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# ANNUAL TOWN ELECTION MARCH 9, 2021

### **WARRANT ARTICLE #1-TOWN OFFICES**

OFFICE	CANDIDATE RESUL	
SELECTMAN	Matthew Poulin Michael G. Wayne Jeffrey S. Levesque	408* 493* 402
BUDGET COMMITEE MEMBER	Benjamin J. Kiniry Andrew Mattiace	542* 527

# ANNUAL SCHOOL DISTRICT ELECTION MARCH 9, 2021

WARRANT	ARTICLE	#1

OFFICE	CANDIDATE	RESULTS
SCHOOL BOARD MEMBER	Jennifer Strong-Rain Dr. Erin Zaffini	506* 222
SCHOOL DISTRICT CLERK	John Rich	648*

### WALTER PARKER, WWII VETERAN ENJOYS DRIVE-BY BIRTHDAY PARADE – PANDEMIC STYLE

In addition to family members, friends anm neighbors, the 26th Infantry Division "Yankee Division" WWII Historical Re-enactment Group attended the 100th birthday celebration honoring Walter G. Parker on Sunday, February 28th.

### Thank you for your service Walter and Happy Birthday!



Front and center is Walter G. Parker and daughter in-law Cathrine Parker. Re-enactment Group, back row, from left: Kyle Wyke, Jason Volk, Jack Mundt, Wes Allen, Neil Moore, Mark LaPointe, Gil Machado, John Mundt, Jeanne and Stephen Keith, Shane Bowen and Liam Mulligan.

Photo Eric Anderson.

### HOPKINTON-CONTOOCOOK NEWS ON PAGES 12-13



Mike Wayne, Selectman candidate; Jennifer Strong-Rain, School Board candidate; and Matt Poulin, Selectman candidate welcome voters as they arrive at the polls. Each candidate won their respective race. Photo by Eric Anderson.

# BOW POLICE REPORT BY MRI SHOWS SYSTEMIC FAILURES

by Chuck Douglas

This paper and the ACLU for New Hampshire requested and finally received the 28-page report by Municipal Resources, Inc. (MRI) into the workings of the Bow Police Department last year. The report had been held by Town Counsel Eric Maher and not given to the Selectmen who paid Maher \$4,938.75 and MRI \$9,187.40 for it. This "game playing" has been criticized by the ACLU as a way to avoid releasing negative reports under RSA 91-A, the Right to Know Law.

In its October 27 letter to the Police employees Town Manager Stack said that the Chief had engaged in no conduct even warranting discipline. The MRI report, however, said that in handling a sexual assault allegation between two juveniles in 2016, she "did not meet her professional obligations when she failed to document a report of sexual assault." (MRI report p. 27).

When interviewed, MRI found the Chief was "negligent in 2016, 2018 and again in 2019." The interviewer said her answers "were not consistent" and were "conflicting." (p. 10). The backdating of a report about the victim was also criticized as was missing documentation. (p. 11-12). The boy involved is the son of a former federal law enforcement agent but the Chief denied she made any "deal" to cover up the alleged sexual assault. (p. 11).

The multi-year on again off again activity in the case was known to the officers. MRI said, "the prolonged and repeated nature of Chief Lougee's negligence has led to a substantial breakdown of employee trust in the executive." (p. 10).

As to the 10 officers who signed the July 13 letter the finding by MRI was that "letter is merely the tip of the iceberg," and that employee concerns regarding policy issues were "well-founded." (p. 4).

MRI REPORT | Continued to page 4

WINNER OF 6 NH PRESS ASSOCIATION AWARDS

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### The Bow Times

Publisher - The Bow Times, LLC

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**DEADLINES:** 1st of the month; classifieds must be prepaid – cash or a check made payable to The Bow Times.

### ADVERTISEMENT ERRORS:

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

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

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

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

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### **EDITORIALS**

# IN THE APRIL, 20 REPUBLICAN PRIMARY VOTE JOHN MARTIN FOR STATE REPRESENTATIVE

Since leaving High School, John Martin has spent a lifetime of service beginning with his enlistment in the U.S. Army and volunteering for service in Vietnam. He spent a total 29 years on active duty and in the Army Reserves. Additionally, he served deployments in Central America, on the Mexican border and in East Africa. His civilian career was heavily in law enforcement including 21 years with the NH Department of Corrections, earning the Special Award for Valor and retiring as a Unit Manager.

After retirement he directed his creative efforts into writing and published four novels, one, "The Last Courier," was recently re-released.

He previously served with pride as a State Representative for Bow and in Dunbarton in 2015-16 sitting on the Criminal Justice and Public Safety Committee as the committee majority whip. He moved to Bow in 2000 and has lived here since, serving several years on the town Public Safety Building Committee. He has three children, one step child, and 6 grandchildren and lives on Woodhill Road with his wife Carol.



He looks forward to continuing his service to the community in a thoughtful, dedicated manner, resisting efforts to raise taxes and fund needless projects, but will protect our individual liberties.

One of our three Bow/Dunbarton State House of Representatives became open when Samantha Fox moved from Bow and resigned her seat. Each party will have a primary on April 20 with the election on June 8.

### GAME PLAYING WITH THE MRI REVIEW

Problems with a lack of policies in the Police Department led to a vote of no confidence in Chief Margaret Lougee last July. The town then spent \$14,000 to do a top to bottom review of the department but hid the report from the Chief, her staff and itself by having its lawyer send an attorney/client privileged letter to the Selectmen. When this newspaper requested such letter on February 22 under RSA 91-A (the Right to Know Law), the town manager refused on March 2 to disclose it.

Thus, we will never know the source of the very misleading October 27, 2020, letter from the Town Manager and the Chair of the Selectmen that never told the complaining officers they had good reasons to do so, but rather said the Chief had not done anything to even warrant a letter of warning or any other discipline.

But the real world was evident in the front-page story today where MRI found her to be "negligent" and did "not meet her professional obligations." There "were well founded policy issues" in the police employees' letter which was only "the tip of the iceberg" according to the report.

In the future it is hoped we will have more transparency rather than trying to hide the ball. Taxpayers can accept the facts but only when they know them. We are owed the bad facts and the real facts not alternative facts.

Chuck Douglas
For a free press, je suis Charlie

### LETTERS TO THE EDITOR

Thank you to the Times and Chuck Douglas, who wrote the piece in the February, 2021 Bow Times, "Can State Government Mandate Wearing Masks in Public?"

Your explanation and arguments are clear, concise, rational and make the point that personal freedoms are not absolute and can be carefully limited in order to allow us to live in and achieve the benefits of society. You have provided me with talking points when I converse with acquaintances who want no limits on their actions and feel that mask mandates are an infringement of their rights.

Mary Lee Sargent, Bow

### TO THE EDITOR AND READERS:

Are you looking for a great opportunity to volunteer and help a child have a chance for a better life? I challenge you to become a CASA Volunteer. In the 9 years I have been a CASA, I have found my work to be

both challenging and rewarding. As a CASA, you go to court and advocate for children involved in abuse/neglect cases. You meet regularly with the child and any important people in the child's life (i.e., parents, relatives, foster parents, teachers, DCYF workers, and medical providers). Then you use the information you gather to send a report to the judge expressing what you believe should be done in the best interest of the child.

In addition, you will have great support from CASA NH. They provide all the initial and subsequent training you need to carry out your duties as a CASA. There are support groups where you meet with other CASA volunteers like

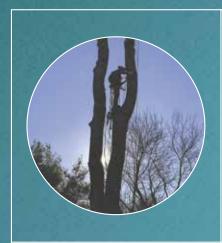
o answers any questions you

Appointed Special Advocates

yourself and get input about your case. You also have a Program Manager who answers any questions you have and reviews any reports you need to file. CASA NH supports you every step of the way.

Training and info sessions are being held online. To learn how you can get involved visit www.casanh.org or call Diane at 603-626-4600. I encourage anyone looking for challenging yet gratifying volunteer work to sign up and become a CASA volunteer. It is a wonderful way to help a child!

Jennifer Westover, Bow







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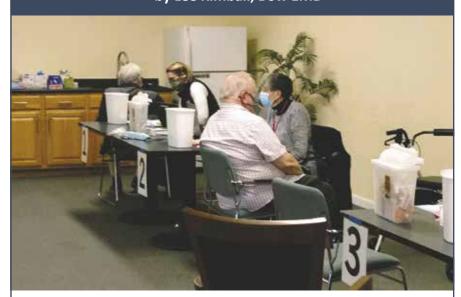
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# WRSLC COVID-19 VACCINATION CLINIC

by Lee Kimball, Bow EMD



On February 12, 2021, the first of two vaccination clinics for COVID-19 was held at the White Rock Senior Living Center (WRSLC). The vaccination clinic coordinated by the Town of Bow Emergency Management and Summit Properties was conducted by the Capital Area Public Health Network (CAPHN) and volunteers from the Capital Area Medical Reserve Corps, Concord Hospital, and Bow Fire Department. A total 170 individuals, sixty-five and older, received their initial vaccination dose and will be administer their second dose on March 12th.

The Town is grateful for the cooperation on the part of the State and CAPHN to vaccinate this vulnerable and high risk population of our community. This is only one step in mitigating this pandemic and all are reminded to wash your hands, wear your mask, maintain social distancing, avoid large gatherings, and avoid unnecessary travel.

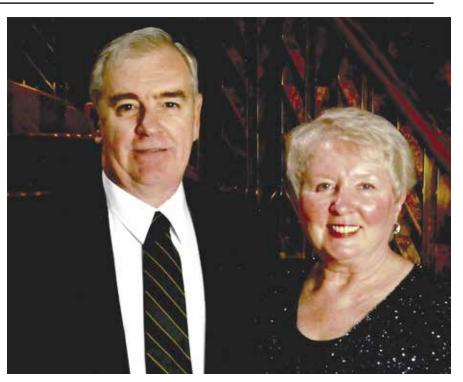
As of February 28, 2021, the Town had experienced 363 total cases and had 10 active cases. Residents with COVID-19 and vaccine questions surrounding the phases and scheduling may find information at vaccines.nh.gov or by calling 211. The info can also be found on the Town website. Residents can always call the Bow Emergency Management office at 223-3940.



Bow Parks and Recreation is planning an in-person, socially distanced, **Easter Egg Hunt** on **Saturday, March 27th** at Hansen Park. The hunt will take place on Gergler Field followed by activities and photos with the Easter Bunny near Gosling field.

**Directions:** Take Albin Road to Hansen Park and then a left onto McKenna Way. Please click on the following link for more information. Hope to see you there!

www.parksandrec@bownh.gov/2021 Easter Egg Hunt flyer.docx



# VOTE JOHN MARTIN FOR STATE REPRESENTATIVE

PRIMARY DAY - APRIL 20, 2021

20+ year resident of Bow Married to Carol Martin Former NH State Representative 2015-16 Criminal Justice and Public Safety Committee Retired NH DOC Unit Manager

Retired US Army First Sergeant – 100% disabled Vietnam Veteran

Former NH Justice of the Peace New Hampshire Certified Public Manager

Served 3 years on Bow Public Safety Building Committee

"I am committed to preserving the quality of life in NH and preserving your rights as a citizen of NH and the United States. I want to maintain civility in debates in the State House. In the midst of the ongoing pandemic the needs of small businesses must be met, and this is not the time to raise their taxes or impose more regulatory burdens on them."

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### MRI REPORT | Continued from page 1)

One of the major rub points was the lack of access to department policies as well as outdated and nonexistent policies in certain areas. MRI "heard from every employee that the department did not have policies available." (p. 4). Without policies decisions are random and ad hoc so that "employees at every level...expressed that they do not have sound policies to turn to for direction." (p. 7).

The lack of policies was found to make it impossible to know if discipline had been fairly or uniformly applied because no policy manual was available. (p. 7 and 13). The lack of a manual of policies both "contributed significantly to the employees" vote of no confidence in Chief Lougee and is a substantial violation of the community trust." (p. 13). MRI said the highest priority for "immediate attention" was a "centrally located policy manual for access by employees." (p. 27).

Taxpayer risk for lawsuits was evident in two critical areas covered by MRI, use of force and vehicle pursuit. The current use of force policy directive was "missing critical elements" such as de-escalation of the situation and should prohibit using cruisers as a deadly weapon. (p. 15-16)

Finally, there is no procedure for the intake and investigation of citizen complaints. The "absence of a policy governing this important police function is glaring." (p. 19).

None of these deficiencies were shared with the people running the department including Chief Lougee because access to the report was only obtained this past month.

### QUOTE FOR THE DAY

"Any fool can criticize, condemn and complain – and most fools do." Benjamin Franklin

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### AVOIDING CORONAVIRUS SCAMS

The first week in March is National Consumer Protection week. Troubling as it may seem, scammers are preying upon consumers' urgent desire to get vaccinated as soon as they can. These scams can cause financial damage, steal your identity, give a sense of false hope and affect your health.

While vaccination details are getting worked out, here are the top 3 things you can be sure of:

- You can't pay to put your name on a list to get the vaccine. That's a scam.
- You can't pay to get early access to the vaccine.
- Nobody legit will call about the vaccine and ask for your Social Security number, bank account, or credit card number.

The Federal Trade Commission is also asking consumers to be aware of these additional schemes used by scammers:

- Ignore any vaccine offers ask for financial information.
- Ignore offers for vaccinations and miracle treatments or cures. Scammers are selling products to treat or prevent COVID-19 without proof that they work.
- Be wary of ads for test kits. Many test kits being advertised have not been approved by the FDA, and aren't necessarily accurate. Almost all authorized home tests don't provide rapid results and require you to send a test sample to a lab for analysis.
- Hang up on robocalls. Scammers are using illegal robocalls to pitch everything from low-priced health insurance to work-athome schemes.
- Don't respond to texts, emails or calls about checks from the government.
- How do you know if the call is from a real contact tracer or a scammer? Legitimate tracers need health information, not money or personal financial information. The also do not need your social security number, immigration status. They only send you texts or email notifications if they need to contact you, and these communications will not contain links to click or ask you to download files. If you suspect a scam tracer, contact: https://www.dhhs.nh.gov/ and https://reportfraud.ftc.gov/#/.
- Watch for emails claiming to be from the CDC or WHO. Use sites like coronavirus.gov and usa.gov/coronavirus to get the latest information. And don't click on links from sources you don't know.
- **Do your homework when it comes to donations.** Never donate in cash, by gift card, or by wiring money.

Be vigilant and be prepared to report these tactics to:

https://www.ftc.gov/coronavirus/scams-consumer-advice

https://www.consumerresources.org/beware-coronavirus-scams/and https://www.dhhs.nh.gov/

Source: Federal Trade Commission and National Association of Attorneys General

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# BOSTON POST CANE PRESENTED TO BOW'S OLDEST RESIDENT

On Tuesday, February 23, 2021, the Board of Selectmen presented the Boston Post Cane to Cedric Dustin, Jr., the Town of Bow's oldest resident. The Town of Bow has presented the Boston Post Cane to the Town's most senior resident since 1909. At that time, the now defunct Boston Post newspaper, presented canes to communities of New Hampshire for this purpose. Bow residents are now awarded a replica the cane, and the original cane is on display in the Board of Selectmen meeting room.



Chris Nicolopoulos, Chairman of the Bow Select Board, presents a replica of the Boston Post Cane to longtime Bow resident Cedric Dustin. In the back (left to right), is Town Manager David Stack, Selectman Matt Poulin, and Selectman Mike Wayne.

Photo by Eric Anderson.



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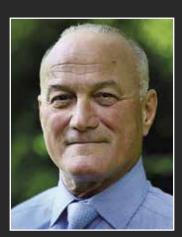
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### THE BOW GARDEN CLUB IS LOOKING FOR NEW WAYS...

The garden club executive board and committee chairs are busy coming up with new ways to hold meetings with the membership to include not only meetings and discussions via Zoom but also on-line presentations similar to those we would have offered to our members at our in-person meetings. The programs would be pre-recorded presentations that we would make available to our members on line. Stay tuned. Our new garden club year began on January 1 and new members are always welcome!

For more information visit our website at:
www.bowgardenclub.org
or contact Club President Keryn Anderson at:
kerynanderson@ericandkeryn.com

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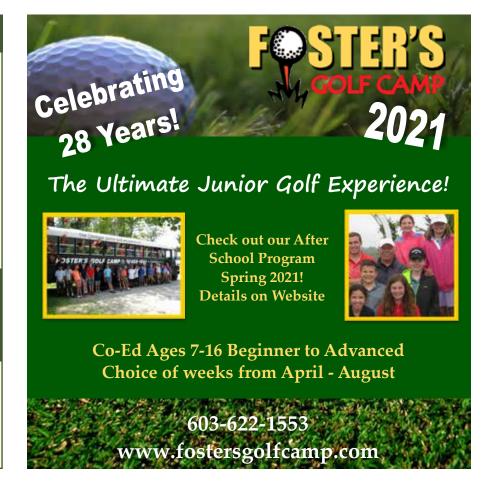
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### **SPRING IS IN THE AIR!**

by Jim Olson

You can truly savor the new season - which starts this month, by the way - by starting to focus on your health and fitness now. It's not too late to improve your stamina, get your nutrition in check and start feeling better.

But here's the thing: you don't need another diet. You don't need extreme calorie cutting or to cut out an entire food group. You don't need to work out seven days a week. You don't need to blame and shame yourself for taking it easy over the winter or letting holiday treats become daily treats. Most impor-



Jim Olson

tantly, you don't need to look back on all the things you could have done differently these last few months.

Instead, you need to look ahead, to the spring, the summer and the life you want to have. Think of spring as your perfect time to have a fresh, clean start. What's behind you doesn't matter—it's the choices you make going forward that will have a real impact on your well-being (and your stamina on the tennis court).

Think about it like this—you are going to do a spring clean on your lifestyle.

You want to spiff everything up. Throw open the windows, let in some sun. Shake out your old winter habits and tidy up your routines to make them healthier so that you feel better and can do all of the fun

warmer weather activities that you are going to want to do. You want to enjoy that freshly cleaned new spring feeling—in your body!

And this is going to look and feel different for everyone. That's why we don't teach you to follow a specific diet plan or exercise regimen: because we know everyone is an individual. Everyone has their own vision for their health and fitness, and everyone can fit different strategies into their everyday life. And we believe that everyone can reach their health and fitness goals—with the right help, support, and resources like we provide for you at Individual Fitness.

One of the resources that we provide that will really help you spring into Spring with some extra spring (see what I did there) in your step to boost your energy with our 30-day jumpstart. Our 30-day jumpstart will let you get a head start on setting an exercise and nutrition plan to help you meet your goals, you will receive individualized attention and our professional focus on you—your goals, your needs. It is a great program to use to set a specific goal and enjoy working towards and realizing the achievement of it.

Try it and follow The IF Way to get the boost of energy you need!

When it comes to preparing for a healthier spring, individualized support is key. Whether you just want to make sure you can enjoy your favorite hikes this summer, or you're planning on spending the warmer months running marathons—Individual Fitness can help you create your perfect spring and summer.

So throw off those blankets, put down the remote and lace up your sneakers! We're ready to give you the personalized strategies and support you need to lift yourself up and get ready for an active spring season.

Helping you take your next step, Jim

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- A personalized cardio program prescribed how you need it to be
- A personalized mobility and stretching program to help you move easier
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### ADULT PROGRAMS ADULT CRAFT KITS

### MONTHLY TAKE HOME CRAFTS FOR TEENS & ADULTS

March's Craft Kit is Sweet Treat Centerpiece. Registration for this take-home kit is FULL.

April's Craft Kit is Decorative Decoupage Plates. Supplies are limited and registration is required. For more information, contact Betsy at betsy@bakerfreelib.org

### **ADULT BOOK GROUPS**

At this time, the Adult Book Groups and White Rock Whodunits for the month of March will not be meeting in person, however the copies of "Yellow House: A Memoir" by Sara Broom will be available for Book Talk members to pick up at the Circulation Desk mid-March. Please contact Amy at amy@bakerfreelib.org with any questions.

### **BARNS OF BOW**

The Bow Heritage Commission's Barns of Bow will be featured in the Baker Free Library's Art Gallery starting on March 22nd. Photographs of Bow's barns will be on display with artifacts and history relevant to each barn. Stay tuned for more information regarding the exhibit by following the Library on social media or contact Amelia, amelia@bakerfreelib.org.

### YOUTH SERVICES PROGRAMS VIRTUAL STORYTIMES

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@baker-freelib.org.

If you are interested in participating in the weekly Virtual Read-Aloud every Thursday at 10:30am, please contact Juliana at juliana@bakerfreelib.org to get the link!

### **CREATIVE KITS FOR KIDS**

The library's Creative Kit program, a monthly take-home kit designed for children aged 3-12, continues through March.

March's theme is **Snug As A Bug!** All month long, we'll explore the world of insects, and learn about bees, butterflies, dragonflies, ants, beetles, and more. Along the way, we'll explore how (and why) bees pollinate flowers, trees and plants; how some insects walk on water; why butterfly wings look the way they do, and much more. To access this month's printables and projects, visit the "For Kids" page on our website.

In April, our Creative Kits will explore the science and diversity of rivers, ponds and streams. Meet the critters and creatures who live there, with projects focused on frogs, turtles, beavers and more. You'll even learn how to make your own underwater scope from recycled materials! Interested? Sign-up for a kit on the library's calendar any time after March 15. Kits are available for children aged 3-7 and 8-12.

For more information, contact Juliana at juliana@bakerfreelib.org.

### FIRST CHAPTER FRIDAYS

Every Friday, listen to the first chapter of a middle-grade book read by our youth services librarian. This weekly podcast will introduce a range of recommended titles for readers aged 8-12, and include a mix of genres and topics. New recordings will be posted every week, and can be accessed anytime through our website. Listen on your schedule, and reserve the books you like most! New episodes will be posted every Friday in March, chosen to coincide with our Creative Kit's theme of the month. Have a title, author, or topic to suggest? Email juliana@bakerfreelib.org.

# LINDA LORDEN OF BOW NAMED CHAMBER CITIZEN OF THE YEAR



Linda Lorden

The Greater Concord Chamber of Commerce announced last month Linda Lorden, president and CEO of Merrimack County Savings Bank is its 2020 Citizen of the Year. The Chamber will honor the Bow businesswoman and civic leader at a virtual Citizen of the Year Award gala streamed live from Bank of New Hampshire Stage of Tuesday, March 30 from 4-5:15 p.m. The interactive event kicks off with a virtual cocktail reception for all attendees, and culminates in Lorden receiving the Chamber's top honor. The public is welcome and encouraged to attend.

"This award represents the highest honor bestowed on an individual by the Greater Concord Chamber of Commerce," said President Tim Sink. "We received numerous nominations for Linda Lorden and are proud to present her with this award for all she has done for the community in many ways, over many years. Linda exudes the very definition of good citizen."

Lorden volunteers on the Concord Coalition to End Homelessness Steering Committee. She is an active member of the Bow Rotary Club, volunteers at the Friendly Kitchen, previously served on the Board for Riverbend Community Mental Health and as a member of the CATCH Neighborhood Housing Asset Building Coalition. Lorden served as President of the Penacook Community Center and as a board member for many years. She participated on the Granite United Way's agency review committee for Merrimack County and its Volunteer Income Tax Assistance Committee. Lorden was also active with the Red Cross Capitol Campaign and Easter Seals NH VIP Campaign.

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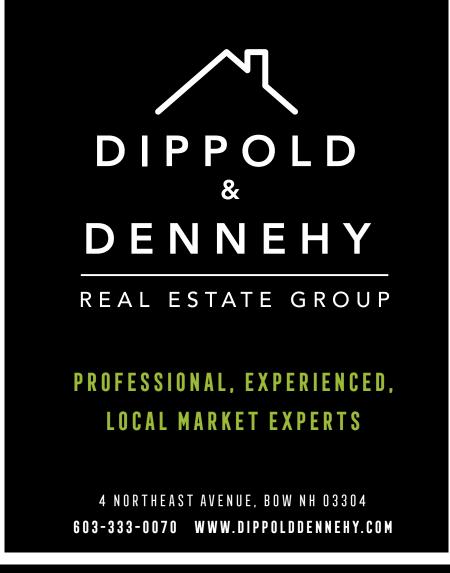
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### FEBRUARY 2021 REAL ESTATE SALES IN BOW

ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
89 Woodhill Road	3 Bedrooms   3 Baths	3056 Square feet	6.13 acres	\$529,000
32 HamiltonCourt	4 Bedrooms   3 Baths	2872 Square feet	2.18 acres	\$670,672

### FEBRUARY 2021 REAL ESTATE SALES IN DUNBARTON

EGUAL HOUSING

ADDKE 22
15 Purgatory Pond Road
63 County Road

A D D D C C C

BEDROOMS / BATHS
4 Bedrooms | 3 Baths
3 Bedrooms | 3 Baths

**SQUARE FOOTAGE** 2520 Square feet 2518 Square feet ACREAGE 5 acres 5 acres **PRICE** \$600,000 \$659,000

Sales Data for February 2021 provided by the NHMLS.



Pats Peak Season Pass options are on sale until April 15, 2021

### **POWDER PASS CLUB SEASON PASS**

Powder Pass Club Members enjoy unlimited skiing, snowboarding, and tubing (Tubing AM sessions only); 20% off cafeteria food and purchases in the Retail Shop, 20% off season locker rental, Powder Pass gift and 10-50% discounts at southern New Hampshire establishments are just a few of the benefits.

### **UNLIMITED SEASON PASS**

Go from parking lot to lift! Come ski or snowboard as much as you want, when you want, day or night!

Purchase on or before: April 15, 2021 Adult (30-64): \$469 20 Something (18-29): \$299 Junior (6-17): \$389 Senior (65+): \$389 Military\*: \$389 Child (5 & under): \$30 processing fee

\*Military Unlimited Season Pass rate is valid for Active Duty and Reservists (active in a unit) and their spouse of all branches with a valid US Military ID or proof. Some restrictions may apply.

### **MIDWEEK SEASON PASS**

Ski or Snowboard Monday through Friday. Does not include holiday periods: Christmas Holiday Period, Martin Luther King, Jr. Holiday Period and President's Week Holiday Period.

Purchase on or before: April 15, 2021 Ages 6+: \$279

All passes, with the exception of Midweek Season Passes, are valid for Saturday Night POP (rental equipment not included). Prices are determined by the passholder's age on the date purchased. Rental equipment is not included in season pass prices.

### "PEAK" REWARD UNLIMITED SEASON PASS PROGRAM:

The Pats Peak "PEAK" Reward Program saves money for everyone in the group with a minimum of ten (10) members. The Leader of the program receives rewards. For more information on the "PEAK" Reward Program go to:

www.patspeak.com/Tickets-Passes/Peak-Reward-Season-Passes.aspx.

"Peak" Reward Unlimited Season Pass Pricing-minimum of 10 members: Go from parking lot to lift! Come ski or snowboard as much as you want, when you want, day or night!

Purchase on or before: April 15, 2021 Adult (18-64): \$439 Junior (6-17): \$359 Senior (65+): \$359

Season Pass rates will increase after April 15, 2021! 2021/2022 Season Passes can be purchased at Pats Peak Guest Services or online at: www.patspeak.com/Tickets-Passes/Season-Passes.aspx.

PATS PEAK can be reached by telephone at 603-428-3245 or 1-888-PATS-PEAK or online at www.patspeak.com

### THE LAST COURIER

A thrilling story of when the war on terror visits a small New England town.

Bow resident, John Martin has re-released the fourth novel in his "Deployment" series. *The Last Courier* is a fast-paced adventure that begins with the raid that killed the world's most wanted terrorist and launches one last assignment for his last courier. It sweeps across the Middle East and Europe, to North America and into New Hampshire, where a dedicated group of soldiers must determine the threat and take steps to stop it. From the streets of Concord to the Canadian border, the chase is intense and deadly, until the final showdown with the terrorist and his allies.

Available through Amazon, luniverse, or through your local bookstore.





Join our 5K
DIRTY PAWS FUN RUN
to help homeless pets!

WALK, HIKE OR RUN your favorite route April 1st-10th.

Register today at **popememorialspca.org** 





# **BOW ROTARY CLUB CELEBRATES 50 YEARS!**

For the Rotary year of July 2020, through June 2021, the Bow Rotary Club had planned a series of events to celebrate its 50 years of existence and service in the Bow community. All Rotary Clubs are

**FREE** 

part of Rotary International, which covers not only the United States, but in 200 countries throughout the world with its 1.2 million members serving their respective communities in 35,000 Rotary Clubs.

### **GIFTS AND GRANTS PROGRAM**

For the past 50 years, the Bow Rotary Club has been proud of our service to students and their families, as well as to the Town of Bow and our wider community. Previous articles have given you an idea of some of the activities of Rotary, such as the Roadside Pick-Up on Route 3-A, bell ringing for the Salvation Army, and summer concerts at the Town Gazebo, to name a few.

The Club has a Grants program, specially designed to help students and/or their families, as well as local groups with defined needs. Past grants have ranged in size from \$50 to \$1500, and in type from camperships for girls to attend Girl Scout Camp, as well as for boys and girls to attend programs held by Bow Parks and Recreation Department. Bow Rotary has also helped an autistic child and his grandparents by funding the continuation of his ability to swim and paid for another child to experience the Boston Museum of Science. The Grants program is administered by a small Club committee which reviews each request, using the guidelines of the Club's Policy on Giving, found on the Club's website. Each request must be completed using the Donation Request Form, also found on the website, and then submitted for consideration following the directions provided. Response to requests will usually be received within a week. All grant requests are kept confidential and are totally separate from the scholarships we award annually. Bow Rotary hopes that if you are aware of a local need in Bow or Dunbarton which is not likely to be met through other sources, you should direct them to our website for possible eligibility for a Bow Rotary Grant.

Over the past 50 years, the Club has made many substantial gifts to the community; we have contributed time and money toward ball fields, toward the sign at the High School, and along with the Garden Club, we created and continue to maintain Rotary Park at the corner of White Rock Hill and Logging Hill roads. We have helped with the local trails program, published successive maps of the Town of Bow, provided \$25,000 of funding for the Wildcat Habitat area at the Bow Middle School, and we gave \$20,000 to complete the lower-level community space for the Baker Free Library. All gifts over the size of \$2,500 require a majority vote from Club members. These gifts, and many others, were made possible primarily through our annual fund-raisers; our Foundation Auction (held in the fall) and the Bow Rotary Car Show (held in the spring). Without the support of corporate sponsors, local businesses and individuals, these would not be successful. We depend on participation not only by our members, but also our townspeople of both Bow and Dunbarton, to continue this good work. We sincerely thank you for your continuing support.

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

Check our website at www.bowrotary.org for meeting schedule and details. Or, you can contact our President, Matt Gatzke at: msgatzke@gmail.com / (603) 496-9044 or email bowrotary@gmail.com.

2020 Was a Good Year for Internet Access!

250,292 Page Hits for The Bow Times!



www.thebowtimes.com

# BOW - HOPKINTON SPORTS NEWS



### **BOW'S ALPINE SKI TEAM WINS CAPITAL CUP** FEBRUARY 3, 2021

Bow High School's Alpine Ski Team won the Capital Cup Slalom at Proctor Academy for the 2nd year in a row.

Bow defeated Concord (2nd), Hopkinton (3rd), Pembroke, Bishop Brady and Merrimack Valley. The unique scoring system of the Capital Cup combines each schools Boys and Girls team for the overall winner.

**Individual standouts** for Bow were Adeline Pfeifle 2nd and Sarah Lavigne 5th for the Girls. Patrick Wachsmuth 1st, Eli Gadbois 3rd and Connor Wachsmuth 4th for the Boys.

Concord's Savanah Shannon took 1st for the Girls and Concord's Neil Shea took 2nd for the Boys.



### **BOW SKIERS SHINE AT MEET OF CHAMPIONS**

At the D2 State Meet Bow's Adeline Pfeifle, Eli Gadbois and Patrick Wachsmuth qualified for the Meet of Champions.

Meet of Champions was held on February 18, 2021 at Cannon Mountain. All 4 of the State's Divisions sent their top skiers to compete in Slalom and Giant Slalom.

Adeline Pfeifle finished 6th in the Girls Slalom, Patrick Wachsmuth finished 2nd in Slalom and 6th in Giant Slalom, Eli Gadbois finished 2nd in Giant Slalom.

All 3 of Bows Athletes qualified to represent New Hampshire at the Eastern Regional HS Race, however due to Covid this year's race has been cancelled.



# FOUR FALCONS COMPETE AT THE 2021 NHIAA DIV. II STATE SWIMMING CHAMPIONSHIPS

Bow High School had 4 swimmers who met qualifying time standards and recently raced at the 2021 NHIAA Division II State Swimming Championships on February 21, held at the Workout Club of Salem.

Pictured above from left to right: Junior Sarah Guerrette was the State Runner Up in the Woman's 100 Free and took 3rd place in the 50 Free, Junior Ryan Thompson placed 4th in Men's 100 Free and 5th in the 100 Fly, Senior Rebecca Klements placed 6th in the 100 Free and 8th in the 100 Breast, Senior Sarah McCarthy placed 11th in the 200 Free and 15th in the 500 Free.



### **EXCITING ENHANCEMENTS FOR BHS**

by Jaime Smith, VP Bow Booster Club

The Bow Booster Club purchased and installed artificial intelligent cameras in the Falcon Gym and Premier Field, allowing all games to be broadcast to a website and viewed for a minor subscription.

Parents, students and fans have been able to watch all of the games remotely - a Godsend during Covid. The club is also working on adding mobile cameras to capture many other BHS sports events and games.

One of the goals is allowing students to broadcast the games. Some budding sports announcer at BHS may be inspired while learning new broadcasting skills.

Another great donation provided by the club are bleachers at the Premier Field. Selling raffle tickets made it possible to purchase ADA-compatible bleachers with better sight lines and more capacity. The existing bleachers were moved to the the other side of the field, giving many more fans the ability to enjoy the games and activities in much more comfort.



THE BOW TIMES VOL 28, NO. 3 March 2021 www.thebowtimes.com **FREE** 

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

Serving Hopkinton and Surrounding Communities.





### **Hopkinton Real Estate Sales – FEBRUARY 2021**

ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
000 Thain Road	N/A	N/A	2.98 Acres	\$ 78,000
000 Clement Hill Road	N/A	N/A	16.13 Acres	\$ 84,000
210 Pleasant Pond Road	3 Bedrooms   2 Baths	1,608 Square Feet	5.30 Acres	\$319,400
848 Rollins Road	4 Bedrooms   3 Baths	3,136 Square Feet	4.60 Acres	\$330,000
199 Maple Street	3 Bedrooms   2 Baths	2,184 Square Feet	15.4 Acres	\$461,000
267 Kast Hill Road	4 Bedrooms   4 Baths	2,431 Square Feet	5.05 Acres	\$475,000
1966 Maple Street	Multi-family	5,865 Square Feet	0.87	\$1,300,000
			_	

Sales Data for February 2021 provided by the NHMLS.

### LET US BE YOUR SOURCE FOR ALL THINGS REAL ESTATE!







Calvin Herst



Suzanne Zellers-Beck



Sandy Heino



Molly Hardenbergh



Rolf Gesen

### THE AREA'S #1 INDEPENDENT REAL ESTATE COMPANY

Based on combined Real Estate Sales in Merrimack County, MLS for 3 years 2018 - 2020!

### HOPKINTON SCHOOL BOARD ANNOUNCES **NEW SUPERINTENDENT**



The Hopkinton School Board announced Michael Flynn as the new Superintendent of Schools effective July 1, 2021. For the past eight years, he has been part of the Timberlane and Hampstead School District community, most recently serving as Executive Director of 21st Century Learning, Assessment, overseeing curriculum, instruction, assessment, and technology. Mr. Flynn holds a Master of Business Administration, a Master of Business Education, and an Educational

Specialist Degree in Educational Administration and Supervision.

Beyond his educational, business, and school district leadership experience, Mike is an incredibly hard working, dedicated individual, eager to help champion the Hopkinton School District forward, building upon our strengths and tackling our challenges. He prides himself in always being able to see the good in people, as well as his communication and relationship-building skill sets.

"I can't wait to get started with local leaders, and the school board," Flynn said. "I've now gotten to meet the district leadership, and school leadership. And I can't wait to start meeting the staff and the students. We're in this game for a reason. The bottom line is the students and everything that we do is with them in mind. I can't wait to work and to begin building a plan to move this this district forward."

Mike will be transitioning into the district throughout the spring, so he can hit the ground running come July.

Flynn currently lives in Windham with his wife and three children.

### HOPKINTON POLICE DEPARTMENT

### FEBRUARY 2021 STATS AND ARREST LOG

6 Arrests 6 Accidents 237 Traffic Stops

02/05 Dakota Brooks, 20, of 92 Blaze Hill Road, New Hampton, NH was arrested for Receiving Stolen Property: Stolen Firearm.

02/12 Samuel Chase, 22, of 99 Pinewood Drive, Hopkinton, NH was arrested for DV; Simple Assault; Physical Contact, DV; False Imprisonment, Criminal Mischief and Simple Assault; Physical Contact or Bodily Injury.

02/13 Ashley Gagnon, 32, of 578 Farrington Corner Road, Hopkinton, NH was arrested for DV; Simple Assault - Bodily Injury, DV; Simple Assault - Bodily Injury and DV; Obstructing Report of Crime/Injury.

02/18 David Roberts, 71, of 107 Tucker Drive, Hopkinton, NH was arrested for Willful Concealment and Willful Concealment.

**02/20** Kristin Card, 41, of 14 Kearsarge Avenue, Hopkinton, NH was arrested on Warrant.

02/23 Kenny Robbins, 26, of 11 Freedom Acres Drive, Concord, NH was arrested for Possession, etc.: Residual Amount.





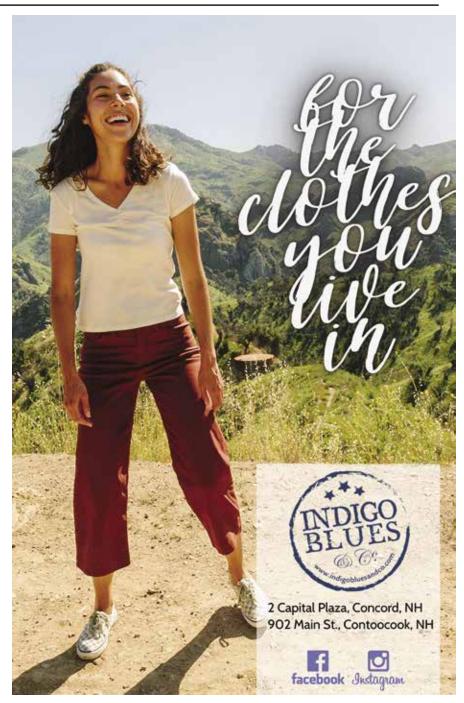
# Welcome to the Hopkinton - Contoocook **TOWN CRIER!**

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

- **SCHOOL REGISTRATION** Registration for the 2021/2022 school year is now taking place at Harold Martin School. Call the school office at 746-3473 for registration information. Preschool for children who will be 3 and 4 yrs on or before September 30th. This is a tuition based program and enrollment is filled by lottery. Kindergarten is for children who will be 5 yrs old on or before September 30th. First grade is for children who will be 6yrs old on or before September 30th.
- ▶ **WORK SONG FARM** has opened their CSA registrations for the 2021 season. Full and half shares are available. Information at: http://www.worksongfarm.com/join-our-csa
- Town Library is open Tuesday and Friday from 10am-12n and 2-5pm. And Saturday from 10am to 1pm. Please call to reserve your half hour slot. If capacity has not been reached, walk ins are still welcome. Please wear masks covering nose and mouth. Information regarding youth programs and story hours can be found by calling the library or contacting Leigh Maynard at lmaynard@hopkintontownlibrary.org. The library can be reached at 746-3663. Up to date information available on the web site https://www.hopkintontownlibrary.org/
- FREE TAX HELP! Volunteer tax preparers will be at the Library Community Room on Wednesdays and Thursdays. Appointments are required, to request an appointment for free tax help go to nhtaxhelp.org (preferred method). You can also call 211. The library cannot schedule your appointment. Free tax preparation is available to all ages and occupations. Returns cannot be filed with rental income, self-employed individuals with a loss, employees, inventory, or home office deductions. Other limitations may apply to your circumstances, an appointment is not a guarantee that the volunteers can prepare your return.
- ► SUMMER EMPLOYMENT The Hopkinton Recreation Department is accepting applications for summer employment! More information can be found at www.HopkintonRec.com
- ▶ WRITING CAMP for 3rd grade through high school. Can attend one or both weeks. June 28th July 2nd and/or August 16th-20th. May be virtual or hybrid or in -person. Contact Joan Follansbee (joan-follansbee@gmail.com) or Trish Walton (trishwalton65@gmail.com). \$140 half day, \$190 full day.



- ► FARMERS MARKET The Contoocook Farmers Market is a community of growers, makers, and artists. Check out Harvest-To-Market (harvesttomarket.com) and place your order by Wednesday midnight for pick-up on Saturday from 10-Noon at the Depot. Thanks for supporting local! Masks are required. Stay up to date by visiting the Facebook page Contoocook Farmers' Market.
- ▶ GILDED FERN FARM is a family operated fromagerie, creating artisan cheeses with milk sourced from dairies whose animals are fed and cared for in the traditional manner, free from stress, and without supplemental hormones or antibodies. Gilded Fern Farm is located at 258 Dustin Road. The Farm Store is open year round from 7am to 7pm or order on line https://gildedfernfarm.com/ and for more information or their Facebook page.
- **BEECH HILL FARM** has a fully stocked inventory of our own pasture-raised, all natural Angus beef and pork, and maple syrup. Please call us at (603) 223-0828 to place an order and we will schedule a pick up time with you. Thank you for supporting local farms!





months on new 2021 HR-Vs. Subject to credit approval through Honda Financial Services. \$1,000

(2) 0.0% APR financing available up to 48 months and 0.9% APR financing available up to 60 months on new 2021 Passports. Subject to credit approval through Honda Financial Services.

\$1,250 Customer Cash is not compatible with special financing offers. See dealer for complete

expires 5/3/2021.

Customer Cash is not compatible with special financing offer. See dealer for complete details. Offer



Bow Parks and Recreation gym will open for drop-in Pickleball games. We will have nets setup. Please bring your own paddle and balls.

Please stop by the office to fill out a participation waiver to keep on file.

### WEDNESDAY MORNINGS 9:00 AM until 12:00 PM

This is a FREE program

Until further notice, players must wear a mask while playing.

# TOO COLD TO WALK OUTSIDE?

### **COME INSIDE!**

Beginning January, 20th through the end of February, Bow Parks and Recreation is opening the gym for you to enjoy walking inside.

Drop by the office to fill out a waiver.

Walkers must wear a mask, and remain 6 feet away from others.

MONDAY & FRIDAY MORNINGS
9:00 AM until 12:00 PM
WEDNESDAYS
1:00 PM until 3:00 PM

This is a FREE program



# CALL 223-3920 FOR INFORMATION ON ABOVE PROGRAMS

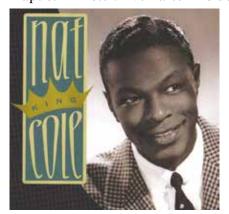
# FOR THE SAFETY OF ALL PLEASE ADHERE TO THE COVID-19 GUIDELINES

- If you are exhibiting any symptoms of Covid-19
- If you have a fever of 100.4°F or higher
- If you have been in close contact with someone who is suspected or confirmed to have Covid-19 in the past 14 days
- If you have traveled in the past 14 days either internationally, by cruise ship, or domestically outside of NH, VT, ME on public transportation.



### A TRIBUTE TO NAT KING COLE

Nat King Cole was born in 1919 in Montgomery, Alabama to a Baptist minister. Even after his death in 1965 at the young age of 46,



he still has world-wide popularity today. Surely you remember many of the over 100 pop chart hits that featured his soft, baritone voice. "Ramblin' Rose," "Mona Lisa," "Too Young," "Those Lazy, Hazy, Crazy Days Of Summer," "Nature Boy," "The Christmas Song" and of course "Unforgettable" are just a few of his huge hits.

He abandoned his early classical piano training for jazz piano, and soon came to prominence as a jazz pianist. Audiences began to respond more to his singing than his piano, and by 1950 he became popular as a solo vocal performer. He worked with Louis Armstrong and Frank Sinatra. In 1956, he became the first African American performer to host a TV Variety Series, with such guests as Count Basie, Sammy Davis, Jr. and Tony Bennett. But because of the racial issues of the times, the show didn't last long because many sponsors refused to support a program that featured African American entertainers. Nat struggled to make his way through the Civil Rights Movement. When touring in the South, white supremacists stormed the show. At the same time, he was rebuked by the African American community because he did not support integration. He often explained that he just wanted to be thought of an entertainer, and not an activist. At the height of his success in1956, he and his wife and five children purchased a house in the exclusive, all-white neighborhood of Hancock Park in LA. The KKK placed a burning cross in his front yard, and members of the Homeowner's Association told him that they did not want any "undesirables" living in their community. Nat responded "Neither do I, and if I ever see any undesirables coming here, I'll be the first to complain."

Nat was an avid baseball fan, and was especially fond of Hank Aaron. Once in 1968, during a recording session with Nelson Riddle, the music studio engineers were trying to find the source of some unusual scratchy background noise. It was Nat listening to a baseball game on his transistor radio.

He eventually became part of the Civil Rights Movement, and sang at both Republican and Democrat National Conventions. He consulted with Presidents Kennedy and Johnson on civil rights.

Being a heavy smoker, he contracted lung cancer in 1964 at age 44. When news of his illness became public, he received hundreds of thousands of cards. His final recording was "L-O-V-E."

We remember Nat King Cole as a tremendously successful and "Unforgettable" star.



### **MY TABLE TO YOUR TABLE**

by Debra Barnes

### **EAT YOUR CABBAGE... STEAK!**

Trying to add more interesting vegetable dishes? This recipe will be your new best friend! It is so easy and has a minimal ingredient list with quick clean up. The cabbage "steaks" are crispy and caramelized with a buttery texture. You can make it for any meal of the day too! The toppings are limitless. Be sure to check out my list of favorites!



### **CABBAGE STEAKS**

Preheat your oven to 400 degrees for 20 minutes.

### **Ingredients:**

1 large or 2 small heads green cabbage

½ cup olive oil

2 teaspoons paprika

6 cloves of garlic minced

Salt and black pepper to taste

Using tin foil with the shiny side up, cover a cookie sheet large enough to generously hold 4 cabbage slices.

Remove a few outer leaves and cut the stems off the cabbage. Cut cabbage into 1-inch-thick slices. You should have about 4. Place the cabbage on the cookie sheet with plenty of space around each slice. Brush each slice with the olive oil. Using "all" the garlic, spread a lit-

tle on each slice making sure the garlic gets tucked into the cabbage leaves. Sprinkle salt, pepper and paprika evenly. Carefully turn the slices over and repeat (no garlic).





Roast for 30 minutes until brown and crispy on the edges. Gently turn them over so they do not fall apart and roast for another 30 minutes. Remove from the sheet pan to a serving dish or directly onto plates. Then the easy clean up – roll up tin foil and toss!

The cabbage will store wonderfully for at least 3 days. Super easy to reheat whether in a non-stick skillet or oven at 350 degrees for 10 minutes or until warm through. When I last made this, we chopped it up and added to our fried rice.

\*\* This recipe can be prepped the day before minus the salt. Add salt before putting in the oven.

Whether you are looking for breakfast, lunch or dinner, this recipe is delicious for all three.

### Here are some of my favorite toppings:

Top with eggs and bacon crumbles for breakfast. Ham, swiss and mustard for lunch. Just place under the broiler for 30 seconds to melt the cheese. Add a little heat with your favorite spicy condiment for a dinner side. Any cheese sprinkled or melted adds even higher level of flavor and texture. As the main dish, use your favorite Italian or mustard dressing with chopped chives or scallions to add a splash of color. Smoked paprika adds a smokey depth of flavor. Last one, butter makes "everything" better!

**KITCHEN TIP** — Use your toaster oven as a warming space for your dishes. Just run the "toast" setting for 5 minutes. When it shuts off, put your plates or bowls in the oven until ready to use. They should stay warm for at least 15 minutes.

Be sure to check out past issues of The Bow times for other recipes and tips. Follow me on Instagram at #eat603.

### SCHOLARSHIPS FOR STUDENTS INTERESTED IN MEDICAL FIELDS

The Alice M. Yarnold and Samuel Yarnold Scholarship Trust, created in 1994, has been providing post-secondary school scholarships to NH residences since 1995. Known as the Yarnold Scholarship, the funds of the trust are focused on providing financial assistance to deserving NH residents pursuing degrees in the fields of medicine, nursing, and social work. Since its inception in 1996 the trust has awarded over \$1 million in scholarship assistance to approximately 1,000 students with awards ranging between \$1000 and \$5000.

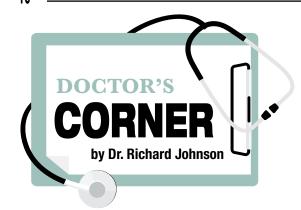
Applications for the award are available each year in early Spring with all application documents due by the end of May. Students interested in receiving an award must complete the application and attach 2 letters of reference; post-secondary school transcript from the institute, college, university, or school they are attending; a completed FAFSA; and respond to a short essay question. The scholarships are not available to graduating high school seniors, however once those students enroll in and complete the first year of post high school education in the fields of medicine, nursing, or social work we encourage them to apply for an award. To receive an application interested students may contact the Yarnold Scholarship administrative representative, Laurie Delisle, at 127 Parrott Avenue, Portsmouth, New Hampshire 03801 or at 603-766-9121.



### **BOW ELEMENTARY SCHOOL**

We are halfway through the school year, which means it's time to start looking into enrollment for our upcoming 2021-2022 school year.

If you have a child who will be 5 years of age by September 30, 2021 (kindergarten) or a child who will be 6 years of age by September 30, 2021 (first grade), we invite you to call Bow Elementary School at 603-225-3049 to have a registration packet mailed to you.





### AFRICAN AMERICANS IN MEDICINE

We celebrate Black History month every February, and since I am writing this piece in February, I thought it most appropriate to take a look at some highlights from the history of African Americans in medicine. African Americans make up 13% of our U.S. population, but only 7.3% of the students in medical school are African American and only 5% of practicing physicians are African American. An interesting 2018 statistic is that 53% of the African American physicians are female, whereas only 34% of the White physicians are female.

### We are familiar with some of the African American heroes of today:

Dr. Mae C. Jemison: She was the first African American female astronaut.

Dr. Paula Mahone and Dr. Karen Drake: They were part of the team involved in the delivery of the McCaughery septuplets in 1997.

Dr. Ben Carson: He was director of pediatric neurosurgery at Johns Hopkins. In 1987 he led the team of 70 who in a 22-hour surgical procedure separated Siamese twins joined at the heads

Dr. David Satcher: He was a director of the CDC and then became the 16th Surgeon General of the U.S.

But who were the pioneers? Who were some of the first African Americans who broke barriers and entered the medical profession? In no way can I do justice to or fairly list these heroes, but here is a brief introduction to some of the key players.

Dr. Alexa Irene Canady: In 1981 she became the first female African American neurosurgeon in the US.

Dr. Clarence Sumner Green, Sr: He was the first African American certified by the American Board of Neurological Surgery in 1953.

James Durham became known as the first African American physician in the US. He did not earn a medical degree, but was an assistant to physicians, and after buying his freedom from slavery, established a medical practice in New Orleans during the latter half of the 1700s.

Dr. Rebecca Lee Crumpler was the first African American woman to earn a medical degree in 1864. She worked in MA and VA.

Dr. James McCune Smith: In 1837 was the first African American man to earn a medical degree. He was denied admission to US schools, so went to Scotland for his education. He practiced in NYC.

Dr. Myra Adele Logan was the first African American woman to perform open-heart surgery. She worked at Harlem Hospital in NYC.

Dr. Nathan Francis Mossell: In 1895 he co-founded, in Philadelphia, one of the first black hospitals in the U.S.

Dr. Vivien Theodore Thomas: In 1944 at The Johns Hopkins Hospital, he helped devise surgery to correct tetralogy of Fallot (a congenital heart defect).

Dr. Louis T. Wright: In the early 1900s, while working at Harlem Hospital, he was a pioneer in antibiotic research.

Dr. Daniel Hale Williams III: In 1893, he was one of the first physicians to perform open-heart surgery in the U.S.

Dr. William Augustus Hinton: In 1936 he was the first African American physician to publish a textbook (Syphilis and Its Treatment).

Dr. Charles Richard Drew: He was a pioneer in developing blood banks and was the first director of the American Red Cross Blood Bank.

Dr. Austin Maurice Curtis, Sr: He was, for 25 years, a professor of surgery at Howard University.

Mary Eliza Mahoney: She was the first African American professional nurse in the U.S.And the list goes on; we thank all of the African American physicians who continue to advance the medical profession and provide excellent care to thousands of individuals.

### **BOW COMMUNITY MEN'S CLUB**

### **Flags Across Bow Enrollment Form 2021**

Members of the Bow Community Men's Club will place the "Stars & Stripes" on your property near the end of your driveway at least three



days prior to each of the following patriotic holidays of 2021: Memorial Day, Flag Day, Independence Day, Labor Day through 9-11, and Veterans Day. We will remove the flag three days after each holiday and reinstall it for the next holiday. Your payment of \$40 will be used to support the Boy and Cub Scouts, Scholarships for Bow HS students, and charities within our community

The US made flags measure 3'x5'and are made of 2-ply spun polyester with sewn stripes and embroidered stars, and will be mounted on a 10 foot pole and inserted into a 10 inch high ground spike.

There are two options to enroll:

You may send a check payable to the "Bow Community Men's Club" with this form to: Dik Dagavarian, 2 Bela View Drive, Bow, NH 03304-4600 Phone: (603) 856-7268

Or you may enroll on-line and pay \$41.50 via PayPal at the link on our website

www.bowmensclub.org

Name
Street Address
Town
Contact Phone
Email Address
Place an "X" below for your preferred flag location. Please identify any underground itilities, sprinklers, or other buried items in the vicinity of flag locations.

Your **Driveway** 

**Your Street** 

Website: www.bowmensclub.org. Email: info@bowmensclub.org



### **SENIOR TAKE-OUT TUESDAYS**

A New Program for Bow Seniors

### WHEN

Tuesdays from 10-11am

### WHERE

Bow Parks and Rec 3 Bow Center Road Bow, NH 03304

### WHAT

Seniors age 60+ who live in Bow are eligible to order nutritious frozen or shelf-stable meals. Seniors must stop in to the Bow Community Center to pick up their meals on Tuesdays each week.

### **PLACE YOUR ORDER**

To order enough meals for the week, just fill out a weekly order form and submit in person or email to Bow Parks and Rec no later than 4:00 PM on Tuesdays for the following week.

### **HOW TO APPLY**

Individuals will need to complete an application which is available from Bow Parks and Rec

### FOR INFORMATION

Contact Bow Parks and Rec at (603) 223-3920 or parksandrec@bownh.gov

### COST

\$2.00 donation per meal is appreciated to support the program.

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### **BOW POLICE LOG**

by Chief Margaret Lougee

### **FEBRUARY 2021 ARREST LOG**

- **2/1** An adult was taken into protective custody for intoxication
- **2/2** Joesph Mielcarz, 55, Bow, was arrested for two counts of domestic violence; simple assault, domestic violence; false imprisonment, and breach of bail
- **2/4** David Boyd, 54, Gilford, was arrested on a bench warrant for driving after revocation/suspension
- **2/5** Kevin Gobeil, 26, Pembroke, was arrested on a bench warrant for willful concealment

Steven Berman, 63, no fixed address, was arrested on bench warrants for willful concealment, suspended registrations, and two counts of driving after revocation/suspension

- **2/6** Austyn McClanahan, 22, Manchester, was arrested for driving after revocation/suspension subsequent offense, suspended registrations, felon in possession of a dangerous weapon, and possession of a controlled drug
- **2/7** Cheyenne Conley, 20, Chicago, IL received a summons for operating without a valid license
- **2/12** Donald Jeski, 41, Pembroke, was arrested for domestic violence; simple assault
- **2/13** Derek Potocki, 36, Manchester, received a summons for operating without a valid license

Samantha Beland, 29, Manchester, was arrested on a warrant for violating a court order

- **2/16** Adam Saari, 37, Bow, was arrested on 13 counts of possession of child sexual abuse images
- **2/17** Anthony Prizio, 20, Blackstone, MA was arrested for transportation of alcohol by a minor, open container, and possession of a controlled drug

Patrick Stefanelli, 19, Plymouth, MA received a summons for unlawful possession/intoxication

Kevin Paglia, 18, Plymouth, MA received a summons for unlawful possession/intoxication

Krista Hinckley, 18, Plymouth, MA received a summons for unlawful possession/intoxication

Two juveniles received summonses for unlawful possession/intoxication

- **2/19** An adult was taken into protective custody for intoxication.
- **2/20** Alan Edwards, 50, Bradford, was arrested for operating after certified as Habitual Offender and driving after revocation/ suspension.
- **2/24** Brian Ellis, 45, Bow, was arrested on 2 counts of aggravated felonious sexual assault- pattern assault

Michael Mascitelli, 56, Manchester, was arrested for aggravated driving under the influence, driving under the influence 2nd offense impairment, driving after revocation/suspension, operation with an expired license

**2/26** Cory Rogers, 38, Warner, was arrested on a warrant for loitering or prowling

# BOW MAN CHARGED WITH SEXUAL ASSAULT OF A MINOR

by John Koziol

A Bow man has been charged with sexually assaulting a teenager he met on Craigslist.

The Bow Police Department on Feb. 24 announced that earlier that day officers had arrested Brian Ellis, 45, on two counts of aggravated felonious sexual assault.

According to court documents, on Sept. 17, 2020, Bow Police conducted a crimes-against-children interview with a 17-year old male who told investigators that in 2017, when he was 14, he answered "a personal ad on the Craigslist personals" and met a man through it who was later identified as Ellis.

The youth, the court documents said, identified a house at 50 Bow Bog Road as the one the man, later identified as Ellis, had brought him to, and pointed to a red car and white pickup truck that Ellis had allegedly picked him up in.

Bow officers drove to the house, ran a check of the license plates on the vehicles and found they were both registered to Ellis at that address.

Court documents said Bow police were granted a search warrant for a Yahoo! account whose email address was the same that Ellis used to communicate with the youth.

The department said Ellis was held on preventative detainment and arraigned Feb. 24 at Merrimack Superior Court. It thanked the New Hampshire Internet Crimes Against Children Task Force and New Hampshire State Police and said evidence taken during a search of Ellis' residence is part of an "ongoing investigation."

**Courtesy Union Leader** 



Bow & Dunbarton Students Achieve Academic Excellence at Bishop Brady High School

### HONOR ROLL FOR THE 2ND QUARTER

Below are the students from Bow and Dunbarton who have achieved this recognition:

Grade 12

**High Honors:** Cameron Hebert (Dunbarton), Connor Treybig (Bow)

Honors: Reagan Beauregard (Bow)

Grade 11

High Honors: N/A

Honors: Garrett Cerda (Dunbarton), Matthew Wiley (Bow)

Grade 10

**High Honors:** Nicholas Steigmeyer (Bow) **Honors:** Nathan Steigmeyer (Bow)

Grade 9

**High Honors:** Caroline Michaud (Dunbarton)

Honors: N/A



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### INHERITANCE MANAGEMENT

What if When I Die My Child is **Irresponsible, Young, or Abuses Substances?** 

My wife and I have been blessed with three teenagers in our home. We currently have some level of control over their daily affairs but someday we will only have the power of persuasion. When we are no longer here, they will be left to their own devices. Like many parents, we hope to leave them a legacy when we are gone and wonder how each child will manage his or her inheritance (if we do not succeed in spending it all)? What if they are irresponsible, young and/or abuse substances?

Do you believe, given any of the conditions above (or some other circumstance), it is desirable or necessary to exert some level of control over your child's inheritance? If so, then you may be wondering what is the best way to distribute your assets to your child (or grandchild) upon your death?

As an Estate Planner, I would suggest to you the best tool to exert control over your child's inheritance would be a Trust. A trust allows you to control how and when your child receives benefits from your estate.

At the outset of establishing a trust, you will choose who will act as your child's Trustee, or in other words, who will oversee management of the assets and controls distributions in your absence. This role is often entrusted to a friend or family member, and in some cases a professional, such as an Attorney or a financial institution.

You will also need to specify the how and when your child receives benefit from the trust share you established for them. There are numerous ways that you can provide for your child and following are a few popular examples:

**ANNUITY:** In this type of arrangement the Trustee is directed to distribute a specified amount of funds each month/year on a schedule chosen by you. The amount to be distributed may be adjusted upwards annually to account for the increase in the cost of living.

**INCENTIVE TRUST:** This trust requires something from the beneficiary. This could be related to meeting educational goals or some type of other achievement. I had a client who was losing sleep over the thought her son would inherit her significant wealth and never go out in the world and be productive (a goal very important to her). Ultimately her instructions to the Trustee were to distribute a sum equal to one hundred percent of her son's w-2 income on an annual basis.

**AGE-BASED TRUST:** This type of Trust directs the Trustee to make distributions to the beneficiary upon attaining a specific age (also typically established for grandchildren). A typical starting point for discussion with a client is a withdrawal right of 1/3rd at 25; ½ at age 30; and the remainder at age 35. One of the things I really like about the Age-Based Trust is the opportunity for the beneficiary to learn from prior distributions. Some clients move the ages up significantly, seeing the inheritance as retirement security for their child.

**PAY OF DEBT:** Trustee is directed to pay off debt, such as student loans and mortgages.

**SUBSTANCE ABUSE:** One of the biggest concerns I see is parents who fear that when they die, their child will utilize their inheritance to harm themselves. Clients in this position sometimes make the very difficult choice to disinherit such a child. A Substance Abuse Trust is one way to assure that your child receives benefit from your estate and at the same time does not have the access to the funds to do self-harm. The Trustee controls the purse strings and can pay for necessities or use the inheritance to pay for substance abuse treatment for your child.

EDUCATION: As you can imagine, some clients direct that the inheritance is to be utilized for educational purposes (college, graduate school, technical school). I recently wrote such a Trust which dictates that the funds are to be utilized only for education until age twenty-five, thereafter, the trustee may make distributions for other things such as buying a home or starting a business. The beneficiary ultimately has the right to withdraw the funds at age thirty-five.

**NON-MONETARY ASSETS:** Of course, many clients leave real estate or other non-monetary assets to their children. Holding real estate in Trust can ensure that your child always has a place to live ("I don't want my child living on the street" one of my clients proclaimed to me). Since the Trustee has control over the real estate, your child beneficiary is not able to sell the property and go on a spending spree.

These options can be mixed and matched and of course there are other tools that can be utilized to meet your desired goal.

It goes without saying, all of our children are different. They each have their own strengths and challenges and your estate can be tailored to reflect each child's particular needs. If you have concerns about your child and would like some assistance planning what will work best to benefit your child (though your child may not like it initially, perhaps they will come to appreciate in the course of time) please feel comfortable reaching out to us to start a conversation.

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



New Hamshire had 307 new cases of COVID-19. Local statistics are:

Bow **Dunbarton Hopkinton** 

24 active cases 5 active cases 4 active cases

392 total 149 total 224 total





**Nellie Doughty** NMLS ID: 170344

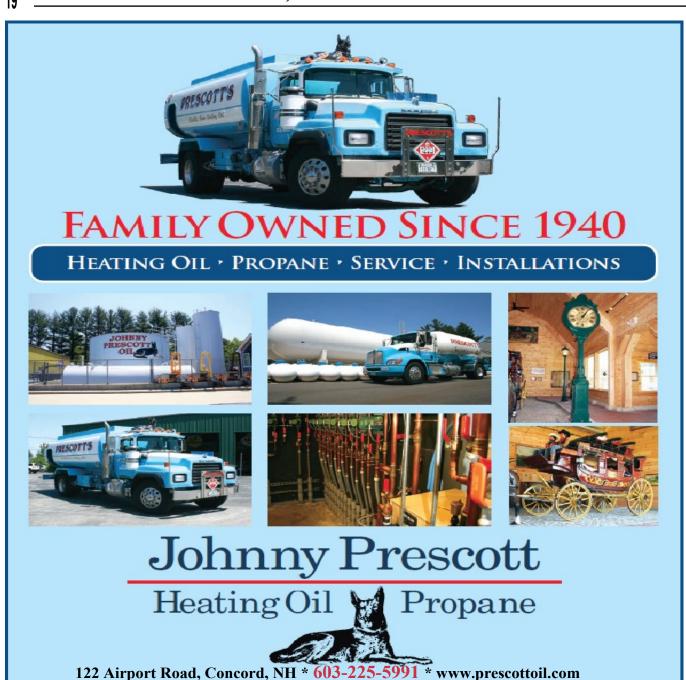
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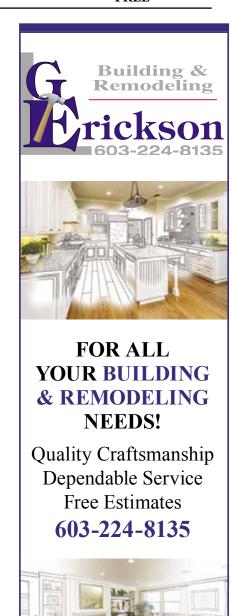
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### TWO WRONGS DON'T MAKE A RIGHT

**By Donna Deos** 

Does anyone remember this phrase from childhood? I do. Whatever happened to this one? It seems like now-a-days this one has gone right out the window (pun intended). If two wrongs didn't make a right, no amount of wrongs can make a right! The more negatives you add, you just get a bigger negative number. It is still a negative number! [And negativity stinks.]



I think we need to bring this one back.

Also, for those of you unfamiliar with this saying, the rest of us learned it at about three years old when your brother pushed you and you pushed him back. One or both of you was screaming and your Mom came out to see what was happening. Once she knew, she scolded you both by saying "two wrongs don't make a right." Just because he pushed you did not give you the right to push him back.

What this means (for the slower processers) is that one wrong is bad. Reacting to that with another wrong is also bad. Two wrongs.... Okay, I see you've got it now!

So, how do we take a wrong and make a right out of it? Sometimes itis just by saying "hey, that's not okay." There is nothing wrong with pointing out a wrong if you do it nicely. Pushing back, hitting back, yelling back, etc. Those are not okay. Speaking nicely, calmly and with authority is perfectly okay though. It is a right (as in a correct, not your right as in a God-given expectation, although free speech and all...anyway, I digress.)

Now, if you point out a wrong to a wrongly inclined person, they may themselves pull off another wrong by being indignant to you and/or saying another wrong thing. This is when you can point out, "that's still wrong – and two wrongs don't make a right." I recommend only doing this in your own head because when you verbally point out a wrong to a wrongly inclined person they tend to take it poorly!

Why is this? Well it's because wrong behavior is simply tolerated more these days. Take the rioting in major cities after the passing of George Floyd in Minnesota who couldn't breathe when the police officer was holding him down. One wrong. Rioting = two wrongs, Looting = 3, Burning things = 4, etc.

Now we are going to have this case go to trial fairly soon here and my guess (an educated one as well) is that there will be many more Giving you confidence and control in life's toughest situations.



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wrongs revealed on both sides. Here is hoping that we do not see the incredulous wrong of rioting, looting and burning the city that happened in the first go around. It is simply not okay and should not happen nor should it be tolerated. We are supposed to be a civilized people after all with a Justice system in place to assist those who were supposedly wronged.

This reminds me, some other things we learned as young children were: if you drop something pick it up, trash goes in the trash can, do unto others as you would have them do unto you, etc. Let us take a closer look at that last one. If you lived in Minneapolis, would you want someone to vandalize your home? Would you want them to smash the windows of your business? Would you want them to burn down your home, business or even the local police station? No. Actually, anywhere you live NONE of these things are okay. Granted, killing, hurting or maiming someone else is not okay either. None of these wrongs justify another wrong though.

When are we going to get people back to having manners? When are we going to re-civilize our people? Where did we go wrong in teaching people the simple right from wrongs that used to be common place things you learned at a very young age?

My apologies for the rant, but really people, when are we going to stop tolerating all of the nonsense? No number of wrongs is ever going to make a right. This is me saying "hey, reacting poorly and hurting and endangering other innocent people in the process is not okay." The scariest part of all is that it had to be said because very few people seem to remember that...

Wishing you only rights in 2021 and the patience and tolerance to deal with all the wrongers out there. Over time I do believe we can recivilize people by leading by example.







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# NEW HAMPSHIRE AL-ANON

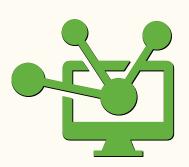
AlAnon is a mutual support program for people whose lives have been affected by someone else's drinking.

By sharing common experiences and applying the Al-Anon principles, families, and friends of alcoholics can bring positive changes to their individual situations, whether or not the alcoholic admits the existence of a drinking problem or seeks help.

While social distancing remains in place, NH meetings may be accessed through Zoom or by telephone conference. Virtual meeting information for Zoom and dial-in meetings is available at https://nhal-anon.org or by calling 603 639-6930.

Any concerned person is welcome & confidentiality is respected.





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You may also read or print individual articles under the following icons:

Travel Talk • Elder Law
Aging • Dental Care

**Financial Planning** 

### **DUNBARTON NEWS**

By Nora LeDuc



- ♦ **VIRTUAL READS TO DOGS** Virtually Reads to Dogs at the library will host Mr. T and Nancy on Thursday, March 25 and Murray and Liz on Thursday, April 8. Please call the library to schedule your child's 15 minutes of virtual reading during the 3pm to 4pm scheduled times.
- ♦ **DCC BOOK CLUB** This month the DCC Book Club will read *Thirst,* by Mary Oliver. Discussion is Thursday, April 1st on Zoom, 7pm to 8:30pm. Hosted by Joyce.
- ♦ **COOKING WITH LESLIE** Delicious Easy Meals for Health and Longevity. A virtual cooking presentation with Leslie Cerier via Zoom, will be Tuesday, April 6, at 7pm. Leslie Cerier is an internationally recognized farm to table vegetarian chef, educator, and author. She is passionate about expanding people's palate and leads cooking workshops all over the world. To register, please email dunlib@gsinet.net.
- ◆ **LIBRARY BOOK CLUB** The Library Book Group will meet at noon Wednesday, April 21 on Zoom. The group will discuss Breakfast with Buddha by Roland Merullo.
- ♦ **SPECIAL ELECTION** Due to a vacancy in representation of Merrimack County State Representative District 23, a Special Election will take place. The Special Primary will be held at the Dunbarton Community Center on Tuesday, April 20, from 7am to 7pm.
- ♦ **WINTER STORIES** Check out a few favorite winter children's stories filmed outside in windy Dunbarton. Special thanks to Mr. Jeff Crosby, Dunbarton Road Agent, for all of his help with the snowplow. https://www.dunbartonlibrary.org/new-winter-story-videos.html.
- ♦ **PET MICROSHIPS** Thanks to a generous donation by Dunbarton residents Donna and Andy Dunn in honor of the Glen Lake Animal Hospital, each of the Dunbarton patrol vehicles are now equipped with Pet Microchip Scanners. This will assist them with reuniting lost or stray animals to their owners if they don't have a collar/tag(s).If your pet has a microchip, the police department kindly asks that you keep a tag on their collar that indicates what company the chip is registered to. This will help expedite the return process.

# **DUNBARTON TOWN**& SCHOOL RESULTS

**ALL 3-YEAR TERMS** 

BOARD OF SELECTMAN | Michael S. Kaminski | Votes 130

TRUSTEE OF THE TRUST FUNDS | Raymond Plante | Votes 136

TOWN CLERK | Linda L. Landry | Votes 129

LIBRARY TRUSTEE | Bruce Banks | Votes 130 Carol Kilmister | Votes 134

**BOARD OF ASSESSORS** | Mary LaValley | Votes 135

ETHICS COMMITTEE | Marcy Richmond | Votes 126 Marilyn Terrell | Votes 26

CEMETERY TRUSTEE | Justin Nault | Votes 38 SCHOOL BOARD | Jeff Trexler | Votes 124

### **ZONING RESULTS**

Article Two YES 12 NO 29 Article Three YES 109 NO 35

To read amendments online go to: http://dunbartonnh.org/images/Town\_-\_School\_-\_Zoning\_RESULTS.pdf

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### **COUNTDOWN TO COLLEGE**

by Dominic Lucente

### Things to consider as a parent of a future college student.

As a parent, of course you want to give your child the best opportunity for success, and for many, attending the "right" university or college is that opportunity. Unfortunately, being accepted to the college of one's choice may not be as easy as it once was. Additionally, the earlier you consider how you expect to pay for college costs, the better. Today, the average college graduate owes \$37,731 in debt, while the average salary for a recent graduate is \$49,785.1

Preparing for college means setting goals, staying focused, and tackling a few key milestones along the way — starting in the first year of high school.

**Freshman Year.** Before the school year begins, you and your child should have at least a handful of colleges picked out. A lot can change during high school, so remaining flexible, but focused on your shared goals, is crucial. It may be helpful to meet with your child's guidance counselor or homeroom teacher for any advice they may have. It's never a bad idea to encourage your child to choose challenging classes as they navigate high school. Many universities look for students who push themselves when it comes to learning. A balance between difficult coursework and excellent grades is the gold standard. Keeping an eye on grades should be a priority for you and your child as well.

**Sophomore Year.** During their sophomore year, some students may have the opportunity to take a practice SAT. Even though they won't be required to take the actual SAT for roughly a year, a practice exam is a good way to get a feel for what the test entails.

Sophomore year is also a good time to explore extracurricular activities. Colleges are looking for the well-rounded student, so encouraging your child to explore their passions now may help their application later. Summer may also be a good time for sophomores to get a part-time job, secure an internship, or travel abroad to help bolster their experiences.

**Junior Year.** Your child's junior year is all about standardized testing. Every October, third-year high-school students are able to take the Preliminary SAT (PSAT), also known as the National Merit Scholarship Qualifying Test (NMSQT). Even if they won't need to take the SAT for college, taking the PSAT/NMSQT is required for many scholarships, such as the National Merit Scholarship.<sup>2</sup>

Top colleges look for applicants who are future leaders. Encourage your child to take a leadership role in an extracurricular activity. This doesn't mean they have to be a drum major or captain of the football team. Leading may involve helping an organization with fundraising, marketing, or community outreach.

In the spring of their junior year, your child will want to take the SAT or ACT. An early test date may allow time for repeating test their senior year, if necessary. No matter how many times your child takes the test, most colleges will only look at the best score.

**Senior Year.** For many students, senior year is the most exciting time of high school. Seniors will finally begin to reap the benefits of their efforts during the last three years. Once you and your child have firmly decided on which schools apply, make sure you keep on top of deadlines. Applying early can increase your student's chance of acceptance.

Now is also the time to apply for scholarships. Consulting your child's guidance counselor can help you continue to identify scholarships within reach. Billions in free federal grant money goes unclaimed each year, simply because students fail to fill out the free application. Make sure your child has submitted their FAFSA (Free Application for Federal Student Aid) to avoid missing out on any financial assistance available.<sup>3</sup>

Finally, talk to your child about living away from home. Help make sure they know how to manage money wisely and pay bills on time. You may also want to talk to them about social pressures some college freshmen face for the first time when they move away from home.

For many people, college sets the stage for life. Making sure your children have options when it comes to choosing a university can help shape their future. Work with them today to make goals and develop habits that will help ensure their success.

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



Maintaining a vibrant lawn and landscaping requires year-round effort. Thoughtful planning, thorough preparation of all the necessary tools, a decent amount of hard work, and making adjustments for seasonal changes are all important. But sometimes a little help from a professional can be a key to success.

Similarly, your plan for retirement should be carefully crafted to your personal dreams and objectives. An experienced financial professional can provide valuable insight and a comprehensive strategy designed to help you work towards your goals and the vibrant future you and your family are dreaming of.

## A SUCCESSFUL RETIREMENT IN YOUR FUTURE STARTS WITH CREATING A PLAN TODAY.



Dominic M. Lucente, CFP®, RFC® CERTIFIED FINANCIAL PLANNER™ NORTHEAST PLANNING ASSOCIATES, INC. 425 Hooksett Road · Manchester, NH 03104 (603) 645-8131 · dominic.lucente@lplcom www.dlucente.com



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### Citations

- 1. The Federal Reserve, February 2020
- 2. The College Board, February 2020
- 3. StudentAid.gov, February 2020



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THE BOW TIMES VOL 28, NO. 3 March 2021 www.thebowtimes.com FREE



by Danielle Ruane

### **RECYCLING MYTHS BUSTED**

Like most topics, recycling programs are not immune to popular myths that have perpetuated over time. The confusion is understandable considering the constantly changing rules for recycling programs. Are the items

collected in the Town of Bow's blue totes actually recycled? Are pizza boxes recyclable? What does the recycling symbol on an item mean? There is a good chance that these debates have occurred at your home at some point.

### **MYTH NUMBER 1:**

### The Town of Bow Does Not Recycle - False!

It recently came to the attention of the Town of Bow's Recycling and Solid Waste Committee that some residents are under the incorrect impression that our town's recyclables are not being recycled. This is false. In the spring of 2019, the Recycling and Solid Waste Committee was notified that Pinard had been provided flexibility by the town to dispose of recyclables as solid waste when the processing fee for recyclables was excessive (i.e. more than the cost of processing solid waste.) During that timeframe, the town was also renegotiating its contract with Pinard and was forced to reevaluate the recycling program due to increased costs associated with recycling. Ultimately, at the recommendation of the Recycling and Solid Waste Committee, the Selectmen voted at its meeting on May 28, 2019 to continue to fund the recycling program. The town then entered into a new five year contract with Pinard effective July 1, 2019 to continue the recycling program.

Under the town's new contract, the town is responsible for paying the market rate for the disposal of recyclables and all items are required to be recycled. Our recyclables are delivered to the Casella facility in Allenstown and then transported to a large Casella zero-sort processing facility in Charlestown, Massachusetts. In July 2019, a few members of the Recycling and Solid Waste Committee visited the Casella facility in Massachusetts to observe the sorting and processing of the recyclables. The Recycling and Solid Waste Committee also routinely reviews Pinard's invoices to ensure that all recyclables are properly transported to Casella for recycling. Casella commits to being sure that all noncontaminated recyclables that it receives and processes are sold to end markets to be made into new products or put to beneficial use.

### **MYTH NUMBER 2:**

### Pizza Boxes are Not Recyclable – Mostly False!

The great debate at the end of most pizza parties involves a discussion of whether the pizza boxes can be recycled. According to Casella, you can recycle pizza boxes even when they are lightly saturated with grease stains. The key word is "lightly saturated." Beware of heavy or dripping grease and make sure to remove crusts and scrape cheese off the inside of the box before recycling. If just one half of the box is clean (for example, the top), rip it off and throw it in the bin. Boxes with stuck-on food or dripping grease should not be recycled, but are compostable. The plastic pizza saver used to protect the pizza from sticking to the box is not recyclable, and should be placed in the trash.

### **MYTH NUMBER 3:**

### The Recycling Arrows Mean It's Recyclable, Right? False!

The recycling arrow refers to the type of plastic the items were originally made from, not whether it is accepted by a town's recycling program. Most communities, including the Town of Bow, accept plastic and glass bottles and jugs, mixed paper including newspaper and magazines, and aluminum and tin cans. There are many items with a recycling arrow that are not accepted. For example, Styrofoam, plastic bags, black plastic take-out trays and rigid plastics are not accepted. The best resource for determining whether an item is accepted by our recycling program is the "recyclopedia" available at https://recyclesmartma. org. In an effort to reduce some of the confusion, Pinard Waste has also created a flyer called "Recycle Right!" which is available on the Town of Bow's website at https://bownh.gov/289/Trash-Recycling-Services.

As always, if you are having a family debate about whether an item is recyclable, please check out www.recyclesmartma.org, or send an email to the Town of Bow Recycling and Solid Waste Committee at bowrecycles@gmail.com.

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### The Bow Times

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Baker Free Library
Blue Seal Feeds
Bow Mobil
Bow Recreation Building
Bow Town Offices
Chen Yang Li
Colonial Villege Superme

Colonial Village Supermarket Cracker Barrel-Hopkinton Concord Chamber of Commerce Concord Food Co-Op Crust and Crumb Dimitri's Pizza

Dunbarton Town Office Everyday Café Flanagan's South Ender Deli 7 Eleven on 3A Hampton Inn Individual Fitness Johnson Golden Harvest Lakehouse Tavern Merrimack Co. Savings Bank

Nina's Bistro, Hall St., Concord Pages Corner Store

Pages Corner Store
South Street Market

Sugar River Bank, Concord Hts. Tucker's Restaurant

Veano's, Manchester St.
White Rock Senior Center

# notice to our Readers

**CORRECTION:** The ad about SB2 being voted on at the school meeting, should have said town meeting. The same arguments apply.

# UPPER MERRIMACK WATERSHED ASSOCIATION

# PROVIDE YOUR INPUT ON THE TURKEY RIVER WATERSHED!

The Upper Merrimack Watershed Association is seeking your input in the development of a comprehensive restoration and management plan for the TurkeyRiver watershed. Even if you just visit the watershed, your knowledge and perspectives are requested. Thank you!

Take the survey online: www.surveymonkey.com/r/TurkeyRiver Learn more at www.merrimackriver.org

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- •5% OFF one grocery purchase per month!\*
- Monthly line up for the loot—Auto entered each time you shop!\*
- 10% OFF on your birthday\* and more!
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\*Exclusions may apply. See store for full details.

www.ConcordFoodCoop.coop/Ownership

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

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- Sedation Dentistry

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