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THE BOW TIMES

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FREE



## LONGTIME TEACHER MURIEL HALL BEATS NEWCOMER CHRIS LINS

The special election for the third New Hampshire House seat Bow/Dunbarton came before the voters on Tuesday, June 8. Muriel Hall a Democrat, who taught at Bow Memorial School for 32 years, received 1,584 votes in bow and 328 in Dunbarton for a total of 1,912 votes.



Newcomer Republican, Chris Lins, pulled 974 Bow votes and carried Dunbarton with 419 votes for a total of 1,393. All three Bow/Dunbarton seats are now held by Democrats.

40% of Bow voters cast ballots but only 149 were by absentee as the Covid concerns recede. The seat became open with the resignation of Representative Samantha Fox.

Photos by: Eric Anderson

## HOPKINTON-CONTOOCOOK NEWS ON PAGES 19-20



## BOW HAS THE LAST COAL-BURNING POWER PLANT IN NEW ENGLAND

by David Brooks

On June 1, Unit 3 of Bridgeport Harbor Station in Connecticut shut down, as has long been planned. The 400 MW unit had produced electricity by burning coal for 53 years but its owner, PSEG Power, is replacing it with a 485 MW plant that burns natural gas.

That leaves the Merrimack Station in Bow the last power plant in the six-state region that burns coal. Its owners, Granite Shore Power, has no plans to shut it down, even though it seldom runs, partly because it makes tens of millions of dollars in capacity payments in return for guaranteeing electricity production needed at peak useage times.

A megawatt, or a million watts, is the power used by about 800 New England homes.



## ANOTHER CRASH AT EXIT 1 SOUTH

Two cars collided on May 20, 2021, around 4:00 P.M. on Logging Hill Road at Exit 1, luckily, with only minor injuries. Despite the blinking stop sign, one driver was exiting I-89 at Exit 1, South while the other was heading towards Concord on Logging Hill Road when the collision occurred. This is the same intersection where Tyler Shaw was killed in 2018.

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# EDITORIALS

## TOWN MANAGER GETS RAISE

by Chuck Douglas

Under his current contract Town Manager, David Stack, receives a Salary of \$122,315. A renewal effective July 1, 2021, will increase his pay to \$125, 373.

Maybe this is a performance bonus for managing the Police Department so well?

## THE PANDEMIC OF ANTI-SEMITISM

As if the coronavirus pandemic isn't bad enough, another sickness is breaking out across the world—a pandemic of anti-Semitism. Hatred of the Jewish people is only one expression of the virus of prejudice. Even our most brilliant scientists can't develop a vaccine for this disease. All of us—citizens and government officials—need to do our best to stamp it out.

The latest eruption of anti-Semitism has been sparked by fighting between Israel and Hamas, the terrorist group that controls the Gaza Strip. But the perpetrators of these vile anti-Semitic attacks, in the U.S. and elsewhere, use the actions of Israel as an excuse to mount assaults against Jews is everywhere.

There is nothing anti-Semitic about policy disagreements with the government of Israel. Jews themselves, including Israelis, are sharply divided in their opinions of the government, just as Americans are sharply divided in our views of the U.S. government. But attacking people because they're Jewish isn't about a policy dispute—it is about simple hatred.

Those on the left who profess to champion Palestinian rights are sorely misguided if they believe praising Adolf Hitler, beating up Jews in New York and elsewhere, and defacing synagogues in the U.S. and Europe with swastikas will aid Palestinians.

Those on the right who embrace Nazi mass murderers—such as participants at the 2017 “Unite the Right” rally in Charlottesville, Virginia who marched with tiki torches while chanting “Jews will not replace us!”—are motivated by the same fanatical anti-Semitism that motivated Hitler and his Nazi followers long before the founding of the modern state of Israel in 1948.

Anti-Semitism is based on the same belief as racism and other forms of prejudice— “the other” is inferior and not entitled the same human rights as the “superior” class. So, while I'm not Jewish, I can empathize with the pain and the injustice anti-Semitism inflicts.

We haven't stamped out the virus of hatred yet, but all people of goodwill must continue trying to achieve this vital task.

**Excerpt from Donna Brazile's OP-ED in the Wall Street Journal, May 28, 2021**



## BOW MAY NOW ENJOY PERFORMANCES AT LAKEPORT OPERA HOUSE

After being closed for nearly 60 years, the Lakeport Opera House in Laconia will be opening for its first performance in six decades. This 1882 landmark will be host to live entertainment in truly unique experience mixing high-end style with historic charm.

“This is a boyhood dream come to life,” said Opera House owner and developer Scott Everett. “Reviving and reopening this building brings me great joy. I am grateful to all the people that helped us bring back a 19th century cultural center and I am confident that memorable experiences will be made here.”

The Opera House will be home to live musical performances, theatre productions, comedians, magicians as well as hosting community-focused events, weddings, and private and corporate gatherings.

Seating capacity allows for 220 but the current floor plan is set for under 200 floor, mezzanine, and VIP seats to allow for comfort and space. Seats have cocktail table access or drink rails for refreshments while being spaced apart for optimum comfort. A separate lounge area features a full bar and lakeside views through large windows.

For more information on events and to purchase tickets in advance, visit [lakeportopera.com](http://lakeportopera.com).



## SAFESITTER CLASSES

### Safe@Home

**Wednesday, June 30 from 9:00 -10:30 AM at Bow Middle School**

Designed to prepare students entering grades 4-6 to be safe when they are home alone. Students learn how to practice safe habits, how to prevent unsafe situations, and what to do when faced with dangers such as power failures or weather emergencies. Student also learn a system to help them assess and respond to injuries and illnesses.

**\$45 Bow Resident | \$50 Non-resident**

### SafeSitter® Essentials

**Tuesday, June 29 from 9:00 AM - 2:30 PM at Bow Middle School**

Designed for students entering grades 6-8 to be safe when they're home alone, watching younger siblings, or babysitting. Students learn life-savings skills such as how to rescue someone who's choking, and helpful information like what to do if there's severe weather. The lessons are filled with fun activities and role-playing exercises. Student even get to use CPR manikins to practice choking rescue!

**\$75 Bow Resident | \$80 Non-resident**

For students attending Bow Parks and Recreation Summer Camp, instructors will walk students back to camp after completion of class. Please inform the Rec office at time of registration.



### Register at Bow Parks and Recreation.

**Register Early! Classes fill quickly.**

**For information call 223-3920 or email parksandrec@bownh.gov**

## SUNUNU TO SIGN TYLER SHAW LAW

A three-year campaign to permit judges to impose longer prison terms for repeat drunken drivers who cause serious injury or death is likely to be signed into law, Gov. Chris Sununu said.

The **"Tyler Shaw Law"** (HB 179) will honor 20-year-old Shaw who died after a repeat drunken driver struck his truck at the Exit 1 and Logging Hill intersection in 2018.

The driver who killed Shaw, Joseph Leonard of Derry, was found to have twice the legal blood-alcohol content and was convicted of his third drunken driving offense.

This bill would allow a judge to increase the punishment in cases like Leonard's to 15 to 30 years. Anyone with one previous DWI who killed or maimed someone in an auto accident could be sentenced to state prison for 10 to 20 years.

Shaw's mother, Beth, had lobbied at the State House for change in penalties for repeaters.

The House voted, 211-149 to endorse the Senate version.

In the coming weeks, the bill will go to the desk of Governor Chris Sununu who said he has been following the issue.

"If the bill is like the last time I read it, I'm prepared to sign," Sununu told reporters.



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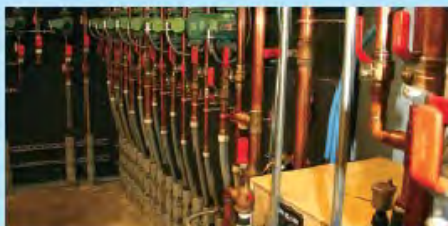


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## THE SUN PUB AT PATS PEAK

### Outdoor Dining with a View on the Biggest Deck in Town!

Enjoy outdoor dining at Pats Peak's **Sun Pub** this summer season. The Sun Pub offers a family-friendly, backyard outdoor dining experience. Patrons can enjoy the fresh mountain air, grab a bite to eat, drink a refreshing beverage and even go on a hike up to the peak before or after dinner.



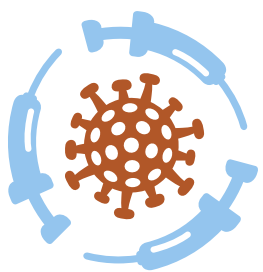
The Sun Pub at Pats Peak offers outdoor table service on the **Valley Lodge Deck** with a pub-style menu including appetizers, salads, sandwiches, burgers, pizza, kids menu and more. For dessert choose from soft serve ice cream, homemade strawberry shortcake and even s'mores. There are also weekly specials for food and drinks. The full menu can be viewed online at [patspeak.com/SUNpub](http://patspeak.com/SUNpub).

New this year, there will be a full bar available in addition to beer and wine options. Outdoor games will be set up including corn hole and disc golf baskets. Patrons can also enjoy roasting their s'mores on the outdoor fire pit.

While dining, patron can enjoy live music by some local musicians. Dinner is served under the lights from 5pm to 9pm on Thursdays, Fridays and Saturdays (weather permitting and around the private event schedule). **Reservations Only** must be made in advance online at [OpenTable.com-The SUN Pub](http://OpenTable.com-The SUN Pub) or go to [patspeak.com/SUNpub](http://patspeak.com/SUNpub) to make a reservation online.



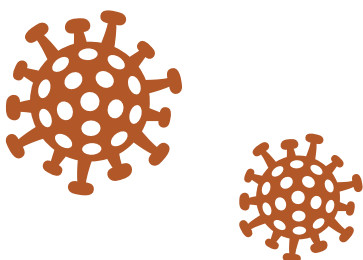
## JUNE WEB POLL



## COVID-19 vaccination

Did you get a COVID-19 vaccination, or do you plan to?

- ☐ Yes
- ☐ No
- ☐ Undecided
- ☐ Opposed to vaccinations



Please go to [www.thebowtimes.com](http://www.thebowtimes.com) to fill out your survey. Results are calculated by Survey Monkey not this paper.



### CCEH Annual Bluegrass BBQ

If you are looking to enjoy an awesome meal on a summer afternoon, listen to some **live music**, and support the work of Concord Coalition to End Homelessness (CCEH), the Bluegrass BBQ is the perfect opportunity.

The event takes place on **Saturday, July 24th** in White Park, in Concord, with a rain date of July 25th. Food service runs from 12-5 p.m. Live music will be playing throughout the afternoon, with performances by Paul Hubert, Whiskey Prison, Bow Junction, and Peabody's Coal Train.

The Bluegrass BBQ will be tailgate/drive-in style, so bring your chairs and picnic blanket to enjoy your meal in the park.

Purchase your tickets early by going to [concordhomeless.org](http://concordhomeless.org). Tickets are **\$35 for an Omnivore Meal-for-one**; this meal includes a generous portion of BBQ brisket, smoked sausage, pulled pork, signature baked beans, coleslaw, pickled red onions, a beverage and more. Other options include: the **\$25 Pulled Pork Sandwich Meal** including beans, coleslaw, pickled red onions, and a beverage; **Grilled Hot Dog Meal for \$10** will include a bag of chips and a beverage; and a **Vegetarian Meal-for-one at \$20** consisting of a Gourmet Garden Burger, bean chili, and sides.



Photos by Mulberry Creek Imagery



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## June is American Housing Month

### 6 TIPS TO SAVE FOR A DOWN PAYMENT

*When considering buying a home, the down payment you put up-front plays a major role in your future housing expenses. According to the Consumer Financial Protection Bureau, the amount you save can greatly influence your interest rate, monthly housing payment and also your need for mortgage insurance. As you prepare for the home buying process, we are highlighting SIX TIPS to help you cut the extra costs and save a substantial amount for your down payment.*

- 1. Develop a budget & timeline.** Start by determining how much you'll need for a down payment. Create a budget and calculate how much you can realistically save each month – that will help you gauge when you'll be ready to transition from renter to homeowner.
- 2. Establish a separate savings account.** Set up a separate savings account exclusively for your down payment and make your monthly contributions automatic. By keeping this money separate, you'll be less likely to tap into it when you're tight on cash.
- 3. Shop around to reduce major monthly expenses.** It's a good idea to check rates for your car insurance, renter's insurance, health insurance, cable, Internet or cell phone plan. There may be deals or promotions that allow you to save hundreds of dollars by adjusting your contracts.
- 4. Monitor your spending.** With online banking, keeping an eye on your spending is easier than ever. Track where most of your discretionary income is going. Identify areas where you could cut back (e.g. nice meals out, vacations, etc.) and instead put that money into savings.
- 5. Look into state and local home-buying programs.** Many states, counties and local governments operate programs for first-time homebuyers. Some programs offer housing discounts, while others provide down payment loans or grants.
- 6. Celebrate savings milestones.** Saving enough for a down payment can be daunting. To avoid getting discouraged, break it up into smaller goals and reward yourself when you reach each one. If you need to save \$30,000 total, consider treating yourself to a nice meal every \$5,000 saved. This will help you stay motivated throughout the process.

Source American Bankers Association

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## DUNBARTON NEWS

By Nora LeDuc



◆ **SUMMER READING PROGRAM** The Library Summer Reading Program is BACK!! This program is for children of all ages. The Summer Reading theme for 2021 is 'Tails and Tales.' As always, there will be reading logs and an incentive program for preschoolers and school-aged children. The library hopes that this year will not just be about books but being together again as a community. Sign-up Week: June 22 to 26. Please call first, and then come on down and get your reading logs and bingo sheets! (Library 774-3546)

◆ **FIND-A-TRUCK** Tue. June 29, 10:00am to 2:00pm: "Find A Truck"- a Family Scavenger Hunt: This year the library's annual Touch a Truck will turn into a scavenger hunt and is part of the Summer Reading Program. Families can safely drive to find Dunbarton's finest rescue vehicles and heavy equipment at their garage! Pick up a Scavenger Hunt form at the library. Drive around to find all the vehicles on display. Turn in your form, and you might win a big prize! Thanks to the Dunbarton Fire, Police, Highway Dept & Transfer Station for participating.

◆ **DCC BOOKCLUB** This month the DCC Book club is reading *The Warmth of Other Suns* by Isabel Wilkerson. Discussion will be Thurs. July 1, 7pm to 8pm.

◆ **LADIES PLAYTIME** Ladies, it's time to play! Fri, July 2, 5:00pm to 9:00pm at the Dunbarton Congressional Church vestry (the white building next to the church). Potluck begins at 5pm...bring a dish to share and get reacquainted or come at 6pm ready to have some fun, laugh and play some games (Mexican train, cribbage, rummicube, banana grams, and more). Masks are optional.

◆ **READING TO DOGS** is back and part of the Summer Reading Program. DATES: Thurs, July 8 at 10:30 am the session will take place outside on the Town Band Stand. Read to Murray and handler Liz. Thurs, July 15 at 10:30 am the session will take place outside on the Town Band Stand. Read to Mr. T and handler Nancy. You must register to participate! Kids in Grade 1 to 4 who register will have a 15-minute session side by side with the "Dog of the Day". PLEASE REGISTER. No walk-ins. If the weather is bad, sessions are canceled. (Later dates are scheduled. FMI call the library.)

◆ **GORMAN ACHIEVES 40 YEARS!** Officer Gorman Achieves 40 Years In Law Enforcement. Dunbarton's very own Officer Michel Gorman is celebrating being in law enforcement for 40 years. He served part-time with the Goffstown Police Department for 22 years prior to coming to Dunbarton as a part-time officer in 2003. Officer Gorman continues to assist with patrol coverage and community events here in Dunbarton. Officer Gorman is a true law enforcement professional and is well liked and highly respected by his co-workers, members of the public, and the law enforcement community. His dedication, abilities, and commitment to the Town of Dunbarton and the law enforcement profession is above reproach. Congratulations Mike and thank you for all that you do!



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**MAY 2021 REAL ESTATE SALES IN BOW**

ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
2 Evergreen Drive	2 Bedrooms   1 Baths	1440 Square Feet	.1 Acres	\$300,000
11 Bow Bog Road	1 Bedrooms   1 Baths	1328 Square Feet	5.6 Acres	\$340,000
52 White Rock Hill Road	3 Bedrooms   2 Baths	490 Square Feet	1 Acre	\$365,000
522 Clinton Street	3 Bedrooms   3 Baths	1692 Square Feet	1 Acre	\$380,000
6 Holly Circle	2 Bedrooms   2 Baths	896 Square Feet	Condo N/A	\$427,500
11 Birchdale Road	3 Bedrooms   2 Baths	2226 Square Feet	1 Acre	\$435,000
10 Brown Hill Road	3 Bedrooms   3 Baths	3193 Square Feet	2.16 Acres	\$450,000
9 Rand Road	4 Bedrooms   2 Baths	2876 Square Feet	1 Acre	\$450,000
20 Pepin Drive	3 Bedrooms   2 Baths	2660 Square Feet	.01 Acre	\$453,000
17 Van Ger Drive	3 Bedrooms   3 Baths	2608 Square Feet	2.21 Acres	\$460,000
8 Colby Lane	3 Bedrooms   3 Baths	2570 Square Feet	2.10 Acres	\$483,500
15 Buckingham Drive	4 Bedrooms   3 Baths	2414 Square Feet	2.12 Acres	\$500,000
42 Woodhill Road	4 Bedrooms   3 Baths	3348 Square Feet	2.5 Acres	\$601,000
19 Merrill Crossing	4 Bedrooms   3 Baths	2795 Square Feet	1.16 Acres	\$659,900

**MAY 2021 REAL ESTATE SALES IN DUNBARTON**



ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
26 Stark Highway South	5 Bedrooms   2 Baths	2240 Square Feet	.86 Acres	\$430,000
74 Stark Highway South	4 Bedrooms   3 Baths	3040 Square Feet	5.06 Acres	\$575,000

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# YOUR FITNESS IQ

by Jim Olson

It seems like there is always a new fad in the fitness world. A new diet, a new exercise machine, a new quick-fix trick. It can be a lot to keep up with! But there are some things, good basic fitness knowledge, that stays steady throughout all of the trends and fads.

I thought it might be fun this month to post a little quiz so that you can test your **Fitness IQ** and see how savvy you are in your health, fitness and nutrition knowledge!

*Let's see how much you know!*

(Answers are given below the questions. Don't read too fast or you won't have your answer before you see the one, we have given you.)

**Question #1: Which of these exercises are most effective for weight loss?**

A. Running B. Yoga C. Lifting weights D. Stretching

*If you answered A., then you are right!*

Any cardiovascular exercise is going to be more effective for weight loss than lifting weights, yoga, or, of course, stretching, although all of these are great ways to get moving.

**Question #2: What is the most sustainable way to lose weight?**

A. Eating only grapefruit  
B. Eating a moderate diet and engaging in regular exercise  
C. Doing 1,000 jumping jacks

*If you answered B., then you are right!*

The best, most sustainable way to lose weight is to adopt a moderate diet and a routine of regular exercise that you can continue throughout your life.



**Jim Olson**

**Question #3: What type exercise helps to boost metabolism?**

A. Strength training B. Pilates C. Yoga D. Kickboxing  
*The correct answer is A. Strength training boosts metabolism even after the exercise is completed.*

**Question #4: Yoga poses designed to stretch and strengthen your body are called what?**

A. Mountain pose B. Asanas C. Chakras D. Pranas  
*The correct answer is B.*

An asana is a yoga pose or series of poses that you move through to strengthen, refresh, and stretch your muscles and body. Yoga can be relaxing, invigorating, meditative, and strengthening. It is a very versatile form of exercise.

**Question #5: True or False, When it comes to fitness, a one-size-fits-all approach is the best.**

*The answer is FALSE!!* If you ask Individual Fitness, that is. We believe the best approach to fitness is one that takes the most important aspect into consideration first: **YOU**. We customize all fitness and nutrition programs around you first; your goals, your lifestyle, your health, and your preferences.

**How many questions did you get right?**

One of the best ways to improve your fitness and nutrition knowledge is to work one-on-one with an Individual Fitness coach so that you can get personalized help achieving your health, fitness and nutrition goals and start living the healthier lifestyle that you want to live.

**Committed to your success,  
Jim**

## Boost your energy and strength with a 30-day jumpstart

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### SUMMER READING PROGRAM

This program begins on June 21. **TAILS AND TALES** will explore the animal world, habitats and ecosystems, and include virtual and take-home offerings for children of all ages. Separate programs for pre-readers, teens, and adults will also be available. Stay tuned for more information, and mark your calendars for June 21!

### WILD ABOUT TURTLES

Tuesday, June 29 | 6:00pm | Virtual Program with Craft

In this virtual program, Mary Doane of Project Nature shares three live turtles with the group, including a tortoise, box turtle and aquatic turtle, and explores the habits and habitats of each. Registered participants will also create their own turtle from clay, using materials provided by the library! Register to receive access via Zoom, and to reserve your craft materials kit (if desired). This program is open to children of all ages.

### TAKE HOME ACTIVITY KITS

Weekly Kits in the Summer - Registration Required

During each week of the summer reading program, participants can register for a take-home kit to learn more about that week's featured animals, and create a craft project from home! These projects are designed for children entering grades K-6, though younger children may need assistance from a parent or caregiver. New kits will be available every Wednesday during the Summer Reading Program. Registration is required for every kit you wish to receive.

6/23: On the Farm	6/30: Under the Sea
7/7: On the Dunes	7/14: Under the Canopy
7/21: Among the Clouds	7/28: On Safari
8/4: On the Ice	8/11: In Our Backyard

### VIRTUAL STORYTIMES

Weekly Storytimes will continue in a virtual format through the summer. Register online to receive access via Zoom. We'll spend thirty minutes sharing stories, songs, and rhymes together, spend plenty of time moving and dancing, and end with an opportunity to socialize virtually! Lean about your favorite animals, and come prepared to sing, dance and play. Storytimes are designed for preschoolers aged 3-5, but may be attended by anyone who wants to join.

### FIRST CHAPTER FRIDAYS

Tune in all summer long

Check out the library's weekly podcast, First Chapter Fridays! Each week, we'll read the first chapter of a middle-grade book to highlight time-honored classics, hidden gems, and new releases in the library's collection. This summer's recorded episodes will feature our favorite middle-grade books about animals. New recordings will be posted every Friday, but you can listen to them anytime your schedule allows. To see the list of available episodes, search for "First Chapter Fridays" on your preferred podcast app or visit the "For Kids" section on our website.

### COMING SOON: TINKER KITS

Topics Include Nature, Coding and Magnetism

With the start of the Summer Reading Program on June 21, the library will also be lending Tinker Kits for children. Each kit contains two books that explore a scientific concept, along with toys and resources to explore that concept from home. Families with an active library card can borrow each kit for two weeks at a time. Currently, our kits explore, nature, coding, and magnetism. Visit the library or contact [juliana@bakerfreelib.org](mailto:juliana@bakerfreelib.org) to learn more, and place a reserve on any kit using our library catalog - just search for "tinker kit". Our Magnetism Kit is recommended for ages 4-8, and our Nature and Coding Kits for ages 5-12. Available starting June 21st.

### ADULT BOOK GROUPS

At this time, the Adult Book Groups and White Rock Whodunits for the month of June will not be meeting in person, however the copies of "Miracle Creek" by Angie Kim will be available for Book Talk members to pick up at the Circulation Desk mid-June.

Please contact Amy at [amy@bakerfreelib.org](mailto:amy@bakerfreelib.org) with any questions.

## POLICE PATROLLING BOW TRAIL SYSTEM

For the next several weeks Bow Police will be using ATVs to patrol the extensive trail system and brush dump.

ATVs are only allowed to be used in areas where land owner permission has been obtained; usually restricted to privately owned property. There is currently no town owned property that allows the use of ATVs or wheeled vehicles.

Bow has an extensive trail system that is meticulously maintained by multiple groups, that include the Pioneer Snowmobile Club. ATVs and wheeled vehicles are also prohibited from using these trails.

Bow officers will be patrolling in pairs and strictly enforcing the ATV statutes. These patrol hours have been made available by a grant through the New Hampshire Fish and Game. In addition to land owner violations, officers will be looking for areas of vandalism and illegal dumping along the trail system.

If you see them out on the trails please feel free to say hi! If anyone has specific areas they'd like to see patrolled, or any concerns, feel free to contact Officer LeBlanc at [mleblanc@bownh.gov](mailto:mleblanc@bownh.gov).

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# MEASURING THE VALUE OF A FINANCIAL PROFESSIONAL

by Dominic Lucente

*Findings suggest that these relationships can make a difference for investors.*

## WHAT IS A RELATIONSHIP WITH A FINANCIAL PROFESSIONAL WORTH TO AN INVESTOR?

A 2019 study by Vanguard, one of the world's largest money managers, attempted to answer that question.

Vanguard's whitepaper, concluded that when an investor works with a professional and receives that level of investment advice, they may see a net portfolio return about 3% higher over time.<sup>1</sup>

## HOW DID THIS STUDY ARRIVE AT THAT CONCLUSION?

By comparing self-directed investor accounts to this model, Vanguard found that the potential return relative to the average investor experience was higher for individuals who had financial professionals.<sup>1</sup>

Vanguard analyzed three key services that a professional may provide: portfolio construction, wealth management, and behavioral coaching. It estimated that portfolio construction advice (e.g., asset allocation, asset location) could add up to 1.2% in additional return, while wealth management (e.g., rebalancing, drawdown strategies) may contribute over 1% in additional return.<sup>1</sup>

Asset allocation is an approach to help manage investment risk. Asset allocation does not guarantee against investment loss. The study provided feedback and estimates based on customer experience. The value of advice is not a guarantee of performance.

The biggest opportunity to add value was in behavioral coaching, which was estimated to be worth about 1.5% in additional return. Financial professionals can use their insight to guide clients away from poor decisions, such as accepting excessive risk in a portfolio. Indeed, the greatest value of a financial professional may be in helping individuals adhere to an agreed-upon financial and investment strategy.<sup>1</sup>

Of course, financial professionals can account for additional value not studied by Vanguard, such as helping clients implement wealth management strategies, which may help protect against the financial consequences of loss of income, and coordinating with other financial professionals on tax management and estate strategies.

After years of working with a financial advisor, the value of a relationship may be measured in both tangible and intangible ways. Many such investors are grateful they are not "going it alone."

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or [Dominic.lucente@LPL.com](mailto:Dominic.lucente@LPL.com)  
[Dlucente.com](http://Dlucente.com)**

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Citations.

1 - [advisors.vanguard.com/iwe/pdf/ISGQVAA.pdf](https://advisors.vanguard.com/iwe/pdf/ISGQVAA.pdf) [2/19]



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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.**



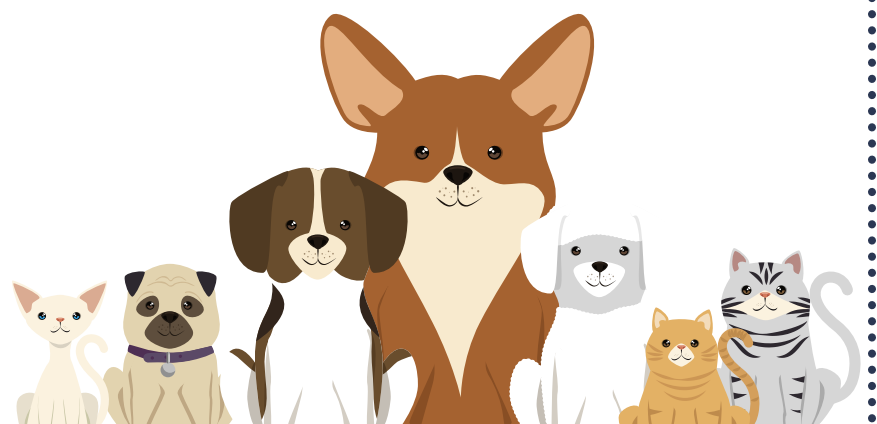
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## ABOUT THE PROSTATE

We celebrate Father's Day in the month of June, and it is also Men's Health Month. Last year I wrote about some general issues dealing with men's health, and that article can be found on the Bow Times web site. I'd encourage you to look it up and read it. This month I thought I would focus on a unique part of male anatomy, the prostate gland. As part of the male reproductive system it is found in all male mammals. It is about the size of a walnut, and it surrounds the urethra at the base of the urinary bladder. Because of this location it bears the name prostate, which comes from the Greek 'prostates' meaning "one who stands before" or "protector."

70% of the prostate is made up of glands and 30% is smooth muscle. The main function of the prostate gland is to supply about one third of the seminal fluid (semen). The other two thirds of seminal fluid comes from the seminal vesicles. Semen is the fluid medium in which sperm (made in the testicles) are transported out of the male by means of an ejaculation. The volume of ejaculate varies from ¼ to 1 teaspoon. The contribution from the prostate is important because it contains prostate-specific antigen (PSA), which helps to thin out the semen allowing sperm to move more freely. It also contains zinc and citric acid.

As sexual excitement increases, the muscle fibers squeeze out the prostatic fluid from the glands into the urethra where it combines with the fluid from the seminal vesicles and the sperm from the testicles.

This amazing gland can give men some problems. Although bacteria can cause prostatitis (inflammation of the prostate), frequently no causative agent is found. Prostatitis usually occurs in men under the age of 50. Symptoms usually include pain and discomfort between the scrotum and anus, or in the low back. Half of all men have symptoms of prostatitis at some point in their lives.

As men age, the prostate enlarges. This is called benign prostatic hyperplasia (BPH) and usually occurs in men over the age of 50. The enlarging prostate compresses the urethra making it difficult to urinate and decreases the force of the stream. Having to urinate frequently and at night are other common symptoms of BPH. By age 60, over 50% of men have BPH and by age 85 that increases to 90%.

The third common medical condition is prostate cancer. Early cancer may not cause any symptoms at all, but as the disease progresses symptoms of BPH occur. In addition there may be blood in the urine or semen. Ejaculation and urination might be painful. 80-85% of prostate cancers are detected in an early stage and carry an excellent 5-year prognosis. In general, the overall prognosis for prostate cancer is among the best of all cancers. If, however, the cancer has spread, the 5-year survival is about 28%. According to the CDC about 13 American men out of 100 will get prostate cancer during their lifetime, and 2 to 3 of those 13 will die from the disease. Remember that it is older men who get prostate cancer, and they can die of other causes before the prostate cancer becomes life threatening. Even though prostate cancer is (after skin cancer) the most common cancer in men, lung cancer and colon/rectal cancers claim many more lives. The risk goes up if you have a family history of prostate cancer or if you are African-American. The two common "screening" tests for prostate cancer are the PSA test and the digital rectal exam. Both of these screening tests are under scrutiny, and many believe that there is not enough evidence that they are beneficial. Therefore, you should have a conversation with your physician to determine your risk/benefit ratio for these screening tests. The PCA3 (found in urine) and the Prostate Health Index (a mathematical formula combining three test results into a single score) are newer screening options. The definitive diagnosis comes with a needle biopsy of the prostate, and with MRI imaging and real time ultrasound this biopsy is more accurate than it used to be.

## BANGOR SAVINGS BANK ESTABLISHES

### BANGOR WEALTH MANAGEMENT OF NEW HAMPSHIRE LLC

Building another avenue to help Northern New Englanders plan for their financial future, Bangor Savings Bank has established Bangor Wealth Management of New Hampshire LLC and opened its first office. Following new Bangor Savings Bank branch openings in Concord and Manchester, Bangor Wealth Management is another demonstration of the commitment Maine's largest bank has to the Granite State.

Bangor Wealth Management of New Hampshire's new location just opened at 82 North Main Street in Concord.

Bangor Wealth Management of New Hampshire will guide individual investors in a comprehensive understanding of their financial goals and objectives, and help to develop strategies and individualized solutions for:

- Retirement Planning
- Trust and Estate Planning
- Investment Management

Additionally, Bangor Wealth Management of New Hampshire will help organizations of all sizes with Institutional Investments.

Bangor Wealth Management is a wholly-owned subsidiary of Bangor Savings Bank, and the new wealth management office in New Hampshire's capital city will be operated by the following team:

- **Mark A. Paluzzi**, CFP, CTFA, AEP; Senior Vice President & New Hampshire Market Leader
  - 30 years experience in financial services
- **Mike LeBel**, CAIA, CFA; Vice President & Portfolio Manager
  - 24 years investment management experience
- **Natalya Pearl**, CFP; Vice President & Senior Relationship Manager
  - 13 years financial services experience working with individuals and families

The \$6 billion Bank, founded in 1852, is in its 169th year with more than 60 branches in Maine and New Hampshire and business and/or loan production offices in Maine, New Hampshire, and Massachusetts. Bangor Savings Bank and The Bangor Savings Bank Foundation have invested more than \$3.4 million into the community in the form of sponsorships, grants, and partnership initiatives last year.

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## BOW FALCONS SPORTS

## GIRLS' SOFTBALL

## BOW 10 – CONVAL 0 (JUNE 3)

Preliminary round, but the Falcons lost the Quarterfinal game on June 5 to John Stark 4-2.

## BOW 18 – HILLSBORO-DEERING 2, (MAY 28)

**Key players:** Katelin Howe (2-for-3, 2 walks, 4 runs), Emily Kiah (3-for-5, 3 runs), Hannah McGonigle (5 IP, W, 7 K, 1 ER; 2-for-4, triple, 4 RBI), Kelly Harris (2-for-4 double, 4 RBI), Ella Roos (3-for-4, double, triple, RBI), Brooke Biehl (2-for-4, 2 runs).

## BOYS' BASEBALL

## BOW 12, HILLSBORO –DEERING 0, (MAY 28)

**Key players:** Connor Lee (3 IP, W, 0 R, 2 H, 2 K, 1 BB), Ethan Gray (2 IP, 0 R, 0 H, 3 K, 0 BB), Alex Magdziasz (3-for-4, double, RBI), Myles Rhinehardt (2-for-3, double, triple, RBI, 2 runs), Matt Lamy (-for-4, triple, 2 RBI, 2 runs), Luke Wilke (1-for-2, 2 walks, 2 runs).

## HOPKINTON 20 – HILLSBORO-DEERING 2 (JUNE 5)

## MONADNOCK 13 – HOPKINTON 0

## LEBANON 5 – BOW 1

## GIRL'S LACROSSE

## BOW 12 – HOPKINTON 9, (MAY 26)

**Key players:** Rose Finlayson (3 goals, assist), Annie Higginbotham (2 goals, assist), Hannah Hoyt (2 goals), Katie Brown (goal), Katelyn Bouchard (goal, good defense), Ana Miller (12 saves), Olivia Cressy (good defense).

## DERRYFIELD 9 – BOW 8 (JUNE 1)

## HOPKINTON 17 – LEBANON 6 (QUARTERFINALS)

## HOPKINTON 23 – LACONIA 9 (JUNE 5)



Bow High School's Barrie Guertin (left) and Hopkinton's Francie Trafton at the girls' lacrosse game in Hopkinton on May 26.

Photo Sullivan Event Photography.

CONGRATULATIONS  
CONNOR WACHSMUTH

During the NHIAA DII State Track Meet Connor took 1st in the 400m race! When Connor participated in the State Meet of Champions he came in 2nd place with a time of 50.59! Not only did this time earn Connor 2nd place at MOC's, he also becomes the new Bow High School record holder beating the old school record of 51.20!!!

Way to finish your first year of track and senior year strong Connor!

## HOPKINTON HAWKS SPORTS

**GIRLS LACROSSE** team beat Lebanon 17 - 6 in the Quarterfinals. The team went on to win against Laconia in the semifinal game played Saturday, June 5, by a score of 23 - 9. The Hawks lost the championship to Derryfield in a squeaker by 11-12.

**BOYS LACROSSE** team beats Bishop Brady 15-3 in the Division III Preliminary round on June 3. The quarterfinal game against Hillsboro-Deering on June 5 resulted in a win of 15-0. The semifinal game against Trinity was Trinity 12-Hopkinton 7.



Senior defensive standout Steven Newton-Delgado #16 clamps down on the Trinity offense. Photo Sullivan Event Photography.

**BOYS BASEBALL** the Hawks beat Hillsboro-Deering 20 - 2 in the Division III Preliminary round on June 5, but lost in the semifinal game by Monadnock 13-0.



Armen Laylagian #8 heads for third as the Hawks attempt to mount an offense charge. Photo Sullivan Event Photography.

**GIRLS SOFTBALL** on June 9 the Hawks beat Monadnock 6-0 for the Division III semifinal game. In the championship game on June 12 they lost to Campbell 18 to 6.



Keegan St. Cyr #16 celebrates with teammate Maddie Carmichael #9 after stealing home to seal the victory against Mascenic in extra innings. Photo Sullivan Event Photography.



# CLEANSING & THE VALUE OF THINGS

By Donna Deos

Finally, the nicer weather is here! The pollen and other allergens have been horrendous this year and we, at last, have had some rain to wash those away and nourish the plants, gardens and forests. A good cleansing is always a good thing.

I was having this discussion just the other day about cleansing – or really, cleaning out. It's funny when you talk to a couple separately versus together. You can really get two different sides of things. This was an older couple. She has been wanting him to get rid of things for years. She's really been on him about it and made her opinion clear. Naturally, when it is not your idea initially, one can tend to be reluctant.

He has been cleaning out and giving things away. He did it differently than most though. People usually start by getting rid of things that don't matter: the piles of stuff we don't use and aren't really sure why we have them anymore and work our way up from there. He started with the things he cares about most. He really thought about who he wanted to have what and why. He made important, heartfelt gifts to each and every family member and explained to them why he was giving this item to them and the importance behind it. He also gave them the opportunity to go through certain things and take whatever they wanted. To him, meaning is important.

He's now ready to do the other items and wants to go through his closet and give away things there too. He said he has so many pairs of nice shoes he never wears anymore and is ready to let them go. Funny thing: she isn't up for him doing that.

You see, one person's treasure is another person's trash. What is important to one person is not to another. The things she was ready to let go, he wasn't ready to let go of yet. The things he is ready to let go of, she isn't. (It could be because she remembers him in each of those pairs of shoes and the events they went to in them... versus the tools and other work related items he accumulated outside of his time with her).

That's okay. Letting go is a hard thing to do and no matter what it is, it can take time to get to the place where you are ready to let it go. Each person's path is different. We all see things and feel things differently.

I can look at a piece of furniture in my home and know it was Great Aunt Edith and Great Uncle Bill's. Someone else can look at it and say "why do you still have that? It's so old...and dated..." I have it because I have memories and emotional attachments to it. I've seen it in family photographs of their old house – right next to the wingback chair my brother has. To me it isn't just old, it's beautiful and meaningful – and actually very cool! It's an antique marble topped table with carved legs. I think it's just about the best thing ever! To others it's dated and old and not like all the new things out there. I think that's why I like it so much!



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Anyway, you will like the things you do and others will like the things they do. You will more easily give up some things than others and so will your parents, kids, spouse or whoever. If you're working on trying to clean out the old stuff just keep that in mind. It is great to clean out what you no longer want or need. Just please don't force someone else to give away something important to them simply because you don't understand and you don't appreciate it. Show some patience, let them keep it for a while longer. They may eventually come to the point where they can and are willing to let it go. Or, you may come to understand why it touches their heart and is important to them. Ask them about the item and why it is important. Get the stories and memories from them. If this is your parent or grandparent, you may want to take a picture and write down the story or even record a small video of them telling you about it. I wish I had done more of that!

Anyway, if you face resistance, move on to something else. Hey! How about you ask them where they would like to start and what they feel comfortable going through and getting rid of?! People tend to do things more easily when it is their idea rather than someone else's. As long as you are making progress, who cares where you start?

Much of our pasts are tied to the objects around us. Some of us appreciate that and can feel the memories of times gone by in the items we have. Some of us cannot. Some people do not seem to value or appreciate items at all. We do live in a very disposable society and have to also try and relate with those types of people as well. Either way, we still need to honor our loved one's feelings – even if we don't yet understand.

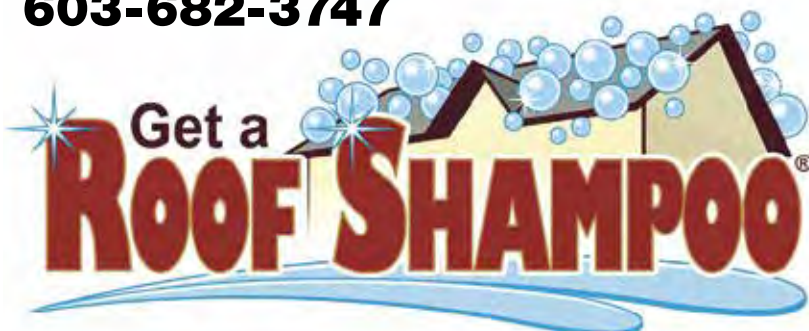
Trying to understand can help them work through their attachment to it. It can give you both great memories of the time you are spending together talking about it too. Don't rush the cleaning out. Don't try to hurry up and get it done just because that's what you want. Instead, enjoy the lessons and gifts it gives you! Trust me, cleaning out by yourself down the road without the ability to get the stories is a sad and lonely place to be. Understanding the thoughts, feelings and significance is a much nicer way of accomplishing the same task!

I guess the bigger lesson here is individualism. We are all unique individuals. We aren't just like everyone else and we don't need to be. We need is to work on being inclusive, of understanding each other's uniqueness and embracing that unique individualism!

Here's to that! Best, Donna

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## YOU NEED TO HAVE YOUR MEDICAID STRATEGY IN PLACE NOW!

"If I could only provide one piece of advice to all people over age 60, it would be to establish an estate plan today, that best prepares you for a Medicaid Application tomorrow!" Benjamin J. Kiniry.

What if you or a loved one's health is declining to the point of needing long-term care nursing services. As you are no doubt aware, paying for nursing care is a rather expensive undertaking. Ask around and you will find families who were unprepared and ultimately found themselves in shock and awe over paying for the high cost of long-term care (not to mention the massive undertaking it is to apply for Medicaid to pay for that expensive care which is a topic for another day).

When I meet with a new family, we always discuss the elephant in the room, the fear about how they will pay for long-term care. Either I bring it up or they do. Generally, there is a question asked such as "How do I protect my spouse financially when she has to use our income and principle to pay for my nursing care? Financially speaking, they want to find the best way, given their specific circumstances, to protect what assets they can for their spouse's benefit, or alternatively, to leave a legacy to their children.

As the title states, **you need to have your medicaid strategy in place now!** You think lawyers are expensive, wait until you start writing those checks to the nursing home, that will take your breath away, perhaps literally. The best defense is a good offense and a good offense in this case means planning with a professional now and having an estate plan in place that maximizes benefit to you under the spider web of Medicaid laws!

**What is Medicaid?** Glad you Asked! The Medicaid program is the answer for many families. The following paragraphs explain what you should know about the Medicaid program as a starting point. The following paragraphs were taken from a writing by the National Academy of Elder Law Attorneys, Inc. (NAELA).

## THE ISSUE

Medicaid is a joint federal and state program that provides payment for medical care for persons unable to afford to pay. Medicaid covers physicians' services, hospital care, supplies and other necessary services once a person has been made eligible for the program. It also pays for the expenses of long-term care in a nursing home.

The Medicaid program is administered independently in each state. While the basic eligibility standards are the same throughout the United States, there are significant differences between the state Medicaid programs. Despite these differences, eligibility is generally based upon the amount of assets a person has along with the income that the person receives. Eligibility is determined at state Medicaid offices and, in the case of married individuals; the assets and income of both spouses are considered in the determination process.

It is important to distinguish between Medicare and Medicaid. Medicare is an insurance program providing payment for medical needs for persons 65 and over and for certain people with disabilities. All persons 65 and over, regardless of financial resources or income, are eligible for Medicare. Medicare and Medicare supplemental insurance, however, provide very limited coverage with regard to the cost of long-term care in nursing homes. These non-covered services must be paid privately by the individual, unless the individual has coverage under a long-term care insurance policy. Medicaid, on the other hand, pays for medical needs for those of any age that have been determined to be eligible. In fact, a person with limited income and resources who has Medicare coverage may also qualify for Medicaid benefits.

## WHAT YOU NEED TO KNOW

Medicaid is considered to be one of the most complex laws of the United States and, further complicating matters, each state has a different version of Medicaid. Many Elder Law attorneys have carefully studied the Medicaid statutes and regulations and are able to assist clients.

Medicaid is often of importance to middle-income Americans because Medicare does not cover the costs of long-term care for illnesses such as Alzheimer's disease or paralysis caused by a stroke. Most people who need such care for extended periods will eventually deplete their assets and become unable to pay the costs of their care.

At such a time Medicaid is available to pay the difference between their income and the actual costs of care provided in a nursing home, including room and board, as well as physicians' care, hospital care and all other reasonable necessary medical expenses. Medicaid covers the costs of such care in nursing homes, adult care homes, hospices, and, in appropriate cases, in the individual's own home.

If faced with the possibility of such long-term care expenses, there are certain rules that you should be aware of:

- In determining eligibility for Medicaid payment for long-term care expenses, the eligibility team will review the individual's actual need for care, the person's available resources (including life insurance and retirement plans) and income received from any source. In some states, if monthly income exceeds a certain amount, then the individual is ineligible for Medicaid, even though the individual's long-term care expenses exceed his or her income.
- In determining eligibility, a person will be disqualified from Medicaid for gifts made within the previous few years.
- In determining eligibility for one spouse, the assets and income for both spouses are considered, regardless of premarital agreements, community property laws or the nature of the ownership of the asset.
- Assets of married couples, however, receive special treatment so that the spouse who remains living at home will not be unduly impoverished. Such a community spouse is permitted to keep one-half of all of the available assets (up to a federally-established maximum) and is allowed to keep a minimal amount of income of the couple in order to provide for support expenses at home.
- In addition, there are certain resources that are considered non-countable for eligibility purposes; these include the family residence, household contents, a vehicle, a prepaid burial fund and other necessary items.
- It is important to be aware of the state specific eligibility provisions and exemptions so that assets will not be unnecessarily spent down before applying for Medicaid.
- Finally, it is important to know that there are appeals processes built into the Medicaid system. If you are unhappy with eligibility determinations, care decisions or placements made under Medicaid, there is a process for an administrative hearing and even court proceedings to enforce your rights."

## THE TIME TO ACT IS NOW, NOT IN A STATE OF EMERGENCY!

My opening statement is the absolute truth. I see the devastation to families firsthand and I, and other Elder Law Attorneys, have the knowledge to lessen the blow significantly. When you know things that can keep others from suffering and you want to share it, this is me sharing it.

I want to encourage you to act now. Practice financial self-defense by being pro-active. Elder Law Attorneys know things that no one else knows, and this knowledge is the key to having life go as smoothly as possible in a long-term care scenario by establishing a plan today, so that you will not suffer unnecessarily tomorrow.

## ENOUGH SAID.

*National Academy of Elder Law Attorneys, Inc.  
Guardianship & Conservatorship (2008) (NAELA).*





			
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## THE BOW GARDEN CLUB

### SPRING PLANT SALE A GREAT SUCCESS!

The Bow Garden Club's Spring Plant Sale took place as scheduled on Saturday, May 29th. We were given permission, at the 11th hour, to hold our plant sale *inside* the Bow Community Center as we have in past years. We were at-the-ready with a dozen pop-up tents slated to be set up early that morning just to the right of the parking lot, weighted down with sand bags, however thankfully that was not necessary. *Thank you, Town of Bow!*

We were also fortunate to have a small army of volunteers, both members and some spouses, to help with the set up and to unload the plant truck when it arrived and to arrange the 70+ racks of flowers, veggie starters and herbs on tables for the sale the next day. 30 hanging plants were also unloaded from the truck and hung up for display. And we had several tables of members' plants that were dug out of their own gardens to share with others and they sold quickly. This year three of our members used some of their creative talents to create dish gardens filled with herb plants, dish gardens of succulent plants and even garden art made from assorted and colorful dishware. They were very popular and were soon gone. The garden club very much appreciates our fellow Bow residents' continuing patronage at the annual spring plant sale, our primary fundraiser. Your support allows the garden club to continue purchasing plants for the several "Bow Beauty Spots" located around Town, and to offer an annual high school scholarship and more.

NOTE: A "shout out" goes to **Debra Barnes of Bow** who donated a nice supply of heirloom tomato plants for our sale! And FYI, any "unclaimed" vegetable plants were donated to the Manchester Animal Shelter for their plant sale that takes place in later in June, to the NH Food Bank for their production garden located in Manchester and to Sheri Oosterveen who oversees the Bow Elementary School Garden.

**Thank You Bow!**







## NH EATS LOCAL MONTH BEGINS AUG 1!

Every August, NH Eats Local focuses its year-round efforts to showcase and celebrate the bounty of the Granite State under NH Eats Local Month. For 2021 NH Eats Local Month, partners and eaters can take part in the following:

### NH'S BIG BITE

To kick off NH Eats Local Month on Sunday, August 1, Granite Staters are encouraged to come together and take a big bite out of something local. This year's big bite: pancakes with delicious, local NH maple syrup.

### NH EATS LOCAL MONTH PHOTO CONTEST

Each week of August will have a themed photo contest for partners and eaters to submit photos via Facebook or Instagram. Judges will select winners for each week to be awarded one of many local prizes donated by our NH Eats Local Month Partners.

### PHOTO CONTEST THEMES

Week 1, Aug 1-7: Your Farmers' Market/Farm Stand Haul

Week 2, Aug 8-14: Picking Your Own

Week 3, Aug 15-21: Dine Out Local

Week 4, Aug 22-28: Showing Local Love

Visit [nheatslocal.com](https://nheatslocal.com) to learn more about the 2021 NH Eats Local Month celebration and NH Eats Local.



## Northeast Leads in Tooth Fairy Giving

**Delta Dental** recently released new findings from its Original Tooth Fairy Poll® that show the Tooth Fairy's average cash gift reached its highest point in the 23-year history of the poll for a total of \$4.70 per tooth.

"Having the Tooth Fairy visit to celebrate the loss of a tooth is a time-honored tradition, and 2020 was no exception," said Emily O'Brien, Director of Strategic Communications, Delta Dental Plans Association. "Many parents welcomed the Tooth Fairy into their homes last year as a way to teach their kids about the importance of oral health and embrace a bit of much needed light-hearted fun along the way."

### The regional results:

\$5.72 – The Northeast: Leads U.S. regions in the highest average monetary gift for a lost tooth.

\$4.45 – The South: Tracks most closely to the overall U.S. average.

\$5.54 – The West: With a nearly two-dollar increase over 2019, the West moves from third average gift to second highest this year.

\$3.66 – The Midwest: Remains lower than the national average for the third year in a row.

the Community Players of Concord, N.H. 1927

Children's Theatre Project  
Summer 2021

SONGS, SCENES,  
and  
SILLY, SHORT  
SHOWS  
in the park

AUG. 1 - 6

Ages 8 - 14

Visit the website for information and to reserve your spot!  
[communityplayersofconcord.org](https://communityplayersofconcord.org) Children's Theatre 2021 Summer Camp



## SGT. PRATTE AND K-9 ROXY VISIT ST. JOHNS SCHOOL

Sgt. Matt Pratte, of the Bow Police Department, visited the Pre-K and Kindergarten students at Saint John Regional School in Concord, on June 1. The students were able to ask questions and tour the police cruiser as well as watch Roxy perform some cool tricks! This visit left many students future police officers in the making!



The Pre-K and Kindergarten students of SJRS posing with Sgt. Matt Pratte and K9 Roxy.



Students were able to take an up close look at the police cruiser and they even turned on the lights!



Sgt. Matt Pratte answering the children's questions about being a police officer.



## GRILLING SAFETY TIPS from the Bow Fire Department

It happens every year. The weather gets warmer, more people use outdoor grills, and incidents of grill-caused fires go up. In 2015-2020 outdoor grilling causes an annual average of 10,200 home fires.

Statistically, gas grills cause more home fires than charcoal grills; 64% of households own a gas grill, 44% own a charcoal grill and 9% own an electric grill.

Here are 9 BBQ safety tips that will keep you and your home safe for barbecuing season:

1. **Grill outside and away from any structures.**
2. **Make sure your grill is stable.** Only set up your grill on a flat surface and make sure the grill can't be tipped over.
3. **Keep your grill clean.** Remove grease or fat buildup from both the grill and the tray below the grill.
4. **Check for propane leaks on your gas grill.** Before the season's first barbecue, check the gas tank hose for leaks by applying a light soap and water solution to the hose and then turning on the gas. If there is a propane leak, the solution will bubble. Other signs of a propane leak include the smell of gas near the barbecue or a flame that won't light.
5. **If the flame goes out, wait to re-light.**
6. **Take care around the grill.** Never leave a lit grill unattended. Don't allow kids or pets to play near the grill. Never try to move a lit or hot grill, and remember the grill will stay hot for at least an hour after use.
7. **Be careful with charcoal starter fluid.** If you use a charcoal grill, only use charcoal starter fluid. If the fire starts to go out, don't add any starter fluid or any other flammable liquids to the fire. Consider using a charcoal chimney starter, which uses newspaper to start the fire instead of starter fluid.
8. **Wear the right clothing.** Clothing can easily catch fire, so be sure your shirt tails, sleeves or apron strings don't dangle over the grill.
9. **Be ready to put out the fire.**



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## BOW ROTARY CLUB CELEBRATES 50 YEARS!

Over the past twelve months, we have shared our excitement about reaching 50 years in Bow! It was 50 years ago last June that our Bow Rotary Club began. We had huge plans for celebrating, including special concerts, a recognition dinner, etc., that all went by the wayside when the pandemic created an entirely new world for all of us.

We began meeting by Zoom in May last year, and our new President, Matt Gatzke, took over from Immediate Past President David Scanlon, in July. Only a virtual "passing of the gavel" was possible due to the virus and restriction of gatherings. During this past year, we've all become more comfortable with meeting online and the technology challenges it presents, but it can never take the place of meeting in person.

Now that the state is cautiously opening, we are hoping to present a few concerts at the gazebo this summer and to resume meeting in person. Ben Kiniry will be taking over in July from Matt Gatzke as our new President and is excited to begin his term. We hope you'll consider joining us on Friday mornings at 7:30, just outside the Old Town Hall – or inside, if pandemic conditions improve!

**More information at [www.bowrotary.org](http://www.bowrotary.org)**



### WE HAVE A WINNER!!!

Bow Rotary's annual Four-Way Test Speech Contest was held via Zoom on March 2nd and just like every year, the Four-Way Speech Contest always warms the heart hearing what these students are passionate about and especially when putting oneself into the student's shoes. All four contestants did very well, but ultimately, we arrived at our first, second and third place winners.

Each contestant had to speak on a topic that was important to them and in that talk relate their points to Rotary's Four-Way Test. The speech had to be no less than five minutes and no more than seven, otherwise they were disqualified. A timekeeper held up cards with their remaining time after the 5-minute mark. Three judges, one from Bow Rotary, one from another club and one former Rotarian judged the speeches and deliberated in a separate Zoom room.

#### The Rotary Four-Way Test

Of the things we think, say and do

Is it the **TRUTH**?

Is it **FAIR** to all concerned?

Will it build **GOODWILL & BETTER FRIENDSHIPS**?

Will it be **BENEFICIAL** to all concerned?

First Place Winner: BHS Senior **Michelle Eweka** (\$500 prize)

Second Place winner: BHS Senior **Jack Roberge** (\$300 prize)

Third Place winner: BHS Junior **Ava Noce** (\$100 prize)

**Michelle Eweka** went on to the Rotary District's semifinals where she placed in the top four. Michelle then advanced to the Rotary District 7870 finals on May 1st, where she came in **First Place and won an additional \$650! Congratulations Michelle!**

*"My primary goal in participating in the Four-Way Speech Contest was to inform my audience on the appalling state of America's correctional system and inspire them to advocate for change in the future. I was elated to move up to the final rounds because the further I got in the competition, the bigger my audience became, increasing the spread of awareness."*



## THE FREESE BROTHERS BIG BAND

*Eagle Square  
Thursday, June 24  
at 7:00 PM*



## BOW HERITAGE COMMISSION

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The Bow Heritage Commission website at  
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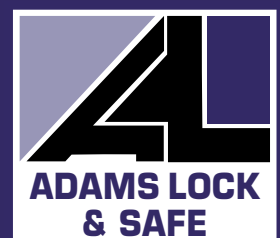
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by Kathleen Butcher  
724-3452, kathb123@comcast.net

### TWO VILLAGES – ONE HEART

► **DIAL-A-RIDE** is open for Rides to medical appointments, dental, physical therapy, radiation and chemotherapy and any other errands such as shopping, banking and barber or hairdresser appointments. The office hours at the Slusser center are Monday, Wednesday and Friday 10 Am to noon. Call 603-746-4357 to schedule an appointment. Each driver and senior resident will be asked to wear a mask for the safety of everyone. Need a ride or interested in becoming a driver? Call today to find out more!

► **BALANCED BRUSSEL** The Balanced Brussel Take Home Kitchen offers balanced home-made meals at a reasonable cost. Pre-order by Sunday at midnight for Tuesday pick-up, 4-6:30 pm at 633 Maple St., Contoocook. Delivery is available with a \$25 minimum purchase and \$3.50 delivery fee. For weekly menus & to order, visit our website: <http://www.bbtakehomekitchen.com/>

► **LIBRARY SUMMER OF FUN** The Hopkinton Town Library Summer of Fun. The theme this summer: Hello Hopkinton! Celebrating Our Community. Programs for: Children entering kindergarten and younger, children entering 1st and 2nd grade, children entering 3rd-5th grade, children entering 6th grade and up. Two Sessions! Sign up for one or both. June 29-July 16 and July 27-Aug 13. Registration is open. Interning opportunities are available for children entering 6th grade and up. There will be a combination of virtual and in-person programming. There will be reading, crafts, and programs, a Summer Quest, and Story Walk™.

**The Hopkinton Town Library is open.** Tuesdays 10am-6pm, Wednesday and Friday 10am-5pm, Saturday 10am -1pm. Please wear masks covering nose and mouth. Appointments are not required. Limit visit to 1 hour. Maximum of 15 patrons in the building at one time. The library can be reached at 746-3663. Up-to-date information available on the web site at <https://www.hopkintontownlibrary.org/>

► **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.



► **FARMERS MARKET** The Contoocook Farmers Market is outside. Every Saturday 9am-12 noon at the Tooky Gabezo. Up-to-date information is on the Facebook page Contoocook Farmers' Market.

► **COVID CALL FOR ART** The Hopkinton Town Library Gallery Committee is seeking two and three dimensional artwork created during the pandemic by artists aged 15 to 115 for a show in September and October this year. Please submit photos of your work to [info@hopkintontownlibrary.org](mailto:info@hopkintontownlibrary.org) by July 6th including your name, a description of your medium and dimensions of your work.

► **EMPLOMENT OPPORTUNITY** The Hopkinton Recreation Department is accepting applications for summer employment! More information can be found at [www.HopkintonRec.com](http://www.HopkintonRec.com).



## HOPKINTON SUMMER CAMPS

### BACK IN THE SADDLE CAMP

Equine Therapy Center in Hopkinton is offering a summer camp for ages 5 to 12. Tuesday through Friday 9am to 330pm. Week One | June 29-July 2, Week Two | July 6-9, Week Three | July 13-16. If the first three weeks fill, then two additional weeks in August will open. Information: 746-5681, [info@bitsetc.org](mailto:info@bitsetc.org), [www.bitsetc.org](http://www.bitsetc.org).

### MAKING YOUR MARK ART CAMP

The St. Andrew's Making Your Mark team has begun planning the ninth season of Making Your Mark Art Camp. The 2021 dates will be July 19 - 23, whether in person at the Hopkinton parish house or remote via Zoom. All rising 4th, 5th and 6th graders are welcome to apply by picking up an application in the church office or emailing Vickie Haines at [inpattern77@gmail.com](mailto:inpattern77@gmail.com). As in past years there is no camp fee, simply a child's desire to share in a week of creativity, companionship, and fun in a safe and welcoming atmosphere. Any questions? Please email [lucycrichton@gmail.com](mailto:lucycrichton@gmail.com) or [pam-mueller7@gmail.com](mailto:pam-mueller7@gmail.com).

### WRITING CAMP

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 ([joanfollansbee1970@gmail.com](mailto:joanfollansbee1970@gmail.com)) or Trish Walton ([trishwalton65@gmail.com](mailto:trishwalton65@gmail.com)). \$140 half day, \$190 full day.

### HAWK BASEBALL CAMP

Hawk Baseball Camp open to 7-15 year old players will be held June 28-July 1 (rain date July 2) from 9:00-3:00. For a registration form, please call Dave Chase at 603-545-2960 or email [4chaseteam@comcast.net](mailto:4chaseteam@comcast.net).

### BRITISH SOCCER CAMP

British Soccer Camp will be held Aug 23-27. Registration is open at [www.HopkintonRec.com](http://www.HopkintonRec.com).





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## Hopkinton Real Estate Sales – MAY 2021

ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
555 Main Street	2 Bedrooms   1 Baths	1,021 Square Feet	0.97 Acre	\$265,000
13 Old Stagecoach Road	2 Bedrooms   1 Baths	1,726 Square Feet	1.1 Acre	\$290,000
56 Maple Street, Unit	1 Bedrooms   2 Baths	887 Square Feet	0.53 Acre	\$295,000
717 Main Street	2 Bedrooms   2 Baths	1,271 Square Feet	1.4 Acre	\$299,400
56 Chase Farm Road	3 Bedrooms   2 Baths	1,560 Square Feet	5.04 Acres	\$375,000
384 North	2 Bedrooms   1 Baths	976 Square Feet	1.4 Acre	\$401,000
13 Hopkins Green Road	4 Bedrooms   3 Baths	2,321 Square Feet	1.93 Acre	\$430,000
117 Maple Street	3 Bedrooms   3 Baths	2,268 Square Feet	0.48 Acre	\$449,000
246 Hopkins Green Road	4 Bedrooms   3 Baths	3,933 Square Feet	2.1 Acres	\$625,000
301 Galloping Hill Road	5 Bedrooms   4 Baths	3,972 Square Feet	3.31 Acres	\$625,000
20 White Tail Run	3 Bedrooms   4 Baths	3,460 Square Feet	2.5 Acres	\$650,000
359 Stickney Hill Road	3 Bedrooms   3 Baths	3,101 Square Feet	37.92 Acres	\$775,000

*Sales Data for May 2021 provided by the NHMLS.*

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### THESING & LANE

#### NAMED LIFETIME HONORARY TRUSTEES

At the recent Hopkinton Historical Society Annual Member Meeting, retiring Trustees Kathryn Thesing and Donald Lane were named Lifetime Honorary Trustees in recognition for their service to the Society.

Thesing began as a volunteer, taking on tasks ranging from baking cookies for events to painting walls. Soon after, she ran the gift shop and worked on creating exhibits. Elected to the Board, she first chaired various committees and subsequently was elected Board President.

She was instrumental in recruiting new Board members as well as new staff, both critical to society operations. She worked to change the society's name from New Hampshire Antiquarian Society to its present name in order to reflect its mission and location.

Lane was recruited to join the society's board following many years of volunteer work within Hopkinton and election to the Select Board. As trustee, he chaired the Investment Committee and then served as Board President.

Throughout 21 years on the Board, Lane worked to improve and solidify the Society's financial stability. He secured significant contributions to both the Preservation Fund that provides for upkeep of the Long Memorial Building, the Society's home, and to the Century Fund that helps to ensure continued growth of the Society well into the future.

Current Board President James Fredyma notes that the work done by Thesing and Lane solidifies the Society's mission on behalf of Hopkinton's future generations.

### VOTING TWICE EQUALS JAIL TIME

A 90 day jail sentence was imposed on a Hopkinton man who voted twice in the 2020 election. Ole Oisin, a naturalized citizen born in Ireland, filled out a voter registration form giving a false birth date and false place of birth. Part of a \$2000 fine and a 90 day sentence were suspended, but Oisin's right to vote in NH was terminated.

### HOPKINTON POLICE DEPT.

#### 5 Arrests 6 Accidents 499 Traffic Stops MAY 2021 STATS AND ARREST LOG

**05/03/21** James Crossman, 31, of 168 North Main Street, Franklin, was arrested for Willful Concealment, Theft.

**05/04/21** Jonathan Jones, 25, of 48 Pine Street, Hopkinton, was charged with Conduct After Accident.

**05/06/21** Tristan Copple, 18, of 724 Park Ave, Hopkinton, was charged with Negligent Driving.

**05/09/21** Jodi Smith, 46, of 16 Monarch Drive, Concord, was charged with Criminal Trespass.

**05/19/21** Eric Butler, 42, of 10 Birch Tree Lane, Hillsboro, was charged with Criminal Mischief.





## OBITUARIES

### JOAN COLLINS

Joan Nancy Lee Collins of Bow, went home to the Lord surrounded by the love of her family on May 17, 2021. Joan was born on September 25, 1932, in Boston, Mass. the oldest daughter of William Y. Cole and Mary L. (Campbell) Cole. After graduating from Watertown High School in 1950, Joan continued her education at Lesley University where she was active in chorus, madrigals, treasurer of her class and made many lifelong friends. Joan graduated Cum Laude in 1954 with a degree in elementary education, and began teaching kindergarten, a career she loved.

Joan met the love of her life, Paul Collins, Jr., in the summer of 1951 and they were married June 25, 1955, and enjoyed almost 60 years of marriage before Paul's passing in 2015.

Joan and Paul moved to New Hampshire to be closer to many of their 12 grandchildren who were the light of their lives. Joan was their biggest fan and was well known around the ball fields, hockey rinks and school events, never missing an opportunity to cheer for them. She was such a fixture that many local children referred to her as Gramma Collins.

In 2004, Joan and Paul moved to the White Rock Community in Bow, where they enjoyed warm loving friendships with those they considered their second family. Joan was very accomplished with hand-work, creating many beautiful treasures for her family.

In addition to her loving parents and beloved husband, Paul, Joan "Gramma" was welcomed into heaven with a warm, happy hug by her precious grandson, Stephen Charles Cmar. Joan was a devoted mother to her children, Paul "Chip" Collins and his wife, Sujaree of Nashua; Deborah Cmar and her husband, Geoff of Bow; and Nancylee Simpson and her husband, Rob of Bow.

The family wishes to thank Joan's wonderful caregivers over the last 18 months that she lived with her daughter, Deborah. They went above and beyond to ensure that Joan's last chapter was filled with love, laughter and dignity.

Donations in Joan's memory are gratefully accepted to the Stephen Cmar Memorial Scholarship Fund, c/o Deborah Cmar, 25 Rocky Point Drive, Bow, NH, 03304.

### ELEANOR SWINDLEHURST

Eleanor Ruth (Rogler) Swindlehurst 88, died May 29, 2021, at her Dunbarton residence surrounded by her family. Born on July 20, 1932, in Manchester, Eleanor later moved to Dunbarton where she resided for the rest of her life. She was an integral part of the family-run Dunbarton Fuel Service.

Eleanor was a graduate of West High School Class of 1950. After graduating from the Elliot Hospital School of nursing, she worked at the Elliot Hospital in pediatrics. She was a leader with the Dunbarton Silver Birch 4-H club for over 50 years where she taught sewing. Eleanor enjoyed being an advisor for the International Order of the Rainbow for Girls and was also an active member of the Martha Washington Chapter #6 Order of the Eastern Star.

She was a member of the Dunbarton Fire Department Women's Auxiliary, a member of the Ladies Aide and Women's Club as well as a member of the Dunbarton School Board. She was a deacon at the Dunbarton Congregational Church.

She was predeceased by her parents William and Lilly Julia Rogler, her husband John Robert Swindlehurst, II and granddaughter Karri Ann Rae.

Members of her family include three daughters, Joanne Swindlehurst Malia of Sandy Hook, CT, Suzanne Swindlehurst Buck, of Bridport, VT, Martha Swindlehurst Rae of Manchester, a son John Robert Swindlehurst III of Dunbarton and her eleven grandchildren and 10 great grandchildren.

In lieu of flowers, Ellie requests donations be sent to Shriners Hospital for Children or that you take a dear friend out to breakfast or for ice cream.

### RICHARD WELCH

Richard O. Welch, 85, of Bow passed away at his home on December 8, 2020. He was born in Concord on July 22, 1935, the son of Clarence Otis and Mildred W. Welch. He resided in Bow all his life.

Richard worked for Sanels in Concord doing maintenance and then obtained his own garage known as Welch's Garage. Upon retiring he restored antique cars and belonged to several car and truck clubs. He was a lifelong member of the Bow Men's Club, and a past president.

He leaves three children, Donna M. Murphy and her husband, Dale of Bow, NH, Kenneth Allen Welch and his wife, Pamela of Bow and Deborah M. Manning and her husband, Denny of Moultrie, GA; brother, Douglas R. Welch; grandchildren, Kirk Allen Hemphill Jr. and his wife, Crystal of Manchester, Craig Manning and his wife, Imerald of Moultrie, GA and Kathryn Hemphill and her partner, Joe Purtt of Milford and great-grandchildren, Caelan Archer Manning of Moultrie, GA and Veronica Elizabeth Hemphill of Manchester.

Fond memories and expressions of sympathy may be shared at [www.BennettFuneral.com](http://www.BennettFuneral.com) for the family of Richard O. Welch.

### MARJORIE WELCH

Marjorie M. Welch, of Bow, passed away on December 23, 2020 at the age of 84.

Marjorie was born the daughter of the late George R. Cotton and Marjorie H. Cotton in Woburn, MA, and was a descendant of General John Stark. She resided in Barnstead Parade for 30 years and then married the late Richard Welch and moved to Bow.

She was employed by Blue Cross-Blue Shield for over 36 years, from which she retired in 1991.

Marjorie was a member of the Barnstead Parade Congregational Church and the Bow Baptist Church, singing in the choirs and holding church offices. She was a Charter Member of the Pittsfield Chapter Order of Rainbow Girls. Marge was an active Republican in Bow for years helping out candidates for office.



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# THE Music LADY

FOR THE LOVE OF MUSIC

## A TRIBUTE TO SAM COOKE



Over the last century, we have lost a significant number of musical geniuses who died when they were in the prime of their lives at very young ages. We lost Judy Garland at age 47, Elvis at age 42, George Gershwin at age 38, Michael Jackson at age 50, Nat King Cole at age 45, Patsy Cline at age 30 and so many more too numerous to mention. Yet these innovative and unforgettable musicians still managed to leave an indelible mark on the evolution of music in America.

Here is a tribute to one of these musical prodigies who died at age 33.

Sam Cooke was a singer, songwriter, producer and entrepreneur. He lived from 1931-1964 and leaves a legacy as one of the most influential Black vocalists post WW II. He emerged during the era of Ray Charles as a soul singer. But unlike Ray Charles's amazing and beautiful raspy voice, Sam sang sweet soul.

In Sam's early career, he had major gospel hits with "Nearer To Thee," "Jesus, Wash Away My Troubles" and "Touch The Hem Of His Garment." Aretha Franklin referred to these hits as "perfectly chiseled jewels."

In 1957 at age 26, Sam turned to a second phase of his career when he wrote and recorded "You Send Me," which hit #1 on the charts and turned him into a super star. He kept his music in the romantic genre with "Cupid," "Only 16" and "Another Saturday Night." His music was delicate and almost spiritual. He stayed away from visceral sexuality. These hits were followed by "Twistin' The Night Away" and "Shake." He also had great success with recordings of some of the pop standards of the 40's and 50's, such as "I Love You For Sentimental Reasons," "Tennessee Waltz," "Mona Lisa," "You Were Made For Me," "The Best Things In Life Are Free" and "Wonderful World."

Sam had business smarts and started his own publishing company, recording studio and management firm.

Tragically, Sam died in 1964 at age 33 when he was shot to death by a motel manager. The case was never completely solved. Mystery still shrouds his murder.

Even though he only had an 8-year career, he had 40 singles that reached the top 40 hits, as well as 20 songs in the top 10. Music biographer, Bruce Eder, said, "Sam Cooke was the inventor of soul music, with an incredible natural singing voice and a smooth, effortless delivery that has never been surpassed." The rights to all the music he wrote and recorded has brought the net worth of his current estate to be around \$100 million.

Sam played a part in the Civil Rights Movement with his songs "A Change Is Gonna Come" (which was released after his death) and "Chain Gang." He was posthumously inducted into the Rock And Roll Hall Of Fame in 1986.

Sam Cooke sang a diverse repertoire that attracted all ages, races and beliefs. One can only speculate where his legendary musical career might have taken him had his life not been cut short at age 33. Thank you, Sam Cooke, for the musical memories you left behind.

## BOW POLICE LOG

by Chief Margaret Lougee

**5/01** Mariah A. Vetrone, 29, Goffstown was arrested on a warrant for theft by deception;

Stephen Donahue, 34, no fixed address, was arrested on a warrant for violation of a court order

**5/02** Sheri Winters, 55, Canterbury, was arrested on a warrant for possession of a controlled drug

**5/03** Janvier Nshimiyimana, 27, Manchester, was arrested for driving under the influence, and open container

**05/04** Maddox Smith, 26, Henniker, was arrested on a warrant for failure to appear;

Allisyn Wright, 23, Franklin, was arrested on a bench warrant for failure to appear

**5/07** Jason Johnson, 37, Manchester, was arrested for driving under the influence, resisting arrest/detention, and possession of a controlled drug

Joshua Greig, 40, Manchester, was arrested for driving after revocation/suspension; subsequent offense, and suspended registrations

**5/08** Hector Cruz Miranda, 28, Manchester, was arrested for driving after revocation/suspension; DUI;

Madelyn F. Ortiz, 23, Manchester, was arrested for driving after revocation/suspension; subsequent offense

**5/10** Corey Harnum, 30, Manchester, was arrested for driving after revocation/suspension; subsequent offense

**5/11** Brian Sarabia, 44, Hillsboro, was arrested for possession of controlled drugs and a bench warrant for failure to appear

**5/15** Cameron Tillman, 21, Penacook, was arrested on a bench warrant for failure to appear;

David Mercier, 20, Hillsboro, was arrested on a bench warrant for failure to appear

**5/16** Kevin Gobeil, 26, Pembroke, was arrested for forgery

**5/17** Michael Kirouac, 33, Epsom, was arrested on a warrant for conduct after an accident

**5/18** Michele Carta, 29, New Hampton, was arrested for driving under the influence

**5/23** Joshua Humes, 39, Concord, received a summons for driving after revocation/suspension; subsequent offense;

Jesse Longden, 35, Webster, was arrested for driving after revocation/suspension; DUI, possession of a controlled drug; subsequent offense, and possession of prescription drugs

**5/24** Mathew Cowles, 26, Manchester, was arrested on a bench warrant for failure to appear

**5/25** Randall Hamilton, 31, Fremont, arrested on a bench warrant for failure to appear;

Jason Benoit, 43, Manchester, arrested on warrants for violation of bail conditions, stalking, and driving after revocation/suspension; DUI. He was also charged with being a felon in possession of a dangerous weapon, possession of controlled drugs, and violation of a protective order

**5/28** Andrew Majoy, 33, Manchester, arrested for possession of a controlled drug, and a warrant for the same;

William Sweeney, 53, Concord, arrested for transporting drugs in a motor vehicle

**5/29** Andria Laroche, 33, Raymond, received summonses for suspended registration, and driving after revocation/suspension

**5/30** Eric Lewis, 50, Laconia, arrested for reckless conduct; deadly weapon, disobeying an officer, reckless operation, driving after revocation/suspension; subsequent offense, and a warrant for a probation violation;

Travis Mangold, 55, Manchester, arrested for driving under the influence; subsequent offense





## Camp Dates and Prices

**June 28 – August 6, 2021**

**SUMMER CAMP:** Monday – Friday | 9:00 AM – 4:00 PM  
Bow Residents \$600 Non-Residents \$630

**EARLY CARE:** Monday – Friday | 7:45 AM – 9:00 AM  
Bow Residents \$100 Non-Residents \$100

\*Camp dates subject to change

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The Community Players of Concord, NH is pleased to announce that it will be collaborating this summer with the Boys and Girls Clubs of Central New Hampshire to assist in delivering ten weeks of new theatre camp programming at the Christa McAuliffe School in Concord.

The camp will be offered in five two-week sessions: Acting and Intro to Theatre, Improv Theatre, Musical Theatre, Acting (Part 2) and Improv (Bigger and Better!).

The camp is open to new and experienced actors in grades K-5. Campers may register for one or more sessions in any combination.

Camp will be led by theatre camp counselors from the Boys and Girls Club, assisted by Community Players volunteers who bring a wide range of professional and amateur theatre expertise in areas such as acting, singing and dance, as well as "off stage" aspects of theatre such as lighting, sound, set building and props design and management. The Players will share resources such as costumes, props and set pieces.

Campers will enjoy outdoor recreation and other fun activities in addition to the theatre programming offered each day.

The camp fee is \$320 per two-week session. Financial assistance is available. Space is extremely limited. Registration is online at [www.centralnhclubs.org](http://www.centralnhclubs.org). Questions? Contact Cady Hickman at (603) 268-9568 or [chickman@centralnhclubs.org](mailto:chickman@centralnhclubs.org).

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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



New Hampshire had 44 new cases of COVID-19.  
**Local statistics are:**

<b>Bow</b>	<b>1-4 active cases</b>	<b>494 total</b>
<b>Dunbarton</b>	<b>0 active cases</b>	<b>196 total</b>
<b>Hopkinton</b>	<b>1-4 active cases</b>	<b>276 total</b>



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