



The Bow Times

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

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

THE BOW TIMES

VOL 27, NO. 11 November 2020

www.thebowtimes.com

FREE

BOW VOTERS SPLIT THEIR TICKETS

by Chuck Douglas

With 5,587 ballots cast, the voters of Bow showed they know a checkerboard when they see one. Former Vice President Joe Biden carried Bow by over 1,000 votes: 3,256 to 2,167 for Donald Trump.

For Governor the voters came over to Chris Sununu with a 1,400 vote victory for the Republican over Democratic candidate Dan Feltes: 3,436 to 2,031.

Then it was back to the Democrats for most of the rest of the ballot. The only exception was for County Attorney – Republican Paul Halvorsen outpolled Democrat incumbent Robin Davis 2,619 to 2,546. Halvorsen won county wide over Davis 41,768 to 40,494 in a close race.



Lee Kimball directs voters to vacant sanitized voting booths as well pointing voters to the ballot box to cast their votes. (Photo by Eric Anderson)



Town Clerk Mridula Naik and Selectman Mike Wayne process absentee ballots Election Day. (Photo by Eric Anderson)

Statewide turnout was the highest ever with 814,000 votes out of a population of about 1,300,000 adults and children. Absentee ballots were an unprecedented total of 261,000 or 32% statewide largely due to concerns about large gatherings and COVID 19. In Bow the percentage was higher at 40% voting absentee. In person Bow voters came to 3,369, which, with 2,218 absentee ballots, equaled a total of 5,587 votes cast.

While Joe Biden won the State 53% to 45% over Donald Trump, Republican Sununu polled 65% for a record of 518,400 votes statewide.

Interestingly, while national, and many state polls, got it wrong the two leading polls in this state were spot on. The final October 29 UNH poll had the Biden-Trump race at 53% to 45% for an 8 point spread matching the actual result. The Saint Anselm College poll on the same date was 52% to 44% with the same 8% margin.

HOPKINTON-CONTOOCOOK NEWS ON PAGES 10-11



SELECTMAN MATT POULIN SPEARHEADS EFFORT FOR TYLER DRIVE

The family of the late Tyler Shaw, who was killed by a drunk driver at Logging Hill Road and I-89 Exit 1 South, expressed their appreciation for the dedication of Tyler Drive. Across Logging Hill on the other side of the exit is Short Street which accurately describes its length.

Through the efforts of Selectman Matt Poulin, the Bow Board of Selectmen approved renaming the street in memory of 20 year-old Tyler Shaw's tragic death in 2018. Shaw's parents were elated at the action of Bow to honor their son. (Photo by Eric Anderson)

DUNBARTON VOTES STRAIGHT GOP

by Chuck Douglas

Donald Trump carried the town of Dunbarton 1,121 to 877 over Democrat Joe Biden. Governor Chris Sununu ran over 300 votes ahead of Trump to beat Dan Feltes 1,449 to 547 or almost three to one. All other GOP candidates carried the town with total votes cast of 2,048. While 1,451 voters came to the polls, 597 cast absentee ballots for a total of only 30% absentees compared to Bow's 40% so voting.



DUNKLEE ROAD BRIDGE MAKING PROGRESS

Looking west toward Route 3A. (Photo by Eric Anderson)

WINNER OF 6 NH PRESS ASSOCIATION AWARDS

MONTHLY BOW TIMES IS DELIVERED TO 3,100 RESIDENTS AND BUSINESSES - FREE

LOW TAXES ARE THE RESULT OF LOW SPENDING

The Bow Times

Publisher - The Bow Times, LLC
 Editor - Chuck Douglas 224-1988
 Co-Editor - Debra Douglas 496-0265
 Sales Manager - Gary Nylan
 496- 5239 gary42bow@comcast.net
 Staff Designer - Nadeane Mannion
Nmannion1@comcast.net
 Technical Editor - Denise Ehmling
dehmling@thebowtimes.com
 Medical Editor - Richard Johnson, MD
 Travel Editor - Chase Binder
 Food Editor - Debra Barnes
 Wine Editor - Annie Kenney
 Staff Cartoonist - Jay Martin
 Contributing Writers:
 Joyce Kimball, Faye Johnson,
 Donna Deos and Jacki Fogarty
 Photographs - Eric Anderson
 Printer - Gannett Pub. Services

Mailing address for news or notices: 40 Stone Sled Lane, Bow
Email: info@thebowtimes.com

DEADLINES: 1st of the month;
 classifieds must be prepaid - cash, check
 or pay online at www.thebowtimes.com

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

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

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

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

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

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

LETTERS

TO THE EDITOR

I read the Bow Times because I believe in grass roots individualism and being part of a community is a core value of our society. I've lived in BOW for 21 years and appreciate all the privilege and distinction that BOW offers. My three children were essentially born and raised here. I have not agreed with you on every editorial you've written and our different backgrounds have led us to different beliefs and interpretations of things, however, your endorsements are worthy of praise. I have met all of the candidates except for Paul Halverson. And except for the school choice and public education platform of governor Sununu I agree that he's done a excellent job dealing with the COVID-19 virus. I am a healthcare provider.

Reading your presidential revelation, and I call it a revelation because I did not expect to read that from you necessarily, warms my heart and my wife's heart. I do not buy into full party platforms but I agree that to try and bring back some decency and unification to our nation and its people that Joe Biden is an obvious choice. Division sows hatred and violence and stops prosperity for everyone.

I needed to write you and let you know that I appreciate and relieved by the fact that not all people in the Republican Party are sheepish. My father is also a lifelong Republican and I shared the Bow Times with him for the first time and he feels the same way as you. I will say that my father has been a guiding light in my life on all aspects and the respect that I have for my father is boundless.

Thank you for your candidness, your hard work, and for speaking your mind with integrity and dignity.

Respectfully, Doug Katz - Bow

In a recent article you were asking if any of us had seen **u-turns** at the Logging Hill Road/I-89 intersection. I've seen three:

Oct 2-11:00 AM Mass plate U turn.

Oct 14-2:00 PM Went up Logging Hill Rd for 200 feet then made a U Turn taking the I-89 ramp heading toward I-93.

Oct 19-10:30 AM Vermont Plate U turn.

I'm not down there that often but have seen three vehicles take that off-ramp by mistake in October alone. I'm sure if you mounted a camera down there you would see a lot more.

John Violette - Bow

[Editor's Note: Thanks to John and keep 'em coming!]

EDITORIALS

LOCAL HOUSE RACES DISAPPOINTING - BUT NOT TRUMP

Our three Bow liberals who support higher taxes were re-elected to the New Hampshire House leaving them out of step with the new Republican House majority of 213 to 187 Democrats. Likely Speaker of the House Dick Hinch will not be paying attention to the Bow three for tax and spend ideas.

Dunbarton got these races right.

On the other hand Donald Trump did not disappoint those who question his thought process when he tweeted days after November 3d: **WON THIS ELECTION BY A LOT.** Those full caps are his. With Biden 5,000,000 votes ahead we are left with two explanations: Trump is on mind altering drugs or he lives in an unseen parallel universe where victories and unicorns abound.

TIME FOR A NO U-TURN SIGN

Thanks to John Violette for reminding us that out of staters continue coming down I-89 and get off at Exit 1 thinking they are getting on to I-93 South. Chief Margaret Lougee has asked the State D.O.T. for a No U-Turn sign to be put up but so far it hasn't happened.

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



The Bow Community Men's Club would like to thank all those who supported our Flags Across Bow Program this year. This year we put up 261 flags throughout our community and raised over \$6,300 after expenses, enabling us to double the number of \$1,000 scholarships we awarded to graduating Bow High School students.

It was a challenging year due to the windy spring weather so we decided to put the flags up in mid-April and leave them up until after Memorial Day to help lift the spirits of our community during the early COVID-19 days. Based on the positive response we received from community members, we are happy to have left them up for over seven weeks.

Thank you again, and we hope you will support Flags Across Bow for our fifth year of the program in 2021.



BOW FIRE DEPARTMENT HONORED FOR SERVICE TO THE BOW COMMUNITY

In recognition of October being Fire Prevention Month, the Merrimack County 4-H Dairy Club delivered cheese to the Bow Fire Department last Monday. Cheese was supplied through the Cabot Cooperative "Random Acts of Kindness/Cheddar" Program that honors men and women serving their community. Thank you Bow Fire Department for serving our local community.



Pictured left to right: Fire Chief Mitchell Harrington and Dairy Club Members Matthew Landry, Michael Landry and Jacob Couture.

THE CORNER

by Wine Editor Annie Kenney

It’s that time of year again when the days are shorter, the leaves have fallen off the trees, and the cool crisp air starts to turn into hints of snow in the sky. This is the time of the year to be thankful and grateful for all that we have in our lives, and to give to those that are less fortunate if we can. It’s a time for family and friends, for celebrations and this year although our circles will be smaller, we will be there with those that we love in many ways.

As the weeks go by after Thanksgiving, I start preparing for many Christmas festivities. It’s the most joyous time of the year! Christmas Eve is a time for coming together with those I love and sharing the foods that make me happy.

One-year Santa brought me one of my favorite presents, a saber, used to open champagne. There are a few stories as to its origin but after all, it was Napoléon who (supposedly) said: “Champagne! In victory one deserves it; in defeat one needs it.” I will always remember my daughter’s wide eyes and excitement in her voice that morning “Mommy, Santa brought you a sword!” The saber is always a huge hit at my house on New Year’s Eve when we drink champagne and I teach someone how to saber for the first time. They also get that excitement in their eyes and voice like Lexi did that Christmas. Visit YouTube for various videos.

I always say when it comes to Champagne: “Who needs a celebration to drink it, as every day is a celebration!” Cheers to you and your loved ones during the Holidays this year. I wish you all good health and cheer, as we all hope for a better 2021. Until next time from my family to yours - Annie

Here are a few of my favorite Holiday wines. They can be found at New Hampshire State Liquor Store 67 Hooksett South or 66 Hooksett North bound off Route 93.

Landhaus Myer Gruner Veltliner, Austria: *This wine has slight peppery notes that mingle with clear grapefruit aromas and is quite lively on the finish. This wine goes excellent with many cheeses and appetizers, a perfect start to any holiday meal and is great with lobster stew or any seafood.*

La Crema Chardonnay, Russian River, California: *La Crema Vinera, means “best of the vine,” located in the heart of Sonoma County Wine Country, the Russian River Valley. The wine has aromas of lemon and honeysuckle with flavors of fresh nectarine, apricot, and ripe pear. A juicy acidity and vibrant finish with subtle notes of French oak that balances perfectly with the fruit. A favorite turkey white wine, especially if you’re like me and like picking off the crispy skin and eating it with a touch of sea salt.*

Gerard Bertrand Cote du Roses Rose, France: *A dry style rose which is not just for summertime and is perfect to drink year-round. The wine takes me back the heart of the Languedoc region in France, where the Mediterranean Sea meets the land and the air is salty and herbaceous. It presents a soft, pale pink color with a bouquet aromas of summer fruits, cassis and red currants. Floral notes of rose with hints of grapefruit and a touch of the sea. A great starter to any meal or by itself.*

Martin Ray Pinot Noir, Sonoma, California: *The Pinot Noir grape is the perfect red wine for turkey dinner. The nose offers fresh pomegranate juice, strawberry, ripe Bing Cherry, which leads into tart cranberry, and silky refined tannins. French oak barrels lend hints of creamy vanilla without overpowering the fresh, fruit-forward palate sure to please everyone at the table.*

Freemark Abbey Cabernet Sauvignon, Napa Valley: *Our showcase red wine for the “Roast Beast” from one of the oldest wineries in Napa Valley. The wine is dark ruby in color, with flavors such as blackberry and Bing cherry and nuances of cocoa dusted truffles and Herbs de Provence. The sweet oak spice is very well integrated, adding to the overall complexity. Soft integrated tannins, and pleasant mouth feel, full bodied, rich and opulent. In one word... Delicious!*

Deutz, Brut Classic Champagne, France: *A true gem... Champagne from the Champagne region in France founded in 1838. A dry sparkling wine made from Chardonnay, Pinot Noir and Pinot Meunier grapes blended in equal harmony. Its golden color radiates in the glass, with a fine stream of bubbles rising gracefully to the surface. Fresh aromas of baked bread and light citrus fruits on the palate are perfect for any occasion or celebration – especially with a saber – Cheers!*



Annie Kenney is a Sales Manager for MS Walker Wines & Spirits in Bow, where she has been passionate about her career for the last 18 years. Working as a server, bartender and manager in restaurants in Maine and Florida, where she truly discovered her passion for wine. She is Wine and Spirits Education Trust Level 2 Certified and a proud Board Member of the New Hampshire Lodging & Restaurant Association. Annie is a lover of fine wines and spirits and considers herself a foodie as she enjoys dining in restaurants throughout the state. Her favorite

experience is traveling to great wine regions around the world. She resides in Bow with her daughter Lexi and her fiancé Brock. They both love to cook and entertain in their home with friends and family. She looks forward to writing quarterly wine & spirit articles and making wine recommendation that you may enjoy with your own friends and family – Cheers!

Annual Town of Bow Tree Lighting Event!

For the safety of all, due to the Coronavirus, we plan to hold a Christmas Parade with Santa through town, much like the Birthday and Graduation parades that people of Bow enjoyed earlier this year. If your Business would like to enter a Christmas float or a decorated vehicle in the parade, please contact the Bow Parks and Recreation Office.

Although we will not gather together at the Gazebo this year, we will still decorate the Gazebo and Rotary Park with white lights to make a beautiful winter wonderland as we have done in the past. We will light the trees following the Christmas Parade virtually this year, for people to watch at home.

We are once again looking for donations from the community to help us with the event. Please consider donating. We welcome any amount to assist with this event. Donations may be dropped off at the Bow Community Building or mailed to: Bow Parks and Recreation, 10 Grandview Road, Bow, NH 03304. Checks may be made payable to: Town of Bow and are tax deductible.

Even though the Tree Lighting will be done differently this year, with your help we can still make it a memorable holiday event for our town. Thank-you for considering making a donation and joining in on the parade. If you have any questions, please call the Bow Parks and Recreation Department at 223-3920.

THREE DEMOCRATS WIN STATE HOUSE RACES

The three incumbent State Representatives to the General Court from Bow all won re-election despite strong races by their three Republican opponents. The final tally was:

	BOW	DUNBARTON	TOTAL
Mary Beth Walz (D)	2914	756	3670
Gary Woods (D)	2900	748	3648
Samantha Fox (D)	2788	738	3526
John Martin (R)	2238	1054	3292
Raymond Plante (R)	2157	1098	3255
Mariya	2057	1006	3063

Hot Breakfast



Sandwiches
Ready to Go!

== FLANAGAN'S ==
SOUTH ENDER
DELI MARKET

Hand Crafted & Delicious

Cold & Hot



Sandwiches

Takeout Breakfast Items 6:30am-10:30am



Home Made Soups

Grab & Go Dinners



Dessert Treats



Grab & Go Salads

250 South St., Concord, NH
(603)856-8020

Hours
Mon-Fri
6:30am-7pm
Sat
7am-7pm



We'll get your floors so
clean, you can eat off of them!



Maid For You
It's all in the details

CALL TO SCHEDULE YOUR
PRE-HOLIDAY CLEANING TODAY!
(603) 574-4878
info@maidforyounh.com



Ask Us About
Opening a
Holiday Club
Account!

It's that time of year again!
Our Holiday Club is a convenient
way to save throughout the year.
Save for the holidays, vacations
or anything you want!

Starting November 3



Sugar
River
Bank
Est. 1895

603.227.6020
sugarriverbank.com

198 Loudon Rd., Concord
Newport • Warner • New London
Sunapee • Grantham

Member FDIC • Equal Housing Lender

NOVEMBER IS NATIONAL FAMILY CAREGIVER MONTH

Financial caregivers play an important role in ensuring that all finances — from routine to complex — are managed wisely, helping their loved ones maintain the best quality of life possible.

TIPS FOR FINANCIAL CAREGIVERS

- Learn the rights and restrictions that apply to your role. Financial caregivers are fiduciaries with a duty to act and make decisions on their loved one's behalf. Learn the legal implementations of your assigned authority in order to better facilitate your role.
- Manage money and other assets wisely. Financial caregivers are in charge of any daily, unexpected and future expense their loved one may incur. Due to fixed income or limited finances, it is extremely important that caregivers eliminate unnecessary costs and budget accordingly to ensure that all money is properly allocated.
- Recognize danger signs. Seniors have become major targets for financial abuse and fraud. Make sure to stay alert to signs of scams or identity theft that may put your loved one's assets in peril.

- Keep careful records. When acting as a financial agent, proper documentation is not only encouraged but required. Make sure you keep well-organized financial records, including up-to date lists of assets and debts and a streamline of all financial transactions.
- Stay informed. Be attuned to changes in financial ability and take appropriate action. Stay up to date on changes in the laws affecting seniors and implement accordingly.
- Seek professional advice. Consult a banker or other professional advisors when you're not sure what to do.

TYPES OF FINANCIAL CAREGIVERS

Understanding your role as a power of attorney.

to act and make decisions on their behalf, including managing and having access to their bank and other financial accounts. Authority continues if loved one becomes incapacitated and ends when power is revoked or your loved one dies.

UNDERSTANDING YOUR ROLE AS A TRUSTEE.

Authority is given once you are named as trustee or co-trustee of a revocable living trust. As a trustee your authority applies only to the property noted in the trust, authorizing you to protect, manage and distribute the trust's assets as directed in the trust document. Authority continues after the death of the trust creator or grantor.

UNDERSTANDING YOUR ROLE AS A FEDERAL BENEFITS FIDUCIARY.

A federal benefits fiduciary is appointed to accept and delegate federal government benefit payments, such as Social Security and Veterans Affairs benefits, in the beneficiary's best interest. Funds for the beneficiary are received through an account set up solely for this purpose. As a representative payee for Social Security benefits or a VA fiduciary for VA benefits, you are required to keep detailed records of all transactions related to the beneficiary and file annual reports detailing how benefits were used.

Source: American Bankers Association

Sugar River Bank
www.sugarriverbank.com
Member FDIC



Established 1924

grappone
AUTOMOTIVE GROUP



2 PATS PEAK SEASON PASSES



With The Purchase Of Any
Vehicle While Supplies Last*

TRANSFERABLE TO ANYONE

grappone.com 800.528.8993

*Receive 2 seasons passes for 2020-2021 season to Pats Peak with any vehicle purchase from Grappone Automotive. Valid while supplies last. Not available on previous purchases or lease buy outs. See dealer for details and for current availability.

ROBO-ADVISOR VS HUMAN FINANCIAL PROFESSIONALS

by Dominic Lucente

If an investor chooses a non-human financial advisor, what price could they end up paying?

Investors have a choice today that they did not have a decade ago. They can seek investing and retirement guidance from a human financial professional or put their invested assets in the hands of a robo-advisor.

What exactly is a robo-advisor? Robo-advisors are a class of financial advisors that provide financial advice or investment management online with moderate to minimal human intervention. They offer digital financial advice based on mathematical rules or algorithms. Signing up walks the user through a series of questions, and based on their responses, creates portfolio choices for the investor.¹

Which begs the question: why would you trust your finances to a robo-advisor?

Robo-advisors are an attractive option for those just starting out investing. Some robo-advisor accounts offer very low minimums and fees and can be a solution for younger investors who want to “set it and forget it.”¹

Even so, less than 8% of investors responding to a survey from data analytics firm Hearts & Wallets said they had used a robo-advisor. Out of the \$43 trillion in the North American wealth management market, an estimated \$410 billion is invested with robo-advisors. That number may grow to \$830 billion by 2024.²

The inherent problem is robo-advisors lack the human element to ask questions and dig deeper. Investors in all life stages appreciate when a financial professional takes time to understand them and their situation. A software program struggles to gain that understanding, even with input from a questionnaire.

The closer you get to retirement age, the more challenges you may face with a robo-advisor. The software continues to evolve and understand retirement investing. After 50, people have financial concerns far beyond investment yields. Investment management does not equal retirement preparation, estate strategies, or risk management.²

Many investors are taking advantage of a hybrid model that has emerged. Per the Hearts & Wallets research study, more than half of investors use robo-advisors only as an extension of their existing wealth manager. Once their balance reaches a certain threshold, investors may transition to working with an actual financial professional.²

It appears the traditional approach of working with a human financial professional may be hard to disrupt. The opportunity to draw on experience by having a conversation with a professional who has seen his or her clients go through the whole arc of retirement is essential.

These responses point to uncertainty about the process of financial and retirement strategies. The process is quite worthwhile, quite illuminating, and quite helpful. It is not just about improving “the numbers,” it is also about discovering ways to sustain and enhance your quality of life.

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

This material was prepared by MarketingPro, Inc., and does not necessarily represent the views of the presenting party, nor their affiliates. This information has been derived from sources believed to be accurate. Please note - investing involves risk, and past performance is no guarantee of future results. The publisher is not engaged in rendering legal, accounting or other professional services. If assistance is needed, the reader is advised to engage the services of a competent professional. This information should not be construed as investment, tax or legal advice and may not be relied on for the purpose of avoiding any Federal tax penalty. This is neither a solicitation nor recommendation to purchase or sell any investment or insurance product or service, and should not be relied upon as such. All indices are unmanaged and are not illustrative of any particular investment. Financial planning offered through Northeast Planning Associates, Inc. (NPA) a registered investment adviser. Securities and advisory services offered through LPL Financial, a registered investment adviser and member FINRA/SIPC. Insurance products offered through NPA, LPL Financial, or its licensed affiliates. The Credit Union, NPA and LPL Financial are unaffiliated.



Citations

1. Forbes.com, July 16, 2020
2. BusinessInsider.com, September 10, 2020

With You From Start To Finish...



... and Every Step Along the Way

WHETHER YOU'RE BUILDING A FAMILY, SAVING FOR YOUR CHILDREN'S EDUCATION, STRATEGIZING CARE FOR AGING PARENTS, OR PLANNING FOR A NEARING RETIREMENT, WE CAN HELP YOU CREATE A FINANCIAL PLAN TAILORED TO YOUR UNIQUE REQUIREMENTS AND DREAMS.

It's never too early, it's never too late.

CONTACT US TO START PLANNING TODAY!



Dominic M. Lucente, CFP®, RFC®
CERTIFIED FINANCIAL PLANNER™
NORTHEAST PLANNING ASSOCIATES, INC.

425 Hooksett Road · Manchester, NH 03104
(603) 645-8131
dlucente@northeastplanning.com
www.dominiclucente.com



Financial planning offered through Northeast Planning Associates, Inc. (NPA), a registered investment adviser. Securities and advisory services offered through LPL Financial, a registered investment adviser and member FINRA/SIPC. Insurance products offered through NPA, LPL Financial or its licensed affiliates. The Credit Union, NPA and LPL Financial are not affiliated. 18-174

Not NCUA Insured | No Credit Union Guarantee | May Lose Value

Mac's Small Engine Repair, LLC

Mobile Repair Service
Veteran owned & Operated
Prompt courteous service

603-774-0180

"Servicing Bow, NH & Surrounding towns"

Is Your Yard Equipment Ready?

www.MacsSmallEngines.com



Free Estimates



Call Dick Siciak
603-228-9535

Big Bear
EXCAVATION



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

7 Branch Londonderry Tnpk. W.
Bow, New Hampshire 03304

www.BigBearExcavationNH.com

READ ALL EDITIONS OF THE BOW TIMES ONLINE!

www.thebowtimes.com

IS GRATITUDE LOST IN THE HUSTLE OF TODAY?

by Jim Olson

We live in a world that is so fast-paced that our human brains don't know what to make of it.

Think back 100 years – cars were only on the market the past few decades, airplanes just becoming a thing, and TV had decades before it would come into existence. Life was slow-paced and predictable.

Now, largely due to technology and the internet, we've had to, as a species, adapt so fast that it's actually impossible.

We went from a simple life 100 years ago to receiving an average of 8,000 marketing messages every day.

From traditional jobs and gender roles to being on demand in a way that's almost impossible for us to live up to.

But we do it. We adapt. We achieve immeasurably great things and small miracles daily. But at what cost?

In some western countries like the US, it's estimated that one out of every six people is on some type of anti-depressant. We're achieving more, but we're far less happy.

So, what's the solution?

We are not a doctors, but here are a few things we think everyone can do:



Jim Olson

1. **MAKE TIME TO CONNECT** – technology and social media seem to bring us closer together, but the extreme loneliness reported by one of every four Americans and Brits says otherwise.
2. **EXERCISE** – it's proven that daily exercise will trigger endorphins in your brain, stimulating positive feelings and happiness.
3. **ENGAGE IN ACTIVITY THAT MAKES YOU HAPPY** – whatever that is for you – reading, writing, walking, hiking, napping...do it most days of the week...the trick is doing it guilt-free.
4. **DAILY GRATITUDE** – every morning when you wake up or each night before bed, write down at least 3 things you're grateful for. This keeps you focused on abundance rather than what's missing.
5. **RANDOM ACTS OF KINDNESS** – donate to a charity, buy a stranger's lunch or groceries, give to a homeless person on the street, send a written card in the mail to someone... Whatever you choose, random acts of kindness can change your life.
6. **BREATHE DEEPLY** – anytime you feel stress or anxiety rising, close your eyes and take 5-10 deep breaths, keeping your mind focused on the inhale and exhale each time.

So, we are curious if you relate to what we have shared today.

If so, can you see yourself implementing one or more of my suggestions to create more happiness for yourself?

And as always, if you're looking for support with your fitness, nutrition and cardio, which can dramatically improve your health and happiness, we would love to help.

~ The IF Team



INDIVIDUAL FITNESS

PERSONAL TRAINING STUDIO

GIFT CERTIFICATE

268 Mammoth Rd Manchester, NH 03019

80 South Main St Concord, NH 03301

3 FREE TO TRY

Consultation

Comprehensive Health & Fitness Assessment

3 Private Personal Training Sessions

PLUS

FREE Monthly Fitness & Nutrition Newsletter

To: _____

From: _____

This Gift Certificate Valued at \$149.99, Must Be Redeemed By: 12/30/2020
Please Call Individual Fitness at 603-224-8096 (Concord) or 603-836-5745 (Manchester)

Travel Time WITH CHASE & BUD

TRAVEL IN THE TIME OF COVID-19

All travel decisions in the time of COVID-19 require extra thought and planning. This was certainly true of our road trip from New Hampshire to Florida in early October. When we drove home from Cape Coral to Bow back in late May, the virus was in its earlier stages and we decided to try and outrun it. A surgical two 750-mile days on the road with one overnight in North Carolina. We arrived very tired, but safe and healthy, as our negative COVID tests verified the week after we got home.

Should we do the same to get back to Florida? We'd enjoyed a socially distanced NH summer in a carefully constructed bubble of family and a few trusted friends. But after watching surges throughout the summer we decided to rethink our approach.

First, we thought about our own health. Now that we are (shockingly) in our mid-70's, driving two consecutive 750-mile days is draining. We knew we were healthy, per negative September COVID tests, and wanted to stay that way. We decided not to rush.

Next, we looked at Georgia Tech's COVID risk assessment tool (<https://covid19risk.biosci.gatech.edu/>) to analyze route options. We'd always favored the "straight down I 95" drive. Speedy and familiar, but also hard to avoid the population centers. Georgia Tech's user-friendly, color coded risk tool showed much lower probabilities of encountering someone with the virus if we chose a more rural route.

We were making progress! Take longer, go rural. Planning a road trip like this is Bud's forte. He hauled out old AAA maps, powered up his laptop, found our hotel rewards cards and got to work. As he pondered the possibilities, he would ask about this area in Virginia or that area in Tennessee or South Carolina. I would check the risk tool and say good—or keep looking.

The research brought Bud back to a some Bucket List items: Virginia's Skyline Drive, a 105-mile scenic drive along the crest of the Blue Ridge Mountains in Shenandoah National Park; and the Blue Ridge Parkway, a linear National Park that continues along the

Blue Ridge Mountains for another 493 miles.

That did it. We found dog-friendly hotels in Front Royal, VA at the northern entrance to Skyline Drive, in Kingsport, TN a ways down the Blue Ridge Parkway, and near Savannah, GA, where we would duck back onto I 95.

The last question was the weather. No way to schedule sunny skies! Traveling in early October would likely eliminate snow and sleet issues, but Skyline Drive is known for fog and rain which can be extremely dangerous and even mean road closure—the same for the Blue Ridge Parkway. How to deal with that? Flexibility. Our timeline was open-ended, and our hotels were La Quinta and Wyndham, booked directly so we could make changes up to 4pm the day of arrival. If the weather didn't cooperate, we could adjust our itinerary to take longer—or go faster.

How did it go? On a scale of 1 to 10, ten being fabulous, we'd both give it a 14 or 15. The weather was beyond perfect for every inch of our Blue Ridge Mountain adventure. The vistas along Skyline Drive were dramatic and yes... blue-ish. The skies were sunny, the temps crisp and cool. Both drives had some traffic, but nothing bothersome. Turnoffs abounded so we could stop



Mount Mitchell on the Blue Ridge Parkway in NC stands at 6,684' and is the tallest mountain east of the Mississippi. Yup, New Hampshireers, our Mount Washington stands at 6,289', losing out by a mere 395'! Mount Mitchell is named for Rev. Elisha Mitchell, a scientific explorer who died on the mountain in 1857 trying to prove its exact height. The Civilian Conservation Corps' stonework is still gorgeous and functional 90 years later.

and admire nature. Steep drop-offs kicked the excitement level up several notches—and I will note that Skyline Drive has many more guard rails than the Blue Ridge Parkway.

We were able to use our National Park Senior Lifetime Pass (<https://www.nps.gov/planyourvisit/pass-es.htm>), which we bought about eight years ago for \$10. It allows cars with up to 4 people free admission to all National parks for your lifetime. The price has gone up to \$80 for a lifetime pass, but \$20 will get you an annual pass.

Bud is a mountain scenery buff, and I am a history buff, so I was thrilled to find info on the history of the roads' construction. It was all done through the CCC, the Civilian Conservation Corps that President Franklin Roosevelt created via executive order in 1933 to combat the massive unemployment of the Great Depression. Visit www.nps.gov and Google CCC for stunning images, planning info and the fascinating

history of how some of our most beautiful and enduring roads, bridges and buildings were built by young American men desperate for work.

We arrived in Cape Coral right on time—nary a drop of rain the whole four days. After a week we took advantage of the free COVID testing at CVS and once more tested negative. Success!



The weather was so perfect we had to linger atop Mount Mitchell. The view west is clear evidence that the Blue Ridge Mountains are perfectly named.




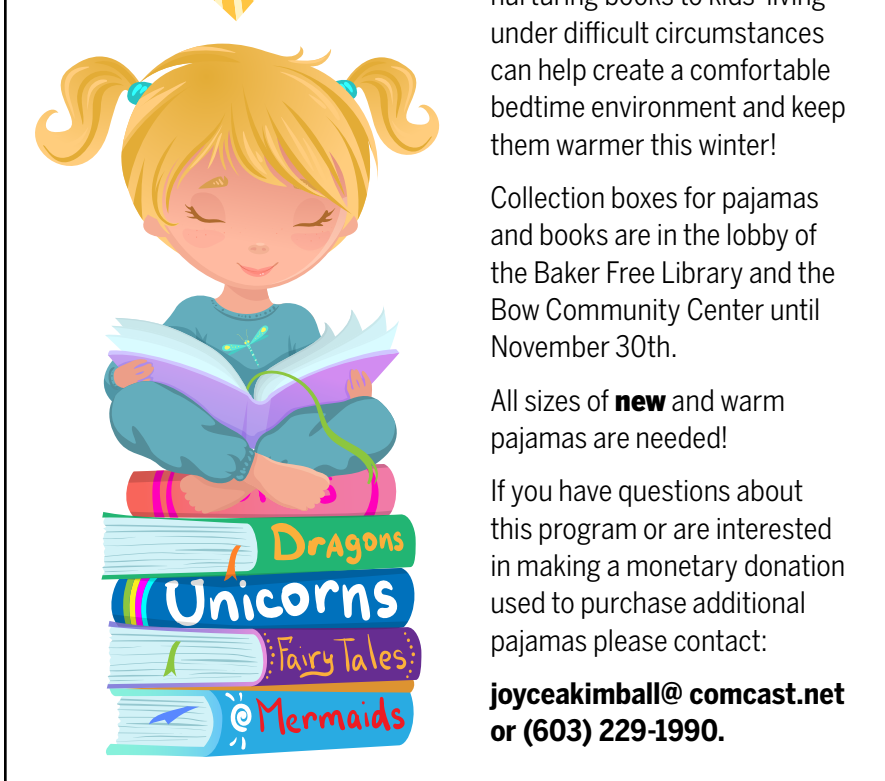
Linn Cove Viaduct is a 1,243-foot concrete segmental bridge which connects the Blue Ridge Parkway around Grandfather Mountain in North Carolina.

Travel Talk has a new name and a new look! We'll always include an image from our current or past travels.

It can be a bit of nostalgia for the world of travel as it used to be, but also perhaps inspiration for the world of travel as it evolves.

Next month: Where in the world can Americans go and how hard is it to get there?

BOW GARDEN CLUB 2020 PAJAMA PROJECT STILL IN PROGRESS

Providing warm pajamas and nurturing books to kids living under difficult circumstances can help create a comfortable bedtime environment and keep them warmer this winter!

Collection boxes for pajamas and books are in the lobby of the Baker Free Library and the Bow Community Center until November 30th.

All sizes of **new** and warm pajamas are needed!

If you have questions about this program or are interested in making a monetary donation used to purchase additional pajamas please contact:

joyceakimball@comcast.net
or (603) 229-1990.

CHANGES TO THE BOW OLD TOWN HALL



The Old Town Hall, located on Bow Center Road, is used regularly by many groups such as the Bow Rotary, the Bow Men's Club, the Bow Garden Club, the Marine Detachment and the Bow Pioneers, when the virus is not dictating how we interact.

Bow Rotary is working with Bow's Buildings & Facilities Manager, Chris Andrews and the Bow Heritage Commission, to make needed repairs and to refresh the interior of the Old Town Hall on Bow Center Rd.

The Old Town Hall, (OTH) was used from 1847 through 1956, primarily for town meetings. During that time, it served not only as a town meeting location, but also as a post office, run from 1891-1893 by Charles F Hammond. It also served as a meeting location for the town's Universalists, as well as for members of both the Republican and Democratic parties, and the Bow Grange. In 1927, when the town was celebrating its 200th anniversary, Old Home Day celebration included a lawn party and dance with the Nevers 2nd Regiment Band, at the OTH.

In the mid-40s, it was still serving as a town meeting location. As the town grew, the OTH became too small to hold town meetings and so it became a storage location. The town stored items there which had been donated to the town, as well as things the town wanted to keep but were not currently using.

In the late 1970s, discussion began about what to do with the building: should it become a museum, or a place for townspeople and organizations to meet and socialize. Ultimately discussion resulted in action, and it was determined that the building would become a "building for general use of the people of the town of Bow." In the 1990s the building was cleaned out. At that time, Bow Rotarians removed the wallpaper. Ultimately new wallpaper was affixed, and a bathroom was added.

A few years ago, Bow Rotary added a new handicap "punch" front door to the building. The Men's Club provided a handicap ramp, and the bathroom was reconfigured, all in an effort to make the building accessible to all. Special thanks to Wilson & Wilson Architects, Cobb Hill Construction and R & T Electric, who were very generous in their contributions toward the bathroom.

2027 will mark the 300th birthday of the Town of Bow. The Heritage Commission hopes to have as many of our historic buildings in as good a shape as possible by then. Even though the OTH is not on the register of historic buildings, it is still one which greatly interests the Heritage Commission.

July 2020 through June 2021 marks the 50th Anniversary of the Bow Rotary Club. While we had hoped to celebrate with many events, the virus required us to reconsider. One thing we could do, however, was to work on refreshing the interior of the OTH, since it is not presently in use.

Since August, members of Bow Rotary have been working on stripping 1994's wallpaper. Insulation was recently added to the OTH, which produced some internal damage to the walls. Furthermore, over time, the original horsehair plaster in areas of the walls has become separated from the lath, resulting in some very long cracks that was uncovered while removing the wallpaper. A bit of Spackle and elbow grease would not be sufficient to get the walls in proper shape and professional attention is required.

We have engaged a plasterer with experience in dealing with historic buildings who will do the wall repairs so that new wallpaper can be applied. He will be doing this sometime in November. Now that all of the wallpaper has now been removed, we will be carefully washing the walls to prepare them for the plasterer. We will also be having the ceiling painted, which has become stained from general and nicotine use. We will clean the internal storm windows, windowsills, and paint the window frames. The Heritage Commission is working with the NH Preservation Alliance to select some wallpapers, which will then be applied.

It will be a wonderful day when we can re-enter the building with our own renewed energy and excitement about bringing the life and beauty back to this building so that it is around for many more years to come. For more information or to learn more about the Bow Rotary Club, visit www.bowrotary.org

Photo Eric Anderson



Discounts for Students with a "B" or Better Average



RELIABLE INSURANCE SOLUTIONS, LLC

Auto • Home • Life • Commercial • Investments

Matt Poulin

603-568-2535 (cell)

6 Garvins Falls Road
Concord, NH 03301

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

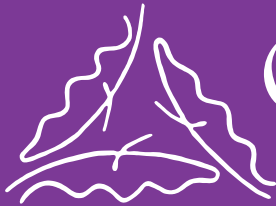
**FREE COMPREHENSIVE REVIEW
OF YOUR INSURANCE NEEDS**
www.ReliableInsSolutions.com

HAPPY *Thanksgiving* and Happy Holidays

THOUGHT FOR THE DAY

"Gratitude can transform common days into thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings."

William Arthur Ward



COWAN & ZELLERS

REAL ESTATE PROFESSIONALS, LLC.

30 South Main Street
Concord, NH 03301
603-225-3333
info@cowanandzellers.com

Serving Hopkinton and Surrounding Communities.



Hopkinton Real Estate Sales – OCTOBER 2020

ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
697 Brockway Road	4 Bedrooms / 2 Baths	1,648 Square Feet	1.3 Acres	\$197,500
105 River Grant Drive	2 Bedrooms / 2 Baths	1,632 Square Feet	0 Acres	\$216,000
68 Apple Tree Lane	3 Bedrooms / 2 Baths	1,398 Square Feet	1.38 Acres	\$225,000
79 Spring Street	3 Bedrooms / 1 Baths	976 Square Feet	1.3 Acres	\$238,000
1106 Penacook Road	3 Bedrooms / 2 Baths	1,608 Square Feet	1.7 Acres	\$282,000
615 Main Street	2 Bedrooms / 1 Baths	1,350 Square Feet	2.8 Acres	\$285,000
579 Briar Hill Road	3 Bedrooms / 2 Baths	1,728 Square Feet	5.2 Acres	\$305,000
136 South Road	3 Bedrooms / 2 Baths	1,568 Square Feet	1.7 Acres	\$325,000
98 Park Avenue	5 Bedrooms / 3 Baths	2,292 Square Feet	0.55 Acres	\$339,000
93 Bassett Mill Road	3 Bedrooms / 4 Baths	2,759 Square Feet	1.3 Acres	\$415,000
21 New Road	4 Bedrooms / 3 Baths	2,528 Square Feet	1.2 Acres	\$415,000
369 College Hill Road	4 Bedrooms / 3 Baths	4,010 Square Feet	15 Acres	\$480,000
960 Briar Hill Road	3 Bedrooms / 4 Baths	3,038 Square Feet	36.3 Acres	\$970,000

LET US BE YOUR SOURCE FOR ALL THINGS REAL ESTATE!



Mary Cowan



Calvin Herst



Suzanne Zellers-Beck



Sandy Heino



Molly Hardenbergh



Rolf Gesen

THE AREA'S #1 INDEPENDENT REAL ESTATE COMPANY

Based on Real Estate Sales in Merrimack County, MLS for 3 years 2017 – 2019!

TOOKY VILLAGE BARBERSHOP

Under New Ownership in the Village of Contoocook

The Contoocook Chamber of Commerce officially welcomed Traci Pettengill as the proud new owner of the Tooky Village Barbershop on Monday, November 9th. A ribbon was cut in front of the shop located in the center of Contoocook Village at 12 Maple Street. Officials from the Town of Hopkinton and members of the Contoocook Chamber of Commerce presided over the event.

Traci is an established barber who began cutting hair in 2006. She's now taken on the daunting task of growing a new business amidst Covid-19 with gusto. Becoming a participating member of the community is a big part of Traci's plan. The barbershop entered the Town's First Scarecrow contest this past month and won!

Tooky Village Barbershop has a cool retro vibe and welcomes all to sit in their chairs from the very young to the young at heart.



HOPKINTON POLICE DEPARTMENT

OCTOBER 2020 STATS 4 Arrests 6 Accidents 389 Traffic Stops

ARREST LOG:

- 10/04** Adam Montecalvo, 49, of 193 Agnes Street, Manchester, NH was arrested for Drive After Revocation/Suspension.
- 10/10** Richard Cressy, 58, of 916 Pine Street, Hopkinton, NH was arrested for DV; Simple Assault; Physical Contact and Simple Assault.
- 10/18** Sharon Shannon, 58, of 325 Clothespin Bridge Road, Webster, NH was arrested for Theft by Unauthorized Taking, Attempt to Commit Theft and Willful Concealment.
- 10/23** Levi Hazard, 21, of 83 North Ridge Road, Bradford, NH was charged with Drive After Revocation/Suspension and Suspension of Vehicle Registration.



New practice now accepting clients
for in-office and telehealth visits.

3 Pleasant St, Ste 5-6
Concord, NH
(603) 852-0639

www.balancementalhealth.com



Carolyn Mallon, DNP
Psychiatric
Nurse Practitioner



Welcome to the Hopkinton - Contoocook **TOWN CRIER!**

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

► **CONTOOCCOOK FARMERS' MARKET** outdoor season has ended. In place of the traditional winter market, we are working on an online ordering option. Details to come. Thank you for your patience and continued support. Stay up to date by visiting the Facebook page Contoocook Farmers' Market.

► **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). 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.

► **NORDIC SKI PROGRAM FOR KIDS** Sign up for BKL (Bill Koch League). Registration is now open for the Bill Koch Ski League. The mission of the Bill Koch League (BKL) is to introduce children to cross-country skiing in a fun and supportive environment. It is run under the auspices of Hopkinton's Blackwater Nordic Ski Club and is open to all children grades 1-8. Practices will be held after school on Tuesdays and Fridays at the Fairgrounds and some Sunday afternoons at Pat's Peak. Skiers do not need to attend all practices. Registration is required and equipment is not provided. Some rental equipment is available. There will be COVID safety policies to adhere to. There will be an "Open House"/question & answer session via Zoom at 7 pm on Thursday, November 5th. If you are interested in renting skis, poles and/or boots we will be hosting a rental session from 10-12 am on Saturday Nov. 7th in the parking lot behind the Odd Fellow's Hall in town. More Information and registration can be found at: <http://www.blackwater nordic.org/content/bill-koch-youth-league> . If you have questions please contact Juliana Dapice at juliana.popper@gmail.com

For the clothes you live in
and the gifts they'll love!!

shop local

902 Main Street, Contoocook
2 Capital Plaza, Concord
www.IndigoBluesandCo.com

find us on:



CHEN YANG LI Chinese and Japanese Restaurant & Pub

Thank You for Your Support and Business!

Our Dining Room & Pub are Open for Your Holiday Enjoyment

OPEN DAILY from 11:30 AM until 10:00 PM

PUB OPEN Monday–Wednesday 3:00 PM to close.

Thursday – Sunday Noon to close

HAPPY HOUR 4:30 - 6:30 Downstairs Pub ONLY



DINE IN
OR
TAKE OUT

Visit us at www.ChenYangLiBow.com for Online Menu & Ordering

Located at the Junction of I 89 Exit 1 & South Street

PH: 603-228-8508 520 SOUTH ST., BOW, NH FAX: 603-228-8308

**W P Alexander
Dairy Farm**

Fresh Eggs
Cheese
Maple Syrup
Bacon
Honey

38 Robinson Road
Mon-Fri 9 am-5:30 pm
Sat & Sun 10 am-5:30 pm



THANKSGIVING POEM

May your stuffing
be tasty,
May your turkey
be plump,
May your potatoes
and gravy have
nary a lump.
May your yams
be delicious and
your pies take
the prize,
But may your
Thanksgiving
dinner stay off
your thighs!



Thank you to all our clients for your continued trust in our agency.

"We are truly grateful to you and the community we serve"

"Let Allied provide insurance for some of the things you are thankful for
home, auto, business"



603-224-5394

Alliedia.com

500 South Street Bow, NH



Family Fun Jam

Music Related Activities for Preschoolers

Location: Bow Community Center

When: November 20, December 4
and December 11

Time: 10:00 – 10:45 AM

Cost: \$23 Bow Resident \$28 Non-Resident

Family members over the age of 12 dance for FREE

Jump, Jam and Jive! Dance in our gym while socially distanced from other families. Our dance boxes are marked on the floor. Please wear your mask into the building until you arrive at your dance box.

Science Class for Grades 1 – 4



Location: Bow Community Center

When: Wednesday, November 18
December 2, 9, 16

Make-up if needed December 23

Time: 2:30 – 3:30 PM

Cost: \$53 Bow Resident \$58 Non-Resident

Supply Fee: \$5 payable to Elsa Chern

Exciting hands-on science discovery classes! We will explore electricity, projectiles, geology, magnetism, buoyancy and chemical reactions in a safe and fun way. Some live animals may stop by for some biology exploration.

BENEFITS

By Donna Deos

This is the time of year when businesses are reviewing the benefits they offer to their employees. Many employers offer health insurance and some even have what is called an EAP, or Employee Assistance Program.

Why do I bring this up? Because this is also the time of year a lot of old feeling and emotions bubble up. I think just about everyone has lost someone they care about during the Holidays. And even if they passed 20 or more years ago, it doesn't mean you are completely over it.

How do you get over losing someone so important to you? You don't. You simply learn to adapt and move forward. You keep them with you in your heart, your mind, your photographs and your stories. They aren't lost fully to you, but it is still really hard to deal with at times.

Now add to that the awful year that 2020 has been in so many other ways and it could very well be time you need to talk with a professional to help you navigate all you are thinking and feeling.

There is no shame in wanting or needing help to work things out so you can move forward and be happy again. It's actually a sign of intelligence and strength.

When you need help with your car, you go to a mechanic; when you need help with your teeth you go to a Dentist; your financials, a financial planner; legal issues, a lawyer, etc. When you need help with your head and your emotions – please seek out a professional.

Sure, we all talk to our friends and family. However, sometime they are the problem. Same thing with co-workers. Having a truly neutral 3rd party to bounce your thoughts and feelings off of can be truly enlightening. You could very well find out you are completely justified, correct and they can give you ways to learn to cope with and change your situation.

After my "Control Issues" article a few months back, I had lots of people reach out to me to hear them out and help them out. Sometimes they needed to consider getting a different job. Sometimes they needed to spend less time around the toxic people in their lives. Some people needed to turn off the news and social media (let's face it, we should all be doing that one!) And, some people were just the victim of a horrendous control freak in their lives and needed validation that that was the reality of it and move forward with ways to stop letting that person victimize them anymore.



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

Call Now!



Donna Deos, LLC

Spiritual Teacher & Transitions Specialist

Counseling, Coaching & Education

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

603-224-4178

www.donnadeos.com

1-855-772-2622

There are lots of places you can turn for help. Riverbend Community Mental Health is one fantastic resource. So are the other counseling businesses in the area. Your clergy are an invaluable resource! Please, reach out to someone.

Going back to the benefits part, some plans allow for a certain number of visits, some don't offer any financial help. You have to look into what your plan offers. If you call a provider who accepts insurance (we don't all!) they can help you navigate that part.

Some are licensed and regulated, medical professionals; some of us are of the spiritual and clergy versions. Who you pick is up to you. The key is that if you need the help, or even if you are unsure if you do – please reach out. We are here to help. You don't have to do this alone.

Wishing you happy & peaceful holidays.

All my best, Donna



"Wishing you & your loved ones a Magical Holiday Season" from our HOME to yours



Nellie Doughty
NML ID 170344



HARBORONE®
Mortgage

**"Do you need a mortgage review ?
LET'S TALK TODAY!"**

603-494-4995

Visit us at our NEW location!
138 Loudon Road - Concord, NH

Lending in NH, MA, ME, NC, & FL.

Branch NMLS ID. 97958. This is not an offer to lend or extend credit. Subject to underwriter approval.



Be Safe



ADAMS LOCK & SAFE

130 Hall Street Concord, NH
www.adamslock.com

(603) 224-1652

IS CHEAP CAR INSURANCE WORTH IT?

by Chuck Dougals

We are all inundated by car insurance TV ads offering the cheapest insurance on the market. Paying more than you have to doesn't make sense, but don't fall for the lowest quote if you want to really protect your house and assets.

LIABILITY COVERAGE

Unlike buying toilet paper or lettuce you have a lot on the line by clicking internet boxes for the cheapest coverage.

For instance, the first quote you get on the Progressive website is for liability insurance to cover you if you are sued for being the cause of an accident. Most states require drivers to carry minimum amounts of car insurance. New Hampshire law requires a minimum of \$25,000 to be covered if you buy car insurance here (\$20,000 in Massachusetts). To protect yourself and your assets, there is a lot more to consider than meeting New Hampshire's minimum insurance requirement because more insurance may be needed if there's an accident with serious injuries or property damage. If you injure someone and they are out of work for six months with \$72,000 in medical bills you are on the hook above that \$25,000 cheapo insurance.

UNINSURED COVERAGE

But what if it is the other way around? You are hit by a driver with no insurance or assets so you now have to make that claim against your own insurer (let's say Progressive), but what if you have only \$25,000 for that uninsured driver who put you in the hospital for ten days? Is \$25,000 going to make you whole for medical bills, lost pay and pain and suffering? Of course not.

The internet price difference as of September 20, 2020, for a 2013 Dodge Durango driven by me was \$5.00 for that \$25,000 of insurance. Not being an idiot I want to protect my family so I could get \$250,000 of hit-and-run type coverage for only \$6.00 more or \$11.00. Would you want ten times the protection for only \$6.00 more for a half year quote?

MEDICAL PAYMENTS

Finally, the third half year quote you can click on is called Medical Payments coverage. This pays out of pocket medical and prescription expenses, co-pay reimbursement, etc. It even will write you a check for bills your health insurer already paid! Again, the cheapo amount is \$1,000 of coverage for \$5.00. Yet if you clicked on the box for \$10,000 of this coverage, it only costs \$12.00. Once again, for peanuts you protect your checkbook from expenses someone else caused you to occur when they t-boned you.

COMPARISON CHART

	LOW		HIGHER	
	Amount	Cost	Amount	Cost
Liability insurance	\$25,000	\$142.00	\$250,000	\$166.00
Uninsured motorist	\$25,000	\$5.00	\$250,000	\$11.00
Medical Payments	\$1,000	\$5.00	\$10,000	\$12.00
		\$152.00		\$189.00

BOTTOM LINE

The example from Progressive shows that you can't beat the \$152.00 for six months quote. But if you aren't an unemployed 19 year old, for just \$37.00 more you get ten times the protection. Don't hurt you or your family by lowballing car insurance.

Douglas, Leonard & Garvey, P.C. has handled hundreds upon hundreds of motor vehicle accidents and we have seen firsthand how the cheapest coverage has hurt our clients. Don't just shop price but protect your family and your assets.

And by the way, while I clicked through the Progressive site, I would never use them as we end up suing them more often than any other insurer for screwing their own customers when it is time to settle a case.





DIPPOLD & DENNEHY
NH REALTORS



PROFESSIONAL, EXPERIENCED, LOCAL MARKET EXPERTS.



ANN DIPPOLD, ASSOCIATE BROKER
603-491-7753



JOYA DENNEHY, REALTOR
603-303-4288

#1 TEAM IN BOW – OVER \$65 MILLION SOLD!





THE MASIELLO GROUP

4 Park Street, Concord Phone: 603-228-0151

WHAT'S YOUR HOME WORTH? CALL US AND FIND OUT!

We KNOW the Bow market, deliver the RESULTS you need, and have the EXPERIENCE you expect!



OCTOBER 2020 REAL ESTATE SALES IN BOW				
ADDRESS	BR & BA	ACREAGE	SQ FEET	PRICE
14 Rosewood Drive	1 BR 1 BA	2.3 acres	816 sq ft	\$203,000
11 Eastview Drive	2 BR 1 BA	.13 acres	540 sq ft	\$244,000
672 Route 3A	3 BR BA	.42 acres	2257 sq ft	\$257,500
31 Carriage Road	3 BR 2 BA	.79 acres	1750 sq ft	\$274,900
2 Pepin Drive	3 BR 2 BA	1.01 acres	1428 sq ft	\$275,000
108 River Road	2 BR 1 BA	7.4 acres	1024 sq ft	\$353,000
7 Hooksett Turnpike	4 BR 3 BA	.97 acres	2494 sq ft	\$379,900
19 Poor Richards Drive	3 BR 2 BA	1.05 acres	2666 sq ft	\$400,000
24 Foote Road	3 BR 3 BA	5.28 acres	2424 sq ft	\$410,000
14 Stoneybrook Road	3 BR 3 BA	2.12 acres	3075 sq ft	\$428,000
13 Parson's Way	3 BR 3 BA	1.59 acres	2392 sq ft	\$500,000
43 Quimby Road	4 BR 3 BA	8.43 acres	2585 sq ft	\$530,000
452 Page Road	4 BR 5 BA	3.19 acres	4979 sq ft	\$659,250
42 Dunbarton Center Rd	4 BR 4 BA	5.0 acres	3424 sq ft	\$725,000
3 Asa Drive	5 BR 5 BA	2.39 acres	4612 sq ft	\$820,000

OCTOBER 2020 REAL ESTATE SALES IN DUNBARTON				
ADDRESS	BR & BA	ACREAGE	SQ FEET	PRICE
13 Barnard Hill Road	3 BR 2 BA	1.5 acres	1232 sq ft	\$250,000
12 Burnham Lane	3 BR 2 BA	2.09 acres 1	848 sq ft	\$277,000
18.5 Gary Road	2 BR 2 BA	.24 acres	1550 sq ft	\$335,000
24 County Road	3 BR 3 BA	7.82 acres	2236 sq ft	\$435,000
44 Ray Road	4 BR 3 BA	6.57 acres	2412 sq ft	\$437,000

BOW HIGH SCHOOL SPORTS

BOW FOOTBALL

FALLS SHORT IN QUARTERFINALS

On November 7 the Falcons played hard but lost 30 to 6 to Lebanon. The Lebanon High football team, newcomers to Division II, used speed to its advantage and the defense caused three turnovers and scored a touchdown and a safety to lead the Raiders (6-0) to a 30-6 victory over the perennial powerhouse Falcons (4-1) in Saturday's state quarterfinal.

Lebanon will play Plymouth in the semifinal.

"I would definitely say they're the fastest team we've faced this year," Bow head coach Paul Cohen said. "We knew they had a very varied and amorphous stunt package, and clearly that showed. We did not pick up people we needed to pick up. They made our quarterback's life very difficult today. Without a doubt."

The Falcons can celebrate an undefeated regular season and eighth consecutive playoff appearance.

"I said to the team when the game ended, 'You guys defied the odds this year,'" said Cohen. "We didn't even know if we were going to have a season... We got to play in another playoff year. ... My seniors, they've done it for years in a row."

"We're sad now, but I know in a week or so, we're going to be looking back saying it was a good season," said Bow senior center and linebacker Justin Filteau. "Wishing we could have gone forward, but I think we did a good job this year."

BOW BOYS SOCCER

SEMIFINALS ON NOVEMBER 4

Souhegan and Bow played in the Division II boys soccer semifinals but you couldn't blame Falcons coach George Pinkham for his sentiment following his team's 3-2 victory.

"We had to do everything we could," he said. "Everything we could to beat them. We scored on a couple of dead balls, great headers. But I didn't feel comfortable until the final whistle blew."

Bow advanced to the finals at Oyster River in Durham.

Despite taking their final lead of the game with 22:01 to play when Zach Anderson scored his second goal of the game, a redirection of a Matt Selleck free kick, the Falcons had to battle to stave off the Sabers.

The pressure Souhegan continued to put on bow goalkeeper Kyle Martin and the rest of the defense was immense. There was no time to rest on a one-goal lead.

The Falcons were up to the task.

BOW BOYS LOSE SOCCER FINALS 1-0

On November 6 the Falcon's Boys Soccer team played in the Division II Championship against Oyster River High School in Durham.

Bow succeeded in limiting the touches for the Oyster River senior standout Caden Leader but all it took was a 27-second span to open the second overtime for Leader to live up to his name.

Oyster River senior Noah Hern's through ball drew Bow goalie Kyle Martin out, giving Leader enough space to cash in a header for a golden goal in Oyster River's 1-0 championship victory over the Falcons.

Said Bow coach George Pinkham: "We made a mistake. That's it."

BOW GIRLS SOCCER

WINS 11 STRAIGHT IN QUARTER-FINALS

The Falcons scored 1-0 against Lebanon in the Division II quarterfinals on October 31.

"This was probably our best possession game of the year and another great team effort from everyone who stepped on the field," Bow coach Jay Vogt said.

Steph Gosselin helped create the winning goal, and she was part of the shutout defensive effort for the Falcons (8-0-2) along with her back line mates Chloe Binder, Gracie Bresson and Kelly Harris, who kept the game scoreless.

(Girls Soccer Continued)

BOW FALLS TO MILFORD 1-0 IN SEMIFINALS

Just as a 1-0 score got the Bow girls past Lebanon to make the State semi-finals they fell short against Milford by the same 1-0 score on November 5.

Milford's star captain Rachel Gizzonio fired an initial shot inside the penalty box that hit the far post. Before Bow junior goalkeeper Cailyn Benson (five saves) could smother the ball, Gizzonio collected her own rebound and found the back of the net with a low shot for the only point in the game.

There is always next year for the hard charging Falcons.

BOW GOLF

GOLFERS PLACE 3 IN TOP 10

After winning the Division III team championship by placing four golfers in the top 20, the Bow High golf team saw three of its members finish in the top 10 of the D-III individual tournament at Concord Country Club on October 25.

Freshman Hunter Duncan was the top finisher for the Falcons. Duncan shot a 75 during the team championships at Derryfield Country Club in Manchester and followed that up with an 81 at Concord. He was 10 strokes behind Fall Mountain's Mitchell Cormier, who claimed first and Laconia's Evan Rollins was second.

Junior Matt Lamy, who played in Bow's No. 1 spot at the team championships, wound up eighth with a 166 (81-85). Cam Evans said he had the best back nine of his life to shoot a 78 at the team championships. The Bow sophomore couldn't repeat that at Concord, but he still took 10th with a 170.

BOW WINS 7TH CHAMPIONSHIP IN 9 YEARS

Nineteen teams and 95 golfers competed for the Division III championships in October.

"I think there's always a lot of nerves going into a state championship, but I think all of us were excited because we knew if we all played to our full potential we had a really good shot at winning it," Bow sophomore Cam Evans said. "It was tough last year when we lost by just a few strokes to Derryfield. We kind of flipped the script today on Stevens, so it was a little bit of a relief."

All four of the Falcons' scoring golfers finished in the Top 20, and they put together a total score of 322 to beat out Stevens (332) and Derryfield (339) and claim the team title. Not only did Bow achieve the individual and team goals that every team and player was aiming for when they arrived at Derryfield Country Club, the Falcons also got a touch of redemption from last year's runner-up finish, and they extended their program's dynasty by winning a seventh title in the last nine years: 2012-16, 2018, 2020.

Bow freshman Hunter Duncan finished third overall with a 5-over 75. Evans took sixth with a 78, junior Matt Lamy was 11th after shooting an 81 and senior Justin Murphy carded an 88 to wind up tied for 18th as one of the final three players to make the cut for Sunday's individual-portion of the tournament at Concord Country Club. Bow's fifth golfer, Amelia Soucy (99), already played in the girls' individual and finished 11th, so every Falcon who could have qualified to play did.

"That's a pretty awesome day," Bow coach Matt Davis said. "They worked really hard over the course of the season and I'm super happy for all of them, especially Justin, this being his senior year. He's done a ton of work over the course of the summer and his work paid off today, for sure."

"The strength of the team is each individual member.

The strength of each member is the team."

Phil Jackson

BOW HIGH SCHOOL SENIOR AWARDS NIGHT

Bow High School Class of 2020 celebrated student's accomplishments and scholarships at their recent Virtual Senior Awards Ceremony. Through the generosity of many state and local organizations, seniors were recognized for their achievements. The recipients were as follows:

Andrea Albert Memorial Scholarship – Benjamin Harris and William Stadelmann, **Angela Porter Memorial Scholarship** – Rebecca Bernard and Hailey Kaliscik, **Bond Family Scholarship Fund** – Rebecca Bernard, Angie Cericola, Katharine Cross, Megan DesRuisseaux, Matthew Ferland, Alyssa Harpring, Hailey Kaliscik, Megan Lavigne and Emily Pascetta, **Bow Education Association Christa McAuliffe Scholarship** – Rebecca Bernard and Evelyn Hatem, **Bow Falcons Booster Club Scholarship** – Taylor Burnham, Evelyn Hatem, Julia Hittle, Steven Guerrette, Elizabeth Guertin and Emma Wilke, **Bow Garden Club Scholarship** – Evelyn Hatem, **Bow High School Most Outstanding Student in Theatre Arts Award** – Jillian Roberts, **Bow High School Career Athlete Awards** – Taylor Burnham and Steven Guerrette, **Bow High School Student Athlete Leadership Scholarship** – Emma Wilke, **Bow High School Student Senate Scholarship** – Evelyn Hatem, **Bow Men's Club Scholarship** – Olivia Bynum, Lauren Gallier, Robert Mullen and Emily Pascetta, **Bow Pops Chorus Award** – Hailey Kaliscik, **Bow Pops Instrumental Award** – Gabe Neff, **Bow Pops Award** – Robert Mullen, **Bow Pops Theatrical Award** – Jillian Roberts, **The Dr. John House-Myers Award** – Gianna Mantini, **The National School Orchestra Award** – Madeline Lessard, **The John Philip Sousa Band Award** – Rebecca Bernard, **The National School Choral Award** – Hailey Kaliscik, **The Director's Award for Most Outstanding Student in Music** – Gabriel Neff, **Seniors representing Bow High School at All State 2020** – Hailey Kaliscik and Gianna Mantini, **Senior representing Bow High School at Jazz All State 2020** – Gabriel Neff, **Bow PTO Christopher Richter Memorial Community Service Scholarship** – Rebecca Bernard and Megan Lavigne, **Bow Rotary Scholarships** – Elizabeth Guertin, Christopher Wheeler, Victoria Eweka, Matthew Ferland, Olivia Bynum, Katharine Cross, Robert Mullen, Jonathan Muise, Jillian Roberts and Emma Wilke, **Charles A. Coffin, Jr. Scholarship** – Robert Mullen, **Club Z Annual Achievement Award** – Ashlyn Hammond, **Daughters of the American Revolution Award** – Evelyn Hatem, **NH Daughters of the American Revolution Scholarship** – Madeline Lessard, **David G. Kent Scholarship** – Shannon Luby, **Dunbarton Community Scholarship** – Katherine Cross and Devin Dulude, **Faculty Book Awards: BEST Award of Excellence** – Matthew Hamilton, **Business Award of Excellence** – Colin Lessard, **Academic Excellence in Mathematics Award** – Madeline Lessard, **Excellence in Science Award** – Alyssa Harpring, **Distinguished Work in Engineering Award** – Parker Van Ham, **"We the People" Award of Excellence in Social Studies** – William Stadelmann, **World Language Award for Excellence** – Evelyn Hatem, **"Rock Star Award" for Excellence in Music** – Emma Wilke, **"To Thine Own Self Be True" Award for Excellence in English** – Zuzanna Blaszcak, **Excellence in Art Award** – Madeline Beightol, **Excellence in Cooking** – Megan DesRuisseaux, **Get Up, Get Going Scholarship** – Julia Hittle and Annaliese Kaufman, **The Jarkko Tuominen College Scholarship** – Steven Guerrette, **The Kenneth Levesque Memorial Scholarship** – Robert Mullen, **John George Queenan Memorial Scholarship** – Benjamin Harris and Hailey Kaliscik, **The Michelle L. Cadorette Scholarship** – Delaney Provost and Isabelle Slocum, **National Honor Society Scholarship** – Evelyn Hatem **National Honor Society Recognition** – Madison Amann, Sebastian Beaulieu, Rebecca Bernard, Victoria Burke, Aaron Burkett, Olivia Bynum, Brian Carter, Mathieu Champagne, Jonathan Cook, Katharine Cross, Keely Dartnell, Megan DesRuisseaux, Alyssa Detrio, Makenna Dougherty, Courtney Evans, Victoria Amy Eweka, Matt Ferland, Johann Fuchs, Connor Gagan, Madelyn Green, Connor Griffin, Steven Guerrette, Matthew Hamilton, Alyssa Harpring, Benjamin Harris, Evelyn Hatem, Emma Hilton, Julia Hittle, Hailey Kaliscik, Annaliese Kaufman, Nick Kiah, Riley King, Meri Krause, Megan Lavigne, Colin Lessard, Madeline Lessard, Maddie, McSweeney, London Mills, Gabriel Dean Neff, Skye Nieves, Emily Pascetta, Madison Paul, Delaney Provost, Natalia Rivera, Jillian Roberts, Sarah Sardella, Isabelle Slocum, Madeline Soucy, William Stadelmann, Jana Stich, Tiera Syversen, Tessa Thomas, Madison Tibbetts, Ruby Towne, Parker Van Ham, Emma Wilke, and Alina Willis, **National Merit Scholarship Program Letter of Commendation** – Aaron Burkett, **National Merit \$2500 Scholarship** – Madeline Lessard, **NH State Scholars Program** – Alex Bachelder (and Career), Patrick Beggan, Ethan Berrigan, Zuzanna Blaszcak, Angelica Cericola, Spencer Cheney, Baydin Coffey, Keely Dartnell, Devin Dulude (and Career), Riley Elliott, Sarah Epstein, Colby Estabrook, Hunter Fortier, Lydia Gialluca, Matthew Hamilton, Ashlyn Hammond,

Chloe Key, Anna Lafreniere, Coleman Lull Plummer, Jacob Mielcarz, London Mills, Jonathan Muise, Ryan Ohrwashel, Emily Pascetta, Madison Paul, Devin Perry, Maile Petersen, Thomas Rolla, Aiden Roy, Lucy Salesky, Nicole Sartorelli, Alec Schultz, Isabelle Slocum, Charles Smethurst, Madeline Smith, Benjamin Tobeler, Emily Vozzella, Zachary Wallace, Kathryn Watt, Graham Weisberg, Alina Willis, and Jackie Zou, **NH Scholars with STEM emphasis:** Sebastian Beaulieu, Andrew Berube, Aaron Burkett, Lindsay Burnham, Taylor Burnham, Brian Carter, Mathieu Champagne, Jonathan Cook, Makenna Dougherty, Courtney Evans, Victoria Eweka, Matthew Ferland, Lauryn Gallier, Brennah Gardner (and Career), Madelyn Green (and Career), Steven Guerrette, Elizabeth Guertin (and Career), Benjamin Harris, Evelyn Hatem, Emma Hilton, Julia Hittle, Eric Hodgkins, Seth Fredrich Hull, Nicholas Kiah, Riley King, Colin Lessard, Glenn Lewis, Skye Nieves, Montana Pouliot, Delaney Provost, Natalia Rivera, Jillian Roberts, Ethan Rychwalski, Sarah Sardella, William Stadelmann, Jana Stich, Madison Tibbetts, Ruby Towne, Maxwell Udelson, Parker Van Ham, Hunter Wageling, Dustin Wells, and Alexia Williams, **NH Scholars with ARTS emphasis:** Sage Chapman, Katharine Cross, Sarah Henderson, Nathaniel Hood, Grace Jordan, Hailey Kaliscik, and Tiera Syversen, **NH Scholars with STEAM emphasis:** Madison Amann, Rebecca Bernard, Victoria Burke, Olivia Bynum, Megan DesRuisseaux, Johann Fuchs, Connor Gagan, Connor Griffin, Alyssa Harpring, Annaliese Kaufman, Meridith Krause, Megan Lavigne, Madeline Lessard, Gianna Mantini, Robert Mullen, Gabriel Neff, Madeline Soucy, Tessa Thomas, and Emma Wilke, **NH Scholars with CAREER emphasis:** Evan Cate, Alyssa Detrio, Madison McSweeney, Christopher Wheeler, and Sara White, **The NH Scholars And Northeast Delta Dental Scholarship** – Olivia Bynum, Meredith Krause and Jonathan Muise, **The Pay it Forward Scholarship** – Benjamin Harris, **James Madison University ROTC Scholarship** – Madlison McSweeney, **Society of Women Engineers Boston Section** – Alyssa Harpring (highest honors), Megan Lavigne (high honors) and Evelyn Hatem (honors), **The Stephen Charles Cmar Memorial Scholarship** – Megan DesRuisseaux, **Tri-M Music Honor Society** – Rebecca Bernard, Hailey Kaliscik, Robert Mullen, and Gabriel Neff, **William H. Hilton Community Service Award** – Shannon Luby



Congratulations to the Class of 2020! Thank you to the Bow Community and surrounding communities for your generosity in making these scholarships and awards available to the students of Bow High School.

FALCONS FLY FOREVER.



603.801.5720

FULLY LICENSED AND INSURED

ERIC COOKE

ericcooke137@gmail.com

54 Woodhill Road

Bow NH 03304



www.facebook.com/E.CookePlumbingandheating.com

A-1 Enterprises
STUMP GRINDING



Taking Orders for
Seasoned Cord Wood



Cell: 603/557-9083 Shop 603/774-3725
1021 Montalona Rd. Dunbarton, NH. 03046



According to Henry Jones, Fish and Game Moose Project Leader, N.H. moose hunt season ended with hunters taking a total of 39 moose, 29 bulls, and 10 cows. Hunters achieved a 75% success rate during a nine day season.

A total of 52 hunters took part in the hunt. There were 50 lottery permit holders, 1 permit auctioned by the Wildlife Heritage Foundation of N.H., and 1 Dream Hunt participant sponsored by the N.H. Wildlife Federation. In 2019, the overall success rate was 76% and has averaged 73% over the previous 5 years.



Throughout the Granite State this season, preliminary numbers for hunters are as follows: 100% success rate in the Connecticut Lakes Region, 82% in the North Region, 60% in the White Mountain Region, 67% in the Central Region, 33% in the Southwest Region, and 60% in Southeastern Region.

The hunt started out quite rainy and several days were warmer than hunters would have wanted.

So far this deer season, the number of deer taken are way ahead of last season. And, at the time of this writing, we are not yet into rifle season. As the upcoming looks very good, I think we are headed for a record year.

**Make sure of your target
and have a safe season,
Ron**



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

Quality Craftsmanship
Dependable Service
Free Estimates
603-224-8135



FAMILY OWNED SINCE 1940

HEATING OIL • PROPANE • SERVICE • INSTALLATIONS



Johnny Prescott
Heating Oil Propane



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

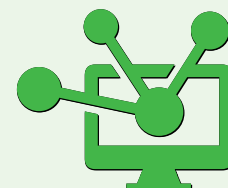


"You know that just before that first Thanksgiving dinner there was one wise, old Native American woman saying,

"Don't feed them. If you feed them, they'll never leave!"

-Dylan Brody

READ
THE BOW TIMES ONLINE!



www.thebowtimes.com

DUNBARTON NEWS

By Nora LeDuc



READ TO DOGS VIRTUALLY is back at the library. You must register to participate. Kids in Grades 1 to 4 who register will have a 15-minute VIRTUAL session with a dog of their choice. Next session will be November 19th with Mr. T and handler Nancy. Slots available from 3pm to 4pm. Please contact the library to reserve your spot.

NO SCHOOL Wednesday, November 25, No School-Teachers Workshop. November 26 - November 27 school and Town Offices will be closed for Thanksgiving.

DCC BOOK CLUB During November, the DCC Book Club will read *Pearl in the Sand* by Tessa Afsyar. Discussion is scheduled for Thursday, December 3, from 7pm to 8pm.

VITUAL MENS' COFFEE continues Every Friday at 9:00am in the library. To join, please contact the library for the Zoom link.

LAW ENFORCEMENT AGAINST DRUGS (LEAD)

Program-The Dunbarton Police Dept is happy to announce that Sergeant Chris Remillard has completed a 5-day Law Enforcement Against Drugs (LEAD) Instructor training and will be teaching the LEAD program to Dunbarton Elementary School (DES) Students in the near future. The LEAD program replaces the Drug Abuse Resistance Education (DARE) program that was previously taught at DES. To learn more about the LEAD program, please visit <https://www.leadrugs.org> or contact Sergeant Remillard: chrisremillard@gsinet.net.

SPECIAL PLACES IN DUNBARTON at the library. View Watercolors by Alison R. Vallieres. (Please note the displays are temporary and this is the current display at time of publishing.) To look at the virtual art wall visit: <https://www.dunbartonlibrary.org/virtual-art-wall.html>. You can also check them out if you are in the library browsing. Alison has lived in Dunbarton since she was five years old. Her watercolor scenes and landmarks of Dunbarton were painted between the years 2000-2015. She felt she needed to have a permanent record of these special places before they were taken down or disappeared. Alison is the President of the Dunbarton Historical Society, serves on the Zoning and Planning Board (for over 40 years), and spearheaded the group who produced the Town's Bicentennial Quilt, now hanging in the library. These watercolors are not for sale. If you have any questions, please contact Alison by email fancyiris@gsinet.net.



NO-SHAVE NOVEMBER On the heels of our Granite State Children's Alliance Beards for Bucks Fundraising Campaign, members of the Dunbarton Police Department will be participating in No-Shave November in the fight against cancer. No-Shave November is a web-based, non-profit organization devoted to growing

cancer awareness and raising funds to support cancer prevention, research, and education. For information or to make donations on behalf of the DPD, visit: <https://no-shave.org/team/dpd300>.



THE GREEN STREET APARTMENTS

Four people who have experienced long-term homelessness will finally have a place to call home on Green Street.



The completion of Green Street is really the story of so many people coming together to support the Green Street project even before any physical renovations began. The *New Hampshire Housing Finance Authority* financed the purchase of the property and much of the renovation cost. *Merrimack County*, which sold

the property to CCEH, was flexible throughout the process. *Brenda Litchfield, of Concord Commercial Real Estate*, and *Wendy E. Keeler, of Fairway Real Estate LLC*, each donated a portion of their commissions from the sale. *Cleveland, Waters and Bass, P.A.* and *McLane Middleton, P.A.* both provided pro bono legal work. *Warren Street Architects* supplied designs and construction oversight for creative, efficient renovations at a drastically reduced rate. *JH Spain, General Contractor* did the work and donated all of its profits to the project in addition to securing sub-contractors at reduced rates. And *Dana Nute, Resilient Buildings Group, Inc.* helped identify and apply for rebates for energy efficient upgrades.

The following CCEH **Pillars of Support** companies took on the *Adopt-a-Home* challenge to outfit all the Green Street Apartments:

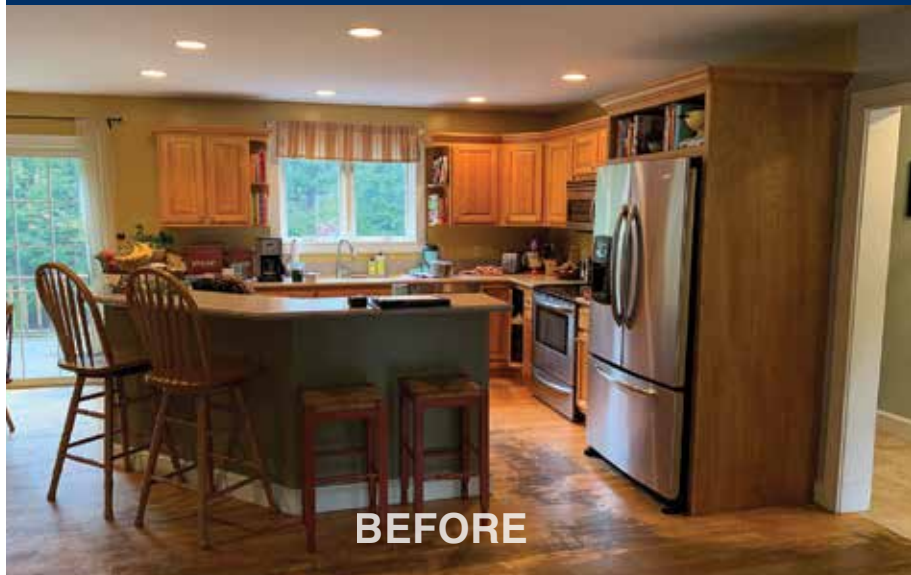


Pillars of Support are local businesses that sponsor two CCEH events and lend their voice in support of CCEH's mission to end homelessness. Employees from these four businesses are furnishing, decorating and stocking each of the four new homes to really make that "pot of gold at the end of the rainbow" shine.

CCEH operates the daytime Homeless Resource Center and the Emergency Winter Shelter, providing case management support for 15 individuals in permanent housing. The Green Street Apartments project is an extension of CCEH's efforts to develop affordable housing; according to the National Alliance to End Homelessness, the main reason someone becomes homeless is that they can't find a place they can afford to live.

**DEVELOPMENT OPPORTUNITIES
ARE MOVING CCEH'S VISION INTO REALITY**

Spending More Time at Home, Need More Space for Your Family?



BEFORE



AFTER

"I am very pleased with my new kitchen. Granite State Cabinetry did an excellent job designing the layout and installing high quality cabinets. They made the process very easy."

Schedule your appointment today in the showroom or virtually!



Mon.-Fri 8:30am-5pm | Sat. 10am-4pm | 384 Route 101, Bedford, NH | (603) 472-4080 | www.gscabinetry.com



D.O.T. TAKES ACTION TO MAKE I-89 EXIT 1 SAFER

On Tuesday, November 10, the Board of Selectmen met with the Chief Engineer for the State Department of Transportation to discuss safety upgrades to Exit 1 South on I-89.

The problem is that it leaves I-89 just a few hundred yards before the southbound ramp onto I-93. That short gap leaves little time for drivers, many of whom are going much faster than the speed limit of 45, to realize which ramp is which.

"People are mistakenly getting off that ramp, think they're getting on I-93 South, then realize that's not where they want to be and are turning around," said Bill Cass, chief engineer for the Department of Transportation.

The Bow Board of Selectmen gave their approval to two ideas from the Department of Transportation for improving the situation. The most immediate will be finally putting a No-U-Turn sign at the bottom of the southbound ramp, near its intersection with Logging Hill Road. A further step will be to install what is known as a diagrammatic sign on I-89, north of the two ramps. These signs show a graphic of the upcoming roadway rather than just listing the upcoming exits. An example Cass pointed to is a similar sign on I-93 in Manchester, north of the I-293 split.



we are
cleaning for a reason!

Maid For You donates
FREE house cleaning services
to women battling cancer.
Please tell a friend that we
are here to help!





ADULT CRAFT KITS Monthly Take Home Crafts for Teens & Adults November's Craft Kit registration is full. December's Craft Kit is Winter Gnome and Snowman. Make a pair of winter friends to add to your seasonal decor. Kit contains everything you need to assemble these fun, festive winter decorations, with step-by-step instructions. Registration is required and limited to 15 participants. Supplies are limited and registration is required. For more information, contact Betsy at betsy@bakerfreelib.org

HOME FOR THE HOLIDAYS (Virtual Program) Take part in this 6 week series; that will highlight simple crafts, recipes, holiday book reviews and more, all from the comfort of your home. As part of this program, we will hold an Adult Winter Reading Program with reading challenges and raffle prizes. This series runs from November 22 to January 2. Sign up to receive a weekly Home for the Holidays email by contacting Amelia at amelia@bakerfreelib.org.

ADULT BOOK GROUPS At this time, the Adult Book Groups and White Rock Whodunits for the month of November will not be meeting in person, however the 'Classic' Choice for 2020, Crossing to Safety by Wallace Stegner is available for pick up at the Library Circulation Desk. The December book, Eliza Hamilton: The Extraordinary Life and Times of the Wife of Alexander Hamilton by Tilar J Mazzeo will be available in early December. The 2021 Book Group Calendar will be coming soon. Please contact Amy at amy@bakerfreelib.org with any questions.

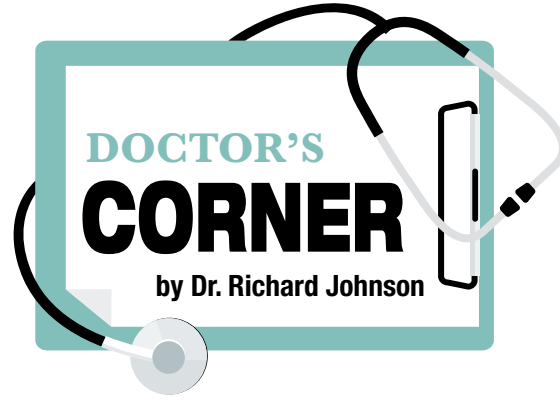
VIRTUAL STORYTIMES Thursdays at 10:30am Via Zoom. Our weekly storytimes are back in a virtual format! Join us each week for new stories and songs as we meet via Zoom. Storytimes are designed for children aged 3-5, although all ages are welcome to attend. To access this month's program, email juliana@bakerfreelib.org.

CREATIVE KITS FOR KIDS Monthly Take Home Activity Bundles This month, we're celebrating sound, music and movement with crafts, experiments and activities designed to make some noise. If you were unable to reserve a kit, head to our website for this month's archived art, literary and science projects. 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.

2020 GIVING TREE Baker Free Library Annual Fundraising Event Stay tuned in the upcoming weeks for how we will present the 2020 Giving Tree this holiday season. The continued support of our library events, programs, workshops, and services through this fund-raising effort makes the library a better resource for the whole community.

NOVEMBER HOLIDAY CLOSURES

CLOSING EARLY 4pm on Wednesday, November 25th for Thanksgiving
CLOSED November 26 and 27th for Thanksgiving



OVARIAN CANCER

Were you aware that September was National Ovarian Cancer Awareness Month. Probably not, and that is the very problem with ovarian cancer. It shows up with no warning or fanfare, and you wonder: "Where did this come from?" Not only does ovarian cancer slip easily from our consciousness, it also slips past attempts to identify it and cure it. It presents with very few, if any, advanced warning signs, and there is not much one can do to 'prevent' getting ovarian cancer. So let's take a closer look at this significant and difficult cancer.

Ovarian cancer is the 5th leading cause of cancer related deaths in women ages 35-74. The American Cancer Society estimates that during a year there will be over 22,000 new cases of ovarian cancer, and in a given year more than 14,000 will die from ovarian cancer. It is estimated that 1 in 78 women will be diagnosed with ovarian cancer during their lifetime.

The risks for the potential of developing ovarian cancer include the following: Genetic predisposition, Personal or family history of breast, ovarian, or colon cancer, Increasing age, and Infertility. Just because you might have one or more of these 'risk factors' does NOT mean that you will get ovarian cancer. But it does mean that you may want to discuss which (if any) of the screening tests might be indicated for you with your health care professional. Women who are at a high risk might undergo genetic counseling and possibly be offered gene testing for BRAC1 and BRAC2. If these genetic tests are positive, a woman might consider having both ovaries removed prophylactically. These gene mutations also increase the risk of developing breast cancer. Although its efficacy in this high-risk situation has not been established, transvaginal ultrasound to evaluate the ovaries is sometimes offered.

Are there any symptoms that might alert one that ovarian cancer is present? The unfortunate answer is "no." Any symptoms that one might have are vague and could be related to many other medical issues. Bloating, pelvic discomfort, back pain, painful sex, and constipation are just some of the nonspecific symptoms a woman might experience. Obviously any symptoms that persist should be brought to the attention of your health care professional.

Unfortunately ovarian cancer is not usually diagnosed in early Stage I or II. How can this be? Let's look at some screening tests:

An annual pelvic exam: This has been a standard part of an adult woman's annual physical exam. In 2014 The American College of Physicians issued a recommendation against routine pelvic examinations for women who have no unusual risk for or symptoms of pelvic disease. The American College of Obstetricians and Gynecologists has, however, stood firm on its recommendation for annual pelvic exams. In 2017 the U.S. Preventive Services Task Force (a medical guidelines organization) ruled that there is insufficient evidence to recommend either for or against annual screenings.

Cervical cancer screening with a "Pap smear" is recommended every three years, but this test tells you nothing about ovarian pathology.

Transvaginal ultrasound: Although this has proved to be the most promising method for routine screening of ovarian cancer, at present there is still debate as to when and if it should be performed.

CA-125 is a protein produced by advanced epithelial ovarian cancers (a common form of the disease). A study of over 22,000 post-menopausal women at average risk for ovarian cancer randomly placed women to have either an annual CA-125 test or their usual gynecologic care. The result was that there was no difference between the two groups in the number of deaths due to ovarian cancer. According to the American Cancer Society, when this test is used for screening, elevated levels of CA-125 are more often caused by common conditions such as endometriosis and PID, and not everyone who has ovarian cancer has a high CA-125 level. (1) Bottom line: for ovarian cancer to be detected in one additional woman using CA-125 as the primary screening method, another 100 to 150 women would have to receive evaluation and undergo approximately 30 diagnostic operations. (2)

Ovarian cancer is still evading early diagnosis and thereby early treatment. If you have any of the risk factors or any concerns over vague symptoms, discuss them openly with your health care professional.

(1) <https://www.cancer.org/cancer/ovarian-cancer/detection-diagnosis-staging/detection.html>

(2) <https://www.mskcc.org/cancer-care/types/ovarian/screening/screening-guidelines-ovarian>

HUCKLEBERRY
Propane Heating Oil

"Local, honest and committed to keeping you warm"

796-2007
BOSCOWEN, NH
License #MBE1000505 66 King Street Boscawen, NH

Proudly serving Bow for 17 years.
We Deliver:
Propane
Oil
Kerosene
Diesel



CONCORD REGIONAL VISITING NURSE ASSOCIATION



MELISSA HOWARD HONORED

Concord Regional Visiting Nurse Association (Concord Regional VNA) honored Director of Donor Relations Melissa Howard (pictured) with the organization's peer-nominated "Living Our Values" award. Each year, Concord Regional VNA invites staff members to nominate one of their own who best demonstrates the organization's core values of respect, compassion, culture of excellence, leadership and stewardship in his or her actions among peers and with patients, families, community members, donors and volunteers.

Melissa Howard, a resident of Bow, has been with Concord Regional VNA for nearly five years, overseeing all fundraising and development activities to enhance the agency's visibility, impact and financial resources. During her time at the agency, she has created and implemented a planned giving program to increase support through bequests, wills and trusts, enhanced philanthropy performance strategies and results tracking, and consistently met agency fundraising goals.



LEARN TO SKI AND RIDE SIGN UPS NOW

It's that time of year again to sign up for the **Bow Pats Peak Learn to Ski & Ride Program!** Please register online at:

www.patspeak.com/Lessons-Rentals/Learn-to-Ski-Ride-Program.aspx

Access Codes for Bow Elementary Students Grades 1-4 **BOWELEM2021**

Access Codes for Bow Memorial and High School Grades 5-12 **BOMMEMHS2021**

Transportation to and from the mountain is not provided this year, parent or guardian attend and all purchases are non-refundable

Bow dates are Wednesdays, January 6, 13, 20, 27 February 3 and possible make-up date on the 10th.

Lessons for Bow Elementary are 4:30-5:30 PM

Lessons Bow High School are 5:30-6:30 Free Ski Level 8 plus 4-7:00 PM

Registration Closes December 25th, 2020

Join our Facebook Group: Bow Pats Peak Learn to Ski & Ride Program. Any Questions please reach out to Annie Kenney Bow Ski Coordinator 603-793-1394 bowskipatspeak202@gmail.com



Left to right are: Annie Kenney, Bow Ski Coordinator, Lexi Maiorino BMS and Elizabeth Abbott BMS.

BOW POLICE LOG

by Chief Margaret Lougee

OCTOBER 2020 ARREST LOG

- 10/3** Tyler McCarthy, 31, Wilton, received a summons for driving after revocation/suspension
- 10/8** Logan Abbott, 23, Pembroke, received a summons for reckless operation
- 10/10** Denise O'Brien, 26, Stoneham, MA received a summons for driving after revocation/suspension
- 10/15** Paula Jackson, 49, Chester, was arrested for criminal trespass and criminal mischief
- 10/18** David Baron, 33, Manchester, was arrested for driving under the influence
- 10/20** Yanka Duart-Warren, 24, Salem, was arrested for possession of a controlled drug, and transporting drugs in a motor vehicle
- 10/25** Teri Miller, 26, Altamont, IL received a summons for driving after revocation/suspension; Irving Mosley, 52, Manchester, was arrested for driving after revocation/suspension- subsequent offense
- 10/29** Arthur Foss, 37, Concord, received a summons for allowing an improper person to operate

BOW HERITAGE COMMISSION

COMING SOON TO THE BOW HERITAGE COMMISSION WEBSITE

BOW MILLS BEFORE
INTERSTATE 89 & 93

A TIMELY
PRESENTATION
OF BOW'S HISTORY



www.bownh.gov/396/Heritage-Commission

OBITUARIES



JEAN ELIZABETH LEONARDI

Jean Elizabeth (Ryan) Leonardi, 95, of Bow, formerly of Pittsfield, MA, went home to be with our Lord on Tuesday, November 3, 2020.

She was born on August 6, 1925, to James Ryan and Ruth (Robbins) Ryan. She graduated from Pittsfield High School in 1944 after which she was employed at GE Company.

She married the love of her life, Rino Leonardi, on February 22, 1945. She resided in Pittsfield, MA for most of her life before moving to Bow nine years ago.

Jean leaves her daughters; Joyce Coburn of Bow, Lynn Shartrand of Pittsfield, MA and Jill Bourdon and her husband, Bruce of Rio Vista, CA, her nephew and niece, Jeffrey Ryan and Sheryl Martin, whom she considered her children.

Besides her parents she is predeceased by her loving husband, Rino, to whom she was married for 51 years. Her brothers; John, Lawrence and Gerald Ryan, sisters; Eleanor Cronin, Katherine Elmstrom, Barbara Allen and Beatrice Pelletier. Sisters-in-law, Eleanor Ryan and Lillian Winters. Son-in-law, Donald Coburn, Great-nieces Caitlyn Ryan and Bethany (Ryan) Powers, and granddaughter-in-law, Karen Coburn.

Per Jean's wishes, in lieu of flowers, donations may be made to the Dana Farber Institute in memory of Bethany Ryan Powers and Caitlyn Ryan.

REAL M. MADORE

Real M. Madore of Bow, died at 59 years old on September 27, 2020, after a brief illness.

He was born on September 13, 1961, in West Stewartstown and graduated from Colebrook High School in 1979, then attended the NH Technical Institute in Berlin. He was extremely proud of his education, balancing family, work and life to earn a Bachelor's Degree from the University of Lowell and a Master's Degree from NH College (Southern NH University). His first and only job out of college was at Kollsman Inc./Elbit Systems in Merrimack NH. He worked there for 39 years and at the time of his death was Vice President of Operations.

Real met the love of his life, Joan White, in college. They married in 1985 and loved spending time with family and friends and enjoyed hosting holidays and parties so he could show off his cooking skills.

Real is survived by his wife, Joan; son, Brian of Maryland; daughter, Rebecca of Bow; parents, Jean Claude "JC" and Celine Madore of West Stewartstown; sister, Ginette and husband, Jim Reynolds of Essex Junction VT; brother, Robert Madore and wife, LeeAnne of Contoocook.

In lieu of flowers, donations may be made to Community Bridges, The Real Madore Independent Living Fund, 70 Pembroke Road, Concord NH 03301; or to Brigham and Women's Hospital, Attn: Dr Giada Bianchi, Hematology Department, 75 Francis Street, SR-312, Boston, MA 02115.

DEREK OWEN

Derek Owen of Hopkinton, a farmer and former New Hampshire legislator, died of natural causes at his Hopkinton farm, surrounded by his family. He was 88.

Owen was born in Hopkinton, the younger son of a poet and an architect. He attended Hopkinton schools and earned a degree in Agricultural Economics at UNH. He served in the army and spent a brief time working for the US Forest Service before returning to Hopkinton, where he and his wife Ruth, established the Owen Farm on Brockway Road.

Over more than fifty years, Derek and Ruth developed Owen Farm into a well-known refuge and community resource for countless people, both local and of far-flung origin.

He also served the town of Hopkinton and the state of NH and cared about his community in many ways. He was the Stage Manager in the Our Town performances and acted in several Cemetery Walks for the town historical society. He cared deeply for the environment.

He was also a founding member of Citizens for a Future NH, which worked to responsibly dispose of solid waste. Elected to the Legislature, Derek served ten terms, focusing on agricultural and environmental issues and developed a reputation as a fair-minded and bi-partisan advocate with close working relationships on both sides of the aisle.

Derek leaves his wife, children, Orin and his wife Sherri, Penny, Joab and his wife Maggie, Rocky and her husband Ron, and Mishie, as well as a sister, ten grandchildren and five great-grandchildren.



*Wishing you peace to bring comfort,
courage to face the days ahead and loving
memories to forever hold in your heart.*



Corporate and Personal Tax Preparation, Accounting,
Bookkeeping and Financial Consultations



PO Box 729 (603) 715-1402
Concord, NH 03301 www.ParkersAccounting.com

Have a Safe & Happy Holiday Season



PLUMBING
and
HEATING Corp.

Have a Safe and Happy Holiday

603-225-6929

MBE0000478



CLEVELAND DRYWALL, LLC

Dunbarton, N.H. 03046

Drywall Installation & Finishing



Matthew Cleveland



(603) 496-2893



Be Safe and Have a Great Holiday Season

Bow Garden Club's 12th Annual *Poinsettia Fundraiser*

December 5 – Poinsettia Pick-Up 9 AM - Noon

Poinsettia pre-sale customers can maintain social distancing guidelines and safely pick up their plants at the Bow Parks & Recreation Center, at 3 Bow Center Road, using our Customer Pick-up Drive-thru.

All participants will be required to wear face masks throughout the customer pick-up process. Garden club members will be wearing gloves when they bring the plants to each customer's car as they drive up. Customers will be asked to remain in their cars as their plants are delivered directly to them.

Questions? Contact any garden club member or call
Joyce Kimball at 229-1990
or email: joyceakimball@comcast.net.

*Thanks to our returning customers for their
continued patronage!*



Pick up a copy of *The Bow Times* at one these 28 locations!

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



“PARKING LOT FLOODS WHEN MAN BURSTS.”

Appeared in *The Herald-Sun*
Durham, NC 02/04/09

BOW YOUTH TO PERFORM
IN THE PALACE PRODUCTION OF THE

NUTcracker

Aiva Berrigan and Sydney Ferland both of Bow, along with a cast of professional guest artists and other area youth to perform in the Palace Theatre's upcoming annual production of the timeless classic, *The Nutcracker*, in seven magical performances from **Thursday, November 19th through Sunday, November 22, 2020.**

Sixteen-year old Aiva Berrigan of Bow who attends Bow High School will perform in the Palace Theatre's *The Nutcracker*, for the first time this season. She will be performing the roles of Dew Drop Fairy, Snow Demi-Soloist, Mirliton Dancer, Snowflake in the Snow Scene and as a Flower in the Waltz of Flowers. Although this is her first season with Southern NH Dance Theater, she has performed many lead roles with Eastern Ballet Institute. She will be joined on stage by sixteen-year old Sydney Ferland who also attends Bow High School and resides in Bow. Sydney is also new to the cast this year and will perform the roles of Chinese Soloist, Mirliton Dancer, Snowflake, and Flower. Returning to the cast is thirteen-year old Aubrey Patrick of Henniker will perform the roles of Elf, Mouse, and Candy Cane.

The Palace Theatre will follow all safety guidelines and are taking every precaution necessary to keep everyone safe this holiday season. Due to COVID protocols seating is extremely limited so call for your tickets today!



For show times and ticket information call the Palace Theatre Box Office at 603.668.5588 or visit our website:
www.palacetheatre.org or www.snhdt.org



COVID 19 SPIKES IN NH!

On November 13, 2020, there were 462 positive COVID 19 tests in a state where the daily total was one tenth of that for weeks. With 804 in the hospital we are approaching the 1,000 per day spike Governor Chris Sununu predicted a week ago. New Hampshire's death rate is running at 4% of positive cases. **Local statistics are:**

Bow	11 active cases	56 total
Dunbarton	4 active cases	24 total
Hopkinton	17 active cases	38 total

The Bow Times

STATEMENT OF OWNERSHIP, MANAGEMENT AND CIRCULATION

NAME: The Bow Times
FREQUENCY OF ISSUE: Monthly
PRINTER: Gannett Publishing Services, Portsmouth, NH
PUBLISHER: The Bow Times, LLC
EDITORS: Charles G. and Debra M. Douglas,
40 Stone Sled Lane, Bow, NH 03304
CIRCULATION: 3,126 Mailed Pre-Paid
Stores and other sites: 1,050; Total = 4,176
PERCENT PAID OR REQUESTED: 99%
BONDHOLDERS, MORTGAGEES: None
DATE: November 16, 2020

CONCORD FOOD CO-OP

ORDER YOUR THANKSGIVING TURKEY & PIES!

Too busy to cook? Let our chefs do the work!
Order a fully cooked Thanksgiving dinner.



Stop by the Co-op or call
(603) 225-6840 to place your order!

Quantities may be limited. Order early.

24 South Main St • Concord, NH • 03301 • (603) 225-6840

WWW.CONCORDFOODCOOP.COOP

“ONE and DONE”

Pay down those credit card
balances with one
easy payment.
Save Money. Save time.



Looking for relief?
Contact us today – apply on line
at www.nhfcu.org/applynow
and check personal loans.



(603) 224-7731 • (800) 639-4039

70 Airport Road, Concord • 47 N. Main Street, Concord • 71 Calef Highway, Lee

www.nhfcu.org



Federally insured by NCUA



BOW’S CHOICE FOR DENTAL CARE

\$57 NEW PATIENT OFFER

- CLEANING • X-RAYS
- EXAM • TREATMENT PLAN

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

GENTLE DENTAL CONCORD

410 S. Main Street, Concord, NH 03301

CALL TODAY: 603-712-5058

gentledental.com/concord

Dr. Cash, General Dentist, Periodontist

Dr. Walsh, Orthodontist, Dr. Gass Jr., Oral Surgeon

GENTLE DENTAL CONCORD HOSPITAL

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

CALL TODAY: 603-651-0508

gentledental.com/concordhospital

Dr. Persha, General Dentist



NOW ACCEPTING NEW PATIENTS

- Emergencies seen same day
- Most insurance accepted

ALL PHASES OF DENTAL CARE

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

ORAL AND MAXIOFACIAL SURGERY

Donald J. Gass Jr., DMD,FAGD

- Tooth Extraction
- Widsom Teeth
- Implants
- TMJ

ORTHODONTICS

John Walsh, DMD

- Braces
-  invisalign®
- Free Consultation



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