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FREE

2 BOW CHILDREN KILLED, POLICE OFFICER INJURED IN CONCORD I-89 CRASH

Two children from Bow were killed and the school and resource officer was injured after a crash on Interstate 89 in Concord on Friday, September 9, 2021.

Nicholas Ouellette and Gavin Ouellette both died during the accident, according to Bow School Superintendent Dean Cascadden. Tom Ouellette, the SAU 67 school resource officer, was taken to the hospital, he said. Nicholas Ouellette was an 11th grader at Bow High School while Gavin Ouellette was a first grader at the elementary school.

"We have begun to process this event with staff and some of our older students," Cascadden said. "The high school implemented a secure campus to notify students and allow them to gather in groups for support and processing."

According to Concord fire dispatch, firefighters and EMTs were sent to the area of the Exit 2 south onramp for a report of a multi-vehicle accident with entrapment around 8:30 a.m. When they arrived, they found an SUV had crashed into the back of a tractor-trailer truck.

BOW MIDDLE REQUIRES MASKS

Middle school has reported eight cases in fifth grade and two in eighth grade.

A cluster of COVID-19 cases has prompted a face mask requirement for all students and teachers at Bow Middle School.

Bow School District Superintendent Dean Cascadden said Thursday there are eight cases in the fifth grade and two in the eighth grade.

He put the new masking requirement in place on Tuesday along with a requirement that students maintain 6 feet of separation during lunchtime.

The school district had already been requiring masks for students too young to be eligible for COVID-19 vaccinations, which are for people age 12 and older.

Cascadden noted that the state has left decisions on COVID-19 precautions largely to the discretion of local districts.

"This has been tough as a superintendent," he said. "The community is totally divided. I'm just trying to keep people civil and talking and find a middle ground that keeps kids in school as much as possible."

Courtesy of Union Leader - Rick Green, Correspondent

CHIEF HARRINGTON DEPARTS HIS STATION FOR HIS RETIREMENT AND A NEW CAREER WITH FEMA



Chief Harrington waves from the Chief's car, as well wishers salute during the drive-by farewell.

HOPKINTON-CONTOOCOOK NEWS ON PAGES 14-15

ROOFTOP HVAC UNITS AND RE-ROOFING FOR BOW ELEMENTARY



At the 2021 Bow School District Annual Meeting, the voters of Bow approved two warrant articles for two major projects to be completed in the summer of 2021 at Bow Elementary School (BES). The warrant articles were to be paid for with money already raised and deposited in Bow School District capital reserve funds. These two projects called for the replacement of all rooftop HVAC units and the complete re-roofing of the entire school.

I am happy to report that we have HVAC units that are modern and industry standard now at BES. There is also a brand new roof including a new skylight installed by Structures Unlimited of Bow, NH. One of the most important benefits to this project is the HVAC units' capabilities. In the past the BES HVAC system used MERV-8 air filters which were the industry standard for schools when the units were installed in the late 70s and early 90s. We now have both MERV-8 and MERV-14 filters, which are filters used commonly in medical facilities. The units provide 100% outside air with heat recovery and also provide 150% of the industry recommended air exchange within the building. It was an exciting project for BES, one that has led to increased air quality and provides a better learning environment for our youngest Bow students.

HVAC AND RE-ROOFING | Continues to page 3

TYLER'S LAW SIGNED

On August 16, 2021, Governor Chris Sununu signed HB 179 into law, relative to enhanced penalties based on prior convictions for driving under the influence of drugs or liquor. The bill was named after Tyler Shaw, a 20 year old New Hampshire resident who was killed by a drunk driver in 2018.



Governor Sununu signs HB 179 into law as Beth Shaw, left, mother of Tyler looks on.

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EDITORIAL

TYLER’S LAW - REMEMBER IT, NH

Tyler Shaw now has a law named after him. We are quite sure Tyler and his family would have much preferred that there was no such law and instead that Tyler was still with us, breathing the fine New Hampshire air and looking forward to a long and productive life. But he was killed at age 20, cut down by an intoxicated driver who had driven drunk several times before and who should have never been allowed behind the wheel again.

The man had two previous drunk-driving convictions, was involved in another serious crash, and for all we know may have driven drunk many times and not been caught. After his second conviction, a judge suspended a mere 12-month sentence. After killing Tyler, the fellow was given six to 12 years. Under Tyler’s law, someone with a drunk-driving conviction who then kills or maims another can be sentenced from 10 to 20 years.

This is not about rehabilitation. It is about protecting innocent lives on our roads and by putting the fear of God into someone who drinks and drives.

Governor Chris Sununu had a signing ceremony for the new law, which is good. But the only way to ensure its effectiveness is by regularly reminding people that it is in force, and by seeing that it will be enforced by in fact sending those who break it to prison. The law and its penalties should be posted wherever liquor is sold. We expect Beth Shaw, Tyler’s mom, will help see to it.

Courtesy Union Leader, August 18, 2021

SEPTEMBER SURVEY QUESTION

How likely are you to invest in cryptocurrency, such as Bitcoin, and Dogecoin?

I already own cryptocurrency ☐ Yes ☐ No

I don’t know much about cryptocurrency, but am curious ☐ Yes ☐ No

I will not buy cryptocurrency ☐ Yes ☐ No

Please go to **www.thebowtimes.com** to fill out your survey.
Results are calculated by Survey Monkey not this paper.

RESULTS OF AUGUST SURVEY

QUESTION	ANSWER
1. Following latest CDC news, will you continue to wear a mask?	Yes 90% No 10%
2. Inside a store?	Yes 90% No 10%
3. Only in a crowd?	Yes 50% No 50%
4. I haven’t been wearing a mask, but I am vaccinated.	Yes 28.57% NO 71.43%
5. I’m undecided.	Yes 0% NO 100%



by Duane Ford, Business Administrator
SAU 67 - Bow and Dunbarton School Districts

Throughout the COVID-19 pandemic the Bow School District has received COVID relief funding in four different batches:

CARES-ESSER 1 - \$63,223.61 – These funds are fully expended and they were used on the following items:

- Technology to assist with remote instruction
- PPE for the opening of school
- PPE expenses at the Bow Montessori School required under the Federal funding rules

GOVERNORS EMERGENCY EDUCATION RELIEF (GEER) - \$324,717.28

These funds were sent directly from the Governor in the amount of \$250 per student. There was also a supplemental allocation sent to districts from funds unspent in other districts. These funds are fully expended and were used for the following items:

- Technology
- PPE
- Enhanced cleaning materials
- Increased custodial hours to clean our school buildings
- Furniture

CARES-ESSER II - \$257,101.46 – Currently we have \$148,834.61 in approved activities and have requested \$41,486.84 in expenses. The grant has the following items:

- Math pilot programs for grades 7-8
- Furniture
- Promethean panels at BES
- Wireless upgrades at all three buildings in Bow

In addition to these items there is just over \$108,000 that can be allocated to other projects and activities. Funds must be spent by 9/30/2023.

ARPA-ESSER III - \$381,092.81 – This amount is not the full allocation (about 60%). The grant is approved but with some conditions that we are working through in regards to the opening plan and some other Federal paperwork requirements. This grant currently has one activity which is:

- Comprehensive Literacy Program in grades K-8 including all materials and comprehensive professional development.

In addition, at least 20% of the ARPA-ESSER III funds have to be used on learning loss from remote schooling. The literacy program activity meets this requirement. Funds must be spent by 9/30/2024

The SAU goal in the expenditure and use of these funds was to purchase materials, goods, technology and other tangible items that could be used by students and staff. The Bow School District did not add staff with any of the funds although we did increase hours temporarily for our cleaning staff in order to open school. Many of the activities the funds have been used for or are planned to be used on are things that would have needed to be spent out of local, general fund monies.

The funds have, in my opinion, saved the district money in future budget requests. This of course is not universal and things like PPE and additional custodial cleaning time are not something that is a long term purchased benefit. However, the literacy program, furniture, math curriculum, technology and wireless upgrades are all things that would have needed to be done, through the budget process, that have now been accomplished with Federal COVID relief funding.

This is the largest influx of money from the Federal government in my career. The only time that rivals this was in 2008 when the district received considerable money from the American Response and Recovery Act (ARRA) during the national housing crisis. The SAU has felt a strong obligation to spend these monies wisely and with long term benefits. I hope that the community of Bow feels we have done that to date.

HVAC AND RE-ROOFING | Continued from page 1

The new roof will come with a 25 year warranty when the final warranty walk through is completed in mid-October. There is one part of the roof that has not been completed at this time and deals with the metal trim flashing being on back order. Once that component of the roof system comes in there will be a few days of work needed to install by two to four workers. As part of the roofing install the district decided to replace the primary metal duct work that connects the units to the interior building duct work. The original plans called for the cleaning of the original duct work but the condition lent itself to replacement instead. Finally, there was a problematic area of the roof over the administrative section and it was decided to install an additional roof drain in that area.

I appreciate greatly the support of the Bow community on these two major projects.

By Duane Ford, Business Administrator

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SCHOOLS OPEN FOR IN PERSON LEARNING

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

On August 19, after a four hour meeting, the SAU 67 School Board voted to amend and then adopt the Opening Plan for 2021-22, and to open in the Green Level of that plan which is posted on the board's website.

The meeting had extensive live public comment, and was set up so that persons joining the google meet could also comment live. There was also extensive public comment on the back2school email list that was reviewed by each school board member and administrator and summarized at the meeting. There was much passionate and polarized back and forth, but overall it was a difficult but respectful and productive meeting.

Below are my highlights and thoughts:

The plan is goal focused and flexible.

The goal of the 2021-22 plan is to open school in person with the least amount of restrictions possible while maintaining needed protocols to address levels of community and school transmission.

All instruction will be primarily offered in person at school.

The plan is flexible and the Superintendent, informed by the Level Committee and the board chairs, is still empowered to change levels in the plan. Data to inform those decisions will be heavily dependent on school cases and community transmission (both town and/or county). An additional SAU Board Meeting is warned for September 16, 2021 to revisit the plan after the first few weeks of school.

Mask use if leveled and tied to the ability to be vaccinated.

Mask use while indoors will be required of all students and staff in grades prek-8 and strongly recommended for grades 9-12. Seventh and eighth grade students and staff may remove masks if in a classroom where all students are vaccine eligible.

- **Masks must be worn on all busses (mandatory per CDC).**
- **Mask use will not be required for outdoor activities.**

The ability to be vaccinated weighed heavily on the board's decision regarding masking. Requiring masks for those eligible to be vaccinated was not supported, but mandated masks for the levels where vaccination is not available was seen as an important layer of protection.

Quarantining and Exclusion for Symptoms will follow the DHHS Algorithm.

Quarantines for unvaccinated school community members and exclusions of students and staff who are symptomatic (regardless of vaccination status) will follow the algorithm on page 9 of the 2021-22 School and Child Care Toolkit)

Our nurses will be implementing this protocol and I am asking our community to be patient and work with them. Staying home when sick is a good layer of protection and isolation while symptomatic is part of the plan.

The SAU Board recognizes that this was a very difficult decision and it was hard to come to any sort of consensus or compromise. Districts all over the state are all over the map when it comes to opening plan protocols. This plan is how we will start our school year and it will be revisited early in the school year when the effects of various types of plans in the state can be evaluated.



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Nassim Soleimanpour

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.

Nine performances of White Rabbit Red Rabbit will take place at the Hatbox Theatre – each featuring a different actor – over 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.

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DOCTOR'S CORNER
by Dr. Richard Johnson



SUICIDE

Within the past 30 days I have attended two memorial services for young 25-year-old men who were actively participating in life and by all obvious signs connected with friends. So why did they shoot themselves? I, and many others, have no idea. Sure, we all look at various segments of their lives and hypothesize about what might have triggered such action. The young men did not tell us, and we are at a loss: a loss to explain, a loss to understand, and for the families, a very personal loss.

According to the world population review the country with the highest suicide rate is Lesotho at 72.4 per 100K. Barbados and Grenada have the lowest rate at 0.6 per 100K. They list the U.S. as having a rate of 16.1 per 100K. ¹

In 2018 NH's suicide rate was 17.5 per 100K, which was slightly above the average of all 50 states. In 2017, 265 people died by suicide in NH, making suicide the 8th leading cause of death, between diabetes and flu/pneumonia. NJ had the lowest suicide rate and Wyoming the highest. Other statistics to be aware of: In 2018 there were more than 48,000 deaths by suicide making it the 10th leading cause of death in the US. Firearms were involved in half of these deaths, and there were more than twice as many deaths by suicide than by homicide. The societal costs associated with suicide & suicide attempts have been estimated at \$93.5 billion. ²

As you can imagine trying to find the 'cause' for death by suicide does not fit into a neat formula. Suicide is not a respecter of sex, age, race or religion. It is true that men are more likely to die by suicide, but women are more likely to attempt suicide. The age risk for suicide is between ages 15 and 24 and over 60, and there has been a rise in the suicide rate among the 10 – 14 year old population. Here are some 'warning signs' of suicide: ³

- Talking about wanting to die or feeling hopeless
- Talking about guilt, shame, feeling trapped
- An increase in the use of drugs or alcohol
- Withdrawing from family & friends. Anxious.
- Giving away possessions, saying goodbye to friends/family

What should you do if you are worried that someone is possibly contemplating suicide?

- If you are worried about someone... say something. Helping the person to get help as soon as possible is the best prevention.
- The social media platforms have 'support' sites for help.
- You can call 911
- The National Suicide Prevention Lifeline is: 1-800-273-8255
- NH's major cities have crisis 'hot lines'.

1. (<https://worldpopulationreview.com/country-rankings/suicide-rate-by-country>)
2. <https://www.americashealthrankings.org/explore/annual/measure/Suicide/state/ALL>
3. <https://www.nimh.nih.gov/health/publications/suicide-faq/>

WHAT IS A HEALTH SAVINGS ACCOUNT (HSA)?

An HSA is a tax-free savings account that's paired with a high deductible health insurance plan to pay for routine medical expenses. Think of it as a 401(k) for health care.

HOW DOES AN HSA WORK?

Each year, you decide how much to contribute to your HSA. The money in the account is put toward the deductible. Once the deductible is met, the insurance kicks in to cover any additional costs – just like a traditional insurance plan.

HSA account holders receive a debit card or checks connected to their HSA balance to pay for eligible medical expenses. Funds withdrawn for non-medical expenses before the age of 65 are subject to a penalty.

Any unused funds roll over from year-to-year and earn interest in the process.

With HSAs, the individual owns the account – not the employer, even if they contribute to it. That means you can take your HSA with you should you change jobs.

DO I QUALIFY FOR AN HSA?

An employer may offer HSA-qualified insurance as an employee benefit. Others may select HSA-qualified plans from their state exchanges via the Affordable Care Act. You can also get an HSA through your financial institution.

You are eligible for an HSA as long as you do not have other disqualifying coverage, like a Flexible Spending Account (FSA), Medicare, Medicaid or Tricare. You also cannot be claimed as a dependent on another person's tax return.

HSA LIMITS

The IRS sets the minimum deductible, maximum contribution and maximum out-of-pocket cost for HSAs each year.

	Minimum Deductible	Maximum Contribution	Maximum Out-Of-Pocket
Individual 2018	\$1,350	\$3,450	\$6,650
Individual 2019	\$1,350	\$3,500	\$6,750
Family 2018	\$2,700	\$6,900	\$13,300
Family 2019	\$2,700	\$7,000	\$13,500

*A catch-up contribution of \$1,000 is allowed annually for people 55 or older.

HSA TAX ADVANTAGES

There are four tax advantages unique to HSA accounts:

1. Contributions to HSAs are deductible to you, regardless of the source;
2. Interest or investment gain on the account isn't subject to tax;
3. Funds can be withdrawn to pay for qualified medical expenses without being taxed; and
4. After age 65, you can withdraw funds for non-medical expenses without being subject to a penalty (however, they'll be subject to income tax).

Source: American Banker's Association

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AUGUST 2021 REAL ESTATE SALES IN BOW

ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
1407 Route 3A	2 Bedrooms 1 Baths	800 square feet	1.8 Acres	\$275,000
39 Bow Bog Road	3 Bedrooms 1 Baths	1440 Square Feet	2.2 Acres	\$335,000
32 Logging Hill Road	3 Bedrooms 2 Baths	1788 Square Feet	4.9 Acres	\$375,000
5 Bela View Drive	3 Bedrooms 3 Baths	2407 Square Feet	1 Acre	\$390,000
45 Logging Hill Road	3 Bedrooms 3 Baths	1512 Square Feett	.58 Acre	\$390,000
14 Rosewood Drive	3 Bedrooms 2 Baths	1600 Square Feet	2.34 Acres	\$406,250
6 Sullivan Drive	3 Bedrooms 2 Baths	2602 Square Feet	3.76 Acres	\$419,000
7 Rosewood Drive	3 Bedrooms 2 Baths	2669 Square Feet	2.81 Acres	\$425,000
56 Stone Sled Lane	2 Bedrooms 3 Baths	2616 Square Feett	CONDO	\$452,000
41 Grandview Road	4 Bedrooms 4 Baths	3196 Square Feet	1 Acre	\$460,000
4 Fox Meadow Drive	3 Bedrooms 3 Baths	2324 Square Feet	1.22 Acres	\$540,000
19 Wheeler Road	4 Bedrooms 3 Baths	3193 Square Feet	2.4 Acres	\$565,000
6 Laurel Drive	4 Bedrooms 3 Baths	3378 Square Feet	2.4 Acres	\$575,000
5 Longview Drive	4 Bedrooms 5 Baths	3971 Square Feet	2.43 Acres	\$668,000
17 Merrill Crossing	3 Bedrooms 3 Baths	2770 Square Feet	.89 Acre	\$675,000
10 Whittier Drive	4 Bedrooms 4 Baths	4315 Square Feet	1.33 Acres	\$865,000
1421 Rt. 3A	3 Bedrooms 2 Baths	1862 Square Feet	3.6 Acres	\$925,000

AUGUST 2021 REAL ESTATE SALES IN DUNBARTON

ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
210 Stark Highway North	4 Bedrooms 2 Baths	1459 Square Feet	3.3 Acres	\$320,000
11 Karen Road	2 Bedrooms 2 Baths	1880 Square Feet	.50 Acre	\$340,000
160 Twist Hill Road	3 Bedrooms 2 Baths	1430 Square Feet	2 Acres	\$360,000
15 Armands Way	3 Bedrooms 2 Baths	2725 Square Feet	6.11 Acres	\$532,000
14 Millies Way	3 Bedrooms 3 Baths	2851 Square Feet	5.2 Acres	\$537,900
16 Old Fort Lane	3 Bedrooms 4 Baths	3850 Square Feet	3.1 Acres	\$600,000

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RESET YOUR MINDSET - BOOST ENERGY & STRENGTH

by Jim Olson

BOOST YOUR ENERGY AND STRENGTH BY RESETTING YOUR MINDSET!

Difficulty with one's health and fitness tends to increase as we age. We often take for granted that we can keep on going, and keep on living. However, if we don't take care of ourselves, we may find that our once strong and energetic self has turned into a person who is drained and tired which makes it even harder to stay on track with our health and fitness goals. It's important to think about ways to reset your mindset and not only renew your energy levels but also reset your expectations to meet the demands of modern life!

Fear, uncertainty, and doubt...

Fear, uncertainty, and doubt can derail our health or fitness efforts, unfortunately leading to all sorts of problems such as weight gain affecting your mindset negatively that seeps into other areas of your life as well as lacking energy.

We fear we can't do it, or that we will fail and look like a fool, and worse. We feel uncertain about whether this time it will work or is it worth the expense to hire a coach, or that we can even do it... It's important to know that everyone goes through it and it's normal. However, you have to remind yourself that it takes time and gradual changes for new habits to form. Make small changes that are sustainable and don't give up so easily on your goals!

Acknowledge these thoughts and feelings and then change your mindset to more productive and positive thoughts. This may seem difficult at first, but once you get the hang of it you will start to notice an improvement.

Making a mistake does not make you a failure, it takes more perseverance to get back on track rather than giving up altogether. Keep going and never give up! Learn from your mistakes and reframe them as valuable lessons along the way.



Jim Olson

Progress not Perfection!

It's normal to feel fear, uncertainty and doubt along the way. It's human nature. What matters is to recognize it, reframe it, and hit reset. Focus on what you have accomplished, not where you have fallen short. Ask yourself "what can I do right now? What is my next right step?" ***Remember that progress is always better than perfection.***

You don't have to do it alone

What is your health worth to you? How would it feel to have the energy and strength to do the things you want to do?

It's critical that we maintain a healthy mindset and focus on progress not perfection in order to stay motivated. You can do this by having faith in yourself and maintaining a healthy mindset every day!

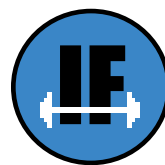
Stack the odds in your favor with a coach who will not only work with you to create a personalized workout plan, track your progress, and motivate you to meet your goals, but also act as an accountability partner. When fear, uncertainty and doubt cloud your mindset, your coach will help you hit reset. Think of them as your #1 cheerleader and biggest fan.

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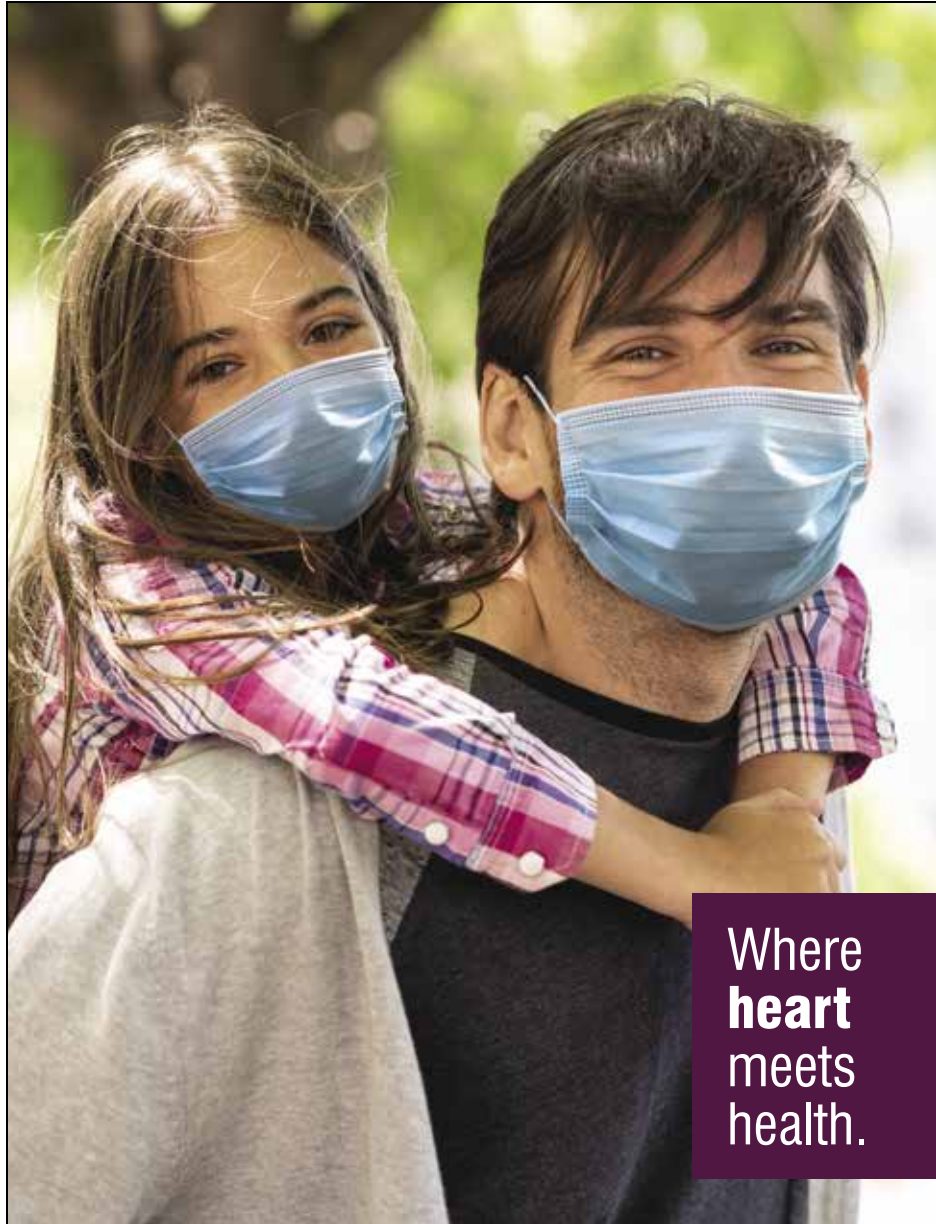


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HOW U.S. SAVINGS BONDS WORK

by Dominic Lucente

How to keep track of your savings bonds' maturity dates.

Did you buy U.S. Savings Bonds decades ago? Or did your parents or grandparents purchase them for you? If they're collecting dust in a drawer, you may want to take a look at them to see if any of your bonds have matured. If your bonds have matured, that means they are no longer earning interest, and it also means you may want to consider cashing them in.¹

This article is for informational purposes only. It's not a replacement for real-life advice, so make sure to consult your tax professional when you're considering any move with a U.S. Savings Bond.

You want to keep track of the maturity dates, the yields and the interest rates on your bonds, as that will help you to figure out what bond to redeem when. Fortunately, you're able to check the maturity dates online now so it's relatively easy to determine if it's time to cash-in your bonds.²

Use savings bonds for educational purposes. If you've been holding onto Series EE or Series I savings bonds, the interest paid is tax-exempt, so long as the money is used to pay for qualified educational expenses. There are other considerations, so if you discover you have these types of bonds to cash in a tax professional may be able to provide some guidance.³

Interest accumulated over the life of a U.S. Savings Bond must be reported on your 1040 form for the tax year in which you redeem the bond or it reaches final maturity. This must be done even if you (or the original bondholder) chose to have the interest on the bond accumulate tax-deferred until the final maturity date. Failure to report such interest may lead to a federal tax penalty.²

Remember, U.S. Savings Bonds are guaranteed by the federal government as to the payment of principal and interest. However, if you sell a savings bond prior to maturity, it could be worth more or less than the original price paid.

U.S. Savings Bonds are taxed in one of two ways. Bondholders choose to defer the tax until the bond matures. Once they redeem the bond, they report the interest through a 1099-INT form. Some choose to pay the tax annually prior to cashing the bond in, reporting the increase in the value of the bond as taxable interest each year.^{2,3}

What if you find out you have held a U.S. Savings Bond for too long? Another note about reporting interest: if a U.S. Savings Bond has matured and you have failed to redeem it, you will not find a Form 1099-INT for it in your records. Only redemption will bring that 1099-INT your way. (The accumulated interest for the bond should have been reported to the IRS regardless.) After you cash in that old bond, you will thereafter receive a 1099-INT. It will record that the interest on the bond was earned in the year of the bond's final maturity.²

Plan ahead & keep track. U.S. Savings Bonds were issued on paper for decades and were often purchased on behalf of children and grandchildren. Now, U.S. Savings Bonds are issued electronically. While the interest on U.S. Savings Bonds is taxed by the IRS, it is exempt from state and local taxes.^{1,2}

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

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Citations.

1. TreasuryDirect.gov, August 2, 2021
2. IRS.gov, April 1, 2021
3. BusinessInsider.com, Feb 12, 2021



Think this
happens by
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NOT A CHANCE.

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.**

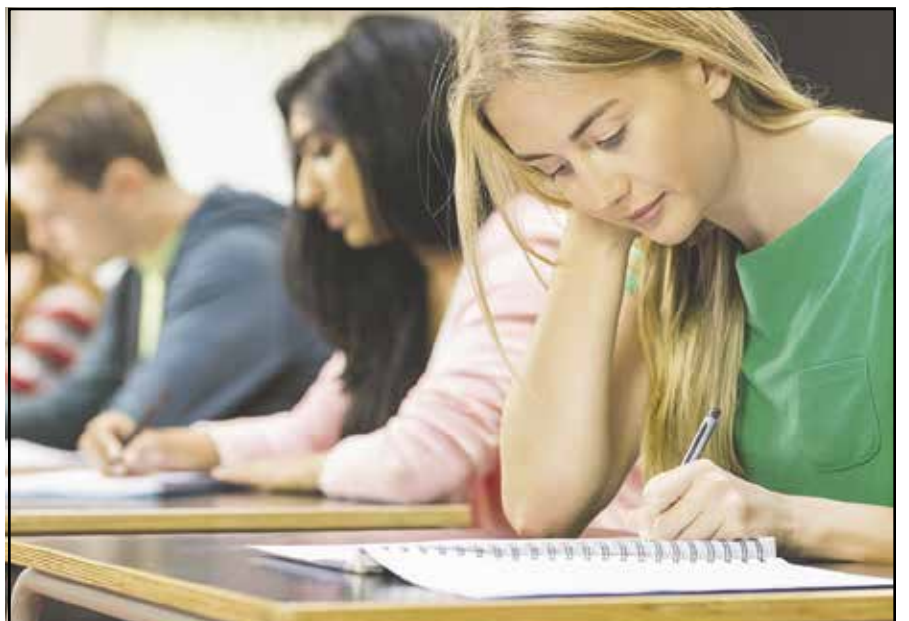


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SEPTEMBER 2021

Wednesday 9/29/21 at 7:30 PM

Mike Francis as Galileo the Starry Messenger

OCTOBER 2021

Wednesday 10/6/21 at 7:30 PM

William Ogmundson, piano concert

Wednesday 10/27/21 at 7:30 PM

Southern England, Travelogue

NOVEMBER 2021

Wednesday 11/3/21 at 7:30 PM

Adam Swanson, Old Time Piano Concert

DECEMBER 2021

Wednesday 12/1/21 at 7:30 PM

Guatemala, Land of the Maya, Travelogue

DECEMBER 4, 2021 10:00 AM TO 1:00 PM OPEN REHEARSAL

December 5, 2021 at 7:00 PM, performance

Handel's Messiah

FEBRUARY 2022

Wednesday 2/23/22 at 7:30 PM

Buskers' Night In

MARCH 2022

Wednesday 3/2/22 at 7:30 PM

Doo wop with The Rockin' Daddios

Wednesday 3/16/22 at 7:30 PM

Artful Noise, string quartet

Wednesday 3/23/22 at 7:30 PM

Central and South America, Travelogue

Wednesday 3/30/22 at 7:30 PM

Japan, Land of the Rising Sun, Travelogue

APRIL 2022

Wednesday 4/6/22 at 7:30 PM

Counterfeit Cash, Tribute to Johnny Cash

Wednesday 4/13/22 at 7:30 PM

Patrick Anderson, The Art of Silent Film Comedy

Wednesday 4/20/22 at 7:30 PM

An Evening of A Cappella

MAY 2022

Wednesday 5/11/22 at 7:30 PM

Introduction Band, Chicago Tribute

Walkerlecture.org

DUNBARTON NEWS

By Nora LeDuc



◆ **FISHING EXCURSION** Fishing Remote New Hampshire Ponds with a Fly Rod and a Float Tube is scheduled for Thursday, September 23 at 6:30pm via Zoom. Presented by Scott Biron (NH Fish and Game-Let's Go Fishing Program) and NH FlyTyer. Fishing remote ponds in N.H. 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.

◆ **DUNBARTON PTO** The Dunbarton PTO is sponsoring a Fall Festival On Saturday, October 2, 1pm to 3pm. Join in for a fun-filled Fall afternoon at DES! They'll have pumpkin painting, games, apple cider and baked goods, and more.

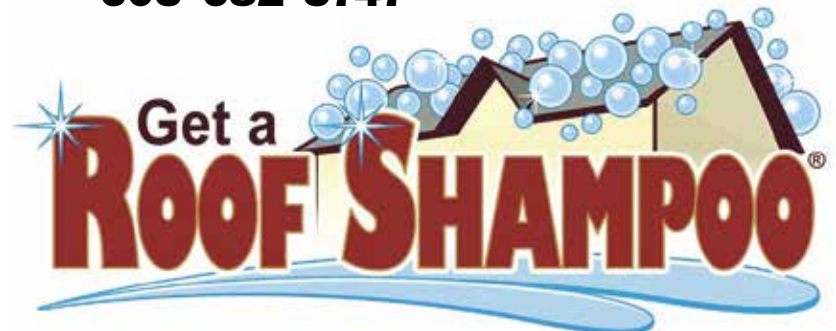
◆ **COFFEE WITH-A-COP DAY** National Coffee with a Cop Day will be Wednesday, October 6, noon to 2pm at the School Street Café. Contact Sgt. Chris Remillard to make your appointment or for more info. chrisremillard@gsinet.net.

◆ **DCC BOOK CLUB** This month the DCC Book Club is reading Braving the Wilderness by Berne Brown. The book will be discussed Thurs. Oct 7, 7pm to 8pm on Zoom.

◆ **NEA DAY** No school on Thursday, October 7, for NEA Day or on Mon. Oct 11 for Columbus Day.

◆ **BOOK GROUP** The Dunbarton Library Book Group will be reading the Glass Castle by Jeannette Walls. Discussion is scheduled for Wenesday, Ocober 20 at noon. If the weather holds, the group will meet outside around the band stand for discussion. Please bring a chair and lunch if you want it. If you are interested in joining, please contact the library.

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THE 10th ANNUAL BOW ROTARY CAR SHOW WINNERS

2021 Bow Rotary Car Show (our 10th) a Big Success!



After cancelling the May 2020 car show and then postponing the 2021 car show until August 21st due to COVID concerns, the 2021 car show came off great thanks to the hard work of car show chairperson Gerry Carrier. An iffy weather forecast kept a few cars away in the end but of the total of 173 cars that were registered, 157 cars attended, which equated to 263 car owners in attendance!! We also had approximately 400 spectators in attendance!!

34 Bow Rotarians and relatives committed several hours of work to this event as did 7 of the Bow High School Interact Club members.

We also had live entertainment this year! Dr. Dean Cascadden performed for almost 2 hours in total, and Chris Parkinson performed for about 20 minutes. Dean had quite a list of songs from Beach Boys to Country and the crowd loved it!

Our Diamond Level Sponsors this year were Bank's Chevrolet, Merrimack County Savings Bank and Sanel's Napa Auto. Event sponsors were Page Street Leasing and HK Powersports.

Eric Anderson took a lot of great photos and they have been added them to a public photo album called "2021 Car Show Photos" on BowRotary.org.

The 2022 car show will move back to May on either the 14th or 21st.

HERE ARE THE WINNERS!



Class A – Early to 1930's
Charlie & Micky Linatsas – 1930 Ford Racer



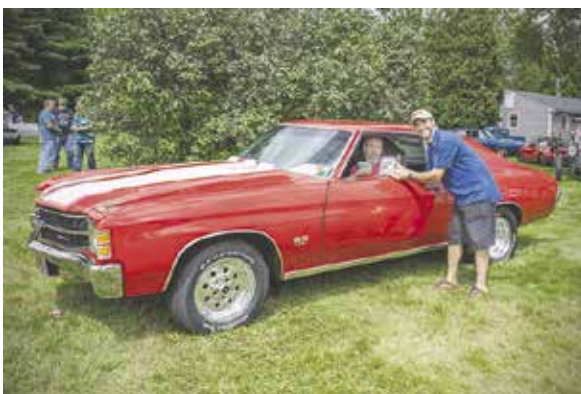
Class B – 1940's
Jack Laramie – 1948 Chevy Panel Van



Class C – 1950's
John Marsh – 1957 Chevy Nomad



Class D – 1960's
Bob Dacko – 1962 Chevy Convertible



Class E – 1970's
Ray Szczepansko – 1972 Chevy Chevelle SS



Class F – 1980's
John & Kerry King – 1984 Chevy Monte Carlo SS



Class G – 1990's & Newer
Brian Colandreo – 1990 Mazda Miata



Class H – Camaro
Kevin Jordan – 1967 Camaro RS



Class I – Corvette
Robert Demers – 1961 Chevy Corvette





Class J – Imports
Larry Day – 1963 Porsche 356 Super 90



Class K – Mopar
Lori Bardwell – 1969 Dodge Charger Daytona



Class L – Mustang
Mike McLaughlin – 2017 Ford Shelby GT 350



Class M - Hot Rod & Custom (pre-1949)
Don Wood – 1933 Plymouth Sedan



Class N – Survivor
Larry & Lynda Young – 1940 Ford Barn Find “Moonshiner”



Class O - Truck
Wooly Wuellenweber – 1950 Ford F100



Class P - Motorcycle
Robert Demers – 1970 HD Sportster



Class R - British
Guy Young– 1966 Jaguar E-Type



Class S - Swedish
Don Thibeault – 1964 Volvo P1800



People's Choice Award
Guy Young – 1966 Jaguar E-Type

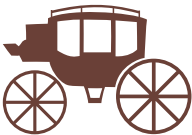


Best In Show Award
Cory Bonughi – 1941 Willies Coupe

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55 Meadows Drive	2 Bedrooms 1 Baths	1,125 Square Feet	0.0 Acre	\$86,000
222 Deer Path	3 Bedrooms 2 Baths	1,456 Square Feet	0.0 Acre	\$105,000
1855 Hopkinton Road	1 Bedrooms 1 Baths	500 Square Feet	1.14 Acre	\$115,000
140 Spring Street	3 Bedrooms 2 Baths	1,604 Square Feet	0.5 Acre	\$290,000
680 Park Avenue	3 Bedrooms 2 Baths	1,680 Square Feet	1.2 Acre	\$318,500
101 South Road	1 Bedrooms 1 Baths	1,150 Square Feet	0.21 Acre	\$330,100
135 Amesbury Road	3 Bedrooms 2 Baths	1,494 Square Feet	0.78 Acre	\$365,000
105 Peaked Hill Drive	2 Bedrooms 2 Baths	1,984 Square Feet	6.22 Acre	\$395,000
401 Smithfield Road	3 Bedrooms 3 Baths	1,981 Square Feet	0.0 Acre	\$400,000
691 Kearsarge Avenue	3 Bedrooms 2 Baths	1,722 Square Feet	13.8 Acre	\$405,000
565 Penacook Road	4 Bedrooms 3 Baths	3,412 Square Feet	4.23 Acre	\$630,000

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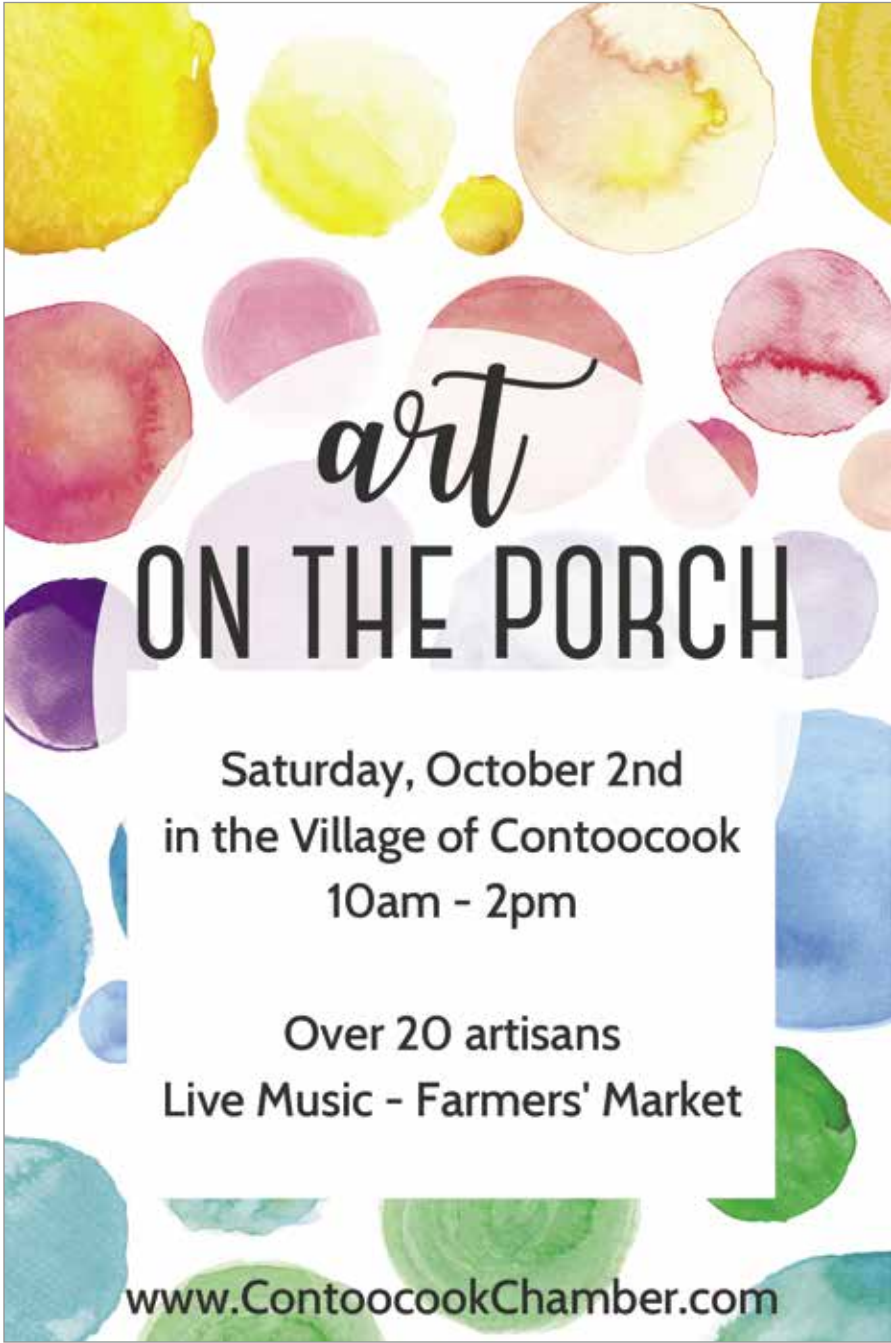
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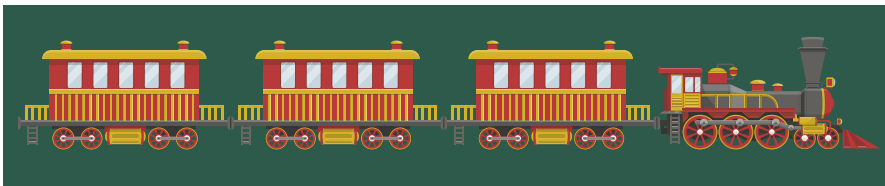
HOPKINTON - CONTOOCCOOK TOWN CRIER

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

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► **WILD ONES FARM** Wild Ones Farm is fully stocked for your weekend cheese needs. And for a special treat we have biscotti and cookies from the Bread Shed. Come on by 258 Dustin Road Contoocook - we're open all weekend 9 AM - 6 PM.

► **BEECH HILL FARM** Corn Mazes, Pumpkin Praline Ice Cream, Farm Animals, Beautiful Mums all at Beech Hill Farm. Learn about the history of Beech Hill Farm in our "250th Anniversary" maze, or find out who stole the weather vane off the top of the big red barn in our "Clue-Dunnit?" maze! Tickets are \$6 per person, kids under 3 are free! Mazes are open everyday from noon to dusk. Stop by the ice cream barn to purchase tickets! Beech Hill Farm is open daily through October 31 from Noon til 8.



► **RAILROAD MUSEUM** The Contoocook Railroad Museum Auction is open on-line and runs until Friday September 24th. The auction is made possible by the generous donations from local businesses. All proceeds will benefit restoration of the section house - including cedar shake roofing and electrical work. For more information about the auction visit - contoocookdepot.org.

► **JOIN THE CUB SCOUTS!** Children in kindergarten - 5th grade are invited to join Pack 77. Contact - nhpack77.cubmaster@gmail.com.

► **STORY TIMES** Story Times at the Hopkinton Town Library will be held on Tuesdays at 1 PM and Wednesdays at 10:30 AM for children 3-5 and a caregiver. Lap Time is held on Fridays at 10:30 AM for children under 3 and a caregiver. We'll be outside under tent!

► **COMMUNITY ROOM** Twice a month, the Hopkinton Town Library Community Room will be open from 10-11:30 AM for families to gather and play. Toys will be set up and families are invited to drop in and stay for as long as they wish. This is a time when your children can socialize, play, and meet other children in a casual, unstructured environment. The following days have been scheduled: September 2nd and 23rd, October 7th and 21st, November 11th and 18th, December 9th and 16th.

► **COVID ART SHOW** The Covid Art Show is at the Hopkinton Town Library. The show will be up through September featuring the art and fine craft of 24 members of the community in response to Covid.

► **DIAL-A-RIDE** 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!



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

HOPKINTON POLICE DEPT.

8 Arrests 9 Accidents 421 Traffic Stops JULY 2021 STATS AND ARREST LOG

08/01 Devon Gifford, 31, of 1039 Clement Hill Road, Hopkinton was arrested for Simple Assault: Physical or Bl.

08/07 Mitchell Tennison, 27, of 347 Broad Cove Road, Hopkinton was arrested for Violation of Protective Order.

08/13 Robert Farrar, 33, of 151 Park Street, Springfield, VT was Arrested on Warrants.

08/26 Harry Wetherbee, 62, of 69 George Road, Hopkinton, was arrested for DV; Simple Assault- Bl and DV; Simple Assault- Bl.

08/28 Richard Moreira, 25, of 1547 Bradford Road, Henniker, was arrested for DUI.

08/28 Erick Pease, 45, of 705 North Village Road, Loudon, was arrested for Breach of Bail Conditions.

08/29 Tulio Pontacoloni, 49, of 1013 Clement Hill Road, Hopkinton, was arrested for DV; Simple Assault; Physical Contact, Simple Assault; Physical Contact or Bodily Injury, DV;

08/31 Harley Hausch, 27, of 3 Merrimack Street, Concord, was arrested for Drive After Revocation/Suspension; DUI

HELP PETS AT DAIRY QUEEN THROUGH SEPTEMBER 30TH!



While purchasing treats at the Dairy Queen at 196 Loudon Road in Concord, "Round-Up" your bill at the register for **Pope Memorial SPCA!** Proceeds will benefit pets in our care!



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MY TABLE TO YOUR TABLE

by Debra Barnes

TOMATO TIME!

You know that emoji of the person dancing and celebrating? That’s me in September when my garden is overflowing with tomatoes! This year was a bit of a challenge with all the rain and cool days, but I still have some “oh boy” that’s a big one to eat.

Tomato and mayo sandwiches, grilled cheese with tomato, BLT’s, tomato, mozzarella, and pesto are all on the menu! The recipe below is so simple and yet can be so beautiful. You can slice the tomato very thin for a Carpaccio style or thicker for a meatier version. Use different varieties because some are sweeter, and some are more acidic. The balance of flavor and color is just divine.

If you have an overload of tomatoes or found a great deal at a local farm stand, freezing them in quart size freezer zip lock bags is a game changer. Just wash, core, cut into big chunks and fit as many as you can into the bag and freeze. When it’s cold outside, reach in and bring a little summer into your kitchen.

I’m using Sherry vinegar as opposed to the standard red or white. It has a smoother and a less acidic finish. I found **Los Villares Sherry Vinegar** at a specialty store, but you can have it delivered in 2 days from you know who! The pepper of choice is jalapeno or serrano because they will overpower the dish. Pair with a slightly robust Extra Virgin Olive Oil, flake salt and those fresh peppers and it’s a showstopper!



HEIRLOOM TOMATOES WITH SHERRY VINEGAR

- 3-4 large room temperature tomatoes – different varieties if you can
- ¼ cup finely diced red onion, mild white onion, or shallot
- 1 hot pepper very thinly sliced or fine diced jalapeno or serrano pepper
remove the seeds and pith for a milder taste
- ¼ cup cilantro finely chopped (you can use parsley or basil as well)
- 1 lg clove garlic finely minced
- 5-6 TBSP extra virgin olive oil
- 3-4 TBSP good quality sherry vinegar

Sprinkling of flaked sea salt or kosher salt and black pepper to taste

Using a shallow platter, lay slices of tomato in a fan like pattern. Drizzle all the olive oil and vinegar over the tomatoes. Evenly sprinkle the onion, green pepper, garlic, salt, and black pepper. Lastly, sprinkle your herb of choice.

Make an hour or two ahead to let the tomatoes drink up all those flavors!

Be sure to see the Bow Community page this spring for my annual heirloom tomato plant sale!

KITCHEN TIP:

When you need to freeze any kind of bread, wrap it well in plastic wrap and then tin foil. This will help with freezer burn!

Be sure to look for more on my Instagram page at **#EAT603**

You can also check out more recipes on The Bow Times website: **www.thebowtimes.com**



OUR BOW TAX DOLLARS AT WORK!



The work progresses on Dunklee Road / Route 3A Dunklee Road intersection looking north just after the traffic signal light fixtures have been installed.
Photo by Eric Anderson



Getting ready for winter road maintenance! A view from inside the newly paved Salt Shed looking out toward the pile of sand at the Department of Public Works.
Photo by Eric Anderson



From L to R: Juliana Gallo, Baker Free Library Youth Services Librarian, Martin Murray, Bow Open Spaces Director, and Amelia Holdsworth, Library Assistant, Marketing, lead the effort to produce and site StoryWalk. Photo courtesy Eric Anderson.

STORYWALK® AT KNOX TOWN FOREST

September 4th – 30th

StoryWalk® is an innovative and delightful way for children (and adults) to enjoy reading and the outdoors at the same time. As you stroll down the Robertson trail of the Knox Town Forest, you're directed to the next page in the story, *Look What I Found in the Woods* by Moira Butterfield. This pop-up StoryWalk® by Baker Free Library will run from September 4th-30th. Thanks to Bow Open Spaces for facilitating the use of the Robertson trail.

Trail maps are available through Bow Open Spaces and may be picked up at Baker Free Library prior to your visit. Limited parking is available at the trailhead of Knox Town Forest located on Knox Road.

STORYTIMES ARE BACK! IN-PERSON FALL SESSION

Shimmy and Shake Storytime – Tuesdays | 10:30am

A special Storytime for movers and shakers! This 45-minute program includes music and songs, yoga and movement activities, and ends with a family dance party. Recommended for children ages 3-6, but all ages are welcome.

Family Storytime – Thursdays | 10:30am

Explore a new topic each week through stories, songs and rhymes, and engage in literacy activities designed to spark your child's imagination. Each session ends with plenty of open play time, allowing children and their caregivers to meet and socialize together. All ages welcome.

These Storytimes will be held in-person and registration is required. Please visit the Library or call us at (603) 224-7113.

KRAFTS 4 KIDS

Wednesday, Oct. 13th | 3:30pm

An afterschool craft program for students in grades K-4, along with a parent or guardian. New projects every month!

OCTOBER'S THEME: LEAF MASKS

This program will be held in-person and registration is required. Please visit the Library or call us at (603) 224-7113.

TINKER TUESDAY

Tuesday, Sept. 21st | 3:30pm

Tuesday, Oct. 19th | 3:30pm

A STEM-inspired group that explores scientific concepts through hands-on activities. For Grades 2-6, with a parent or guardian.

SEPTEMBER'S THEME: WEATHER

October's Theme: Spiders

This program will be held in-person and registration is required. Please visit the Library or call us at (603) 224-7113

KIDS IN THE KITCHEN WITH MISS PIGNATARO

Virtual Program - Thursday, Sept. 30th | 4:00pm

Looking for nutrient-dense food options for your family? Want your children to have fun in the kitchen, while developing life-long kitchen skills? Please join Misa from Misa's Clean Kitchen in baking simple and delicious food, free of gluten and processed sugar.

This series will meet monthly through the fall, with a new seasonal recipe each month. Ingredient lists will be sent out prior to each meeting.

Class will take place via Zoom, and registration is required for access. Please call or visit the library to register! Recommended for preschool and elementary aged children.

September's Recipe: Sweet Potato Chocolate Chip Muffins

YOU CAN DRAW THIS!

Virtual Program - Wednesday, Oct. 6th | 4:00pm

This virtual workshop, taught by illustrator Chelsea Kirchoff, focuses on artistic tips, tricks, and techniques that anyone can pick up and use, from the amateur to the master. Over the course of an hour, we will learn drawing games, shading tips and techniques, talk about line and shape, and end by drawing together.

Perfect for beginning artists of all ages. No prior experience necessary. Please register by calling or visiting the library to gain access.

ADULT BOOK TALK – Tuesday, Sept. 21st | 12:30pm

The Adult Book Talk group will be meeting in-person on Tuesday, September 21st. The meeting will be held at 12:30pm and the group will be discussing *The Splendid and the Vile* by Erik Larson. Copies of the book are now available at the Circulation Desk to check out.

The evening Book Talk (6:30pm) will not be held for the month of September. All members are invited to attend the afternoon meeting.

THE WHITE ROCK BOOK GROUP will meet at Baker Free Library on Friday, September 24th at 10:30am.

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

ADULT CRAFT NIGHT - AFTER HOURS

Monday, Oct. 13th | 6:00pm – September's Theme: Sugar Scrub

Sugar and spice and everything nice! Learn how to make simple sugar scrubs as a treat for yourself or to give as a hostess or holiday gift.

Take-home kits will be available for those unable to attend. Registration is required for both in-person and take-home crafts. Please call us at (603) 224-7113 or visit the library to register for the monthly program.

HEALTHY EATING ON A BUDGET – Monday, Oct. 4th | 1:00pm

Eating well is an important part of our mental, emotional, and physical health. Join us as we discuss strategies to find foods that are both wholesome and budget-friendly. Presented by Granite VNA.

This program will be held in-person and registration is required. Please visit the Library or call us at (603) 224-7113.


STAY TUNED: 'THE GALLERY' OPENS IN OCTOBER

Baker Free Library is gearing up for an exciting year of Featured Artists in our Art Gallery! Starting in October, the Library will highlight local artists and their artwork in the gallery space located adjacent to the Circulation Desk.

OCTOBER ARTIST: SUSAN ROCK

Stay tuned for more information about Susan in upcoming weeks by visiting our website and following us on social media.

Interested in being a Featured Artist? We are currently booking for 2022. Contact Amelia at amelia@bakerfreelib.org today.




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Talking Trash

by Danielle Ruane

HOUSEHOLD HAZARDOUS WASTE DAY WHAT ABOUT MY LATEX PAINT?!

The Towns of Bow and Dunbarton are holding their annual Household Hazardous Waste Collection Day and Electronics Collection for residents on **Saturday, October 23, 2021**, from 8:30 a.m. to 1:00 p.m at the Bow Department of Public Works at 12 Robinson Road, Bow. The list of acceptable items includes oil-based paints and solvents (no latex), used motor oil, antifreeze, transmission fluid, swimming pool chemicals, insecticides, fluorescent light bulbs, batteries, household chemicals and propane tanks. A more complete list of acceptable materials for Household Hazardous Waste Day can be found at <https://www.bownh.gov/340/Annual-Household-Hazardous-Waste-Collector> or email **bowrecycles@gmail.com** with questions.

WHY NOT LATEX

Although oil-based paints are hazardous and must be properly disposed of at a Household Hazardous Waste collection event, latex (or water-based paint) is not accepted. Every year there are many residents who bring latex paint to hazardous waste events and are dismayed (or even annoyed) when told that latex paint is not accepted. Latex paint is not accepted because it is not considered “hazardous waste” since it can be easily and safely discarded into the regular curbside garbage bins once it is dried out. The disposal of items

at the town’s hazardous waste day is costly, and for that reason, latex paint is not accepted at our town’s hazardous waste event.

There are several methods to dry out cans of latex paint, depending on how much time you have. The easiest way to dry out latex paint is to use as much paint as possible, and then leave the lid off for a few hours or days while any remaining paint dries out. If there is one inch or less of paint in the can, it should dry it out within a few days.

If you have a lot of paint left in the can that cannot be used for future uses or given away, there are other options to dry out the paint including using absorbent materials such as cat litter, shredded newspaper or commercial products bought at home improvements centers. Depending on the amount of paint in the can, it is recommended to pour paint from a full can into other cans or containers, a little in each, so it dries faster. There are also many YouTube videos available online that show creative ways to dry out latex paint, including pouring it onto newspaper or cardboard. No matter what method you choose, all of the materials (including the paint cans) should be placed in the garbage and should not be recycled.

If you have a small can of test paint or if you find yourself with a lot of paint in a color that you hate, leftover paint can be easily donated. Internet websites such as Craigslist, Facebook marketplace and Bow’s Facebook swap group work great for donating cans of paint.

Lastly, if you only have a small amount of paint left in a can, a 32-ounce lidded yogurt container is perfect for storing extra latex paint (it’s also an excellent container to hold paint when cutting in or painting trim). If you have paint stored in a can with a rusty lid, the paint can usually still be used by straining it through a filter.

HOUSEHOLD HAZARDOUS WASTE AND YOUR DRINKING WATER



What Is Household Hazardous Waste? Chemicals typically found in homes, such as: Gasoline • Antifreeze • Oil-Based Paints • Drain Cleaners • Pesticides • Furniture Strippers • Oven Cleaners • Disinfectants • Kerosene • Spot Removers • Used Motor Oil • Auto Batteries



Why Should You Be Concerned? Some household hazardous wastes can injure you, your family, or your pets; damage the environment; or contaminate drinking water supplies. The groundwater in your area flows to a public drinking water supply, and we’re asking for your help in keeping it clean and safe. If you have a well on your property, you also need to think about keeping the groundwater that supplies *your* well clean and safe to drink.

What Should You Do? *Bring your household hazardous waste to your community’s household hazardous waste collection event this fall*.*

For information about your town’s collection day this fall, contact:

**Town of Bow
(603) 895-7036**



<https://www.bownh.gov/340/Annual-Household-Hazardous-Waste-Collect>

Participating Communities: Bow and Dunbarton

There are limits on what you can bring and how much so be sure to check out the website above for more information, including current guidelines for drop-offs.
Scan the box above to immediately reach Bow’s website!

For more information about Household Hazardous Waste Collection (HHW) call DES at 271-2047 or visit our household hazardous waste website at: <https://www.des.nh.gov/waste/household-hazardous-waste>

*Funding assistance provided by NH Department of Environmental Services.

PERMAFROST TUNNEL IN ALASKA



Secretary of Energy Jennifer Granholm (right) had a tour last month of the only Permafrost Tunnel in America used to study climate change. With her was Senator Lisa Murkowski, and Dr. Thomas Douglas, Senior Scientist in the Army Corps of Engineer’s Cold Regions Research Laboratory in Fairbanks, Alaska, son of Chuck Douglas of Bow.



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Amelia Soucy, Cameron Evans



Girls Varsity Cross Country

Grace Neff, Savannah Betterly, Eva Rook and Maya Brochu



Boys Varsity Soccer

Zach Anderson and Nate Dolder



Boys Varsity Cross Country

Connor Bernard and Adem Aricanli



Co-Ed Varsity Bass Fishing

Karl Anderson



Girls Varsity Field Hockey

Rylee Constant, Sarah Guerrette, Jocelyn Webber



Girls Varsity Fall Spirit Team

Olivia Mielcarz and Mallory Knight

CARE GIVING IS HARD WORK - PART I

By Donna Deos

If you are a care giver you know how true this statement is. If you aren't, please take a moment to think about the people you know who are care givers either as a profession or as a family member.

It doesn't matter if you are professionally paid for the job or if you are doing it out of the kindness of your heart – either way you are doing yeomen's work and I applaud you.

For those of you who are not familiar with what caregiving entails, let me give you some things to enlighten you. Care giving is when you are taking care of another person because they need help. Now, bear in mind, they may not want the help and they also may not recognize that they really do need the help. This is where it can get stressful and frustrating. They also may not realize that the things you are saying and doing are because you truly care and that you have their best interests at heart.

I'll give you an example from my own life to illustrate the point. My mother was a very strong and independent woman. She did everything. She cooked, she cleaned, she mowed the lawn and did the leaves. She also was a caregiver her whole life to a series of people and she also worked outside the home until 80 years old by her own choice. As she got older it got harder for her to do all of this. She kept trying to do it all, but she needed help. She didn't really want it because she didn't want to admit she was finding it harder to do it all. She didn't want to feel like she couldn't do something and she sure as shooting didn't want me telling her she couldn't or shouldn't do something.

She also had some medical setbacks along the way that truly forced the point of not being able to do things. This is very hard for anyone to handle, much less a strong independent person like her. This is where the family or just plain relationship dynamics come into play. We had some very hard times.

I was trying to protect her and help her and she was trying to hold onto her sense of who she was and control over her own life. It wasn't until I got so upset and frustrated that the real truth of the matter




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came out. I finally blurted out to her through a face full of tears that all I wanted was to keep her safe because I loved her and wanted her in my life as long as possible. I wanted to have nice times with her and not just using my vacation and paid time off to sit by her side in the hospital. I wanted us both to have quality of life for as long as we could. That's why I was saying and doing all of the things that I was.

That was when she realized that I wasn't trying to control her or take over her life, I just wanted her safe, happy and well cared for. That's all we want for our loved ones. From that moment on, she was able to understand I meant well and I was able to see she needed to remain in control of as much as possible for her well being too. We finally got each other and overcame the button pushing on both sides.

So, there's one example of how hard it can be to be a caregiver. I guess it's also an example of how hard it is to be a care receiver too! Please take the time to speak with each other. It is so important to communicate and explain how you both feel. It is very easy to get caught up in our own feelings and wants and not see how what we think of as the right thing negatively impacts the other person. We should also choose our words well. How we say things is so very important – especially if you want the other person to keep listening.

Let's continue this discussion next month as well. It is so important that the care giving discussion happens. Care giving is not likely to ever go away, so let's keep working on making it as good as possible.

All my best, Donna

Donna Deos, LLC



ZUMBA FITNESS

NEW ZUMBA CLASS ADDED!
THURSDAY NIGHTS 5:45 PM - 6:45 PM
SEPTEMBER 23, OCTOBER 7, 14 AND 21

A total workout, combining many elements of fitness: cardio, muscle conditioning, balance and flexibility. Grooving to the beats of salsa, flamenco and meringue music feels more like a dance party than a workout - which is exactly what makes ZUMBA so popular.

For information call 603-223-3920
Or visit www.bownh.org
Instructor: Tracey Beaulieu.

BioBlitz

2021 NH BIOBLITZ!

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. 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.



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>

BOW POLICE LOG

JULY 2021 ARREST LOG

- 8/1** Michael Normandin, 45, of Tiverton, RI was arrested for driving under the influence.
- 8/2** Joseph Grasso, 33, of Laconia was arrested on three counts of possession of a controlled drug and one count of deal/possession of prescription drugs.
- 8/05** Amy Herrick, 42, of Contoocook arrested for operation after certification of a habitual offender.
- 8/8** Charles Sargent, 32, of Bow was arrested for driving under the influence, driving after revocation or suspension, breach of bail, and disobeying an officer.
- 8/9** Megan Douillette, 42, of Concord, was arrested for five counts of possession of a controlled drug and one count of transporting drugs in a motor vehicle.
- 8/14** Robert Margeson, 24, of Concord, arrested for driving under the influence.
- 8/15** Hunter James Arthur Levesque, 19, of Concord was arrested for aggravated driving under the influence; collision with serious injury, driving after revocation suspension; serious bodily injury, breach of bail, and reckless conduct with a deadly weapon.
- 8/21** Matthew King, 29, of Whitefield, arrested for possession of a controlled drug.
- 8/29** Bryan Michael Wright, 60, of Bow, arrested for driving under the influence.



CHIEF HARRINGTON'S LAST MOMENTS AS BOW'S FIRE CHIEF

After serving 21 years as Bow's Fire Chief, Mitch Harrington is headed for a new career with FEMA. Here with his crew for one last time are left to right: FF John Bowler, Capt. Eliot Berman, FF John Sartorelli, Capt. Thomas Ferguson, Chief Mitchell Harrington, Bow EMD Lee Kimball and Capt. Brandon Skoglund.

Photo by Eric Anderson.

SPACE CAMP



BOW STUDENT GRADUATES FROM SPACE CAMP

Trevor Abel of Bow, recently attended Space Academy at the U.S. Space & Rocket Center in Huntsville, Alabama.

The weeklong educational program promotes science, technology, engineering and math (STEM), while training students and with hands-on activities and missions based on teamwork, leadership and problem solving.

This program is specifically designed for trainees who have a passion for space exploration. Trevor spent the week training with a team that flew a simulated space mission to the International Space Station (ISS), the moon or Mars. The crew participated in experiments and successfully completed an extra-vehicular activity (EVA), or spacewalk. Trevor and crew returned to earth in time to graduate with honors.

Space Camp uses astronaut training techniques to engage trainees in real-world applications of STEM subjects. Students sleep in quarters designed to resemble the ISS and train in simulators like those used by NASA.

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OBITUARIES

THOMAS MILLS BAILEY, Jr.

Thomas Mills Bailey Jr. of Bow passed away on August 14th after a long, valiant fight with Plasmablastic lymphoma. He is survived by his wife of 46 years, Paula Bailey; son Thomas Bailey and his wife Regina Bailey; son Derek Bailey and his wife Jessica Bailey; his three grandsons Strider, Thomas Jack, and Alexander, and his princess granddaughter Pippity-Piper.

Tom was born November 26, 1952, in Gouverneur, NY to Thomas Mills Bailey Sr. and Marion Phelps. He grew up on a dairy farm in Oxbow, NY and was the youngest of the notorious Bailey boys. He graduated from SUNY Brockport in 1974 with a degree in education, but his love of photography led to a lifelong career as a photograph/sales manager with MacLean Stevens Studio of Concord, NH and later with Lifetouch National Studios.

Tom's larger than life personality will be remembered for his contagious belly laughs, his (unapologetic and always at the expense of others) jokes, the outrageous lies and impossible stories, his countless prank phone calls, and finally the endless impersonations which were always best delivered and received in the offices he frequented during his time at MacLean Steven's Studios or with friends and family around a campfire after too much whiskey and pickled eggs.

In lieu of flowers, please send donations to Norris Cotton Cancer Center at Dartmouth Hitchcock Clinic. Donations can be made online at <https://dhmcalumdev.hitchcock.org/> In the comments field, please type "In memory of Tom Bailey."

KEEGAN A. ORZECZOWSKI

Keegan A. Orzechowski, 21, of Bow, passed away on August 3, 2021, of natural causes. He is the beloved son of Brent Orzechowski & Jennifer Borr.

Keegan was a member of Bow High School Class of 2019 and played hockey. He also took classes at Southern New Hampshire University.

He worked at JBC Utility in Bow, a job he loved. There he found his place with an amazing group of people. He knew the value of working hard, bringing friends together and being a loyal friend who would listen and help in any way he could.

One of Keegan's favorite hobbies was designing and creating projects with his Grampy Jeff in his workshop. Most recently he created a sub-woofer box for the pickup truck he loved so much. Keegan also had a newfound love of air fryer cooking thanks to Jim and Betty, who admired and loved him as family.

Besides his parents, Keegan is survived by his sister, Anya; his Grammy Marcia McWethy and Grampy Jeff Singer of Wilmot, his Grampy Leonard Borr of Bedford, Mass., and his Nana June Orzechowski of Hooksett; uncles Richard Orzechowski and his wife, Andrea, of Hooksett and Ryan Orzechowski and his wife, Nicole, of Hooksett.

In lieu of flowers, donations in Keegan's memory may be made to Easterseals NH Early Supports and Services, 555 Auburn Street, Manchester, NH 03101 or at easterseals.com/nh. Family-Center Early Supports and Services (ESS).

Send Bow, Hopkinton and Dunbarton obituaries via email to info@thebowtimes.com

QUOTE FOR THE DAY

"A smart person knows what to say but
a wise person knows whether to say it or not."

The Dalai Lama

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notice to our *Readers*

THE  *Music* LADY
FOR THE LOVE OF MUSIC

The Music Lady exits the stage. After a long and anonymous run in the Bow Times the author of The Music Lady is moving to Colorado. We will miss you!

In the words of Carol Burnett:

"I'm so glad we had this time together.

Just to have a laugh or sing a song.

Seems we just get started and before you know it,

Comes the time we have to say so-long."



Nellie Doughty
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CONCORD COACHMEN BARBERSHOP QUARTET STILL NEEDS A FEW GOOD MEN

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!**

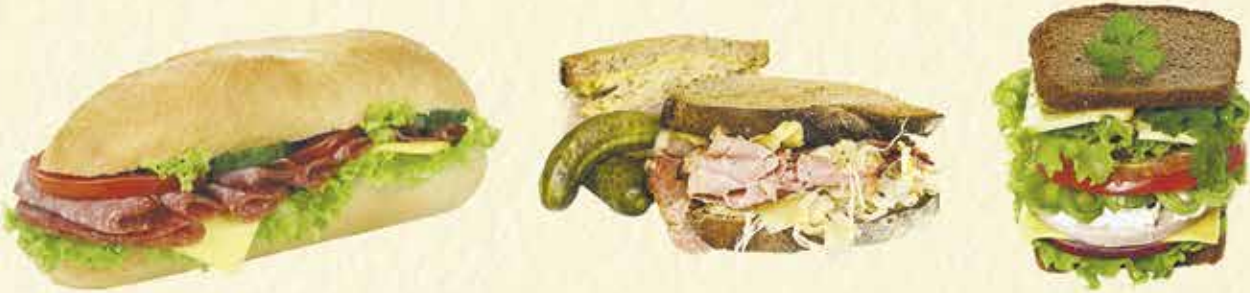
Bow folk, and others, can answer the call by visiting our website at **ConcordCoachmen.org** - where you can hear them sing and obtain information on rehearsals.

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

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

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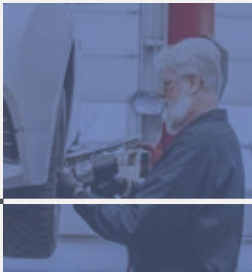
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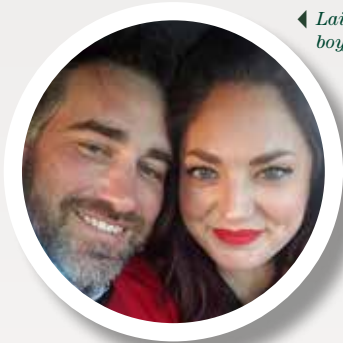
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She was buried and “in the red”



◀ Laina and her boyfriend, Carl.



Laina, with her furry friend at The Farm at Sakari's Place, where she serves on a volunteer board to help rescue wolf dogs and other animals who need a safe place to live.

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