

# The Bow Times

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

THE BOW TIMES

VOL 28, NO. 8 August 2021

www.thebowtimes.com

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# BOW FIRE CHIEF MITCH HARRINGTON LEAVING FOR FEMA

After seving 20 years with the Bow Fire Department, Chief Mitchell R. Harrington is resigning as of September 3, 2021. He will become Emergency Services Director with FEMA's National Incident Management Team.

Harrinton started in Bow as a firefighter in 2000. He became a Lieutenant, Captain and Deputy Chief when he was promoted to Fire Chief in May of 2017.



Chief Mitchell R. Harrington Photo Eric Anderson

Well liked and well respected he will be missed by all of us in Bow. In his letter to the Selectmen he said, "I have worked for you my entire adult life and Bow will always have a special place in my heart. I have truly felt like family working with you and being part of this community; I will miss it dearly."

On August 4 he wrote to the members of the Fire Department and said, "We accomplished so much over the past few years; the new station, policy changes, physical abilities, medical physicals, public relations, increased staffing, reorganization, and fleet consolidation to name a few."

The Town Manager will name Captain Eliot Berman the Acting Chief.

#### WATER RATE SHOCK PLAN ORDERED AMENDED

#### by Chuck Douglas

Numerous Bow residents, as well as the State Consumer Advocate, have Temporarily blocked a massive rate increase for water in Lake Shore Village. Several residents had sought Intervenor Status to resist a 427% rate increase as set forth on page 1 of last month's Bow Times.

On August 6 the State Public Utilities Commission said it could not approve the merger as proposed. Abenaki agreed to withdraw its rate increase request and will not refile it until a year after the merger with Aquarion Company. Testimony before the PUC was that the utility is "losing money" and "there is a need for rate relief." The PUC said, however, the proposed rate increase "would unfairly burden the rate payers" in its August 6 order.

Abenaki's White Rock Water System is supplied by three bedrock wells piped into an arsenic removal treatment plant and then pumped into two 15,000-gallon atmospheric storage tanks. Treated water then flows through an underground piped distribution system to residences. Average daily customer demand was about 19,000 gallons per day as of 2019.

The system was constructed in the 1970's by a developer to service the approximately 95 residences in the subdivision.

#### Challenges to System Operation as Described by Abenaki Water Company

- The distribution system, composed of mains and services, is made of plastic material, often making them difficult to locate.
- There are an insufficient number of existing main valves, making it difficult to isolate smaller sections of the distribution system for repairs and leak detection.
- The three bedrock wells have low production, amounting to about 12 gallons per minute in total, during times of drought or higher demand.

WATER RATE SHOCK | Continues to page 5

HOPKINTON-CONTOOCOOK NEWS ON PAGES 8-10



#### SCHOOL BUS DRIVERS NEEDED

Every school district in the state is in need of bus drivers as the fall semester approaches. According to school transportation officials there has been a 50% drop in drivers in some districts.

The state is only required by law to provide transportation for K-8 students. But every district is worried about meeting that mandate because a record number of drivers quit over the COVID-19 pandemic.

School officials said retirees comprise a lot of the bus drivers in New Hampshire, but health concerns prompted many of them to leave the industry.

"New Hampshire has never seen such a severe shortage of bus drivers, and now, it has hit a crisis level, which will make it more difficult to get kids to and from school this coming year," said Karen Holden, of the New Hampshire School Transportation Association at a press conference at the Bow Community Building on July 28.

Schools have some options available if they can't hire drivers, Bow and Dunbarton Superintendent Dean Cascadden said, but none of those options are ideal.

Officials in the school district could combine existing bus routes, making each route longer, Cascadden said. They could consolidate bus stops, forcing families to find a way to guide children to common areas. They could cut down on extracurricular transportation, such as driving sports teams, which would pose accessibility problems for children without the means to have a parent drive.

"If you want to pull people out and get them angry, change their bus stop," he said. "So it's not a great option for us. But that's what you have to do: You're required to do it K-8, that's what you absolutely have to do, so you look at the other areas to (give up) first."

Anyone interested in driving can contact their local school district. Drivers must have a safe driving record, but it doesn't have to be perfect. College students are also urged to consider applying. The hours are usually 6-9 a.m. and 2-4 p.m. **Photo Eric Anderson** 



# LOW TAXES ARE THE RESULT OF LOW SPENDING

# The Bow Times

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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.

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#### PUTTING YOUR MONEY WHERE YOUR MOUTH IS

EDITORIAL

As a minority of Americans continue to resist COVID-19 vaccinations, the sharp rise in ICU hospitalizations raises an interesting question. Given that there is a free vaccine that is 99.9% plus effective why should the vaccinated subsidize those who end up in the ICU because they refused to be vaccinated?

Healthcare Finance News reported last year that hospitalized care for COVID-19 averaged \$34,662 to \$45,683 depending on age and location. That cost is passed on to members of Blue Cross, Medicare, etc. to cover.

Why should I have to pay more in federal taxes or deepen the deficit for someone who refuses a free vaccine? I believe in freedom, but not if exercising your freedom will cost money and the lives of others.

I was raised by the adage to "put your money where your mouth is." If you are "waiting for the science" (as if you would understand it) or just say "it is my choice," don't make me pay when you end up in the ICU. You should pay the bill, because socializing hospital costs for the unvaccinated is unpatriotic and irresponsible.

And as for air travel, it should be limited to vaccinated people only. The unvaccinated are still free to travel to L.A. or Denver in their own car without a mask.

Most of the 3,715 reports of unruly passengers since the first of the year were unvaccinated anti-maskers. Plane violence will drop dramatically, and masks may not even be necessary if only the vaccinated and those with medical exemptions are on board.

After all, freedom isn't free.

#### CAN AN EMPLOYEE BE FIRED FOR NOT BEING VACCINATED?

That question recently came before a federal court in Texas when Houston Methodist Hospital announced a policy that all employees would be vaccinated against COVID-19 by a certain date in June. Jennifer Bridges and 116 other employees went to court to block mandatory vaccination and claimed it would be wrongful discharge if she were terminated because of her refusal to be vaccinated.

She argued that the injection requirement violates public policy, but the federal judge pointed out that the Supreme Court has already upheld state imposed requirements of mandatory vaccination under the federal Constitution a century ago.

Ms. Bridges also argued that it was against the law to require her to take the needle because no one can be mandated to receive medicine that has not been finally approved by the Food and Drug Administration.

The court pointed out that she was misreading the federal statutes and that the Secretary of Health and Human Services in an emergency may approve products where the benefits outweigh the risk of harm. When Ms. Bridges compared being vaccinated with Nazi-forced medical experimentation during the Holocaust the Court said that her argument was "reprehensible."

Finally, the court said that she was not being coerced because her employer is just trying to do its business of saving lives without giving patients COVID-19. In addition to the hospital's decision they made to keep patients safer, Jennifer Bridges is free to work somewhere else if she doesn't want to be vaccinated. Every employment includes limits on a worker's behavior in exchange for their pay and the court said that is the inherent bargain in working for an employer.

The analysis is highly likely to be upheld on any appeal as private employers are free to impose restrictions on employee freedom such as requiring goggles, uniforms, starting work at a certain time, etc. In any employer-employee relationship, the employee is free to go work somewhere else.

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

#### THE BENEFITS OF IN-PERSON LEARNING STILL OUTWEIGH THE RISKS

There are some differences between the guidelines issued by the Centers for Disease Control and Prevention and those of the American Academy of Pediatrics for how schools can safely reopen. The CDC, which initially said masks were not necessary for people who have been vaccinated, continues to adjust its advice and no doubt will continue to do so as conditions evolve. But the agency and pediatricians agree completely about the most important thing: the need to get students back into the classroom with their teachers and friends.

"Students benefit from in-person learning, and safely returning to in-person instruction in the fall 2021 is a priority," wrote the CDC. "The pandemic has taken a heartbreaking toll on children, and it's not just their education that has suffered but their mental, emotional and physical health," said Sonja O'Leary, chair of the AAP Council on School Health.

The CDC and AAP provide evidence-based strategies that school districts can use to keep students, teachers and schools staff safe. Among the recommendations: masking, physical distancing, improved ventilation, testing and, for those old enough, vaccination. The CDC did not mandate a uniform approach but deferred many decisions to local officials. Virus caseloads and vaccination rates vary from place to place — the unfortunate result of this country's patchwork approach to the pandemic and the politicization of a public health emergency.

The shared urgency about reopening schools must be kept front and center, even as new worries arise about increased covid-19 infection rates caused by the highly contagious delta variant. Among the country's major failings in how it responded to the coronavirus was the lack of urgency, creative thinking and effective action in keeping schools open. It should never happen again that getting bars and gyms up and running is a higher priority than reopening schools. This editorial was Published by the Washington Post on July 27, 2021



# **FREE SUMMER CONCERT SERIES 2021**

The **Open Mic/Talent Show**, the last concert of the season, took place on Friday, August 6. The venue, sponsored by the Bow Rotary, gave local performers a chance to get together, to share their diverse talents and to entertain their neighbors. It was a beautiful evening and it can certainly be said that *stars* came out to shine!

#### The lineup was as follows:

Phoenix Effect (Chris Dunbar and Steve Korzenouski)-vocals/guitars; Dominic Cole-drums (BMS 7th Grade); Jayden Kennedy-fiddle (Bow 5th grade); Jess Burnbaum-vocalist (BHS 10th grade); Dr. Dean Cascadden-vocals/guitar; NH Fiddle Ensemble (Manchester)- (directed by Bow's Muriel Orcutt and including BES 3rd grader Nolan Engle); Ben Crabtree-vocals/guitar; Eli Wilkening-piano (BHS 10th grade); Eliza White-vocals/guitar.

Peter Imse chaired this year's committee and was the MC for the event. Bow Men's Club provided free drinks and snacks.

#### All photos courtesy of Eric Anderson.









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Update provided by Dr. Dean S. T. Cascadden, Superintendent, SAU 67

SAU 67, the Dunbarton and Bow School Districts are preparing to open school on August 30. The pressing question on people's minds is, "What will the mask requirements be?" This will be determined at an SAU School Board Meeting held on August 19, at 6:00 at BHS that will also have remote viewing capabilities. Prior to that meeting, the 2021-22 Opening Plan will be posted on the SAU Website and the public comment email (back2school@bownet.org) will be activated so that the community can send comments to the administration and school board members.

Guidance and discussions around school opening plans are beginning to ramp up nationally, statewide and locally. Presently there is conflicting guidance, and it looks like much will be left to the local SAU to develop plans around layers of protection for COVID 19. This will leave NH with a mosaic of plans across the state. SAU leaders have been monitoring CDC guidance and what other districts are implementing. There is an important meeting on August 11 for school leaders sponsored by DHHS which may bring more statewide clarity, but the final decision will be a local one.

The Draft SAU 67 Opening Plan for 2021-22 is being vetted by administration, nurses and the Level Committee. It was developed in part to satisfy federal COVID related ESSER Grant requirements, and also to communicate with the community the expectations, procedures and policies for the coming school year involving COVID containment. This plan, which will be finalized at the SAU 67 School Board meeting on August 19, 2021, has evolved from previous plans related to schooling during the COVID pandemic. The goal of this 2021-22 plan is to address health and physical safety; to support social, emotional and mental health; and to prioritize learning; while remaining flexible to adapt to the changing health environment and evolving guidance from state and federal agencies.

The focus of the plan is on in person instruction in school. Families desiring remote schooling will be able to access VLACS, Edgenuity and now Prenda (a company promoting micro-schools in collaboration with the NH DOE). The plan will once again be leveled and decisions will be made on which level to start school in the Fall and when levels might change with an evolving COVID environment. Factors to determine layers of protection include: local community spread of COVID, vaccination rates and school impact.

The plan does not call for mask use outdoors. Possible levels of mask use indoors include: requiring all persons wear masks, recommending masks only in grades preschool-8th grade (taking into account vaccine availability), recommending mask use as an individual decision and supporting those who choose to wear them. This is the continuum of possible policies and the mask policy could be associated with levels that may change during the year in response to COVID levels. The SAU meeting will be considering an overall opening plan and also a level to start the year with. Mask use could be decoupled from other protective factors.

We have had some major building renovations in Bow including the total HVAC system and roof replacement at BES, skylight replacement at BHS and an updating of the SAU office to facilitate the whole SAU staff being in one place at BHS. Despite one of the rainiest Julys on record and supply chain issues, it looks like we will be ready to open on time. All of the Bow and Dunbarton buildings are having deep summer cleaning and our crews are working hard and are getting us ready for fall.



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#### **BEING SUPPORTED** By Donna Deos

When I say you are being supported, what does that mean to you? What is the first thing that comes to mind? Who comes to mind?

Being supported comes in lots of forms. Sometimes it is financial, like when we are kids and our parents pay for and provide everything. (Or when we are older and we have to move back in with them due to unexpected life changes!)



Sometimes it is physically, like when someone holds us up – for example you turn your ankle and your

friend comes over, helps you get up and walks you over to a place to sit to get off of the bad ankle, so you can work together to figure out what to do next.

Another way we are supported is emotionally. Like when you have a bad day and you turn to a friend or loved one to talk to about it. Or when something tragic happens and most everyone you know comes by and offers you their support.

Support is defined on Google as a verb: "bear all or part of the weight of; hold up;" "give assistance to, especially financially; enable to function or act;" "suggest the truth of; corroborate;" or "endure; tolerate".

Do you feel you have enough support in your life?

As we age the level of support we need changes. As kids, we need lots of support – at varying levels, until we get out on our own. Then, over time the support we need increases and decreases as our jobs, relationships and other circumstances change. At our older years our needs for support change as well. Things that used to be easy now are more difficult. Our bodies can't do as much as they used to or for as long and we could really use more support in a variety of areas.

At all stages of life, we need emotional support as life takes its twists and turns. Whatever stage you are at, and whatever you are experiencing, there is support out there for you. All you need to do is let someone know!

I know many of us like to be strong and tough and try to do it all ourselves. We don't want to admit we might need some help here and there. But really, we ALL do at some point in our lives.



There are lots of ways we can support each other. Support is a two-way street. I'm sure if you look back on your life you can remember lots of things you did for people, just because. For example, the new person moved in next door and you baked them a welcome cake or some cookies. That is being supportive.

Then, there's the time your friend needed a ride, and you took them where they needed to go. Oh, and the time your friend needed to borrow \$20. You were there for them. These are all small examples. I'm sure you all have larger ones too. The point is, we are all being supported pretty much all of the time by people and organizations we know who are there to help. Needing support (or help) is not a big deal. So, when it's your turn to do the asking, don't worry about it. I'm sure whoever you are asking will be glad you did. The people we do good things for always want to find a way to do something nice for us in return. Most of the time they just don't know how unless we let them know what we would appreciate some help with.

It's great to give support. It is also nice to receive it. When you are on the receiving end you are giving someone else a chance to shine at being the giver. Please don't hog all the giving – and learn to appreciate the receiving!

Please consider reaching out to me if you ever need someone to talk to and need emotional support – **that's what I do.** I'm a really good listener (so I have been told) and I am happy to counsel you on things in your life that you could use some support with.

All my best, Donna



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Silk Farm Road Concord, NH (603) 856-8756 **popememorialspca.org**  BOW GIRLS WIN NHSL STATE CHAMPIONSHIP

Congratulations to the Bow Soccer Club U12 Girls Team on becoming NHSL State Champs in June.



Players kneeling in front row left to right: Ava Alberico, Jaeden Kennedy, Sierra Kuhn, and Morgan Aubrey. Players in back row left to right: Head Coach Ryan Barrieau, Madison Pfister, Zadie Taylor, Piper Price, Elizabeth Proksa, Gwen Barrieau, Anna Zerba, Madeleine Rioux, Cara Van Dyke, and Assistant Coach Mark Zerba. Not shown are Charlotte Lewis and Charlotte Weiss. VOL 28, NO. 8 August 2021

in the rate case she said, in part:

WATER RATE SHOCK | Continued from page 1



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- Someone calls from a tech support company saying there's some-• thing wrong with your computer. But it's a lie.
- You meet someone special on a dating website, but theyneeds money and asks you to help him. This romance scammer makes up any story to trick you into sending gift cards.
- The scammer pretends to be a friend or family member in an emer-• gency and asks you to send money right away - but not to tell anyone. If you're worried, hang up and call your friend or relative to check that everything is all right.
- Someone says you've won a prize but first, you have to pay fees or • other charges with a gift card. No honest business or agency will ever make you pay with a gift card.
- The caller says she's from your utility company. She threatens to cut off your service if you don't pay immediately. But utility companies don't work that way. It's a scam.

You get a check from someone for way more than you expected. They tell you to deposit the check, then give them the difference on a gift card. But that check will be fake and you'll be out all that money.

#### SAFELY BUYING AND USING GIFT CARDS

- Stick to stores you know and trust. Avoid buying from online auction sites.
- Check it out before you buy it. Make sure the protective stickers • are on the card and that they do not appear to have been tampered with. Also check that the PIN number on the back isn't showing. Get a different card if you spot a problem.
- Keep your receipt. This, or the card's ID number, will help you file a report if you lose the gift card.

#### **REPORT FRAUD**

- Report it to the Federal Trade Commission at ReportFraud.ftc.gov. Report it even if you didn't pay. Your report helps law enforcement stop scams.
- You can also report it to your state attorney general.
- If you lost money, also report it to local law enforcement.

Source: FTC, learn more: https://www.ftc.gov/giftcards.

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#### This flooded our finished basement."

and air in the pipes which ultimately resulted in water hammering and

caused a leak in the incoming pipe to our home below the shut off valve.

Homeowners who intervened at the State Public Utilities Commis-

"we began to experience issues of our own first hand including but not limited to: water shut offs, system leakages, water bans, dirty water

sion included Jeni Speck who bought her home in 2019. In her petition

Jared and Jennifer Sadeck of Blueberry Lane told the PUC that due to high arsenic levels they are forced to buy bottled water for cooking and drinking. Their January 28, 2021, Petition to Intervene said "right now I am paying for water that is not even safe to drink. But Abenaki wants to raise my bill and their request is not even a gradual increase over years, but in a way overnight."

#### **CORRECTION**

The July front page story about Abenaki Water Company said the water in Bow smells. This should have been limited to Belmont having smelly water.

# **CONCORD COACHMEN BARBERSHOP QUARTET LOOKING FOR A FEW GOOD MEN**

by Ronald Dieter

Chartered as a Barbershop Harmony Society International chapter, the Concord Coachmen might as well have been called "Bow's Own Chorus" for their history here in town. The 30-member men's group, including quartets, has been Bow-heavy in both membership and performances over the years. You probably know at least one of the group, or have seen them at a Bow Rotary Summer Concert, at the Bow High School Memorial Day Celebration, at White Rock or the old Firehall, or at a Bow Men's Club Valentine or St. Patrick's Day community dinner.

If you assumed the Coachmen went into a Covid cave for the viral duration, you just weren't aware of how socially connected they are. They were among the first area choruses to Zoom into rehearsal online, to produce and post, virtual performances. Their guy-style fellowship kept them talking and reaching out to one another, throughout.

Now that in-person rehearsals have resumed - always with an alert eye on Variants - they have booked late Summer and Fall appearances, as well as their 54th guest-studded Annual Show on Sunday November 7, at the Concord City Auditorium (The Audi).

The term Barbershop comes from the 83-year-old Society For the Preservation and Encouragement of Barbershop Quartet Singing in America, which feared the then-dominant form of casual "street corner" harmonizing was fading, and endangered.

Barbershop arrangers - who compose and write music in 4-part harmony include Music Director Eric Ruthenberg. The Coachmen consider themselves richly blessed by Eric. What does he want in return? More Coachmen!

Bow folk, and others, can answer the call by visiting our website at ConcordCoachmen.org - where you can hear them sing and obtain information on rehearsals.



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# **DUNBARTON NEWS**

By Nora LeDuc



◆ **POLICE BICYCLE RODEO** The 4th Annual Dunbarton Police Bicycle Rodeo is scheduled for SUN, Aug 29, 2pm to 4pm on 20 Robert Rogers Rd. Don't miss Free Bicycle Helmets, Tune Ups and more. FMI contact Sgt. Christopher Remillard -ChrisRemillard@gsinet.net.

BACK TO SCHOOL! First day of school is Mon. Aug
 30. No School Mon. Labor Day Sept 2.

• **DCC BOOK CLUB** The DCC Book Club is reading in The Slender Margin by Eve Joseph. The book will be discussed Thur. Sep 2, 7pm to 8pm on Zoom.

◆ **DUNBARTON LIBRARY** Leslie the Gourmet prepares a Bountiful Harvest Meal from the Garden Tues, Sept. 14, 6:30 pm via Zoom. Join the host, Leslie Cercier, organic farm to table, vegetarian chef, teacher and cookbook author in this hands on, organic farm to table, vegetarian cooking class. Leslie will prepare a meal from our bountiful harvest. For over 30 years, Leslie Cerier, "The Organic Gourmet," Farm to Table Chef and Recipe Developer has been teaching culinary nutrition and hands-on vegetarian cooking for health and vitality. Leslie is also a nationally known cookbook author, photographer and a popular TV Chef, Motivational Speaker, and trains chefs worldwide. She focuses on eating local, seasonal, organic foods that are not just good for you, but also pleasurable, delicious, and good for the planet. To register please call the library, 774-3546 or email dunlib@gsinet.net.

◆ **FISHING REMOTE PONDS** Also at the Dunbarton Library: Fishing Remote New Hampshire Ponds with a Fly Rod and a Float Tube on Thurs, Sept 23, 6:30 pm via Zoom. Presented by Scott Biron (NH Fish and Game-Let's Go Fishing Program) and NH FlyTyer, Fishing Remote Ponds in New Hampshire is like tapping into a Hidden Jewel! Scott's presentation will cover most aspects an angler needs to have a positive fishing experience. What the angler should expect, equipment and flies needed, and how to fish the ponds. Call or email the library to register.

♦ \$1,000 GRANT! Thanks to the Allstate Insurance Agent, Crystal-Lee Thompson for donating another \$1,000 Helping Hands Grant from the Allstate Foundation to the Dunbarton PTO. Small schools like Dunbarton rely on the active participation of our volunteers and community for all the activities that the PTO is able to host. With the help of this grant from the Thompson Insurance Agency, more can be done for our kids! Allstate recognizes that it's important now, more than ever that we continue to support each other. Dunbarton parents, if you're able to lend a hand, please join the PTO, have some fun, and participate in your school & community. School starts soon and the PTO is looking for local parent/teacher volunteers.



#### WHERE DO YOU DRAW THE LINE?

For over a year we have been dealing with a world wide COVID-19 problem. This has brought the science of 'public health' to the forefront of our awareness causing diverse and polar feelings of anxiety and relief. I was struck by the insightful quote from Anne Sosin, (a Policy Fellow at Dartmouth's Nelson Rockefeller Center) which appeared in NHPR 27 July 1921<sup>(1)</sup> *"The notion of medical freedom is inconsistent with the fundamentals of public health. Our health is interconnected, we live in communities, we work in shared settings, we live in households with other people."* 

Charles-Edward A. Winslow, a bacteriologist at Yale, defined Public Health in 1920 and his definition is still cited as the standard. "Public Health is the science and the art of preventing disease, prolonging life, and promoting physical health and efficiency through organized community efforts for the sanitation of the environment, the control of community infections, the education of the individual in principles of personal hygiene, the organization of medical and nursing service for the early diagnosis and preventive treatment of disease, and the development of the social machinery which will ensure to every individual in the community a standard of living adequate for the maintenance of health organizing these benefits in such fashion as to enable every citizen to realize his birthright of health and longevity."

Securing a scientific basis for public health has given consistency for its involvement in sanitation, epidemiology, vaccinations, maternal and child health and care of the poor. But the successes in solving public health problems have not happened without controversy.

The 10th Amendment gives states the right to make laws relating to public health. But the 14th and 4th Amendments exist to protect our civil liberties. Hence an inevitable tension develops and these issues are usually settled in the courts.

- Here are a few examples of Public Health policies that most accept:
- Ordinances that prohibit storage of gasoline within 300 feet of any dwelling (Pierce Oil v Hope, 1919).
- Prohibiting the sale of food preservatives containing boric acid (Price v Illinois, 1915). The Safe Drinking Water Act of 1974 sets EPA Standards for our water.
- DTaP (diphtheria, tetanus, pertussis), Polio, and MMR (measles, mumps rubella) are vaccines required in all states for school enrollment. Most states have an 'exception' only for religious or medical reasons.

At the other end of the spectrum we have all seen or experienced resistance to wearing a mask during the current pandemic, and there is considerable vaccine 'hesitancy.' We want the freedom to consume two of the substances that contribute to much of our public health problems – alcohol and cigarettes, even when the medical and financial fallout from their use goes well beyond our own bodies.

Public Health tries to educate people to change their habits for better health for themselves and our shared human community. Where will you draw the line? Just around your own desires or will you include your community?

1. www.nhpr.org/2021-07-27/nh-covid-19-vaccination-access-public-facilities



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#### **7 TIPS TO HELP YOU START TODAY RIGHT!** by Jim Olson

Over our years working in the fitness and nutrition industry we've worked with A LOT of clients. We've had to really navigate what holds them back.

We've talked to hundreds of people about their struggles with weight. We know about the fear of failing again, the fear of starting over, and the fear of falling off the wagon.

We know about the cravings and lack of knowledge of how/what to eat to get a lean body that's actually sustainable. We've watched them spend endless hours on treadmills, working with trainers and exercising with little to no return on their time and energy investment.

We've seen them give up time and time again.

After coaching hundreds of clients and seeing amazing success stories, and witnessing failures as well, the thing that stands out to me is building habits.

Clients that build healthy, sustainable, repeatable habits into their lives are the ones that succeed and the ones that continue to see success down the road.

Here are 7 healthy habits that you can do every day to get you started making real improvements in your physical and mental health:

- 1. Turn your phone off  $\frac{1}{2}$  hour before you go to bed every night.
- 2. Sleep 7 hours every night.



#### Jim Olson

- Move your body for 1 hour every day. 3.
- Cut all of your meals in half. 4.
- Read and or listen to 7 pages or 7 minutes 5. of a self-help book, podcast or music every day.
- Wake up every day and start with you as the 6. focus.
- Track your progress daily: you can't manage 7. what you don't measure! This will show you what you need to add, change, or edit in your life in order to continue making improvements.

If you can't do all of these every day, that is okay! Just pick one. Build the habit of doing that one thing. Then you can add in another

one. And another. Before you know it, you will have developed 7 really healthy habits that will start to move the compass of your life in a more positive direction.

No matter what your goals are, just take your next step in the direction of achieving your vision of a healthier lifestyle.

If at any point you start to feel overwhelmed, lose sight of your goal or, want to quit, pick up your phone or get to a keyboard and give us a call or email us for help! We are here for you and

will provide you with the support that you need to stay the course in meeting your goals and build those healthy, new habits.



Helping you take your next step, Jim

# 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

WILL HATCH

**& CO** 

THE CONTOOCOOK CHAMBER OF COMMERCE PRESENTS:

# End of Summer cept Series



AT THE LEWELLEN BANDSTAND BY THE CONTOOCOOK RIVER (in downtown Contoocook behind the train depot by the covered bridge)

All concerts are free of charge thanks to the Town of Hopkinton Merle Dustin Fund and: The Contoocook Chamber of Commerce • Maple Row Management • H.R. Clough, Inc. • The Economic Development Committee • Dunkin' of Tooky • The Everyday Cafe Merrimack County Savings Bank 
 Greenblott & O'Rourke, PLLC

# >>> NEW!!! Weekly Beer Garden and Food <<< For more information: www.contoocookchamber.com



www.thebowtimes.com

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# Serving Hopkinton and Surrounding Communities.

#### Hopkinton Real Estate Sales - JULY 2021

**ADDRESS** 176 Deer Path Road 218 Fire Pond Road 525 North Shore Drive 157 Kast Hill Road 52 Hopkinton Road 349 Main Street

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

SQUA	RE FOOTAGE	ACRI	EAGE
1,448	Square Feet	0.0	Acre
2,001	Square Feet	0.0	Acre
804	Square Feet	0.67	Acre
2,872	Square Feet	5.64	Acre
2,010	Square Feet	2.96	Acre
3,114	Square Feet	0.16	Acre

AGE	PRICE
Acre	\$110,000
Acre	\$155,000
Acre	\$165,000
Acre	\$210,000
Acre	\$405,000
Acre	\$550,000

Sales Data for June 2021 provided by the NHMLS.

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#### HOPKINTON'S DONELDA HORNE E SWIMMING EVENTS



Photo courtesy of Eric Anderson

Donelda Horne of Hopkinton, swam eight events on March 7 and 8 at the North County Aquatics Complex in Jupiter, Florida. She came in 1st in her 50 butterfly, 100 fly; 50, 100 and 200 breast and individual medley (IM) yard individual strokes.

At the 7th Annual Snag Holmes Masters Invitational Event, again held in Jupiter, Florida, on March 27 and 28th, Horne swam seven events placing 1st in 6 events and 2nd in one. Donelda added the 200 Individual Medely (IM) event this year. She competed in the 75-80 age group with over 176 swimmers from 22 clubs.

On July 31 this year, Donelda, competed in the Granite State Senior Games at the Hogan Center in New London, winning 5 events.



#### TWO VILLAGES 🖤 ONE HEART

▶ VINTAGE YARD SALE Save the date for the Society's fifth Vintage Yard Sale on Saturday, August 21 from 8-1. In preparation for the sale, we are seeking donations. If you have old tools, silver, furniture, or household items to donate, we can pick them up, or you can drop them off at the Hopkinton Historical Society, 300 Main Street, Hopkinton. If you have any questions or want to schedule pick-up or drop-off for donated items, Please email administrator@hopkintonhistory or call 746-3825. Thank you for your support! All proceeds to benefit the Hopkinton Historical Society.

**COVID ART SHOW** Covid Art Show at the Hopkinton Town Library. The show will be up in August and September featuring the art and fine craft of 24 members of the community in response to Covid. Opening event Thursday, August 9th 5-6:30. Light refreshments.

**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.

▶ **GIFT CARD DONATIONS** Help our students be prepared for their return to school in August. Hopkinton Human Services is requesting donations of gift cards (for clothing) and school supplies, which may be purchased and dropped off at Town Hall. We will be assisting 25 students: 11 in High School, 3 in Middle School, 7 at Maple St. School and 4 at Harold Martin School. Supplies and gift certificated may be dropped of at Town Hall during business hours. Supplies may also be dropped at the Food Pantry on Wednesday afternoons only. Questions call Marilyn 746-8244

**TWO VILLAGES ART SHOW** Two Villages Art summer members show RELEASE features local artists from a variety of mediums. The gallery is open to the public: Wednesday through Friday from 1:00 to 5:00 pm, Saturday and Sunday from 10:00 am to 2:00 pm

▶ FRIENDS OF THE LIBRARY Thanks to the Friends of the Hopkinton Town Library, with the generous support of SMP Architecture, we have discounted and/or free passes to museums and attractions in New Hampshire and Boston, including the Boston Children's Museum, New Hampshire State Parks, the Currier Museum, and Squam Lake Natural Science Center. Please click here for the full list of passes. Call the library at 746-3663 to reserve your pass, or email info@hopkintontownlibrary.org.

▶ **HYSA SOCCER** Fall signups are ongoing for HYSA Soccer (4th grade and under), Golf, Tennis and Field Hockey teams. Early signups are always a 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

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. Aug 18 and 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** Dial-A-Ride is open for rides to medical, dental, physical therapy, radiation, chemotherapy appointments and errands such as shopping, banking and barber or hairdresser appointments.

www.thebowtimes.com

**SLUSSER CENTER** 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!

▶ **LIBFRARY OPENINGS** 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. Information available at https://www.hopkintontownlibrary.org.

▶ WRITING CAMP 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 at joanfollansbee1970@gmail.com or Trish Walton trishwalton65@gmail.com). \$140 half day, \$190 full day.

**BRITTISH SOCCER CAMP** British Soccer Camp will be held August 23-27. Registration is open at www.HopkintonRec.com.

#### HOPKINTON POLICE DEPT.

#### 2 Arrests 5 Accidents 370 Traffic Stops JULY 2021 STATS AND ARREST LOG

**07/22** Kristin Card, 42, of 14 Kearsarge Ave, Hopkinton, was arrested on a Warrant.

**07/29** Patrick Sweeney, 64, of 7B Pleasant Street, Pembroke, was arrested for Stalking – Notice of Order.



#### **FROM OUR HOME TO YOURS**

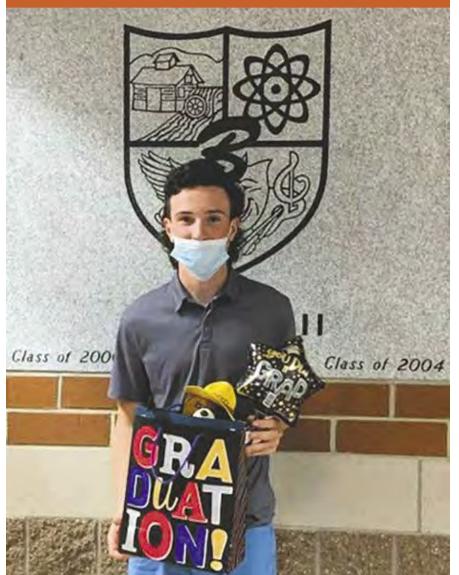
Witching Hour Coffee is a family-owned and operated small batch coffee roastery based in Hopkinton, providing freshly roasted, sustainably sourced coffee beans to our community. The type of coffee we offer will depend on the season and the availability of the green beans.

Our freshly roasted coffee is packaged in heat sealed bags equipped with a degassing valve and resealable zipper to ensure fresh coffee weeks after roasting. Our packaging is 100% compostable in your home composting system.

#### Shop online at www.witchinghourcoffee.com

# THE BOW GARDEN CLUB

#### BOW GARDEN CLUB SCHOLARSHIP WINNER WYATT A. RHEINHARDT



2021 BHS Senior Wyatt A. Rheinhardt of Bow was the recipient of the garden club's Bow High School Scholarship this year. Our scholarship is awarded to a student who is in good academic standing and "plans to further their education by majoring in fields of conservation, environmental sciences, forestry, plant sciences, geo-sciences, hydrology, atmospheric science or meteorology.

Wyatt definitely met these requirements between his academic accomplishments and the excellent leadership skills he demonstrated while a student at Bow High. Wyatt is an avid outdoorsman and to that end will major in Wildlife Management at Paul Smith's College in New York with a minor in Geographic Information Systems. "

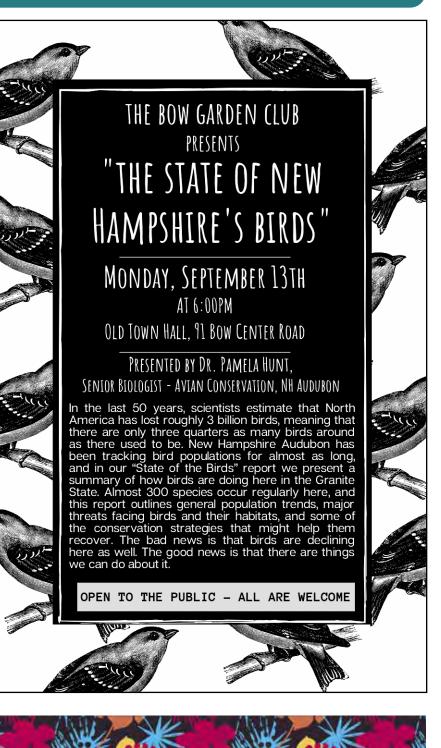
Wyatt also played several sports while at BHS and was captain of the school's wrestling team during both his junior and senior year. During this time, he also volunteered at Rose Acres Farm helping with chores from sap collection to land management and later utilized the carpentry



Wyatt's gift bag included a scholarship check for \$1,000, a plush Smokey Bear nodding to his wildlife and forestry interests, a congratulatory card and an invitation to attend a future meeting of the Bow Garden Club to talk to us about Wildlife Management.

skills he acquired while working at Reardon Builders for his Senior Project, building structures to be used for farm stands, storage and animal watching at the farm.

The Bow Garden Club wishes Wyatt much success as he pursues his dreams, making them his reality.



# BACK TO IN-PERSON MEMBERSHIP MEETINGS!

The Bow Garden Club will hold their first in-person membership meeting on Monday evening, September 13th at the Old Town Hall. Doors will be open at 6:00 p.m. for refreshments and social time, followed at 6:30 p.m. by a presentation from Dr. Pamela Hunt of the New Hampshire Audubon Center entitled "The State of New Hampshire's Birds". Dr. Hunt will report on how our New Hampshire birds are faring in regard to bird population trends and the major threats facing our birds and their habitats today. Dr. Hunt will also apprise us of the conservation strategies that we can all do something about. The presentation is free, all are welcome and new members are encouraged! Please contact BGC President and Membership Chair Keryn Anderson at (603) 856-8563 or bow@nhfgc.org with any questions and/or to request a membership information form--or just come to the meeting!



#### SUMMERTIME COCKTAILS BEE'S KNEES WEEK

Summertime and the livin' is easy! Bring on more sunshine or at least put a little Gin in the glass and find out what the local buzz is all about. Caledonia Spirits is a local distributor of Barr Hill Spirits from Montpelier, VT. Two years ago, they built a new multimillion dollar distillery that showcases their 100 Point Barr Hill Gin, one of the most award-winning Gins. Even if you are not a Gin fan you must give it a try, as it is not like any other Gin you've ever had. This nectar of the gods is made and distilled from fine botanicals and natural raw honey which comes from local farms in Vermont and New York. A great partnership years ago started it all; Ryan Christiansen the master distiller and Todd Hardy the beekeeper, today makes one of the top selling Gins in NH. It's a fun field trip over to the distillery where you can experience a tour of the facility and try a taste of their world class cocktails from their mixology team. These are absolutely some of the best cocktails you will experience!

The last week in September is know as "Bee's Knees Week" where restaurants across the country shake up their best Bees Knees Cocktail made with Barr Hill Gin. This cocktail originated from Frank Meier who was the first head bartender at the Ritz in Paris, 1921. It is a very simple recipe with a twist on the original made of Barr Hill Gin, Honey Simple Syrup, fresh lemon juice shaken and strained over ice with a lemon peel garnish, served up in a coupe glass. The most refreshing summery cocktail which is sure to lure you in for another.

Bees Knees Week has raised money to put hives in local schools in the past and it has planted over 74,300 square feet of bee habitat. During Bees Knees Week, for every photo of a Bees Knees cocktail that is shared on Instagram or Social Media #beeskneesweek and tag @bar-rhillgin stating the place where you purchased the Gin, Barr Hill will plant 10 sq feet of bee habitat for every photo shared. Let's all have fun and go out to a local restaurant to support Bees Knees the week of September 24th to October 3rd or make them at home with your friends and family. It's a fun story to tell and tasty treats to share. Be sure to check out their website and social media sites:

www.caledoniaspirits.com/spirit/gin/ or at www.caledoniaspirits.com/bees-knees-week/

Find these spirits at New Hampshire State Liquor Stores on sale in August:

#### #2580 BARR HILL GIN 750 ML \$36.99 ON SALE \$29.99 SAVE \$7.00 BOTTLE

Adored for its raw honey, juniper, floral and slightly sweet flavor notes – make your Bees Knees Cocktail at home. Goes well in a French 75 cocktail or Gin & Tonic as well, try Fever Tree in a variety of flavors.

#### #2828 BARR HILL TOM CAT BARREL AGED GIN \$46.99 ON SALE \$42.99 SAVE \$2.00 BOTTLE

Gin aged in white oak barrels transforms into a fun elixir that taste more like whiskey but with hints of juniper, honey, and smoky floral notes. Make a mojito with fresh mint, simple syrup and lime or try a fun twist on a Manhattan or Old Fashion with sugar, bitters, orange, and cherry.



See you on Social Media in September to follow Bees Knees Week! Be sure to follow Barr Hill and MS Walker to share in on the fun and visit your local restaurants who support. @barrhillgin @mswalker\_nh.

Annie Kenney is a Sales Manager for MS Walker Wines & Spirits located in Bow, where she has been passionate about her career for 19 years. She is Wine & Spirits Education Trust Level 2 Certified and a proud Board Member of the New Hampshire Lodging & Restaurant Association.



BOW ROTARY ANNUAL AUCTION



Bow Rotary Club's Foundation Auction is a tradition that is as old as the Club; that is, Fifty Years! Early on, the Auction was the source of funds for the Club's good work in the community: helping with dental needs at the Bow Elementary School, sports equipment for the Middle School and High School, and events such as the Spring Carnival and Winterfest, to name a few. Now the

proceeds primarily go for scholarships for graduating seniors, adults for both 4 year and 2 year technical degrees as well as community needs like the Old Town Hall renovation, the Baker Free Lower Level and the BMS Habitat projects.

In those early years, members (and in some instances their sons and daughters), would check with Bow residents about items they would like to donate or get rid of, and pick those items up shortly before the Auction was to take place. It was held for many years in Richard Hanson's barn, starting around noon and going for however long it took to clear the barn. Members tell stories of cruising the streets of Bow, and occasionally "liberating" items which the owners might not have knowingly donated. And sometimes items were simply too well-loved to be useful to another and were ultimately removed to the dump. But all had fun in the process. Over time, the Boy Scout Troop in Bow has taken over the solicitation of this kind of donation and conducts an annual "Flea Market."

Bow Rotary Auction has evolved from the initial type of event to one with food, music and, dare we say it, a higher class of items. The Auction is held usually the first Saturday evening in November, (this year it is scheduled for **November 6th, at the Bow Community Building**) and the price of admission of just \$10 per person includes food, the option to purchase a beer or other beverage during the evening, and the chance to bid on items, either silently, or during a "live" auction segment. The items are usually donated by local businesses, solicited by the Club's members. Past items have included ski passes, Red Sox and/or Bruin's game tickets, gift certificates for services, vacation stays, jewelry, furniture, hand-crafted products, artwork, etc.

There are two parts to the Auction: the "silent" auction, which means you are placing your bid on a bid form, and the "live" portion, when you are raising your bidder number to let the auctioneer know you have an interest in purchasing the item. Both are exciting and often you can obtain a good deal while contributing toward the scholarship funds for Bow and Dunbarton students.

Donating an item or a service (usually in the form of a gift certificate), means your local business has greater exposure to people who might not know it otherwise. Please be generous if approached by a Rotary member, knowing that you are contributing not only to your community, but to a wider audience for your business.

This year's theme is "Back in the Saddle Again;" please plan to attend for an evening of fun, fellowship, and a chance to reconnect or meet many of your neighbors. (More at bowrotary.org)

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#### **IN THE LIBRARY**

The library's Summer Reading Program ended on Saturday, August 14th. Please leave your anonymous feedback about this year's Summer Reading Program! We greatly appreciate your input as we work to make each year's program better than the last. We encourage all Summer Reading participants to fill out the Summer Reading Survey available on our website.

#### **CHILDREN'S PROGRAMS**

Fall Storytimes will begin in September. More information regarding these Storytimes to come over the next few weeks.

#### **FIRST CHAPTER FRIDAYS**

Catch up on the library's weekly podcast, First Chapter Fridays! Listen to the first chapter of a middle-grade book as we 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. To see the list of available episodes, search for "First Chapter Fridays" on your preferred podcast app, the Baker Free Library YouTube Channel, or visit the 'For Kids' section on our website.

#### **TINKER KITS**

#### **Topics Include Nature, Coding and Magnetism**

Have you checked out our new Tinker Kits? 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 PROGRAMS**

#### **ADULT BOOK GROUPS**

At this time, the Adult Book Groups and White Rock Whodunits for the month of August will not be meeting in person, however the copies of The Splendid and the Vile: a Saga of Churchill, Family, and the Defiance during the Blitz by Erik Larson will be available for Book Talk members to pick up at the Circulation Desk mid-August.

Please contact Amy at amy@bakerfreelib.org with any questions.

#### ADULT CRAFT KITS RESUME IN SEPTEMBER

Adult Craft Kits will resume in September. More information regarding monthly craft themes and registration will be announced in the upcoming weeks.

#### **DIGITAL RESOURCES HIGHLIGHTS**

Have you subscribed to the Baker Free Library YouTube Channel? Follow the YouTube link on our website to view all of our past videos including the Tails & Tales Summer Reading highlights, First Chapter Fridays podcast, Tech Support and more! New videos uploaded weekly.



#### KIMBERLY PLACE RECOGNIZED AS AN ELITE ADVISOR BY INFINEX INVESTMENTS



www.thebowtimes.com

Kimberly Place of Bow, Vice President and Financial Advisor for NHTrust, has been recognized as an Elite Advisor by Infinex Investments, Inc., NHTrust's investment services partner. Elite Advisor status is granted annually to the top fifty Infinex Financial Advisors nationwide, ranked by revenue production and good standing for all risk and compliance measurements.

"Kim listens carefully to her clients and works closely with them to craft financial planning

solutions to help them achieve their goals," said Paul Provost, President of NHTrust. "Her expertise and exceptional ability to build and grow relationships has been an incredible asset to our team and to our clients. We are so proud to congratulate her on her most recent achievement of Elite Advisor."

### **ONCOLOGISTS REMIND US:** IT'S TIME TO SCREEN FOR CANCER!

#### by Tyler Williams

Millions of people delayed medical care during the COVID-19 pandemic. Local oncologists are participating in a new initiative encouraging New Hampshire residents to schedule potentially lifesaving cancer screenings.

"Early cancer detection can save lives. As we emerge from the pandemic, it's time for New Hampshire residents to schedule their regular cancer screenings like mammograms and colonoscopies," said Dr. Peter Crow, a medical oncologist at New Hampshire Oncology Hematology in Manchester. "Adults, especially those over the age of 40, should visit TimeToScreen.org for help finding free or lowcost cancer screening options. Do it for yourself and the people you love."

Research has shown a considerable drop in cancer screening, diagnosis and treatment for older adults in 2020, including an 85 percent decline in breast cancer screenings and a 75 percent decline for colon cancer screenings. Time to Screen is engaging oncology practices, medical professionals and employers in New Hampshire to reverse this trend by equipping adults with resources that could help them catch cancer early.

For information visit www.TimeToScreen.org or call toll-free 1-855-53-SCREEN (1-855-537-2733) to learn more about cancer screenings and find a convenient location.



VOL 28, NO. 8 August 2021

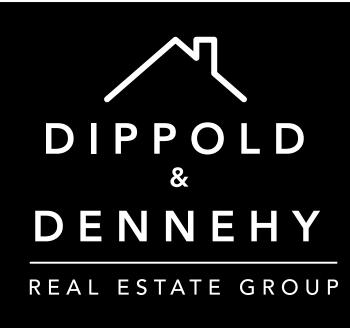
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#### JULY 2021 REAL ESTATE SALES IN BOW BEDROOMS / BATHS SQUARE FOOTAGE

ADDRESS 69 Bow Bog Road 42 Albin Road 1379 Route 3A -58 South Bow Road 41 Ridgewood Drive 12 Tower Hill Drive 11 South Bow Road Lot 5 Hamilton Court Lot 3 Hamilton Court 6 Shaw Divide 8 Audley Divide 64 Sterling Place

165 Concord Stage Road

80 Flintlock Farm Road 1040 Gorham Pond Road

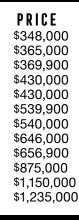
101 Mansion Road

ADDRESS

2 Bedrooms | 2 Baths 2 Bedrooms | 2 Baths 4 Bedrooms | 3 Baths 3 Bedrooms | 2 Baths 4 Bedrooms | 3 Baths 3 Bedrooms | 4 Baths 4 Bedrooms | 2 Baths 4 Bedrooms | 3 Baths 4 Bedrooms | 3 Baths 5 Bedrooms | 5 Baths 5 Bedrooms | 5 Baths 5 Bedrooms | 7 Baths

SQUA	RE FOOTAGE
2308	Square Feet
992	Square Feet
2578	Square Feet
1944	Square Feet
2484	Square Feet
2791	Square Feet
2887	Square Feet
2872	Square Feet
2914	Square Feet
5226	Square Feet
6286	Square Feet
6800	Square Feet

ACREAGE 1.8 Acre Acre 1 .93 Acre 7.14 Acres Acre 1 2.88 Acres 1.6 Acre 1.35 Acre 1.43 Acre 2.01 Acres 6.7 Acres 4.67 Acres



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# JULY 2021 REAL ESTATE SALES IN DUNBARTON

**BEDROOMS / BATHS** 2 Bedrooms | 2 Baths 4 Bedrooms | 3 Baths 3 Bedrooms | 3 Baths 3 Bedrooms | 3 Baths **SQUARE FOOTAGE** 2728 Square Feet 2443 Square Feet 2739 Square Feet 3294 Square Feet

ACREAGE 1.4 Acre 6.94 Acres 15.11 Acres 7.4 Acres **PRICE** \$326,000 \$500,000 \$630,000 \$800,000

Sales Data for JULY 2021 provided by the NHMLS.



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#### **EXPLORE BOW TOWN LANDS FOR THE 2021 NH BIOBLITZ!** by Sandra Crystall

A BioBlitz is a species scavenger hunt where volunteers find and record data on as many different wild living things as possible in a certain area and certain amount of time. During the month of September 2021, you are invited to help find and document species (plants, animals, insects, fungi) found on town-owned lands using the mobile app iNaturalist. This is a statewide event and you can participate on Bow's town-owned lands. You don't need to be an expert – iNaturalist can help you identify the species of plants, insects, fungi, and wildlife that you find. You'll learn more about the world around you and will help Bow learn more about its natural resources.

UNH Cooperative Extension, the sponsor of this event, is hosting two webinars in August for people interested in participating in the 2021 NH BioBlitz. Please visit the UNH website:

# www.extension.unh.edu/events/explore-observe-nh-bioblitz-inaturalist-training for more information.

Participants are encouraged to sign up for an iNaturalist account at **www.inaturalist.org** and download the iNaturalist app to their phone prior to the information session. iNaturalist is free, fun to use, and can help you and your family learn more about nature.

If you are interested in participating or assisting in this effort in Bow, register for an information session and email the Conservation Commission at www.conservation@bownh.gov.



What is your favorite musical genre? Are you partial to "The Blues?" Do you dig "Rock and Roll?" Do groove to "Heavy Metal?" Do you relax to "Classical" music? Maybe you just like "Easy Listening" background music.

The evolution of music can be thought of as a "Family Tree." From the oldest known piece of music, which is an unearthed, etched clay tablet from 3,400 years ago, to the present day, there have been 1,264 genres of music identified. Music has been categorized into types, genres, sub-genres and micro-genres.

Each genre is defined by a specific form, content, style and other particular features that distinguish them from one another. The most popular genres are the "The Blues," "Rock and Roll," and "Country." In 2018 the #1 genre was "Rock and Roll", but recently "Hip Hop" has surpassed "Rock and Roll" in popularity, according to Nielson.

Besides the most popular genres mentioned above, other major genres include "Classical," "Dance," "Rap," "Jazz," "New Age," "Barbershop," "Electronic" and "Alternative."

Each of these major categories then branch off to sub-genres. For example, some "Classical" music sub-categories include "Romantic," Baroque," "Ballet," "Neo-Classical" and "Minimalist."

Have you ever even HEARD of "Night Core," "Crust Punk," "Steam Punk," "Emo" or "Dirty Smooth" music? Maybe you can relate a little more to "Dixieland," "Latin," "Honky Tonk" and "Comedy."

From the earliest form of music when cavemen banged bones on the walls of the cave, to today with at least 1,264 identified music genres, humans have been united in their desire to find their own musical paradise. It is safe to say that there is a musical genre for everyone!



#### **NH BIG BITE KICKS OFF!**

The NH Food Alliance encouraged everyone to take a big bite out of the same local food on the same day – pancakes with New Hampshire maple syrup and/or local fruit. Granite Staters participated in a variety of ways: by sourcing local ingredients and making pancakes at home with family and friends, dining out for pancakes at their favorite local restaurant, or attending a NH's Big Bite community event put on by a NH Eats Local Month Partner.

#### NH EATS LOCAL MONTH PHOTO CONTEST

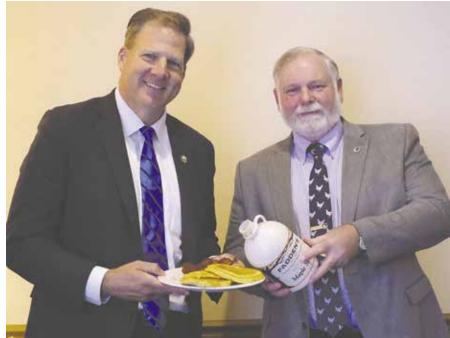
Each week of August will have a themed photo contest for partners and eaters to submit photos via Facebook or Instagram. Judges will select winners for each week to be awarded one of many local prizes donated by our NH Eats Local Month Partners.

#### PHOTO CONTEST ONGOING THROUGH AUGUST

#### Week 3, Aug 15-21: Dine Out Local

Week 4, Aug 22-28: Showing Local Love

For the remainder of the month, the NH Food Alliance will be sharing "How Do You Eat Local?" shouts, events and activities from NH Eats Local Month Partners, and more. Visit nheatslocal.com for more information about the 2021 NH Eats Local Month celebration, to view the full partner list, and to sign up for the NH Eats Local Month mailing list.



Governor Chris Sununu and Commissioner Shawn Jasper of the NH Department of Agriculture, Markets and Food, kicked off the 2021 NH Eats Local Month at Woodstock Inn Brewery in North Woodstock on August 1, 2021.



www.fostersgolfcamp.com



# ARMY GUARD RETIREE LUNCHEON DATE SET

The New Hampshire Army National Guard 12th Annual Retiree Luncheon date has been set for Thursday, September 23, 2021.

This year's luncheon will be at the

Joint Force Headquarters building on the State Military Reservation in Concord and will feature a briefing on the current status of the NHARNG as well as exhibits and displays of interest to retirees. A group photo is also planned. The luncheon fee is \$8.00 at the door.

If you are a NHARNG retiree and plan to attend the luncheon you should RSVP no later than September 13th to:

#### dave\_follansbee@comcast.net or (603) 623-7757

If you know someone who has retired from the NHARNG please pass this information along.

#### **BOW/DUNBARTON SCHOOLS TO CREATE LEARNING PODS**

The New Hampshire Department of Education announced the first four School District Recovering Bright Futures Learning Pods grants. The Department created the Recovering Bright Future program to bring an innovative instructional model to New Hampshire students, families and schools.

District Pods are embedded in New Hampshire school districts and provide students a unique learning environment. The grants are provided through COVID-19 response funds received by the State. The districts include: Bow, Dunbarton, Fremont and the Haverhill school district.

Frank Edelblut, Commissioner of Education said, "Learning Pods are particularly helpful to students who have experienced learning loss and will thrive with more individualized attention."

Learning Pods involve small, in-person, multi-age groupings of students in a trauma sensitive environment that allow children to stabilize, rekindle curiosity, and accelerate learning. Generally, a learning pod has between 5-10 students in grades K-2, 3-5 or 6-8 groupings. Instruction of students in the District Learning Pod will reflect a partnership between the district and Prenda. Prenda is a Texas company that uses guides to work with a small group of 5-10 kids. They also provide an online homeschool program.

# NEW BOW REC FITNESS CLASSES BOOT CAMP WITH CHRIS PROCTOR

In this 2-day, per-week program, participants will complete full body training sessions using free weights, bands and body-weight to build strength and endurance.

We will also learn about establishing healthy habits that will help reach your fit-ness goals.

Tuesdays and Thursdays September 7 - October 21 5:30-6:30 am

\$117 Bow Resident \$122 Non-Resident For info visit: www.bowhn.org

or call 603-223-3920



# **FESITTER CLASSES**

#### Safe@Home

**Monday, September 20 - from 4:30 - 6:0pm at Bow Municipal Bldg.** 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** 

#### Safe Sitter<sup>®</sup> Essentials

**Mon., Oct. 4 & Tues. Oct. 5 - from 4:00- 6:30pm at Bow Municipal Bldg.** 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** 

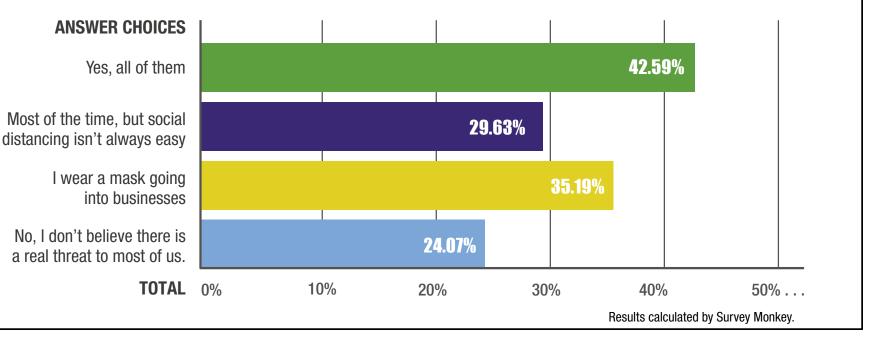
Instructed by Melissa Valence. We recommend that participants wear a mask.

Register at Bow Parks and Recreation. Register Early! Classes fill quickly.



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

# **RESULTS OF JUNE 2021 SURVEY** Q: Are you following the health recommendations concerning COVID-19 such as staying at home, washing hands, social distancing, etc?



#### WAYS TO FUND SPECIAL NEEDS TRUSTS by Dominic Lucente

#### A LOOK AT THE DIFFERENT CHOICES & STRATEGIES.

If you have a child with special needs, a trust may be a financial priority. There are many crucial goods and services that Medicaid and Supplemental Security Income might not pay for, and a special needs trust may be used to address those financial challenges. Most importantly, a special needs trust may help provide for your disabled child in case you're no longer able to care for them.

Remember, using a trust involves a complex set of tax rules and regulations. Before moving forward with a trust, consider working with a professional who is familiar with the rules and regulations.

In preparing for a special needs trust, one of the most pressing questions is: when it comes to funding the trust, what are the choices?

There are four basic ways to build up a third-party special needs trust. One method is simply to pour in personal assets, perhaps from immediate or extended family members. Another possibility is to fund the trust with life insurance. Proceeds from a settlement or lawsuit can also serve as the core of the trust assets. Lastly, an inheritance can provide the financial footing to start and fund this kind of trust.

Families choosing the personal asset route may put a few thousand dollars of cash or other assets into the trust to start, with the intention that the initial investment will be augmented by later contributions from grandparents, siblings, or other relatives. Those subsequent contributions can be willed to the trust, or the trust may be named as a beneficiary of a retirement or investment account.1,2,3

When life insurance is used, the trustor makes the trust the beneficiary of the policy. When the trustor dies, the policy's death benefit is left to the trust.1,2,4

Several factors will affect the cost and availability of life insurance, including age, health, and the type and amount of insurance purchased. Life insurance policies have expenses, including mortality and other charges. If a policy is surrendered prematurely, the policyholder also may pay surrender charges and have income tax implications. You should consider determining whether you are insurable before implementing a strategy involving life insurance. Any guarantees associated with a policy are dependent on the ability of the issuing insurance company to continue making claim payments.

A lump-sum settlement or inheritance can be invested while within the trust. With a worthy trustee in place, there is less likelihood of mismanagement, and funds may come out of the trust to support the beneficiary in a measured way that does not risk threatening government benefits.

Care must be taken not only in the setup of a special needs trust, but in the management of it as well. This should be a team effort. The family members involved should seek out legal and financial professionals who are well versed in this field, and the resulting trust should be a product of close collaboration.

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

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CITATIONS

1. WSJ.com, June 3, 2021
 2. SpecialNeedsAnswers.com April 12, 2021

- 3. SpecialNeedsAnswers.com July 3, 2019
- 4. SpecialNeedsAnswers.com October 2, 2019



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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# WHAT YOU SHOULD KNOW ABOUT THE CHANGES TO NEW HAMPSHIRE'S ADVANCE DIRECTIVE LAW!

The law is everchanging and our New Hampshire Advance Directive was the latest to receive a face lift. Senate Bill 74 "An Act relative to advance directives for health care decision, was signed into law by Governor Sununu earlier this month.

The updated law changes, among other things, who can make health care decisions on your behalf should lose the capacity to make such decisions.

Side Bar: One of the things it may shock you to learn is that your spouse does not automatically have the authority to make health care decisions on your behalf if you should become incapacity. If you desire to provide this authority in your spouse, then you will need to sign a document that complies with RSA 137-J:35, also known as an advance directive.

If not my spouse, then who can step in to make health care decisions on my behalf? Great question, so glad you asked.

Now there are three distinct positions of authority under NH law:

- 1. A person nominated as your **Agent** by you in a properly executed document that complies with RSA 137-J:35 (an Agent is a person appointed under a **durable power of attorney for health care**);
- 2. A person appointed as your Guardian via a probate court action;
- 3. The new kid in town the "Surrogate Decision-Maker."

The Agent and Guardian have been a part of New Hampshire Advance Directive law for many years. The Surrogate Decision-Maker is a new position. Why add a Surrogate Decision-Maker you ask another very good question (you are so inquisitive)?

There is certainly room for disagreement on how best to respond to this question. Let me utilize a made-up scenario to illustrate:

Buster has a stroke and has lost the capacity to make his own health care decisions. If Buster has appointed his wife, Wanda, as his Agent under a durable power of attorney for healthcare (that complies with New Hampshire law), Wanda would be Buster's health care decision maker. What if Wanda was in a car accident on the way to the hospital to see Buster (he did just have a stroke after all) and is now unable to act as Buster's Agent? If Buster appointed a person as a back-up to his wife, perhaps his daughter, Jerilyn (who is a scientist), then Jerilyn would be Buster's health care decision make. Okay, now I have to knock Jerilyn out of the picture, so we are going to say she is attending a conference on sub-zero water removal at the Geneva Convention and cannot be reached. Now What?

Historically, someone, in this case Buster's son, Travis, who was not named in the advanced directive, would need to apply to the appropriate New Hampshire probate court to be appointed as Buster's Guardian and thereby may be provided with the authority to make health care decisions.

Historically, there is no step in between the two options discussed above. You may be thinking, and most people would agree that a family member should be able to make the health care decisions for Buster if he has not appointed anyone. The family members may even ask, ELDER LAW + ESTATE PLANNING PROBATE LAW + VETERANS PENSION SPECIAL NEEDS TRUST/DISABILITY PLANNING CONSERVATORSHIPS/GUARDIANSHIPS ASSETS PROTECTION/MEDICAID PLANNING

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why don't the doctors let Travis make the decision? Why does Travis have to go to the probate court to get the authority? Wow, more good questions.

Here is what you have been waiting for (insert drum roll here...). Under the modified Statute, if Buster has named Agents and they are not available to act or if Buster did not choose to hand pick his Agents and left it to fate (not the best way to go in my opinion as you really want to hand pick the best person for the job), then a person who qualifies as a Surrogate Decision-Maker would be able to step in and make Buster's health care decisions.

What is that you say, another question? Oh, who qualifies as a Surrogate Decision-Maker? Following is an excerpt from the new Statute which answers your question (okay, we all know it is my question, but writing this way is more fun).

"When a patient lacks capacity to make health care decisions, the attending practitioner shall make a reasonable inquiry pursuant to 137-J:7 as to whether the patient has a valid durable power of attorney for health care and, to the extent that the patient has designated an agent, whether such agent is available, willing and able to act. When no health care agent is authorized and available, the health care provider shall make a reasonable inquiry as to the availability of possible surrogates listed under this paragraph. A surrogate decision-maker may make medical decisions on behalf of a patient without court order or judicial involvement in the following order of priority:

- (a) The patient's spouse, or civil union partner, unless there is a divorce proceeding, separation agreement, or restraining order limiting that person's relationship with the patient.
- (b) Any adult son or daughter of the patient.
- (c) Either parent of the patient.
- (d) Any adult brother or sister of the patient.
- (e) Any adult grandchild of the patient.
- (f) Any grandparent of the patient.
- (g) Any adult aunt, uncle, niece, or nephew of the patient.
- (h) A close friend of the patient.
- (i) The agent with financial power of attorney or a conservator appointed in accordance with RSA 464-A."

In short, this will decrease the need for families to make applications for Guardianship in cases where there loved one has become incapacitated for the purposes of making his own health care decisions and has either not appointed an Agent or has appointed an Agent(s) who is unable to act. This is good in that it decreases the amount of the State's involvement in your personal affairs and matches up with what many people would agree to do in the case of a person not having hand picked someone to make their health care decisions.

The information provided in this article does not constitute legal advice. Can you acquire legal advice from an article? I would think not. In order to constitute "legal advice" I would argue that you would have to establish lawyer-client relationship and likely need to pay a reasonable fee for the legal advice.



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

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# MARK YOUR CALENDARS!

The Bow Athletic Club first annual BACtober Fest 5K & Block Party is set to commence.

# Saturday, September 25 4:00 PM at Hanson Park

# EVENTS

#### ADULT \$35 4:00 PM

Price increases after September 24, 2021 at 4:00pm

5K YOUTH \$25 4:00 PM Price increases after September 24, 2021 at 4:00pm

**KIDS GOSLING GALLOP \$10 3:30 PM** Registration closes on September 24, 2021 at 4:00pm and re-opens on September 25, 2021 at 12:00am

**POST RACE CELEBRATION \$7 4:00PM** Does not include the road race. Ticket gives you access to the beer/food tents. 4 - 10 PM at Gergler Field.

For information and to register go to: https://runsignup.com/Race/NH/Bow/BACtoberFest



# Players Present **Chasise Rabbit** September 10-26

Nassim Soleimanpour, an Iranian conscientious objector, refused mandatory military service, and therefore could not obtain a passport. So

at age twenty-nine, he penned a play that helped him vicariously travel the world without borders. Spread solely by email, blogging and social media, this intriguing and innovative play has been performed to critical acclaim worldwide.

Actors who appear in this one-person show must never have seen it before, and do not even lay eyes on the script until it's handed to them at the start of the play. There is no rehearsal, and no director. Only the bravest of performers take on this challenge.

There are nine performances at the Hatbox Theatre – each featuring a different actor – over the three weekends from September 10-26, 2021. Show times are Fridays and Saturdays at 7:30 pm, & Sundays at 2:00 pm. The actors, in order of performance, are Steve Lajoie, Alex Picard, Eric Skoglund, Deirdre Bridge, Katie Collins, David MacNeill, Aaron Compagna, Chris Avery and Katie Dunn-Law.

Come be a part of the discovery and excitement!

Tickets (\$16 - \$22) at https://hatboxnh.com or at the box office.

# **BOW POLICE LOG** JULY 2021 ARREST LOG

**07/05** Joshua Knight, 42, of Chichester, was arrested for driving after revocation/suspension of license for DUI.

**07/10** Chrissy Sawyer, 29, of Concord, was arrested for was arrested for driving after revocation/suspension of license- subsequent offense.

**07/11** Brian Parsons, 28, of Sunapee, was arrested for driving under the influence 2nd offense.

**07/16** Natausha Deroche, 27, of Laconia, was arrested for stalking and obstruct government administration; Rahcel Mc-murray, 27, of Alton Bay, was arrested for obstruct government administration.

**07/17** Jessica Candelaria, 32, of Manchester, was arrested for aggravated driving under the influence; Christina Lariviere, 36, of Bow, was arrested for forgery.

**07/18** Charles Nourse, 44, of Springfield, VT, was arrested for driving after revocation /suspension of license- subsequent offense and misuse of plates; Emmanuel Sibomana, 26, of Concord, was arrested for driving under the influence.

**7/21** Leah Cordero, 38, of Warren, was arrested for driving after revocation/suspension of license for DUI.

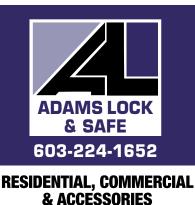
**07/23** Skylar Bennett, 38, of Concord, was arrested for driving under the influence 2nd offense; Darral Dockins, 70, of Los Angeles, CA, was arrested for simple assault.

**07/24** Allen Downs, 35, of Concord, was arrested for possession of a controlled drug; Connor Hill, 28, of Bow, was arrested for disorderly conduct.

**07/25** Matthew Pennucci, 33, of Manchester, was arrested for driving under the influence.

**07/30** William Montplaisir, 32, of Dunbarton, was arrested for driving after revocation /suspension of license subsequent offense and suspension of vehicle registration; Austin Kolden,25, of Hudson, was arrested for reckless operation and two counts of disobeying an officer; Dewayne Turner, 37, of Penacook, was arrested for driving after revocation /suspension of license- subsequent offense.







130 Hall Street, Concord NH www.adamslock.com

# OBITUARIES

# **PATRICIA J. DiPRETE**

Patty was born on October 19, 1952, in Lancaster, NH, the third child of Frederick J. and Margaret Tillotson Mills. She graduated from Groveton High School in 1970 and attended Concord Technical Institute. She spent the first couple decades of her career working at Blue Cross/Blue Shield and was proud of her advancement from an entry level clerical position into management levels by the time she left in 1987.

She met her future husband at BC/BS and married Arthur T. Di-Prete in 1975. Patty and Art co-founded DiPrete Promotions Gun Shows in the mid-1980s and Pat continued to very successfully run the business by herself after Art's death until she sold it in 2016.

Patty was beloved by all who knew her and they are stunned and greatly saddened by her sudden death. She had a knack for forging strong friendships, turning family into friends, and friends into family. She leaves behind her step-son and his wife, Frank and Sabrina DiPrete of Nashua; her brother and sister-in-law, Michael and Mary Lou Mills of Derby, VT; her sister and brother-in-law, Kathleen and Leon Frizzell of Champaign, IL; her brother-in-law and his wife, James and Maureen DeCesaris of Cranston, RI; her sister-in-law, Lorraine Mirra of Cranston, RI; and many cherished nieces and nephews and great-nieces and great-nephews

In lieu of flowers, memorial donations may be made to Groveton (NH) High School Alumni Association General Scholarship Fund (GHSAA, c/o John Potter, Treasurer, 19-1/2 Michael Rd, Beverly, MA 01915) or to your local food bank.

# MICHAEL J. FINNELL, Sr.

Michael "Mike" Joseph Finnell Sr., of Bow passed on August 6. He left comfortably, surrounded by family and love, as all celebrated his life and memories. Mike was born to Robert and Elaine Finnell in Boston on January 30, 1954, and he was a brother to Robert Finnell Jr., Diane Carlson, Kathleen Matson, Patrick Finnell, and Andrea Finnell.

Mike is survived by his beloved wife of 46 years, Anita Finnell; daughter, Alison Lombard; son, Michael Finnell Jr. and his wife Reshma; son-in-law, Carl Lombard; grandchildren, Brandon Lombard and his wife Rebecca, Cameron Lombard, and Zachary Finnell; great-grandchildren Faye and Finley Lombard and his sister Kathleen Matson.

Mike was fiercely protective of those he loved and gave more than he had to those that held his loyalty. He enjoyed camping, riding his Harley, exploring the beauty of New Hampshire, and sharing his love with his wife, children, grandchildren, and great-grandchildren.

In lieu of flowers, a donation in his honor can be made to the Rheumatoid Arthritis Foundation at Rheumatoid Arthritis Foundation, 8815 Conroy Windermere Rd. Suite 309 Orlando, FL 32835 or the American Heart Association Box 840692, Dallas, TX 75284.

## **MICHAEL R. MAGUIRE**

Michael R. Maguire, age 61, of Rosewood Drive passed away on August 5, 2021, at his home.

He was born in Cherokee, IA the son of the late Lenus Maguire and Betty (Nading) Oberreuter of Iowa. He was a Veteran of the US Navy. Michael met his wife, Cheryl, while serving in the Navy in San Diego, CA. He had a great career with the FAA where he worked for close to 30 years, retiring as Operations Manager. After his retirement he enjoyed woodworking, learning to play the guitar and painting. He had a philanthropic heart contributing to the local Habitat for Humanity and Food Banks. He was also a Freemason and a member of the Morningside Masonic Lodge in Iowa. Michael was overjoyed to become a grandfather and adored spending time with his grandson Roman.

His wife Cheryl died in 2012. He is survived by his children, Crystal Maguire and her husband Max Mikhalchenko stationed in Germany, Michael J. Maguire and his wife Anna of Weare, and Heather Fernandes and her husband Benjamin of Weare; one grandson, Roman Fernandes of Weare; sister, Jean Volkmann, and brother Mark Maguire both of Boone, IA.

In lieu of flowers donations may be sent to the Pope Memorial SPCA 94 Silk Farm Road, Concord, NH 03301, or to the Habitat for Humanity 33 Canal St, Manchester, NH 03101.

# LOUIS J. POOLE

Louise J. Poole, of Bow passed away unexpectedly on May 22, 2021, at the age of 87.

Born on June 8, 1933 in Price, Utah, Louise grew up in Utah, and had fond memories of time spent growing up in Green River and playing in neighborhood baseball games in Washington Terrace, a war-time housing project in Ogden. Louise graduated from Weber County High School in Ogden, Utah.

Louise met her beloved husband John after he returned to Utah following his service in the Navy during the Korean War. The two met on a blind date arranged by their mothers, and were married six months later in Ogden. They enjoyed 63 years of marriage before John passed away in August of 2018.

Louise and moved to Bow in 1970. Louise was, among other things, a skilled bridge player, an avid reader and a devoted grandmother.

Her life-long love of bridge brought her many hours of fun with family and friends, and she cherished the decades-long friendships that she formed around the bridge table. Those bridge friends, as well as the librarians at Bow's Baker Free Library, were trusted sources of numerous book suggestions that she enjoyed over the years, particularly during the quiet last eighteen months.

Louise was predeceased by her parents Philip and Valda Johnson, her husband John and her sisters Phyllis Cowley and Marjorie Terkelson.

Louise is survived by her daughter Jeanine Poole and her husband, Tom Moran, of Concord; her daughter Elaine McKechnie and her husband, David, of Gloucester, MA; and two grandsons that she adored, Connor McKechnie of Jacksonville, FL and Ryan McKechnie of Gloucester, MA.

For those who wish, the family suggests that memorial donations be made in Louise's name to support The Baker Free Library Foundation at 509 South Street, Bow, NH. 03304.

# **ANNA VLACICH**

Anna Vlacich of Bow, was born in Vinchiaturo, Italy on June 2, 1945, to Andrea and Maria DiSarro. Anna Vlacich travelled in steerage on a ship bound for New York City in 1955, met her beloved late husband Italo Vlacich 10 years later and married him in 1966. She eventually had two sons, Michael and David Vlacich and together the family moved to Concord in June of 1983. Anna lived in the area until her sudden passing on July 26, 2021.

Anna worked as an aide in the Concord School District for nearly 20 years, positively impacting the lives of countless young people. She was also a volunteer for a number of school and sports activities for her sons, an avid reader, amazing cook, entertaining friend, politically engaged, and most importantly to her, a full time devoted grandmother.

In addition to her sons, her legacy remains in the true joys of her life – her grandchildren Alex, Katie, Gabby and Abbie Vlacic h. She leaves her daughters-in-law Liz Purdy and Jo-Anne Vlacich, sister-inlaw Gracie Dumicich and her brother-in-law Rosario Bonelli.

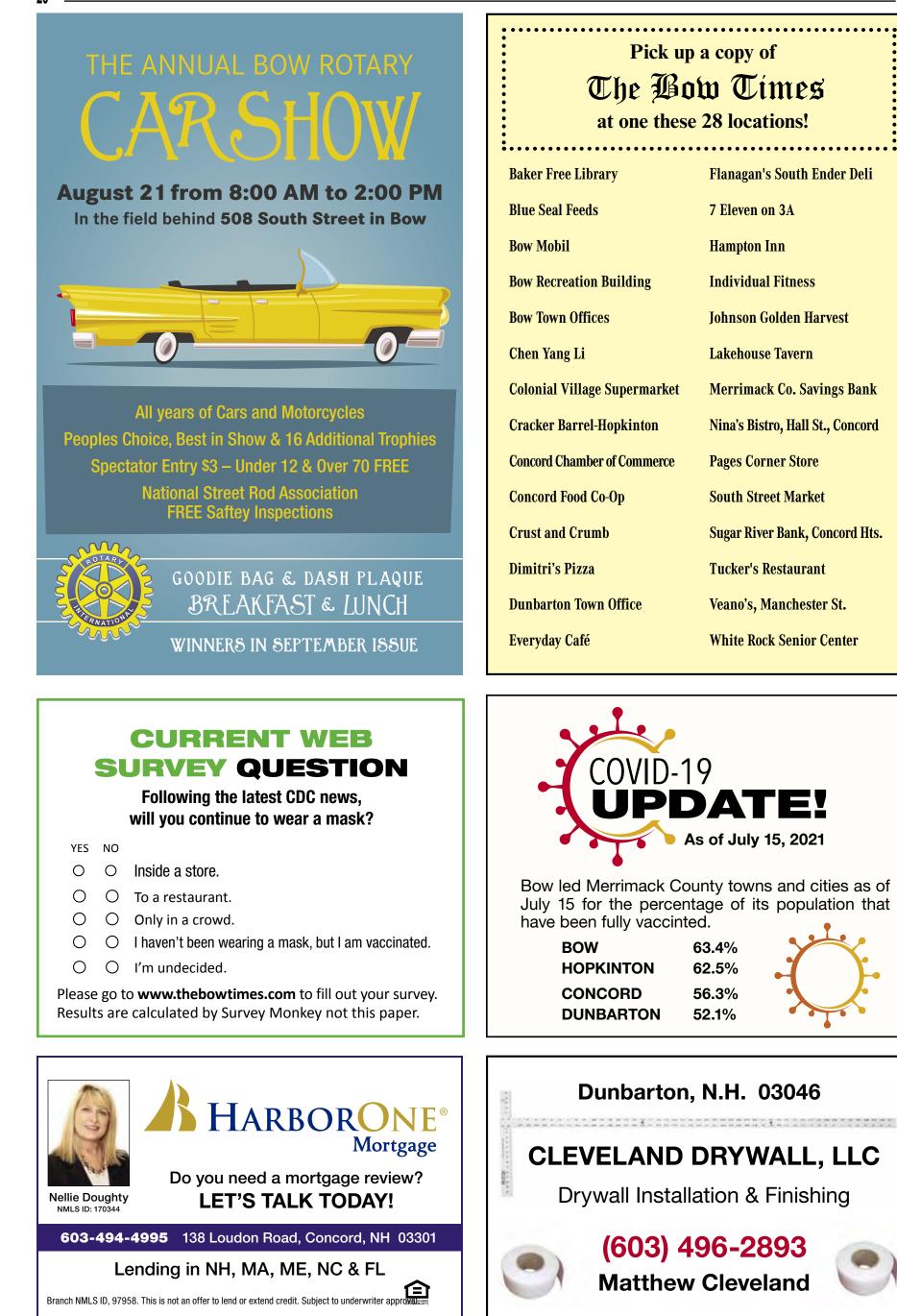
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