

The Bow Times

"Of the People, By the People, For the People"



THE BOW TIMES

VOL 28, NO. 7 July 2021

www.thebowtimes.com

FREE

## **\$366 A MONTH FOR WATER?** The Water Smells: A David and Goliath Story

by D. Maurice Kreis

Editor's Note: 100 Bow residents are served by Abernaki Water Company at Village Shores Estates where water must be trucked in and supplement the smelly water from Abenaki's wells. This article discusses the problems with the company written by the Consumer Advocate for N.H.

Early this year, a resident of in Belmont wrote a letter to the Public Utilities Commission (PUC).

"I have battled Stage IV breast cancer and just two years ago was run over by a truck and was in the hospital for four months," she wrote. "I am self employed and can only work so many hours a week because of my injuries. I have a 15 year old son and it is hard enough trying to make ends meet!"

You can certainly understand why she took the time to describe her plight to the utility regulators. Her friendly neighborhood investor-owned water company, Abenaki, is seeking a whopping big rate increase of 427 percent.

No, that's not a typo. I meant 427 percent. And if that number isn't staggering enough, consider that these customers, many if not most of whom live on fixed income, can expect monthly water bills of roughly \$366 if Abenaki's rate request is approved.

"The water smells all the time and I cannot drink it because half the time it's brown and not to mention all the interruptions so with that being said these families and myself should not have to suffer and pay extra for nasty nasty water," wrote the customer mentioned above, on behalf of herself and her 21 neighbors taking service from Abenaki Water Company's Tioga-Belmont water system.

Now you might be wondering: What is Abenaki and its Connecticut-based parent, New England Service Company (NESC) doing about this? It's fleeing.

Specifically, NESC is asking the PUC to bless the deal it struck with Aquarion Water Company – a wholly owned subsidiary, by the way, of the regional electricity monolith Eversource, New England's largest utility by far – to sell NESC and all its subsidiaries to Aquarion.

**SMELLY WATER** | Continues to page 18



Troop 75 has been able to catch up with Eagle Court of Honors now that COVID restrictions have eased. Pictured from L-R are: Nathaniel Muller, Max Tanner and Coleman Lull-Plummer in a joint Eagle Court of Honor held on June 12, 2021. Please join us in congratulating these young men on achieving Eagle Scout, the highest rank in Scouting.

## HOPKINTON-CONTOOCOOK NEWS ON PAGES 12-13 DR. MARK RUBINSTEIN OF BOW, SELECTED As Next Chancellor of the community college System of New Hampshire



Dr. Mark Rubinstein, a highly respected and long-time leader in higher education in New Hampshire, will be the next chancellor of the Community College System of NH (CCSNH). Dr. Rubinstein was chosen through a search process chaired by Kathy Bogle Shields, chair of the CCSNH Board of Trustees.

Dr. Rubinstein comes to CC-SNH from his current position as president of Granite State College (GSC), one of the institutions of the University System of NH (USNH), a post he has held since 2015. Like New Hampshire's community col-

leges, GSC is focused on meeting the educational needs of New Hampshire residents, particularly working adults, providing access to quality academic programs that are affordable and aligned with the state's workforce needs and economy.

Prior to becoming president of GSC, Dr. Rubinstein had held a number of positions at the University of New Hampshire in Durham, including Vice President for Student & Academic Services, Interim Vice President for University Advancement, and roles within admissions, financial aid and the university's advising and career center. He began his career at Pennsylvania State University and the University of South Florida before moving to New Hampshire in 1998.

Rubinstein holds a doctorate in Educational Theory and Policy from Pennsylvania State University, a Master of Science in Education and a Bachelor of Arts Degree in US History and English from the University of Pennsylvania. He currently serves on the NH College & University Council's Executive Committee and the NH Higher Education Commission.

## The Bow Times-

#### WINS 8 PRESS ASSOCIATION AWARDS

The New Hampshire Press Association has announced the awards for non-daily newspapers for calendar year 2020 and the Bow Times won eight awards.

Judges for the annual contest were from New York City, Alaska, Vermont, Maine, West Virginia and Massachusetts.

The First Amendment award went to the paper for the article revealing the undisclosed turmoil in the Bow Police Department. Business NH and the Bow Times won for editorial writing as well.

Two of the three Columnist of the Year awards went to Chase Binder and Dr. Richard Johnson for their respective travel and medical columns.

Three awards went to Eric Anderson for General News Photos and Spot News Photo.

Finally, the New Boston Beacon and the Bow Times each were chosen for their front pages. Thanks to Nadeane Mannion of Bow for being recognized for her good work each month.

## I SAW IT ON THE INTERNET BUT IS IT CORRECT?

## LOW TAXES ARE THE RESULT OF LOW SPENDING

## The Bow Times

Publisher - The Bow Times, LLC Editor - Chuck Douglas 224-1988 Co-Editor - Debra Douglas 496-0265 Sales and Prepress Design -Nadeane Mannion 715-8106 Nmannion1@comcast.net Technical Editor - Denise Ehmling dehmling@thebowtimes.com Medical Editor - Richard Johnson, MD Travel Editor - Chase Binder Food Editor - Debra Barnes Wine Editor - Annie Kenney Staff Cartoonist - Jay Martin Contributing Writers: Joyce Kimball, Faye Johnson, Donna Deos and Jacki Fogarty Photographs - Eric Anderson Printer - Gannett Pub. Services

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

**DEADLINES:** 1st of the month; classifieds must be prepaid – cash 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.

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

A proud member of the New Hampshire Press Association by Dan Marcus We live in a time where technology puts the world's information in our pockets. Unfortunately, there is a whole world of disinformation there as well. It has become easy to spread false information and narratives and make them look credible. It's hard for me to navigate this at times and I believe it is even harder for a young per-

son who may be more easily swayed by false information. There are two sources (that can be easily accessed on YouTube) that I think give students some great tools for becoming savvy media consumers. Perhaps you may find them to be helpful as well.

The first is "Online Verification Skills with Mike Caulfield." This is a series of four short videos that teach simple, but effective, techniques to determine if a website is a good source. One of the significant points is that you don't rely on the website itself to determine if it is credible. Instead, good fact-checkers research the questionable site using other, trustworthy sources.

The other source I like is a TEDx talk given by a young lady named Hannah Logue called "How to Spot Fake News." Ms. Logue created an acronym that gives students (and others) a way of approaching sources — FABLE. Here's my breakdown of her technique:

F - Find the original footage. Try to avoid someone else's spin by going to the original media. In my class, we watch a video that shows how Fox News and MSNBC reacted to Michelle Obama's speech at the Democratic National Convention in 2012. Based on the commentary, if you watched just Fox, you probably thought it was an ineffective speech. If you watched just MSNBC, you probably thought it was a wonderful, inspiring speech. I think it is better to watch the speech without the commentary and decide for yourself what you think.

A - Analyze the headline. If the headline is trying too hard to get your attention, then the focus of the article may not be truth, but rather sensationalism. Proceed with caution or maybe search the topic of the article using a trusted source (see "L" below).

B - Bias. This one is hard but so important. If you really want to get to the truth, you have to try to check your own biases so that credible facts that don't fit your worldview can be received. This is crucial to remember not just when consuming media, but when looking for it. If you seek out only news that reaffirms your outlook, you will never get a full rendering of the truth. This, I believe, is at the core of why we have become such a divided society. L - Look to fact-checkers. Sites like snopes.com or Factcheck.org have earned a reputation for being truthful,

but you don't need to rely on reputation alone because they show you the research they do as well.

E - Exert self-control. If you cannot verify that the story is truthful, then don't share it with other people. According to an AP-NORC Center for Public Affairs Research study, about 60% of people admitted that they don't go beyond the headlines when reading the news. If you are one of that 60%, but you still are sharing what you "know" with others, I'm sorry, but you are part of the problem.

It is disheartening to see the amazing technology that we have being used to mislead, and it saddens me when I see it manifest in my classroom or anywhere else. A little time and effort to seek the truth is time well spent. **Dan Marcus teaches civics at John Stark High School.** 



The Bow-Dunbarton Republicans Committee met June 29, 2021, after a long hiatus, to reboot efforts to organize, support, and be active on behalf of those in our community who align with Republican values and policies.

The first order of business on June 29th was to elect the following Board Members:

(Acting) Chair **Christopher Lins** Vice-Chair **Bethanee Syversen** Treasurer **Jim Bivona** Secretary **Christopher Lins** 

There are many moving parts to this effort. Over the summer we plan to further organize the committee, prioritize our action plans, and then publish our meeting and event schedules.

Please join our **Bow-Dunbarton Republicans** Facebook group in order to get and stay connected online. If you have questions, if you wish to join our mailing list, or if you want to volunteer your time and talent, please email or call Christopher Lins directly. Email: christopher.s.lins@gmail.com Phone: 603-361-4509.

We are excited to connect with you and your friends and neighbors! Be a part of something special!

## **BOW SENIORS SCHOLASTIC AWARDS**

The Bow High School Senior Awards night was held on June 7, 2021. Recipients of the Faculty book (bowl) awards were given to seniors who performed with excellence over all 4 years at Bow High School in a particular area of study.



Front L-R: Justin Murphy Excellence in Mathematics, Owen Libby Excellence in Engineering, Jack Roberge Excellence in Science, Alexander Cross Excellence in Business, Ethan Ros Excellence in Social Studies. Back L-R: Aiden Fisher Excellence in Performing Arts, Meaghan Danahy Excellence in BEST, Meghan O'Brien Excellence in World Language, Rachel Budd Excellence in English. Not in photo: Nadin Jailaubekova Excellence in Fine Arts, and Jeffrey Disko Excellence in FACS.



#### BOW ELEMENTARY CONSIDERS NH KID GOVERNOR PROGRAM

Bow Elementary School has been invited to participate in **New Hampshire's Kid Governor**, an award-winning, statewide civics program for 5th graders.

Kid Governor® teaches students about government and how it works, the history/process of voting, and the importance of civic engagement through a statewide election for a 5th grade Kid Governor. It is a free program that aligns with the Common Core State Standards, and takes place right from the comfort of the classroom through simple lessons about government and civic engagement. Classes can choose to vote in the Statewide Election, or nominate a fellow classmate to run for NHKG and also vote in the election. The program is proven to successfully teach students important civic lessons and inspire them to get involved in their communities.

For more information, and to learn about the current New Hampshire Kid Governor, please visit **www.nh.kidgovernor.org**.



A SALUTE TO CLIFF CHULADA by James Kaufman

Who has been in attendance at



For coaches, they could do their job knowing that Cliff would go out on the field, mat, track, court, ice or the pool deck and bring back an injured athlete to be treated and diagnosed. For parents, knowing that their children were in the best hands for emergent and equally importand nonemergent medical treatment.

trained individual; Cliff Chulada.

**CLIFF CHULADA** 

**CLIFF CHOLADA** For me as the athletic director, the confidence that Bow High has treated both the home and visitor schools to the best possible care. For our athletes, always receiving the

schools to the best possible care. For our athletes, always receiving the most caring and professional injury care and rehabilitation to return them safely to the play. During my 18 years administering Bow school athletics I could not have asked for a better athletic trainer and friend to work with side by

have asked for a better athletic trainer and friend to work with side by side. Cliff was always there helping me cover all the bases. Coaches were treated to Cliff certifying them in CPR and First Aid. With his retirement, we should all salute him for the great job he has done for this community.



READ ALL EDITIONS OF THE BOW TIMES ONLINE! www.thebowtimes.com

## BOW HIGH SCHOOL CLASS OF 2021

\*Jack W. Roberge President

\*Justin Sean Murphy Vice President

\*Michelle A. Eweka Secretary

\*Kristina Marie Pizzi Treasurer

\*Carizza Maja Cayabyab *Historian* 

\*Colin Kingdon Bayer Senate Member

\*Annika Poulton Geiben Lynn Senate Member

\*Samuel Charles Ralston Senate Member

Jocelynn Anderson Michael Andrew Anderson Rosaria Olivia Anderson Ellie Susanne Andrews \*Nicholas Robert Aubrey Ziola Marie Audet Emma Claire Avery \*Alex Paige Baer Daniel J Baillargeon \*Joshua Evan Beaulieu Kayley Bennett Lillian Lucille Benoit Jacob Tyler Berman \*Lucas Richard Berube \*Alexandra Bessette \*Brooke Marie Biehl \*Chloe Jean Binder \*Daniel Christopher Blandini Andrew James Bliss \*Autumn Boisvert Gracie Lynn Bresson Emily Evelyn Brown \*Rachel Elizabeth Budd \*Matthew Gianni Cardarelli \*Louisa Katherin Carey Jesse Frank Clough \*Amelia Elizabeth Coe Anthony Michael Constant Alexander James Cross \*Jonathan Timothy Cross Olivia D'allesandro \*Meaghan Elizabeth Danahy Owen Raymond David Ethan Cho Davis Elijah Mathew Diphilippo Jeffrey Garrett Disko \*Adele Louise Elle-Gelernter

William Franklin Etheredge Jade Leigh Fauteux Justin Marc Filteau \*Aiden Raye Fisher Gabriel Ross Funches \*Izak Matthew Furr Dalton Nathaniel Gilbert Patrick Timothy Glynn Abbey Marie Gobis Madison Gordon \*Barrie Marie Guertin Riah Hancarik Elizabeth Ann Hanson Jacob Maxim Morse Hanson Samuel Igor Morse Hanson \*Darby Jaye Hartford \*Katelin Alexandra Howe Brooke Elizabeth Hull Sonia Marie Hunter Abigail Clark Hutcheson Jack Willis Hyslop Nadin Jailaubekova Daniel Douglas Jenkins \*Aara F. Jensen Carolyn A. Johnson Abby Nicole Kelley \*Rebecca Ann Klements Cassandra Kimberly Klug Anna Sue Krause Konrad Stanislaw Kremzner Ethan Thomas Krueger Elise Vivian Labonte Falon Rae Labrecque Brady Joseph Lacourciere Carmen Isabel Lafreniere Mason Lane \*Gabriella Elizabeth Laperle Cooper Arlington Larrabee Parker Richard Lavallee Connor T. Lee Ryan Thomas Leonard \*Owen Sederquist Libby Shaun Michael Lover Nicholas William Manning \*Catherine Joy Maurer Molly Ann Mccarte \*Sarah Elizabeth Mccarthy Victoria Rose Mcduffee Greta Mcgregor \*Lauren Elizabeth Mckeen \*Madeline Lindsey Michaelis \*Aiden David Munro Deborah Murdough

\*Saige Patricia Murphy Makayla Murray Kathryn Elizabeth Nagy \*Benjamin Allen Neff **Rvan Preston Nicholls** Meghan Elizabeth O'brien Thomas Oglebay Peter Orsmond Isabella Grace Parisien Isabella Marion Parkerson \*Olivia Anne Parzick Laura Ann Pascarella Madison Elizabeth Petzold Matthew James Pingree \*Joseph Connor Reed \*Mason C. Rheaume Wyatt Addison Rheinhardt Andrew Joseph Robbins Erika Grace Roberge \*Ethan Daniel Ros Chelsey Jeanne Rousseau Colby Derek Rousseau Dalton Michael Sartorelli Daniel Glenn Scott \*Matthew Timothy Selleck \*Dylan Michael Shedd Nicholas Sheppard \*Sophia Small Skylar Sophia Oberon Star Cameron R. Sullivan Joel Tavis John Paul Topolosky Danielle Troxell Courtney Lynn Ulrich \*Sophia Elle Valpey \*Emma Marie Van Ham Connor Kelly Wachsmuth Corey Francis Walker \*Jackson Ronald Weber \*Wyatt Andrew Weber \*Finnian Patrick Welch Liam Richard Wells Rachel Elizabeth Wells Lily Avis Whittaker Mikayla Elizabeth Wray





#### Local Decisions. Local Lending. Pre-Approvals Start Here.

Buying a house can be stressful. At Sugar River Bank, we will make your home buying experience a lot easier. So before you find the perfect home, contact Ellen Lessard to get the process started.



603.227.6011 elessard@sugarriverbank.com

Sugar River Bank Locations • 800.562.3145 Newport • Warner • Concord • New London Sunapee • Grantham Member FDIC • Equal Housing Lender

#### **BECOMING A SAVVY GIVER: PROTECTING YOURSELF WHILE HELPING OTHERS**

With rising operating costs, loss of government funding and an increasing demand for services, charities need donors' help now more than ever. Donating to your favorite cause can be fulfilling, but to ensure that your gift reaches the intended source, follow these tips:

#### **GIVE TO AN ESTABLISHED CHARITY**

Unfortunately, there are fraudulent charities that will take advantage of your goodwill. To avoid this situation, ask for written information about the charity, including name, address and telephone number. A legitimate charity will give you information about their mission, how your donation will be used and proof that your contribution is tax deductible. Find a charity with a proven track record for providing aid.

#### **DESIGNATE YOUR GIFT**

Some charities allow you to specify exactly where your gift is headed, either to a specific orphanage, to purchase school supplies or to a geographic area in need of relief. By designating or earmarking your gift, you control where your donation goes and whom it helps.

#### **A PROACTIVE GIVER IS A SMART GIVER**

Wise givers don't give on an impulse or to the first organization that comes along. Smart givers take time to identify the causes important to them. Contact a charitable organization, find out their mission and what type of aid and programs they offer. Work with charities that have targeted outcomes for their giving.

#### **BENEFITS TO YOU**

A donor's primary motivation may be altruism, but everyone knows there are great tax benefits for those who give. A donation to a qualified organization may entitle you to a charitable contribution deduction. Remember a contribution to a qualified charity is deductible only in the year in which it is paid, and all charities do not qualify for a charitable contribution deduction. Always ask for a receipt and save them for tax time.

#### **CONSIDER GIVING YOUR TIME**

Four out of five charities report using volunteers. Volunteers are the foundation of many charitable organizations. If you can't afford to donate money, consider donating your time. Common volunteer duties include: stuffing envelopes, feeding animals, tutoring, building homes, serving as a museum docent, counseling those in crisis, selling tickets or answering phone calls.

Visit these other sites to find out more on charitable giving.

- The Better Business Bureau Wise Giving Alliance
- Charity Navigator America's Largest Charity Evaluator site Source: American Banker's Association

Sugar River Bank www.sugarriverbank.com Member FDIC





## Congratulations **BOW SCHOLARS** for Academic Excellence

James Jensen and Louis Keith were named presidential scholars for the spring semester at Clarkson University.

Kyle Mason was named to the dean's list for the spring semester at Clarkson University.

Charles Smith earned a bachelor's degree from Elmira College.

Katelin Howe earned a \$1,000 H.L. Turner Group scholarship for architecture. "I am most interested in creating plans for schools and residential buildings," she says. "My hope is that as a licensed architect I will be able to work on different projects that will help my community, whether it is redesigning an old house or designing a new school."

Emily Pascetta was named to the dean's list for the spring semester at Assumption University.

Ben Kimball was named to the dean's list for the spring semester at Castleton University.

Madison McSweeney was named to the dean's list for the spring semester at James Madison University.

Maddy Ondzes was named to the dean's list for the spring semester at the University of Rhode Island.

## 2021 Congratulations HOPKINTON SCHOLAR for Academic Excellence

Riley Bennett, a player on Norwich University's women's basketball team, won the school's Looke Award, which goes to the senior who has distinguished himself or herself athletically and academically and led as a civilian. The award is named for longtime swimming and women's soccer coach Roy Looke.

#### SELLAR CHIROPRACTIC CLINIC

#### DR. JOHN A. SELLAR, BS, DC Chiropractor

35 West Street Concord, NH 03301 concordnhchiropractor.com sellarchiropractic@yahoo.com **PROADJUSTER** and Impulse Instrument

#### 603-224-3883 Fax 603-224-6782

Voted the Region's #1 Chiropractor 2015- 15 years running. New Hampshire Magazine's Top Chiropractors of 2014 & 2015



POWER WASHING, SOFT WASH & ROOF CLEANING

CONTACT US TODAY FOR A FREE CONSULTATION 603-715-6195 SPRAYFORCEPW.COM

WALKWAYS | DECKS | PATIOS | DRIVEWAYS | STAIN & GRAFFITI REMOVEL & MORE...

VOL 28, NO. 7 July 2021 www.thebowtimes.com



ANN DIPPOLD, PRINCIPAL BROKER Cell: 603-491-7753 ann@dippolddennehy.com



JOYA DENNEHY, REALTOR Cell: 603-303-4288 joya@dippolddennehy.com

# DIPPOLD & DENNEHY REAL ESTATE GROUP

## PROFESSIONAL, EXPERIENCED, LOCAL MARKET EXPERTS

4 NORTHEAST AVENUE, BOW NH 03304 603-333-0070 WWW.DIPPOLDDENNEHY.COM

JUNE 2021 REAL ESTATE SALES IN BOW



**HEATHER MANN, REALTOR** Cell: 603-344-1401 heather@dippolddennehy.com



**BIANCA CONTRERAS, REALTOR** Cell: 603-491-8849 bianca@dippolddennehv.com

#### ADDRESS

59 Dicandra Drive 7 Logging Hill Road 94 Knox Road 509 Hall Street 50 Bow Bog Road 16 Jonathan Lane 8 Erin Drive 6 Wilson Meadow Road

#### ADDRESS

17 Gary Road 11 Stephanie Road 42 Old Fort Lane 225 Mansion Road 80 Stark Lane 1017 Meadow Lane

#### 2 Bedrooms | 3 Baths 2 Bedrooms | 2 Baths 2 Bedrooms | 2 Baths 3 Bedrooms | 2 Baths 3 Bedrooms | 2 Baths 4 Bedrooms | 3 Baths 3 Bedrooms | 3 Baths 4 Bedrooms | 4 Baths

**BEDROOMS / BATHS** 

S Q U A	RE FOOTAGE
1308	Square Feet
1176	Square Feet
1915	Square Feet
1200	Square Feet
2144	Square Feet
2676	Square Feet
2824	Square Feet
4843	Square Feet

ACREAGE CONDO 1.9 Acres 2.12 Acres .12 Acres .70 Acres 1.05 Acres 4.04 Acres 11.9 Acres

\$232,600 \$260,000 \$368,000 \$375,000 \$389,000 \$430,000 \$557,000 \$1,100,000

PRICE

## JUNE 2021 REAL ESTATE SALES IN DUNBARTON

BEDROOMS / BATHS 2 Bedrooms | 1 Baths 3 Bedrooms | 2 Baths 4 Bedrooms | 2 Baths 3 Bedrooms | 3 Baths 6 Bedrooms | 3 Baths 4 Bedrooms | 4 Baths

ALLJ	
SQUA	RE FOOTAGE
776	Square Feet
1940	Square Feet
1944	Square Feet
2071	Square Feet
3640	Square Feet
2760	Square Feet

ACREAGE .17 Acres .70 Acres 3.64 Acres 17 Acres 4 Acres .93 Acres

PRICE \$245,000 \$349,000 \$460,000 \$512,000 \$575,000 \$630,000

Parkers

ACCOUNTING, CPA

伯R

Sales Data for JUNE 2021 provided by the NHMLS.



www.ReliableInsSolutions.com





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

#### **KEEP MOVING FORWARD!** by Jim Olson

#### **LET FREEDOM RING!**

And not just our national independence from England. Instead, be sure to celebrate your own personal independence this July. It's my favorite part of the holiday - even more than fireworks. Creating Independence is inspiring when I apply it to my own life.

I have always taken a break during the holiday to revisit my goals that I set out to accomplish the first of the year. I do an honest assessment with one of my trusty crew or coach to take an objective look to see where I am at in relation to where I began and wanted to end up.

Am I on track, have I fallen off, or what

additional help do I need in staying the course or getting back on course. Life is always coming at me full speed and can cause my ship to go off course. This reminds me of a favorite quote, "When the seas are rough, change the sail, not the destination."

Take the colonies, and I'm no history professor, they wanted freedom no matter what. They stood up to bad situations and deliberately forged ahead - right? They knew it wouldn't be easy, but they had their goal (freedom), reasons (independence), and didn't quit until freedom was achieved!

Well, you can do the same thing in your exercise, diet, and lifestyle goals. Forge ahead, reset if you need too and



#### **Jim Olson**

keep moving forward in pursuit with the mindset and determination of the founding fathers. Never back down and never quit until you have achieved!

It is true, no one else can get you to exercise regularly, stop eating junk food, or adopt a more positive view of yourself. However, there are people who can help you.

I encourage you to take an honest objective look to see where you are in relation to your destination. If you need help getting back on course, we can help you and all you need to do is ask! - but ultimately, it's up to you to light the fire inside or help to keep the tiniest flame lit, to turn into a giant flame that is so hot, nothing in front

of you can stop you and leaves a path for others to follow behind you!

#### The key to becoming healthier and individually fit starts with your decision to keep moving forward!

Helping you take your next step,

Jim, John and The IF Team

**PS:** If you want our help establishing or reestablishing your individually fit revolution and gain your

freedom to wear what you want and move how you want, call or email us to book your complimentary consultation today!



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

Want to get a jumpstart in losing those first 10lbs or a metabolism boost towards dropping those last 10lbs?

Are you ready to find more energy by burning those stubborn fat cells that are weighing you down?



#### Individual Results Are Guaranteed<sup>™</sup>

Concord 603-224-8096 // Manchester 603-836-5745 // info@individualfitnessllc.com

## Join us for 30 days towards a healthier you!

Your 30-day jumpstart program includes (but is not limited to):

- 12 private personalized training sessions moving at your pace so that your so you don't "overdo it"
- Your own Individual meal plan that is sustainable while producing results
- Fitness assessment
- A personalized cardio program prescribed how you need it to be
- A personalized mobility and stretching program to help you move easier
- The whole organization of IF's dedicated team to support you every step of the way!

**Apply Today** 

IndividualFitnessllc.com/30

#### The Concord Coalition to End Homelessness Annual Bluegrass BBQ – Cooking up a Fundraising Feast!



Kick back and 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.

Join us on Saturday, July 24th in White Park, at 1 White St. in Concord, with a rain date of July 25th. Food service runs from 12-5:00 PM. 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 at 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: a \$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 consisting of a Gourmet Garden Burger, bean chili, and sides for a cost of \$20.

The massive 20-foot smoker that provides all the smoked delicacies for the entire event is thanks to Chef Bill Wilcox. Bill has a passion for giving back to the community, so he created Rock House BBQ as the nonprofit philanthropy arm of his company Wilcox & Barton, Inc.

Wilcox & Barton, Inc. is a Palladium Sponsor of the Bluegrass BBQ and a CCEH Pillar of Support.

"I think we are all ready to get out and get some great food," said Chris Gilbert, General Manager at the Concord Food Co-op. "The Concord Food Co-op is pleased to partner with the Concord Coalition to End Homeless by assisting in the Bluegrass BBQ planning and food service."

Concord Coalition to End Homelessness (CCEH) is committed to ending homelessness in the greater Concord area. Working with community partners, CCEH's mission is to eliminate chronic homelessness; to support and quickly re-house people who have recently become homeless; and to build a system that effectively responds to the diverse needs of people experiencing homelessness. CCEH operates the daytime Resource Center at the Tom Fredenburg House and the Emergency Winter Shelter, both located at 238 N. Main St. in Concord. Through its Housing First program, CCEH also provides people exiting long-term homelessness with permanent housing coupled with on-going supportive services.





# The doctor will **See you now**

CMC's Primary Care team is dedicated to keeping you and your family well. Now, more than ever, it's important to stay on top of your health. CMC is here for you and the ones you love, offering:

- Virtual (phone or video) and in-person appointments
- Access to a network of specialty care providers
- Convenient locations throughout Bedford, Goffstown, Hooksett & Manchester
- And when life's little emergencies and illnesses can't wait, CMC's Urgent Care provides the same trusted care you get from your CMC primary care provider



Call us today to find a primary care provider who's right for you — 603.314.4750

CatholicMedicalCenter.org

## TENNIS IN THE PARKS





**TENNIS IN THE PARKS,** a new and exciting tennis program will begin in Bow starting July 7th through August 11th. The program will take place at Bow High School and feature local coaches.

Tennis in the Parks is an affordable program for new and beginner youth and adult players, and is run by the U.S. Tennis Association in collaboration with Bow Parks and Recreation. All participants are given a free racquet at the first lesson.

Tennis was the fastest growing sport in the U.S. in 2020, and saw a 22% increase in participation from 2019. Statistics show that nearly one million people picked up a racquet in New England alone last year!



USTA New England is building on that momentum by introducing as many players as it can to tennis through this Tennis in the Parks program.

Our spring program featured 740 new players, in 30 towns across New England, and we're looking forward to expanding on those numbers this summer!

The Bow program wii run on Wednesday afternoons starting on July 7th through August 11th.

Tennis in the Parks is USTA New England's priority program of 2021. It is also a large part of USTA New England's mission to promote and develop the growth of tennis in New England."

## THE BOW GARDEN CLUB

#### NATIONAL GARDEN WEEK EVENT

The garden club held their annual "potting kit giveaway" for youngsters again this year during National Garden Week, June 6-12. This year families had the option of driving up to the kiosk that was set up in front of the Bow Community Center or to park and walk over to it. With the many weeks of being "pent up" and running out of things to do with kids at home, not as many potting kits were handed out this year, but those who chose to partake (many repeat customers,) thoroughly enjoyed selecting their packets of seeds to plant utilizing the potting kits that were put together for them and talking with the Bow garden club members that were on duty both days. The children were also given some fun garden-themed stickers to decorate their pots.



National Garden Week Participants (Front L-R) Riley Tardif, Tommi Naglie and Aliyah Tardif, in back is Jenni Naglie.

**The Bow Garden Club** will host their first in-person membership meeting on **September 13th** at the Old Town Hall, beginning at 6 p.m. for refreshments, following by a program at 6:30, *"Protecting Our Pollinators"* with a naturalist from the NH Audubon. Bees, Butterflies, Hummingbirds, etc. will the the focus of this educational program about all the winged creatures we rely on to pollinate our flowers and vegetable gardens. *Prospective members and guest are welcome to attend!* 

#### FAFSA SIMPLIFICATION ACT by Dominic Lucente

## *Learn about how legislative changes can help you finance your loved one's education.*

As a parent or grandparent, you know firsthand the challenges of funding a child's education. The Free Application for Federal Student Aid (FAFSA) Act was passed at the end of 2020 and has changed some of the gualifications for students to receive financial aid.

These changes will affect those applying for financial aid for the 2023-2024 school year. You'll notice these changes on October 1, 2022, which is when the FAFSA opens for the 2023-2024 school year.

529 plans from grandparents are no longer counted as cash against financial aid. One of the most confusing parts of the FAFSA process was how to account for cash funding. While the FAFSA doesn't require 529 accounts owned by grandparents to be disclosed, families are required to disclose cash support that the student receives. This cash support may then include money from a 529 account. If students received money from these accounts, the student was still expected to disclose these disbursements as cash, and very often, financial aid needs and options were reduced.1

Parent-owned 529 plans are automatically factored into the FAFSA when a dependent files, and are only evaluated for up to 5.64% available for college use (no more than any other non-qualified asset).

A 529 plan is a college savings plan that allows individuals to save for college on a tax-advantaged basis. State tax treatment of 529 plans is only one factor to consider prior to committing to a savings plan. Also, consider the fees and expenses associated with the particular plan. Whether a state tax deduction is available will depend on your state of residence. State tax laws and treatment may vary. State tax laws may be different from federal tax laws. Earnings on non-qualified distributions will be subject to income tax and a 10% federal penalty tax.

A simplified questionnaire. The FAFSA has been greatly reduced in size, from 108 demographic, educational, and identification questions to a maximum of 36 questions. Part of the restructuring was aimed at clearing up confusion as to who is and is not a dependent student, and what type of assets need to be included.2,3

Student Aid Indicator (SAI) calculation changes. Part of the questionnaire changes were due to changes made to the calculations for financial aid. The Student Aid Indicator (SAI) is the math behind the scenes that determines what types of funding and how much a student is eligible for. Keep in mind that these calculations are still complicated, but that overall, eligibility for financial aid has been broadened.4

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

Financial planning offered through Northeast Planning Associates, Inc. (NPA) a registered investment adviser. Securities and advisory services offered through LPL Financial, a registered investment adviser and member FINRA/SIPC. Insurance products offered through NPA, LPL Financial, or its licensed affiliates. The Credit Union, NPA and LPL Financial are unaffiliated.

This material was prepared by MarketingPro, Inc., and does not necessarily represent the views of the presenting party, nor their affiliates. This information has been derived from sources believed to be accurate. Please note - investing involves risk, and past performance is no guarantee of future results. The publisher is not engaged in rendering legal, accounting, or other professional services. If assistance is needed, the reader is advised to engage the services of a competent professional. This information should not be construed as investment, tax or legal advice and may not be relied on for the purpose of avoiding any Federal tax penalty. This is neither a solicitation nor recommendation to purchase or sell any investment or insurance product or service, and should not be relied upon as such. All indices are unmanaged and are not illustrative of any particular investment.



#### Citations

ColumbiaThreadneedleUS.com, May 7, 2021
 Help.Senate.gov, 2021

3. NerdWallet.com, January 25, 2021

4. AACRAO.org, April 16, 2021



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



21-091 Financial planning offered through Northeast Planning Associates, Inc. (NPA), a registered investment adviser (RIA). Securities and advisory services offered through LPL Financial (LPL), an RIA and broker-dealer (BD), member FINRA/SIPC. Credit union is not an RIA or BD. Insurance products offered through LPL or its licensed affiliates. LPL registered representatives offer products and services using NPA. These products and services offered through NPA, LPL, or their affiliates, which are separate entities from, and not affiliates of the credit union, are:

 Not Insured by NCUA or OTher Government Agency | Not Credit Union Guaranteed | Not Credit Union Deposits or Obligations | May Lose Value

## STRING LESSONS

This half-hour lesson of violin, viola and/or cello is designed to fit students in grades 1-8. This lesson will give them the ability to gain a better appreciation and knowledge of string instruments. No prior musical knowledge is necessary.

#### VIOLIN, VIOLA & CELLO

SUMMER SESSION DATES Week one: August 2-6 Week two:August 9- 13

> SMALL GROUP LESSONS 10:00-10:30 am 11:00-11:30 am

> > COST:

\$105 Bow Resident per week \$110 Non-Resident per week

PRIVATE LESSONS Time to be determined based on enrollment

**COST:** \$130 Bow Resident \$135 Non-Resident

Location: Bow Municipal Building 10 Grandview Road, Bow

Instructed by Muriel Orcutt

Students should have their own instruments. For information call **603-223-3920** or visit **www.bownh.gov** 



## **BOW ROTARY SUMMER CONCERT SERIES**

This year, Bow Rotary has only been able to host three summer concerts at the town gazebo.

This year's concerts were from 5:00 to 7:00 PM instead of our usual 6:00 to 8:00 PM and were a mix of nights, not just on Sundays.

The first concert featured the ever-popular Freese Brother's Big Band on June 27th. The second concert was on July 14th and featured Knock on Wood, a Boston acoustic folk-rock duo.

The final concert will be on August 6th from 5:00 PM to 7:00 PM and will be an Open Mic Talent Night.

The Bow Rotary Club is in need of sponsorships for these concerts. Many of the businesses who have sponsored concerts in the past are unable to do so this year. Any amount would be greatly appreciated.



Residents enjoyed the Freese Brothers Big Band at the Summer Concert Series at the Gazebo on June 27, 2021. Photo by Eric Anderson





Check out our After School Program Spring 2021! Details on Website



**Co-Ed Ages 7-16 Beginner to Advanced Choice of weeks from April - August** 

www.fostersgolfcamp.com

603-622-1553





#### **VACCINE HESITANCY**

I hesitate to write anything about COVID-19 for two reasons: First, there is so much material in the press, on TV, and in social media that there really is no need for more. And secondly, the lag time between my writing an article and your reading it is significant enough to legitimately call this 'old news.'

We are not 'blogging' so we will acknowledge and live with the limitations. I believe it was in February of 2020, that I attempted to give an overview of what the C-19 virus was and how it attacked our bodies, so I don't feel that another COVID article is too much.

I want to address the issue of 'vaccine hesitancy.' As of 23 June 2021, almost 99,000 NH residents have had COVID-19, and over 1,300 have died from the disease. The vast majority of deaths have been in the population over the age of 60. According to the NHPR web site 800,000 of the 1,300,000 "estimated eligible population" has received at least one dose of vaccine and close to 700,000 have been 'fully vaccinated.'

This is great, but it leaves approximately 38% of NH 'eligible population' as not yet vaccinated. A 20 May 2021, survey by UNH found that about 21% of unvaccinated people would probably not or certainly would not get vaccinated. 28 % of respondents said they did not have confidence that the vaccine would keep them from getting sick, and 23% were not confident that the vaccine is 'safe.' 33 % did not believe that the vaccines went through an appropriate approval process.<sup>(1)</sup>

In an excellent article in the New England Journal of Medicine, Dr. Rosenbaum points out that while some trust scientific experts, others seek truth elsewhere – their experiences, or heard "truths" from their social networks. Maybe, she suggests, it is time for science to understand the public.<sup>(2)</sup>

So how is the medical community educating itself to listen and understand the public? Dartmouth-Hitchcock program Extension for Community Health Outcomes (ECHO) is running three sessions in July for healthcare professionals to explore the diverse drivers of vaccine hesitancy and offer strategies to overcome them.

The NH Medical Society & NH Division of Public Health hosts weekly Zoom meetings to promote vaccine confidence.

If you have questions about the vaccine, find a health care professional who will listen to you, show you empathy and gently answer your questions.

However, because there is a real possibility that the Delta Variant will create significant illness in the unvaccinated population, I close with a personal plea for you to get vaccinated.

- 1. https://scholars.unh.edu/cgi/viewcontent.cgi?article=1652 & context=survey\_center\_polls.
- 2. New England Journal of Medicine, 8 April 2021.



www.thebowtimes.com



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

PRICE

\$74,900

\$149,000

\$375,000

\$385,000

\$535,000

\$563,000

#### Serving Hopkinton and Surrounding Communities.

**企** R

#### Hopkinton Real Estate Sales – JUNE 2021

#### **ADDRESS**

63 Evergreen Lane 000 Clement Hill Road 56 Maple Street 122 South Road 1635 Hopkinton Road 357 Main Street

**BEDROOMS / BATHS** 2 Bedrooms | 2 Baths LAND 2 Bedrooms | 3 Baths 4 Bedrooms | 2 Baths 4 Bedrooms | 3 Baths 3 Bedrooms | 3 Baths

SQUARE FOOTAGE		ACRE	ACREAGE	
1,266	Square Feet	0.0	Acre	
L	AND	16.13	Acres	
1,151	Square Feet	0.0	Acre	
1,281	Square Feet	1.4	Acre	
3,697	Square Feet	2.09	Acres	
2,856	Square Feet	0.43	Acre	

Sales Data for June 2021 provided by the NHMLS.

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













Mary Cowan



Suzanne Zellers-Beck

Sandy Heino

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

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





This exquisite story of love and loss sung through Giacomo Puccini's romantic opera lives on in an intimate new production. Under Opera North's heaven of stars, accompanied by the lush sound of a full orchestra, Mimi finds her true love Rodolfo. Savor "la vie en rose" with the rakish Bohemians of Paris and some of the most beautiful music ever written for the stage. Sung in English, this familiar story endures as a beloved classic.

Wednesday, July 28 at 7:00 PM Friday, July 30 at 7:00 PM Sunday, August 1 at 2:00 PM Blow-Me-Down Farm Tickets: \$50 or \$25

FOR SUBSCRIPTIONS AND INDIVIDUAL TICKETS GO TO: WWW.OPERANORTH.ORG







## Hopkinton - Contoocook **TOWN CRIER!** by Kathleen Butcher

724-3452, kathb123@comcast.net

#### TWO VILLAGES – ONE HEART

▶ **HYSA SOCCER** Fall signups are ongoing for HYSA Soccer (4th grade and under), Golf, Tennis and Field Hockey teams. Early signups are help for planning purposes. For information about fall soccer for players 5th grade and up, call 207-200-84355 or email hopkintonsoccerclub@gmail. com. HYSA fall registration forms are at www.hysasportsnh.com.

**CELEBRATE DEREK** The Owen family invites you to join them in a celebration of Derek Owen's life on July 24th from 2:00-4:00 PM at the Owen farm, 580 Brockway Road. Bring your chair and stories to share with his family and friends.

▶ LIBRARY SUMMER OF FUN QUEST The Hopkinton Town Library is once again hosting Summer of Fun. The theme for this year is "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. Second session is July 27-August 13 and 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. As always, there will be reading, crafts, and programs, a Summer Quest, and Story Walk<sup>TM</sup>.

Children's book covers (to coordinate with locations in town) are posted around town. Want to join in? Use the titles of these books (contact Mrs Maynard at email below) to find the location in town where they're posted. Find them, take a selfie with the covers, and send them to Imaynard@hopkintontownlibrary.org by August 6 th. Be sure to include your name and age category. Names will be entered into a raffle for a \$20.00 gift card to the local business of your choice. Send us as many pictures as you can, even if you don't find them all. Category 1: Ages 5 and under/find 10 book covers. Category 2: Kindergarten to 5 th grade/find 15 book covers.Category 3: 6th grade and up/ find all 22 book covers.

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 1hr. 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 www. hopkintontownlibrary.org.



FARMERS MARKET The Contoocook Farmers Market is outside. Every Saturday 9am-12n at the Tooky Gabezo. Stay up to date by visiting the Facebook page Contoocook Farmers' Market.

► SHARED HARVEST The goal of Shared Harvest of Hopkinton is to encourage backyard gardeners and local farmers to donate their excess fresh produce and eggs in support of the Hopkinton Food Pantry. Drop off at the Slusser Center (outside lower level) on select Wednesdays from 3-5pm. July 21, Aug 4 & 18, Sept 1. There will be Shared Harvest tables and coolers set up to receive your veggies and eggs. Follow on Facebook. Email at sharedharvestnh@gmail.com

▶ **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 us today to find out more!



▶ WRITING CAMP for 3rd grade through high school is being held August 16th-20th. May be virtual or hybrid or in -person. Contact Joan Follansbee ( joanfollansbee1970@gmail.com) or Trish Walton ( trishwalton65@gmail.com). \$140 half day, \$190 full day.

**BACK IN THE SADDLE** Equine Therapy Center in Hopkinton is offering a summer camp for ages 5 to 12. Tuesday through Friday 9am to 330pm. Weeks available in July and August. Information: 746-5681, info@ bitsetc.org, www.bitsetc.org.

**BRITTISH SOCCER CAMP** will be held Aug 23-27. Registration is open at www.HopkintonRec.com.

▶ MAKING YOUR MARK 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. 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 or pammueller7@gmail.com.

#### **HOPKINTON POLICE DEPT.**

#### 3 Arrests 9 Accidents 433 Traffic Stops JUNE 2021 STATS AND ARREST LOG

**06/05** Abdulrahman Hamza, 20, of 27 Concord Gardens, Concord, NH was arrested for Driving After Revocation/Suspension.

**06/1** Devon Rowell, 27, of 85 Pine Ridge Road, Loudon, NH was arrested on a Warrant.

**06/15** Scott Dickson, 41, of 245 Harvard Street, Manchester, NH was arrested for Drive After Revocation/Suspension-subsequent and Suspension of Vehicle Registration.



Your protection is our profession.

HOME - AUTO - MOTORCYCLE - BOAT - RV - LIFE - BUSINESS



500 South St Bow, NH 603-224-5394 alliedia.com

## Big Bear EXCAVATION

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

www.BigBearExcavationNH.com





## Call Dick Siciak 603-228-9535

7 Branch Londonderry Turnpike W. Bow, New Hampshire 03304



The library's **SUMMER READING PROGRAM** is underway, and we're already off to an amazing start! More than 150 children, teens, and adults are signed up and reading, and it's not too late to join. Visit the Summer Reading Page on the library's website to register for the program, log your raffle tickets, sign-up for virtual events and take-home crafts, and learn about all the prizes we have to offer. The program runs through August 14, and includes options for pre-readers from birth to age 5, students in grades K-12, and adults! Questions about how it all works? Call the library at 224-7113, or email juliana@ bakerfreelib.org.

**UNICORNS: BREAK THE CAGE!** Tuesday, July 27, 6:00pm | Virtual Program Enjoy a virtual show from the ScienceTellers! This wild adventure features two kids who visit the zoo and discover all sorts of incredible animals, including a horse who believes that it's truly a unicorn. This fun, animated story is interwoven with fascinating science concepts and includes a live experiment, with materials provided by the library. Register to receive access via Zoom, and to reserve your experiment materials kit with everything you need to participate.

#### TAKE HOME ACTIVITY KITS Weekly Kits in the Summer

**Registration is required for** every kit you wish to receive. 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.

#### 7/21: Among the Clouds | 7/28: On Safari | 8/4: On the Ice | 8/11: In Our Backyard

**VIRTUAL STORYTIMES** Continues in the Summer. 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.

#### TINKER KITS Topics Include Nature, Coding and Magnetism

With the start of the Summer Reading Program on June 21, the library also began 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 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.

**ADULT BOOK GROUPS** The Adult Book Groups and White Rock Whodunits will not be meeting in person for the month of July, however the copies of "Miracle Creek" by Angie Kim will be available for Book Talk members to pick up at the Circulation Desk mid-July. Please contact Amy at amy@baker-freelib.org with any questions.

**PHASE 4 REOPENING GUIDELINES** We are open for browsing! The library is now open for browsing! Public computer use, individual study tables, and passport services require booking appointments in advance. To view our guidelines prior to your arrival, visit our website, www.bowbakerfreelibrary.org. For more info, contact us at (603) 224-7113.





## A TRIBUTE TO NELSON RIDDLE



What is the magic that makes any song a huge hit? Is it the brilliant marriage of the music and lyrics? Is it the talent of a some of America's most amazing singers? Is it a great orchestra or band? Is it the music producer who oversees top-quality recordings and marketing?

It may very well be a combination of all of the above, but make no mistake. A great *arranger* is absolutely, positively *vital* to turning any song whatsoever into an unforgettable, heart-stopping, catchy, haunting and memorable, musical work of art. Today we pay tribute to one of the *greatest arrangers* of all time - NELSON RIDDLE.

Everyone reading this article is probably familiar with the most well-known singers of the last 100 years, such as Ella Fitzgerald, Frank Sinatra, Nat King Cole, Judy Garland, Dean Martin, Johnny Mathis, Rosemary Clooney, Peggy Lee, Linda Ronstadt and Bing Crosby. But I wonder how many are familiar with the man who wrote most of the arrangements for their top-selling hits, Nelson Riddle.

Nelson Riddle lived from 1921-1985, and he began his music career as a trombonist in the Tommy Dorsey Band in the 1940's. He studied orchestration after he served in the military and then moved to Hollywood to pursue a career as an arranger. In 1956, Frank Sinatra hired Nelson to write an arrangement of "I've Got The World On A String," and that huge hit became one of Sinatra's trademark songs. When Nat King Cole realized Nelson's skill at arranging hit songs for Sinatra, he asked him to write an arrangement for "Mona Lisa." Nelson arranged the music for every instrument and wrote the vocal arrangement for Nat. After that huge hit, Nat used Nelson for all his future arrangements, and that partnership furthered both men's careers. One by one, all of the famous singers listed above called on Nelson to write their arrangements. Lifelong partnerships were formed.

Nelson was the arranger and musical director for several TV shows of the mid-20th century, such as "The Smother's Brothers Comedy Hour." On one occasion, he actually turned down working with the Beatles. In 1983, he was approached by Linda Ronstadt to write the arrangements for her two, upcoming albums, one entitled "What's New?" and the other entitled "I Love You For Sentimental Reasons." Both albums were mega-hits. Linda Ronstadt was one of the greatest singers of all time, but Nelson certainly played a major role in the success of these albums, having written every note for all the instrumentation and for the vocals.

So the next time you enjoy the music of Ella, Frank, Nat, Judy, Dean, Johnny, Rosie, Peggy, Linda and Bing, remember Nelson Riddle - the wind beneath their wings.



HE TAUCHT ME EVERYTHING I KNOW. EVERY NOTE I WRITE I LEARNED FROM THAT MAN UPSTAIRS. PEOPLE RAVE OVER MY ARRANGING TODAY, AND I JUST THINK TO MYSELF, GOD BLESS TOMMY DORSEY. IF IT HADN'T BEEN FOR HIM, I NEVER COULD HAVE DONE IT.

**NELSON RIDDLE** 

77





ANNUAL GARDENS

TREE PRUNING

**PERENNIAL GARDENS** 



- Certified arborist on staff
- Licensed tick and mosquito expert on staff

603-931-2850 OR VISIT WWW.MINDEARTH.COM LOVING WHAT WE DO, MAKES LIFE A LOT MORE FUN!



MIND EARTH

Tree and Landscape Services





Each year, we provide medical care, food, shelter and comfort for more than 1,400 pets in need and find them loving homes.

Visit our website to find our latest program updates and fill out an online adoption application.

A gift of any amount, at any time you are able to donate, will fund our basic programs to provide care for the most vulnerable pets in our community. Thank you for your kindness!



Silk Farm Road Concord, NH (603) 856-8756 popememorialspca.org



#### **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** to learn more about the 2021 NH Eats Local Month celebration and NH Eats Local.



#### Only \$99 Down for 2021-2022 Pats Peak Season Passes with 3 payments due to pay off the balance

Pats Peak announces its \$99.00 down season pass promotion. Purchasers can lock in the early season rate for 2021-2022 Pats Peak Season Passes and pay only \$99 down, if they purchase by August 15, 2021, with three easy installments due before the season begins.

This Payment Plan option is only available when passes are purchased between July 6, 2021 and August 15, 2021. This payment plan applies to season passes only (excludes Peak Reward Season Pass options). There is no interest and no additional fees for using this payment plan. The balance due will be automatically charged to the credit card used for the initial \$99 down payment. Payments will be automatically charged and spread out over three months: September 1, October 1, and November 1, 2021. Payments are calculated by taking the total purchase, less the \$99 down payment per pass and divide by three monthly payments. For payment terms visit info@patspeak.com.

Pats Peak Season Passes provide excellent value for guests who ski or ride frequently and remain affordable in order to allow individuals and families to spend more time on the slopes, without financial burdens.

#### Pats Peak Season Pass Options:

- **Powder Pass Club Season Pass**
- Unlimited Season Pass
- "20 Something" Unlimited Season Pass
- Midweek Season Pass
- Transferable Season Pass

More information on this special season pass promotion can be found at www.patspeak.com.



#### **Roof Stain Removal** WWW.ROOFSHAMPOO.COM

At Your

Let our graphics staff design an ad for you that stands out and delivers results!

A free service for Bow Times advertisers!

www.thebowtimes.com

#### **INVESTING IN YOURSELF** By Donna Deos

While you are busy helping others and doing all that you do, please take time to do things that bring you joy. I am sure you've all heard the saying, "you can't pour from an empty vessel," right? This is so true.

We all have a lot to give, for sure. It is okay to receive as well. If you don't replenish yourself, you will find it harder and harder to give. I find this very true for those of us who are natural caregivers or people pleasers. We find and make the time to do everything



that everyone else wants and needs. The price of this is often putting ourselves last on the list. Many times this means that we run out of steam or oomph before we get to doing that special thing we really wanted to do for ourselves. When you do this too much you can find yourself in a downward spiral where you get more and more resentful of all of the other things you have to get done and the people you are doing them for.

Now please realize, you are the one setting the priorities in your life. It may not seem like it but you are. You are in control – even though it seems like you aren't because everyone and everything appears more important. That is just not true though. When it comes right down to it, you are the most important thing. If you are not happy, or have run out of energy and the ability to move forward and do things then you are no longer able to help others.

You owe it to yourself and everyone else to make it a priority to put yourself first. When you are full of all of the things that make you happy, you have more energy to give to others. We all really need to remember that we are just as important as everyone and everything else that we keep putting before ourselves.

So, take some time to invest in yourself, please. Take the time to really think about what and who makes you happy. Think about what and who does not make you happy. Make a list of the things you really want to do, and then the things you feel you need to do. Some things will cross both categories; some will fall clearly into one or the other. When you look at the list of "you feel you need to do" items really sit with why you think you need to

Giving you confidence and control in life's toughest situations.					
Call Now! Donne Doce LLC					
Donna Deos, LLC Spirtual Teacher & Transitions Specialist					
<b>Counseling, Coaching &amp; Education</b> for senior citizens and their adult children regarding the challenges of aging					
603-224-4178	www.donnadeos.com	1-855-772-2622			

do them. They aren't on your "want to do" list so they are potentially taking away your energy and desire to do them. Do you really need to be the one to do them? Could someone else do them? Could someone be hired to do them? Could they simply be taken off the list altogether? Who is making you feel like they need to be done? Can you talk to this person about this and figure out a different plan? I think you see where I'm going with this.

Once you clear out the list you can really focus on the want to do's. I called this article Investing in Yourself because you really need to put the time, money and effort into things that fill you back up. Stop putting off going out with your friends or calling that person you really miss because you are too busy. The people in our lives who fill us up are exactly who we should prioritize.

You should also take the time, effort, money or whatever to get that massage, or take the weekend getaway you've been promising yourself. Whatever it is that you want to do should be a priority for you. Just try it once and see how it makes you feel. I'm pretty sure when you finally turn the focus back to what makes you happy you will remember how great that is and be able to prioritize yourself more often.

Once you regain your happiness, balance and joy all the people you help will see it, feel it and be better off for it too. I hope you have a wonderful summer filled with all of the people and things that fill you up and make your life brighter – All My Best, Donna



Visit the website for information and to reserve your spot! communityplayersofconcord.org Children's Theatre 2021 Summer Camp Bow Rotary Club celebrated its 3rd in person

meeting June 25 with the annual Changing

of the Gavel ceremony at the newly renovat-

ed Old Town Hall. Some members are still

participating in our meetings via Zoom. It

has been great being allowed back together

at the Old Town Hall after the renovation

Our 2020-21 club president Matt Gatzke

talked about our many accomplishments

despite COVID-19 during our year of meet-

ing strictly via Zoom. Matt is to be highly

commended for his incredible leadership

during clearly the most challenging year the

club has ever faced. The entire club gave

Matt then swore in Ben Kiniry, our incom-

ing 2021-22 president who also gave great

praise to Matt and presented him with

his past president's pin and an outgoing

work has been completed.

Matt a standing ovation.

president's gavel and plaque.

#### FREE

It is cold comfort that the "book value" of NESC is \$16.79

million. In other words, that is

**SMELLY WATER** 

Continued from page 1



## **BOW ROTARY CLUB SCHOLARSHIPS AWARDED TO 11 STUDENTS!**

At the Bow High School's awards night on June 7th, the Bow Rotary Club announced this year's scholarship recipients.

Four (4) \$3000 scholarships and Seven (7) \$1500 for a total of \$22,500 were awarded this year. Nine out of the eleven were high school seniors the other two were 2nd year college recipients and received letters announcing their awards.

Students receiving this year's scholarships were: Michelle Eweka, Rachel Wells, Shannon Luby, Liam Wells, Adele Elle-Gelemter, Victorian Amy Eweka, Jonathan Muise, Nicholas Manning, Riley King, Brooke Biehl, and Jack Roberge.

The Bow Rotary Club congratulates all of our 2021 scholarship recipients and wishes them great success!

## **BACK TO MEETING IN PERSON & ON ZOOM**



L-R: 2020-21 President Matt Gatzke presents gavel to 2021-22 President Ben Kiniry. Photo by Eric Anderson

what NESC's regulated water utility subsidiaries in Connecticut, Massachusetts and New Hampshire are collectively worth, for rate-setting purposes.

Downright insulting to the water customers is the fact that Eversource, through its subsidiary Aquarion, has agreed to pay \$40.56 million for NESC, including its troubled NH subsidiary Abenaki. That's an acquisition premium-free money, essentially, compared to what their company is really worth according to regulators - of \$23.77 million.

Abenaki is one of NH's smallest utilities, with 720 water customers in Bow, Bretton Woods, Gilford, and Belmont. That's quite an archipelago, and it has proven to be difficult to serve.

Aquarion is promising its prospective Abenaki customers precisely nothing in exchange for the right to buy out their utility - not better service, not rate relief, just a lot of puffery about a "relentless commitment to excellence." Abenaki is likewise promising precisely nothing – it is simply plowing ahead with its rate case while its shareholders prepare to pocket that \$23.77 million acquisition premium.

Cristy Bresson of Surrey Drive in Bow says the current water system is "completely unacceptable."

This is a column by Donald M. Kreis, NH's Consumer Advocate. Kreis and his staff of four represent the interests of residential utility customers before the NH Public Utilities Commission and elsewhere.



130 Hall Street, Concord NH www.adamslock.com

## **BOW ROTARY CAR SHOW CELEBRATES 10 YEARS**

For nine years, the Rotary Car Show has taken place in May, which is a beautiful time to get that special car out in the sunshine and show it off. Last year, due to the pandemic, our Rotary Car Show was cancelled. This year it is scheduled for August 21, when it is likely there will be more "opening up" for activities.

While the Car Show was initiated as an additional fundraiser for the Club, it was borne out of a love and affection for vintage cars and trucks. We hoped to reach different sponsors from our customary sources. We also wanted to appeal to individuals who experience the joy of meeting others with a similar devotion to the look and feel of a particular vehicle or have an appreciation for how car and truck design and features have changed through the decades. The Car Show gives people who might not be able to buy one of these special vehicles an opportunity to see them up close and personal. Grandparents bring their grandchildren to show them the cars they drove as teenagers, reminding both that they were young once too.

Putting on a Car Show is no simple task. It takes a good deal of organization and sensitivity to the comfort of the car owners and enjoyment of spectators. Bow Rotary members have traveled to car shows as far away as California and Kentucky, but mostly in New England, to discern what makes a car show fun for the vehicle owners as well as the spectators and "lookers" who attend.

At the Bow car show, a "goody bag" is given to the first 100 car owners to register, which includes a special dash plaque for showing the vehicle at the Bow Rotary car show. Also included in the bag are vehicle related items from local show sponsors. All the trophies for various car class categories are also sponsored.

The Bow Rotary Car Show is not a judged show. Car show owners vote for the 18 different categories (includes early cars to 1930s, for example, as well as categories for Mustangs, Corvettes, and Camaros) plus Best in Show. The spectators vote for the People's Choice Award.

A smooth registration process and help with parking are both a critical part of the show's success. A food tent serves up both breakfast and lunch treats for car owners and spectators alike.

The weather is never a given, which is probably the most difficult aspect of having a car show. It has been very gratifying to the members who organize the Car Show to have the number of entrants grow from 10 entrants the first year to 210 entrants for our 2019 Car Show. Cars and trucks arrived from New Hampshire, Vermont, Massachusetts, Connecticut and Maine. This event takes all of our club's members help to have a successful event and provide a lot of fun and enjoyment for car owners and spectators.

Please join us on August 21 for a topnotch car show at 508 South Street, Bow, NH. For additional details or a registration form, please check out the bowrotarycarshow.com website.



Forms accepted now, so don't wait—*start today!* 



## **Oral Health Challenge**

Northeast Delta Dental and the New Hampshire Fisher Cats want your children to have healthy teeth and gums. We ask them to **brush twice and floss once daily** during a one-week period to earn two tickets for a 2021 game at Delta Dental Stadium. Please encourage them to continue to brush and floss daily, because these are very important oral health habits that we hope will last a lifetime!



🛆 DELTA DENTAL

www.nedelta.com

If you have questions about the Oral Health Challenge program, please contact the Fisher Cats Community Relations Department at 603-641-2005 or e-mail community@nhfishercats.com

#### Download complete form at www.nedelta.com

Completed forms will be accepted until two weeks before scheduled games on Aug. 25th and Sept. 14, 2021!



All years of Cars and Motorcycles Peoples Choice, Best in Show & 16 Additional Trophies Spectator Entry \$3 – Under 12 & Over 70 FREE National Street Rod Association FREE Saftey Inspections



goodie bag & dash plaque BREAKFAST & LUNCH

WINNERS IN SEPTEMBER ISSUE



## The Lions Twin State Soccer LIONS CUP

The Lions Twin State Soccer Association Board of Directors in conjunction with the New Hampshire and Vermont Soccer Coaches Associations is excited to announce the return of annual Lions Cup. The games will be held on Saturday July 17, 2021 at Hanover High School in Hanover NH. The women's game starts off the day at 2:00 pm and the men's game wraps up the day at 4:30 PM.

Connor Wachsmuth and Chloe Binder, both in defender positions, are Bow High School players.



Select Saturday Hours are Availabe. WELCOMING NEW PATIENTS AND THEIR FAMILIES.

Dr. Christopher Binder

- **Dr. VICTOR STETSYUK**
- Dr. Jonell Hopeck
- DR. CHRISTINA MCCANN
- Dr. Ashely Leavell
- Dr. Rishi Bhusari
- Dr. Jeremy Anderson

9 Triangle Park Drive, Suite 3, Concord (Near Steeplegate Mall, off D'Amante Drive)

603-225-6331 www.generationsdental.com



Family-owned and operated for over 100 years, Generations Dental Care offers exceptional dentistry to you and your family.



#### \$500 OFF Invisalign

Valid until July 30, 2021 only at Generations Dental Care\*. \*Some restrictions and limitations may apply. This offer cannot be combined with any other offers or ongoing promotions.

SURGICALLY CLEAN AIR



Advanced Technology, Time-Honored Care



## **DUNBARTON NEWS**

By Nora LeDuc



◆ **DUNBARTON LIBRARY** The Dunbarton Library's Phase Three Modified Expanded Summer Library Hours are effective now through August 7. Hours: Tuesday and Thursday from 10:00am to 8:00pm. Wednesday and Friday from10:00am to 4:00pm. Saturday from 10am to 2pm. Masks are required inside the building and recommended for programs outside.

More Library News: Curbside Pick-ups continue, Book Bundles available, VIP Hour: 10 am to 11 am everyday. Occupancy limit raised to 5 people/or one family for a brief 30-minute browsing session. Walk-ins are now welcome, but families are encouraged to call ahead to schedule an appointment, so that a preferred time is reserved.

**The Library Summer Program** runs until August 5. It's never too late to sign up! For details check: https://www.dunbartonlibrary.org/summer-reading-2021.html

• **DCC BOOK CLUB** This month the club will be reading *White Fragility* by Robin DiAngelo. Discussion is scheduled for Thurs Aug 5 via Zoom, 7pm to 8pm.

♦ **MEN'S COFFEE** will meet Friday at 9 am, outdoors at the band stand, at the picnic table on the North side, OR Mr. Zeller's side lawn. Bring your own lawn chair and your own coffee! FYI: If the weather forecast looks poor, a Zoom link will be sent out on Thursday afternoon for a virtual Men's Coffee chat.

• **DUNBARTON POLICE DEPT.** welcomes Officer Thomas "Cody" Tompkins to the Department! He successfully completed a highly competitive and rigorous months long hiring process which included a writing sample, physical agility test, oral board interview, executive interview, polygraph examination, background investigation, medical examination and drug screening and a psychological screening and interview. Officer Tompkins was hired in advance of an upcoming retirement to avoid operating short staffed. Officer Tompkins will be starting his orientation and initial training in the near future followed by a 16 week residential Full-Time Police Academy at the New Hampshire Police Standards and Training Council (PSTC) in Concord. Following successful completion of the Academy, he will spend 12-14 weeks in our Field Training and Evaluation Program (FTEP) with several Dunbarton Police Department Field Training Officers (FTOs) before being released to solo patrol. Officer Tompkins is a United States Navy Veteran, having served as a Master-at-Arms achieving the rank of Second Class Petty Officer. He is currently attending Endicott College to obtain his Bachelor's Degree in Homeland Security.

• **OLD HOME DAY** is back. Save the date! August 14, 10am. (Subject to change) For more information contact John Stevens at 774-7162 or email: john.stevens@gsinet.net.

#### 24<sup>TH</sup> ANNUAL FALCONS BOOSTER CLUB GOLF TOURNAMENT



It was an absolute gorgeous day for the 24th Annual Golf Tournament held at Beaver Meadow on June 24th. The tournament provided a great opportunity for these friends to get on the links and support Bow High School Athletics! Pictured from left to right are Bow residents Ben Kiniry, Matt Poulin, Chuck Douglas and Dominic Lucente

#### www.bowboosterclub.com

#### **2021 BOW SENIOR PARADE - JUNE 2**





SPECIALIZING IN RESIDENTIAL & COMMERCIAL MARKETS. ONE SINGULAR MISSION – TO DELIVER QUALITY SERVICE!

> 603.225.6929 3 BOW BOG ROAD, BOW, NH 03304



## HAROLD CLAYTON MOFFETT

Harold (Chuck) Clayton Moffett , 81, of Bow, passed away peacefully June 18th, 2021, at Concord Hospital, after a courageous battle with Alzheimer's disease.

Born in St. Johnsbury Vermont February 23, 1940, he was the son of the late Harold R. Moffett and Mable Moffett. He was a graduate of West Lebanon High School, Class of 1958, and received his Associate's Degree from NHTI in 1960. Harold also served in the U.S. Army Reserves.

He was employed at Sprague Electric over 30 years, and then Beede Electric until his retirement.

Harold was a Ham Radio operator – call letters W1ENM.He owned a home operated T.V. and computer repair business. He enjoyed building computers and helping his family with their own. Harold also was a big fan of the Red Sox.

He is survived by his loving wife of 60 years, Joan; his brother Dick and wife Donna of NC; his son David and wife Vickie of Loudon; his daughter Wendy of Bow; five grandchildren- Patrick, Amanda Christopher, Andrew, and Ryan; and his beloved little dog, LucyMae.

Memorial contributions may be made in Harold's name to The Alzheimer's Association, P.O. Box 96011, Washington, DC 20090-6011.

## ELLEN JANE SCRIVEN

Ellen Jane Scriven, "Gagi", of Bow passed away peacefully in her home on June 14th. She was born in Malden, MA on July 26, 1932, daughter of Isabelle and Arthur Bowie.

Ellen was a caretaker at Normandy House, Melrose MA in her younger years and was also a nanny for families in the Stoneham MA area. She and her husband John taught country dancing and participated in many competitions. Ellen loved music, dancing, animals, and spending time with her family.

Ellen was predeceased by her husband John, and her three children Linda, Kenneth and Stephanie. She is survived by her sister Audrey Secino of VA, her granddaughter Carrie Batcheller and her partner and (Ellen's) caretaker Artemis (of Bow) and granddaughter Colleen Hamilton (of Fort Wayne IN). She is also survived by her great granddaughters Stephanie, Abigail, Emma, great grandson Luke, and special friend Emily.

In lieu of flowers, her family asks that donations be made to the Animal Rescue League in Bedford, NH.

## AUDREY JOSEPHINE SMALLEY

Audrey Smalley age 78 of Bow passed away peacefully at her home with her family by her side on June 8, 2021.

She was born in Cape Breton Island, Nova Scotia, Canada, on March 11, 1943. She is survived by her husband David Smalley, her four children Robert, Sean, Jason, and Kera, her sisters Miriam, Mary Alice, and Donna, and her brothers Bobby and Edward.

Audie was loved dearly by all that knew her. Her greatest joy was her 12 grandchildren and 2 great grandchildren. Her loving heart and deep compassion will be greatly missed.



#### **BOW POLICE LOG** JUNE 2021 ARREST LOG

- **6/01** Tryphene Porter, 22, of Epping, was arrested for transporting drugs in a motor vehicle.
- **6/05** Dalton James Paquette, 26, of Merrimack, was arrested for driving under the influence; Krystal Kenny, 37, of Rochester, was arrested for driving under the influence; Jonathan Grasso, 32, of Laconia, was arrested on a parole violation warrant.
- **6/10** Kara Elizabeth Hanan, 39, of Concord, was arrested for driving under the influence 2nd offense and motor vehicle not equipped with alcohol interlock.
- **6/13** Bradley Mitchell Tyrrell, 57, of Manchester, was arrested for driving under the influence and possession of a controlled drug; Junior Rigaud, 40, of Manchester, was arrested for possession of a controlled drug.
- **6/15** Travis Miner, 27, of Concord, was arrested for disobeying an officer, driving after revocation/suspension and two counts of possession of a controlled drug; Matthew Haddock, 21, of Bow, was arrested for conduct after an accident and reckless operation
- **6/16** Allen Downs, 35, of Concord, was arrested for possession of a controlled drug.
- 6/17 Jonathan Talbot, 34, of Hooksett, was arrested on two counts of robbery; Samantha Stanford, 28, of Pembroke, was arrested on three counts of possession of a controlled drug and one count of sale of a controlled drug, fentanyl.
- **6/19** Robin Lane, 53, of Concord, was arrested for operating after certified as a habitual offender.
- **6/20** Michael Maguire, 61, of Bow, was arrested for driving under the influence 2nd offense; Crystal Merchant, 37, of Laconia, was arrested for felon in possession of a dangerous weapon; Robert Fuller, 37, of Rindge, was arrested for driving under the influence, driving after revocation and suspension of a vehicle registration; Kyle Macarthur, 39, of Bow, was arrested for driving under the influence and open container.
- **6/24** Caleb Dudley, 40, of Gilmanton, was arrested for driving under the influence.
- 6/25 Scott Tessier, 51, of Concord, was arrested for driving under the influence 3rd offense, and motor vehicle not equipped with alcohol interlock.
- **6/26** Ronald Parenteau, 34, of New London, was arrested for motor vehicle not equipped with alcohol interlock and operating a motorcycle without a motorcycle license; Daniel Frazer, 25, of Concord, was arrested for driving under the influence 2nd offense.
- **6/28** Skylar Bennett, 38, of Concord, was arrested for driving after revocation/ suspension subsequent offense.
- **6/29** Paul Nobile, 58, of Gorham, was arrested for driving after revocation/ suspension subsequent offense.



In Pearland, Texas, on the night of April 17, a couple had just gone to bed when they heard a loud noise coming from downstairs. The husband grabbed his pistol and investigated. He was startled to find that an unknown man had thrown a cinder block through a window and was hitting the walls with a hammer. When the suspect saw the homeowner, he charged him, and a struggle ensued. During the struggle, the wife came downstairs and stepped between her husband and the attacker. She was hit in the head twice with the hammer before her husband was able to shoot the suspect three times. The couple spent several days in the hospital recovering. The suspect was charged with two counts of aggravated assault with a deadly weapon and one count of burglary. (knou.com, and foxnews.com, Pearland, Tx., 4/17/21)

**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 re-



by Danielle Ruane

cycling 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. **Requested reprint from earlier edition.** 

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

Baker Free LibraryFlanagBlue Seal Feeds7 ElevelBow MobilHampeBow Recreation BuildingIndividBow Town OfficesJohnsoChen Yang LiLakehColonial Village SupermarketMerrinCracker Barrel-HopkintonNina'sConcord Chamber of CommercePagesConcord Food Co-OpSouthCrust and CrumbSugarDimitri's PizzaTuckerDunbarton Town OfficeVeanoEveryday CaféWhite

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 South Street Market Sugar River Bank, Concord Hts. Tucker's Restaurant Veano's, Manchester St. White Rock Senior Center



How is it that we put a man on the moon before we figured out it would be a good idea to put wheels on luggage?





www.thebowtimes.com



# **BOW'S CHOICE FOR DENTAL CARE**



CLEANING · X-RAYS

#### **EXAM** · TREATMENT PLAN

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

#### **GENTLE DENTAL CONCORD**

#### CALL TODAY: 603-712-5058

gentledental.com/concord

#### **GENTLE DENTAL CONCORD HOSPITAL**

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

#### CALL TODAY: 603-651-0508

gentledental.com/concordhospital



#### **NOW ACCEPTING NEW PATIENTS**

- Emergencies seen same day
- Most insurance accepted

#### **ALL PHASES OF DENTAL CARE**

 Cleaning Root Canals

Donald J. Gass Jr., DMD, FAGD

Extractions

**Tooth Extraction** 

Widsom Teeth

Implants TMJ

- Fillings
  - Implants
  - Invisalign

#### Sedation

Braces

Bridges

#### **ORTHODONTICS**

- John Walsh, DMD
- Braces
- 🔆 invisalign®
- Free Consultation

No Insurance? Gentle Dental now accepts Essential Dental Plan. ESSENTIAL DENTAL PLAN

- Dentistry
- **ORAL AND MAXIOFACIAL SURGERY**