery: <http://dunbartonnh.org/index.php/95-hot-topics/588-absentee-voting-in-the-2020-september-and-november-elections>.

HOME SCHOOLING Do you need Homeschooling Resources? The library has great books for children and families heading back to school and also some informational books on core curriculum. Browse the catalog: <https://dunbarton.biblionix.com/catalog/> You may place a hold on any of these times by logging in to the catalog with your card number and pin, or email or call the library.

NATIONAL PRESCRIPTION DRUG TAKEBACK DAY

The Dunbarton Police Department will once again be participating in the Drug Enforcement Administration's National Prescription Drug Takeback Day. The event will take place on Saturday, October 24, 10am to 2pm at the Dunbarton Police Department (18 Robert Rogers Road). Residents can turn in their unused, unwanted, or expired medications, no questions asked. We are unable to accept needles or liquids. The proper disposal of medication helps reduce unauthorized access, theft, abuse and damage to the environment. Any questions about the event may be directed to Sergeant Chris Remillard at chrisremillard@gsinet.net or (603) 774-5500 or by visiting: https://www.deadiversion.usdoj.gov/drug_disposal/takeback/

SCHOOL CLOSED Friday, October 9 – No School for NEA Day.
Monday Oct 12 No School for Columbus Day.

NH VIRTUAL BREWING Coming in October or November VIRTUAL Brewing in New Hampshire: An Informal History of Beer in the Granite State from Colonial Times to the present. Presented by Glenn Knoblock. Sponsored by New Hampshire Humanities. Date to be announced soon.

VIRTUAL ART WALL Olivia Bynum's photography is still up on the Library's Virtual Art Wall. She has won awards for her nature photography from Society for the Protection of NH Forests, been published in the Concord Monitor, and had a small exhibition at The Crust and Crumb bakery. She is very excited to bring you this collection of her photographs, all selected because they capture some element of the Granite State. If you are interested in these photos, please email Olivia directly: livyslens@gmail.com

THE Music LADY

FOR THE LOVE OF MUSIC

A TRIBUTE TO RICKY NELSON

Eric Hilliard Nelson was an American rock and roll star, musician and singer, born in Teaneck, NJ in 1940. At age 8, "Ricky" and his older brother, David, starred with their parents in the popular TV show "Ozzie And Harriet." The show ran for 14 years, from 1952-1966. Ricky knew and loved music, and was a skilled performer even before he became a "teen idol" while singing regularly on the family TV show. He was the first teen idol to use TV to promote his hit records, and had thirty, top-40 hits between 1957-1962. Only Elvis Presley had more hits during those years.

His music ranged from ballad to rockabilly. "Poor Little Fool," "Lonesome Town," "It's Up To You," "Teenage Idol," and "Never Be Anyone Else" are some of his hit ballads. A few rockabilly hits were "Believe What You Say," "Hello Mary Lou," "Stood Up," "Travelin' Man," and "Be-Bop Baby." The song "Teenage Idol" could have been written about himself. "Some people call me a teenage idol, some people say they envy me. I guess they got no way of knowing, how lonesome life can be." Remember seeing him slowly bat his eyes from side to side, with a longing, "come hither" look while singing?

With the ending of the "Ozzie And Harriet" TV show, and in the wake of "Beatlemania" and the "British Invasion" in the mid-sixties, Ricky's career came to a dramatic halt. He tried to re-invent himself by dropping the "y" from his name, dressing in contemporary clothes and singing country music. At a performance at Madison Square Garden in 1972, "Rick" tried out his new musical style, and the audience booed him! During intermission, his band convinced him to change back into his "Ricky Nelson" clothes and sing what the audience wanted - the OLDIES. In the second half of the show, the audience rose to their feet in applause! Ricky was demoralized that he could not sell his new style of music, and would have to just keep singing those oldies, of which he was so tired. It was this experience that inspired him to write the song "Garden Party." The last line of that song says "But if memories were all I sang, I'd rather drive a truck." And he meant it.

In 1985, at age 45, he began a "Comeback Tour" with Fats Domino. He put the "y" back in his name and released his greatest album "Ricky Nelson: All My Best." His comeback was cut short when, while on tour with his band, his small plane crashed on New Year's Eve. He and his fellow musicians died in that crash.

We can only wonder how far his "Comeback Tour" with Fats might have taken him in his career. To quote Ricky Nelson, "A career is a series of comebacks". How true.



Our own Gary Nylen, of Bow, witnessed this crow dipping bread into a birdbath in his yard. He wondered why a bird would go to the trouble of soaking a piece of food in water before flying off with it.

Some suggest nesting crows dip bakery products and pet food in water prior to feeding their nestlings – it makes the food more palatable for their young. It is also an easy way for adult birds to provide their youngsters with water in times of drought.



BOW GIRLS WIN IN END-OF-GAME SHOOTOUT!

The Bow Soccer Club U11/U12 Girls team participated in a Labor Day weekend tournament at the Seacoast Soccer Complex in Epping. After getting 2 wins and a draw in their 3 group stage matches, they successfully moved to the tournament final on Monday where they drew 0-0 versus Seacoast Bedford, and went on to win in a dramatic end of game shootout with goalkeeper Kyleigh Duval saving 3 penalties. Pictured in the front row left to right are: Sadie Pelletier, Madison Pfister, Kyleigh Duval, Celia Roberge, Reanne Hubbard, Mily Jacobson, and Jordyn Leonard. Back row left to right: Assistant Coach Nate Reyes, Marissa Reyes, Gwen Barrieau, Zadi Taylor, Addison Rader, Zoey Lupien, Ava Popielarz, Anna Zerba, and Head Coach Don Hubbard. The girls competed in the U12 League 1 Division.



Welcome to the Hopkinton - Contoocook TOWN CRIER!

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

► **THE HOPKINTON TOWN LIBRARY** welcomes you to walk-through opening. Limited Hours BY APPOINTMENT. Call 746-3663 or email info@hopkintontownlibrary.org. Tuesday 10AM-Noon (Seniors Only) and 3- 5 PM (Open to all) , Friday 10AM-Noon (Families Only) and 3 – 5 PM (Open to all), Saturday 10AM–1 PM (open to all) (STARTING 9/12). Maximum of Fifteen Patrons in the building at a time. Pre-Registration Requested. Patrons can reserve ½ hour time slots. If capacity hasn't been reached, walk ins welcome. Please continue to use the external book return box. Masks are required per the recommendation of the Town of Hopkinton Health Officer. Please Respect Social Distancing! Stay Six Feet Apart. Limited Computer Use Available BY APPOINTMENT Call 746-3663 or email info@hopkintontownlibrary.org.: Two Public Computers available for up to one hour. (Can be extended if no one waiting). Photocopier and Fax Machine Available Curbside Pickup will continue 10AM-5PM Tuesday through Friday 10AM-1PM Saturday. Tables, Study Rooms and Meeting Rooms unavailable until further notice.

► **NOW OPEN** The town playground, tennis courts and skate park are open. Social distancing guidelines need to be followed. The playground will not be sanitized, so please take your own precautions when using.

► **KIMBALL CABINS** have charcoal grills. Enjoy a cookout while overlooking Kimball Lake. Recreational options include hiking, kayak rentals or bring your own, and fishing. Thanks to all the Kimball Cabin volunteers for the continued enhancement of the Kimball Lake recreational facility for the community!

► **HAWKS FACE MASKS** are now available. 15% of online sales are donated to the Hopkinton Hawks Booster Club. Please support your Hawks! <https://stores.teamfitter.com/HHBC/shop/home>.

► **CHRISTMAS IN SEPTEMBER** will be held Friday 9/25 and Saturday 9/26 from 10am to 5pm. in the parking lot of the historic Train Depot in Contoocook, NH. Featuring local juried craftspeople Masks and social distancing required.



► **CONTOOCCOOK FARMERS' MARKET** is open Saturdays from 9:00 am to 12 noon behind the depot in Contoocook. Please wear a mask. Many local vendors.

HOPKINTON POLICE DEPARTMENT

AUGUST 2020 4 Arrests 4 Accidents 466 Traffic Stops
ARREST LOG:

08/03 Dustin Averill, 26, of 4 Avon Street, Concord, was arrested for Willful Concealment.

08/04 Robert Gaynor, 36, of 8 Dustin Road, Webster, was arrested for Deal Counterfeit Goods and Forgery.

08/06 Omar Mercado, 40, of 92 Laurel Street, Manchester, was arrested for Drive After Revocation/Suspension – subsequent.

08/17 John King, 43, of 502 West River Road #134, Hooksett, was charged with DUI.



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Hopkinton Real Estate Sales – AUGUST 2020

ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
170 Deer Path Drive	3 Bedrooms / 2 Baths	1,568 Square Feet	0.01 Acres	\$ 80,000
238 Fire Pond Road	3 Bedrooms / 2 Baths	1,848 Square Feet	0 Acres	\$110,000
117 Maple Street	3 Bedrooms / 2 Baths	2,268 Square Feet	0 Acres	\$210,000
205 River Grant	2 Bedrooms / 2 Baths	1,232 Square Feet	14.0 Acres	\$210,000
1002 Hatfield Road	3 Bedrooms / 3 Baths	2,232 Square Feet	3.0 Acres	\$247,500
810 Putney Hill Road	1 Bedrooms / 2 Baths	1,400 Square Feet	2.1 Acres	\$397,000
257 Gould Hill Road	3 Bedrooms / 3 Baths	2,362 Square Feet	3.1 Acres	\$435,000
123 Taylor Road	4 Bedrooms / 3 Baths	2,436 Square Feet	2.76 Acres	\$459, 450
225 Wildwood Drive	4 Bedrooms / 3 Baths	2,650 Square Feet	6.88 Acres	\$460,000
1488 Hatfield Road	3 Bedrooms / 3 Baths	2,805 Square Feet	12.6 Acres	\$517,900
1290 Hatfield Road	3 Bedrooms / 3 Baths	2,293 Square Feet	5.01 Acres	\$569,000
774 Dolly Road	3 Bedrooms / 3 Baths	2,926 Square Feet	9.3 Acres	\$575,000
329 Currier Road	4 Bedrooms / 4 Baths	3,521 Square Feet	8.2 Acres	\$575,000
1105 Hopkinton Road	4 Bedrooms / 4 Baths	3,934 Square Feet	12.2 Acres	\$629,900

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BOW POLICE LOG

by Chief Margaret Lougee

8/1 Marlony Calderon-Encarnacion, 20, Methuen MA, was arrested for driving after revocation/suspension; a juvenile was taken into protective custody for an involuntary emergency admission; Nicholas Divola, 26, Manchester, was arrested for driving under the influence, conduct after an accident, and open container

8/2 A juvenile was taken into protective custody for an involuntary emergency admission; A juvenile was taken into protective custody for an assault

8/3 Jay Pease, 32, Concord, received a summons for suspended registrations

8/6 Meluleki Gwayi, 24, Concord, received a summons for driving after revocation/suspension

8/8 Thomas Dawson, 32, Warner, was arrested on a warrant for theft by unauthorized taking; Nicholas Lapanne, 46, Farmington, received a summons for driving after revocation/suspension; subsequent offense; Eric Richter, 34, Chichester, was arrested for two counts of domestic violence; simple assault, and criminal threatening; Evan Ringo, 33, Pelham, received a summons for driving after revocation/suspension; Ashley Laroche, 31, Gilmanston, was arrested on a bench warrant for transporting drugs in a motor vehicle

8/10 Bernard Murphy, 35, Framingham, MA was arrested for disobeying an officer, and operating without a valid license; An adult was taken into protective custody for an involuntary emergency admission

8/11 Michael Depont, 38, Seabrook, was arrested on a warrant for possession of a controlled drug

8/12 Bruce Blamire, 63, Manchester, received a summons for driving after revocation/suspension;

Matthew Brown, 24, Concord, received a summons for driving after revocation/suspension; An adult was taken into protective custody for intoxication

8/13 Glenn Pike, 28, Londonderry, was arrested on a warrant for theft by deception

8/14 Alex Sarette, 24, Pembroke, received a summons for driving after revocation/suspension; Nicole Heacock, 37, Hillsboro, was arrested for driving after revocation/suspension;

Andrew Davidson, 36, Hillsboro, was arrested on a bench warrant for hindering apprehension/prosecution

8/16 Kioraliz Cecenas, 19, Dunbarton, received a summons for simple assault; mutual combat

8/17 Nibeyu Yegezu, 34, Manchester, was arrested for driving under the influence, and speeding; Aspen Mascarenas, 19, Bow, received a summons for simple assault; mutual combat; John Shea, 38, Concord, was arrested for domestic violence; simple assault

8/18 Ryan DeGreenia, 34, Concord, was arrested for stalking

8/19 Kaleigh Larocco, 30, Methuen, MA, was arrested for burglary, resisting arrest, simple assault, and pedestrian on a roadway

8/22 Devin Blue, 24, Manchester, received a summons for driving after revocation/suspension

8/23 Mark Curran, 25, Chichester, received a summons for operating without a valid license; An adult was taken into protective custody for involuntary emergency admission

8/28 Nicholas Bussiere, 23, Epsom, received a summons for driving after revocation/suspension; subsequent offense

8/29 Japhet Kwibe, 23, Winooski, VT received summonses for operating without a valid license, and a stop sign violation

BOW POLICE NEED YOUR HELP

BOW SCHOOLS ARE OPENING

Please use caution while driving in and around the schools. Be patient with the new COVID-19 restrictions. As a reminder School Zones are in effect 45 minutes before school starts and 45 minutes after school ends. These zones are reduced by 10 mph. Adhere to the red flashing lights and stop sign that the buses display when picking up and dropping off students. Here's to a safe school year.

NO ATV'S ON FARRINGTON CORNER ROAD

ATV and OHRV vehicles use on Farmington Corner Road (dead end of Evergreen Drive to the left and right) is not allowed. This road is classified as a Class A Trail which changed from a Class VI road, March of 2020. Please adhere to the posted signs by Fish and Game and the Town. This is only for walking, mountain biking and snowmobile use.

PRESCRIPTION DRUG TAKE-BACK ON OCTOBER 24

On Saturday, October 24, 2020, the Drug Enforcement Administration (DEA) will coordinate the nineteenth, nationwide, one-day collaborative prescription drug take-back initiative to remove potentially dangerous

controlled substances from our nation's homes. This national initiative will provide an opportunity for the public to surrender pharmaceutical controlled substances and other medications to law enforcement officers for destruction. Expired, unused, or unwanted controlled

substances in our homes are a potential source of supply for the increasing abuse of pharmaceutical drugs in the US and an unacceptable risk to public health and safety every day. Bow Police will announce further details.



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OBITUARIES



BOW OBITUARIES

VIRGINIA LEE LAMONTAGNE

Virginia "Ginny" Lee Lamontagne, 83, of Bow passed away August 21, 2020, after declining health at her home under the care of Concord VNA hospice.

Ginny was born in Manchester June 11, 1937 and raised in Candia to Charles and Pearl (Pixley) Soule. She graduated from Manchester Central High School in 1955. She began work at NH Fire Insurance Company and during that period was selected as Miss NH Fire Insurance. She continued her career at Manchester VNA, followed by work at several local banks as teller and eventual head teller.

Ginny enjoyed her family, friends, and especially her grandchildren and had a love for RV camping and travel. She was former Secretary of Good Sam's Blazers and Queen City Promenaders square dance club. Active in her local church where she enjoyed singing in the choir. Ginny was also an accomplished cake decorator and seamstress who provided her talents freely to those who asked.

Ginny is survived by her husband, Robert Lamontagne of almost 36 years; her two children, Pamela Alexander of Pittsfield and James Wenzel and his wife, Barbara of Merritt Island, FL; 3 step-children, Kevin Lamontagne and his wife, Kathy of Bedford, Carol Boisvert and her husband, David of Manchester and Brenda Kinney and her husband, Bill of Manchester. She loved her time with her 10 grandchildren and 17 great-grandchildren.

A celebration of her life will be held at a later date.

The family would like to thank, Genesis at Pleasant View Rehabilitation Center and the VNA hospice for their compassionate care.

Memorial contributions in Ginny's name may be made to honor Concord Regional VNA, The Slusser Center, 30 Pillsbury Street, Concord, NH 03301 or to Pleasant View Center, 239 Pleasant Street, Concord, NH 03301.

KEVIN JAY LANG

Kevin Jay Lang, 64, of Allen Road died August 11, 2020, in Georgetown, Maine.

Kevin was born in Barre, Vermont November 17, 1955, to David Lang and Phyllis (Griggs) Lang. The third of four sons, Kevin spent his childhood exploring the mountains, streams and lakes surrounding his hometown of Bath. Kevin graduated from Woodsville High School. He went on to train as a welder at Manchester Vocational Tech, quickly becoming a self-taught mechanical engineer. His long career included the co-founding of North East Environmental Products in Lebanon.

On July 21, 1979, Kevin married Christina M. Zampieri. Kevin is the proud father to sons Michael and Adam, and daughters-in-law Kristen and Cherie. Kevin is loving grandfather to Parker, Emma and Dakota, and uncle to many nieces and nephews. Kevin was happiest when fishing and hunting with his boys, cooking family dinners, building and creating, and exploring nature with the youngest family members.

Kevin is survived by wife Christina, brothers Bryan and Carlton, his sons and grandchildren.

To Plant Memorial Trees in memory of Kevin, please visit the Sympathy Store at Legacy.com.

CONNIE ERIN MacDONALD

Connie Erin MacDonald, age 62 of Allen Road, Bow, passed away on August 25, 2020 at her home surrounded by her family.

She was born in Gardiner, Maine and raised by parents Glenn and Marie (Jackson) Greenly of Bow.

Connie was a graduate of Concord High School class of 1976. She worked for over 20 years at the Yankee Book Peddler in Contoocook. Most recently she was working as a Teachers Aide at the Bow Memorial Middle School.

She enjoyed spending time with her children and grandchildren, and she loved her motorcycle rides with her husband, especially in the fall. Connie was an avid and skilled quilter.

In addition to her parents she is survived by her loving husband of 42 years, Michael MacDonald of Bow; her 2 sons, Michael Aaron MacDonald of Bow, and Shawn Macdonald and his wife Samantha and their children, Cody and Danielle all of Weare; her sister, Robin Greenly of Bow; and many brother and sister in laws, cousins, nieces and nephews.

In lieu of flowers donations may be made to the CRVNA, 30 Pillsbury Street, Concord, NH 03301.

To Plant Memorial Trees in memory, please visit our Sympathy Store at Legacy.com.

CONTOOCCOOK OBITUARY

LINDA LISA MILLER

Linda Lisa Miller age 56 of Contoocook, succumbed to a 17 year battle of Multiple Sclerosis on August 29, 2020, at Harris Hill Center.

She was born to the late Cynthia Butterfield and Donald Miller of Contoocook on April 2, 1964. Linda is survived by her daughters Sandra Eastman of Concord, Crystal Eastman of Sudbury, VT, Lisa Eastman and Sara Eastman of Highland NY, and Antonia Dufield of Middlebury, VT, her brother Ron Miller and his wife Chris Miller of Billings, Montana, and her sister Sherry Provencher and her husband Dexter Provencher of Campton, NH. Her brother Jeffrey Noel of Sudbury, VT, and Also many cousins, nieces, nephews, and an extended number of adoptive family.

Services will be at a later date.

HOPKINTON OBITUARY

MARY LOU MacKNIGHT

Mary Lou (Cooke) MacKnight, age 87, passed away on August 27th at Hospice House in Concord. Mary Lou was born in Greenfield, MA on June 22, 1933. Mary Lou, known to her friends and family as ML, was married to Arlan MacKnight and they celebrated their 65th anniversary in February 2020.

Mary Lou is survived by her husband, Arlan, her daughters, Lynn Duchesne and her husband, Mark of Colbert, WA, Donna Flister and her husband, Peter of Gloucester, MA, her son, Scott MacKnight and his wife Sandra of Leominster, MA, her brother Roy Cooke Jr. and his wife Alice and her cousins Ann Curry and Gay Betz, as well as by her 8 grandchildren, 12 great grandchildren and many nieces and nephews. Mary Lou was predeceased by her parents, Roy F. and Miriam (McIntire Reed) Cooke and her sister, Joanne (Cooke) Eames Cadrain.

Gravesideservices will be announced at a later date. Interment will be at Contoocook Village Cemetery, Contoocook. In lieu of flowers, please make donations to Concord Regional VNA Hospice House, 240 Pleasant Street, Concord, NH 03301 or the Hopkinton Food Pantry P. O. Box 774 Contoocook, NH 03229.

THOUGHT FOR THE DAY

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impairs the security of all."

John F. Kennedy

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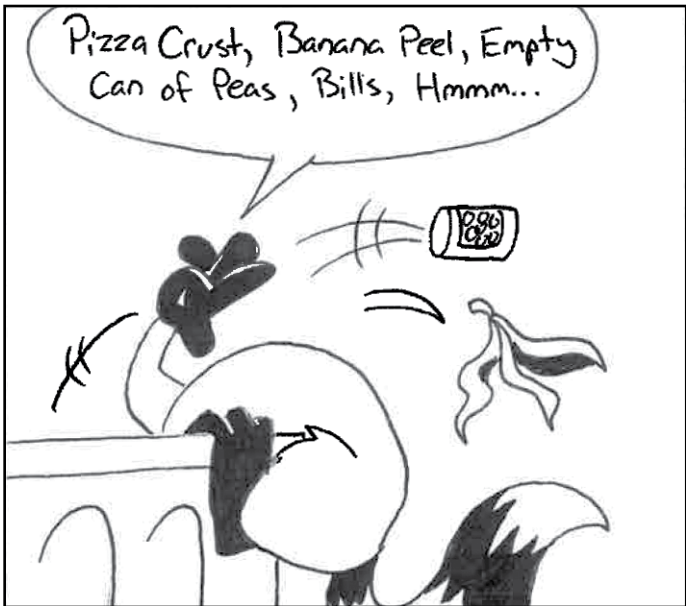
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Way Up North Way Up North contributed by Jay Martin, Bow Graphic Artist

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