



# The Bow Times

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

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THE BOW TIMES

VOL 28, NO. 10 October 2021

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FREE

## TOWN OF BOW HAS NEW FIRE CHIEF

The Town of Bow is pleased to announce that Eliot Berman is the new chief of the Bow Fire Department.

Chief Eliot Berman joined the department as a call member in 2002. He was hired as a full-time FF/EMT-I in 2004 and he served as a Captain-Paramedic prior to being named chief.

Chief Berman is an adjunct faculty member and clinical coordinator at the NH Technical Institute's Paramedic Program, and also serves as paramedic for the Central NH Special Operations Unit (SWAT team). He is a part time NH certified police officer and works as a Deputy Sheriff with the Merrimack County Sheriff's office.



Fire Chief Eliot Berman

Photo: Eric Anderson

## TRUCK JACKKNIFES IN BOW



In a single vehicle crash a tractor trailer jackknifed on Route 3A in Bow last month in front of Supreme Cars. The driver was not killed or seriously injured.

## BOW COMMUNITY MEN'S CLUB GENEROUS TO LOCAL YOUNG PEOPLE

In its first face-to-face meeting in a year and a half the Bow Community Men's Club met on September 30, at the Old Town Hall. President Richard Oberman announced the club had donated \$1,500 to each of four Bow students going on to college. The club debated and voted to also donate \$5,000 to help Scout Troop #75. The annual yard sale fundraiser has been cancelled for two years due to COVID-19 thus severely impacting funding for scouting.

The boy and girl Scouts have scheduled Saturday, October 23 as Roadside Trash Pick Up Day. All town residents are welcome to join them in this endeavor.

## HOPKINTON-CONTOOCOOK NEWS ON PAGES 18-19

### TIM & DONNA MORRISON PASS THE KEY TO BOW YOUTH CENTER

On August 27th, Tim and Donna Morrison who developed the Bow Youth Center, formally turned it over to the town following approval at Town Meeting.



L to R: Selectman Matt Poulin, Tim Morrison, Donna Morrison, Darcy Little and Selectman Colleen Hunter

## 18 ARRESTED AT BOW POWER PLANT



On Sunday, October 3, 150 protesters demonstrated against the coal fired Merrimack Station in Bow. The No Coal No Gas campaign was taking action to end the use of coal in Bow. The group gathered in the field across from the coal plant for a rally demanding a shutdown date of the coal plant.

After a rally across the street from the plant, the group broke into three groups – 50 went to the Merrimack River with kayaks, one group marched down River Road chanting, and a third group headed towards the entrance of Merrimack Station holding signs, plants, and gardening tools. No Coal No Gas activists blockaded the entrance to the coal plant and tore up the pavement to plant a garden in its place.



the **SCARECROWS**  
of Bow are coming!

Look for Eric's photos  
in November's issue.

Travel through town to view whimsical, humorous  
and lovable Scarecrows – handmade by Bow residents.

**WINNER OF 14 NH PRESS ASSOCIATION AWARDS**  
**MONTHLY BOW TIMES IS DELIVERED TO 3,100 RESIDENTS AND BUSINESSES - FREE**



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RESULT  
OF LOW  
SPENDING

The Bow Times

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DEADLINES: 1st of the month;  
classifieds must be prepaid – cash or a  
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ADVERTISEMENT ERRORS:  
We will be responsible for errors in  
advertisements only to the extent of  
correcting the same in the next issue  
using space equal to the items in error.

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

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

CORRECTIONS POLICY: We strive  
to present accurate news reports. We  
will correct factual inaccuracies in our  
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EDITORIAL

AMERICAN DEMOCRACY IS ENDANGERED

by Chuck Douglas

Decades of not teaching civics to explain how our governments operate and why we have divided power between states and the federal government and then at each level into three branches is taking its toll on our democracy.

A new poll from the University of Virginia’s Center for Politics of 2,000 voters revealed that 45% of Trump and 45% of Biden partisans say “American would be better off if the president could take “needed actions without being constrained by the Congress or the Courts.” There’s a word for a strong leader whose word is law: dictator.

Also, substantial numbers of Americans in each camp are even willing to break up the country. Forty-one percent of Biden voters and 52 percent of Trump voters say the “situation in America is such” that they would favor Blue or Red states “seceding from the union to form their own country.”

One observer pointed out that “this is not a case where one side holds problematic views while the other does not. Democrats and Republicans harbor hatred for members of the opposing party in nearly equal measures, and both view anti-democratic practices with nearly equal regard.”

Tragically, more than 80 percent of Biden and Trump voters agree that elected officials of the other party “present a clear and present danger to American democracy.”

With almost half the voters wanting a dictator how long will we last? Are we ready to dial back the drama or repeat the Civil War?

COVID AND POLIO

My grandson asked me, “What is Polio?” He is 18 and had no idea of the terror of the summer Polio epidemics, the photos of iron lungs, the children with leg braces limping as they walked or being pushed in a wheelchair. In the 1940’s, public swimming pools were closed, people stayed at home and the schools delayed opening due to the pandemic. Not until 1955 when Jonas Salk developed a vaccine did the possibility of prevention become a reality for that virus.

At that time I had graduated college and was enrolled in medical technology training. There was great excitement among the students at the prospect of getting our shots. We lined up to receive them. No discussion of rights or refusals. I don’t even remember if we had to sign permission slips.

We celebrated, knowing that within a few weeks we would be immune to the dreaded Polio. In the years that followed, Polio cases disappeared, iron lungs became obsolete and one never saw a limping child wearing leg braces.

Today polio has been eliminated in much of the world, including the US, and Polio immunization is routine. Let’s put COVID in the rear view the same way we did with polio. Get vaccinated.

Guest Editorial by Sylvia Miskoe, Concord

LET’S HAVE A BIPARTISAN VACCINATION FOR THE WORLD’S SAKE AND OUR OWN

by Richard Swett

While COVID-19 is a recent corona-virus, U.S.-led efforts in global health are nothing new and New Hampshire has played a significant and bipartisan role through the years.

Back in 1944 at the Mount Washington Hotel in Bretton Woods, world leaders gathered to create institutions to combat instability in post war Europe – planting the seeds of the Marshall Plan, saving a continent from hunger and disease.

Now, facing the greatest pandemic of our lifetime, we have the opportunity to save lives, protect ourselves and others, and create a more equitable workforce than ever before with the COVID-19 vaccine.

The vaccines are proven safe and effective. Sadly, hospitalizations and COVID-19 deaths continue largely due to those who are not vaccinated. It’s an avoidable tragedy that puts our economic recovery at risk. The best way to eliminate the world of COVID-19 is by vaccination.

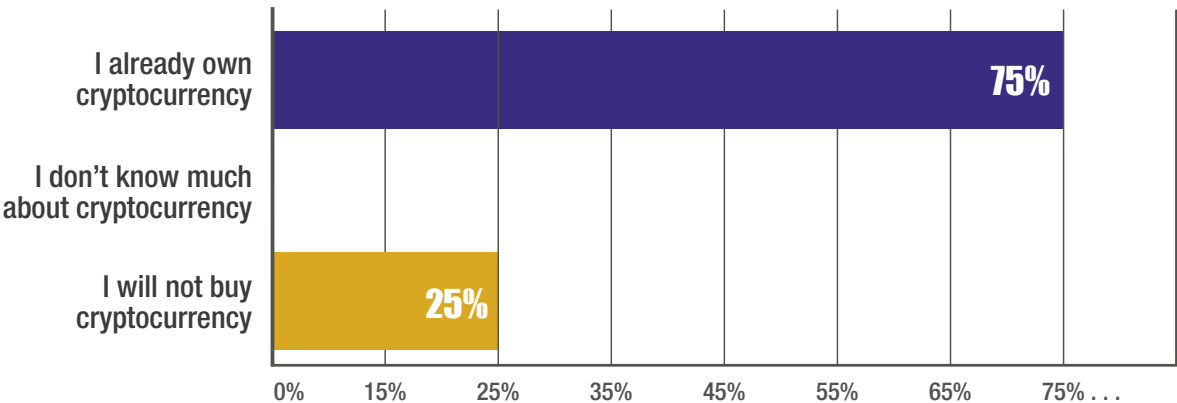
While the road out of this pandemic begins with you, it doesn’t end there. COVID-19 will not be over until the entire world is vaccinated. We have already seen deadlier strains of the virus appear in other parts of the world and come to wreak havoc in America.

Without urgent action, COVID-19 will continue to devastate the developing world. And this will prolong and exacerbate our own situation. As Tom Hart, acting CEO of the ONE Campaign said, “This isn’t just a global health issue, it’s a national security crisis and a global economic crisis.”

RICHARD SWETT ARTICLE | Continues to page 15

SEPTEMBER SURVEY RESULTS

QUESTION: How likely are you to invest in cryptocurrency, such as Bitcoin, and Dogecoins?



## BOW PARKS AND RECREATION

Invites you to participate in this community wide event!



### Trick-or-Treat by going Trunk-to-Trunk!

Adults decorate cars and hand out treats from their trunks. Children dress in their Halloween costume and go from car to car collecting treats.

**SUNDAY, OCTOBER 31<sup>ST</sup> 2:00-3:30 PM**

Set-Up starts at 1:00 PM in Bow High School parking lot.

**TRUNKS NEEDED! Decorate your trunk and you could win a prize!**

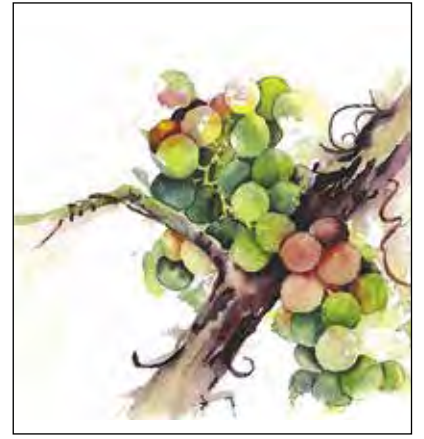
Contact Darcy Little at [dlittle@bownh.gov](mailto:dlittle@bownh.gov) or 223-3984 to reserve your parking space today. All participants are responsible for decorating the trunk of their vehicle and purchasing store-bought *individually-wrapped* treats to hand out to the Trick-or-Treaters. We encourage you to wear a costume!

**Donations of Halloween treats will be greatly appreciated.**

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## BOW GARDEN CLUB 2021 PAJAMA PROJECT IS UNDERWAY



# PAJAMA PROJECT

Bow Garden Club is kicking off its 12th Pajama Project!

Providing warm pajamas and nurturing books to kids living under difficult circumstances can help create a comfortable bedtime environment and keep them warmer this winter!

Collection boxes for pajamas and books are in the lobby of the Baker Free Library and the Bow Community Center until approximately November 15th.

All sizes of **new** and warm pajamas are needed!

If you have questions about this program or are interested in making a monetary donation used to purchase additional pajamas please contact:

**[joyceakimball@comcast.net](mailto:joyceakimball@comcast.net)**  
or (603) 229-1990.



## BOW GARDEN CLUB'S ANNUAL *Poinsettia Fundraiser*

Pre-Sale Orders & Payments to be received by  
**Monday, November 1st**

Delivery will be via drive-thru and pick-up  
at the Bow Community Center on  
**Saturday, December 4th**

**\$26**

24"



between  
9:00 am and Noon

**\$36**

36"



To place your order email  
[joyceakimball@comcast.net](mailto:joyceakimball@comcast.net)  
or call Joyce at  
(603) 229-1990





Captain Tom Ferguson  
Photo Eric Anderson

## BOW FIRE CAPTAIN TOM FERGUSON IS RETIRING

Captain Tom Ferguson retired from the Bow Fire Department in September. He served the Department since 1981 as a volunteer firefighter, full-time firefighter, Lieutenant, and Captain/Fire Inspector. Tom also served as the Town Health Officer. Captain Ferguson was a member of the Central NH Hazardous

Materials Team as a hazmat technician, Captain, and Deputy Chief.

Congratulations Tom and thank you for your many years of service to the Town of Bow. Enjoy your retirement!

### BHS FALONS BOOSTER CLUB

### "ALMOST ANNUAL" TOURNAMENT



REGISTER ONLINE TODAY!

[www.Bowboosterclub.com](http://www.Bowboosterclub.com)

**When:** Sunday Oct 17<sup>th</sup>

Registration starts @ 2pm

Tee off @ 3pm

**Where:** Chucksters

53 Hackett Hill Rd, Hooksett

**Cost:** \$15/golfer register online

\$20/golfer register at event

All Ages are welcome!

Sign up teams of four or individually.



PROCEEDS GO TO SUPPORT THE BOW BOOSTER CLUB

## Bow Mills

UNITED METHODIST CHURCH

The Bow Mills United Methodist Church, 505 South Street, Bow, will be hosting its 16th year of our annual Pumpkin Patch with 1,000 pumpkins covering our front lawn. Pumpkins of all shapes and sizes... for all your needs! Bring your family, neighbors and friends... take pictures! Proceeds from the pumpkin sales will go to support Friends of Forgotten Children, NH Food Bank and Disaster Relief.



Hours from September 28 to October 31:

WEEKDAYS: 2-6:00 PM

SATURDAYS: 10 AM TO 5:00 PM

SUNDAYS: 12 NOON TO 5:00 PM

For information contact: 603-224-0884

or visit [www.bowmillsumc.org](http://www.bowmillsumc.org)

SEE YOU IN THE PATCH!



## BACK IN THE SADDLE BOW ROTARY ANNUAL AUCTION

### ROTARY ONLINE AUCTION – NOVEMBER 3RD-6TH



The Bow Rotary Club is looking forward to hosting its annual **FOUNDATION AUCTION** again this fall. Unfortunately, our usual live & silent auctions that were scheduled for Saturday November 6th at the Bow Community Building, have been cancelled due to COVID-19. This year, our auction is going online as a silent auction with all of the same great items

our donors generously donate to this cause.

The auction will run from **Wednesday November 3rd to the evening of Saturday, November 6th** (exact start and end times TBD). Potential bidders will be able to view items online, however they will need to create a username and password if they wish to place a bid. In addition, potential bidders seeing items online, we will have item viewing hours at the Old Town Hall Friday & Saturday. (times TBD)

Saturday evening after the auction closes, successful bid winners will receive an email with an invoice, which can be paid online with a credit card. For further auction information and links, monitor this website. For the winning bidders, item Pick-Up will be during the afternoon on Sunday November 7th (exact times TBD, likely 1-5pm or so). Pick-Up will also be at the Old Town Hall. We will allow item winners to designate an alternative person to pick up items on Sunday if they are unable to pick it up themselves during that time frame.

We are also holding a cash prize raffle, like last year's – it is currently underway. This will further support our scholarship fund. **1st Prize \$1250, 2nd Prize \$500 and 3rd Prize \$250!** The raffle drawing will be held at the conclusion of the auction on November 6th and streamed live on the Bow Rotary Facebook page.

Bow Rotary's annual Foundation Auction funds our college scholarship and campership programs as well as other important needs in the community. Please support these causes any way you can.

### FOUNDATION AUCTION RAFFLE

The annual Bow Rotary Scholarship Auction has been the primary source of funds that have supported our scholarship program for 50 years. To further support those efforts, the Bow Rotary Club is also holding a cash raffle again this year in hopes of raising enough money to fund a few scholarships.

The raffle will have three cash prizes. **1st prize \$1250, 2nd prize \$500 and 3rd prize \$250.**

Tickets are available at Merrimack County Savings Bank, the Bow branch office, through any Bow Rotary Club member or the Bow Rotary website. [www.bowrotary.org](http://www.bowrotary.org)

The winners will be drawn on Nov 6th at the conclusion of our auction. Winners will be notified via email.

Ticket purchases, and/or donations made on the [bowrotary.org](http://bowrotary.org) website will be processed via our credit/debit card service (PayYa)

**NOTE:** Tickets purchased online will not be mailed to you. Instead your name will be added to "the hat" for the drawing on November 6th or at the conclusion of the silent auction. Your name will be added once for each ticket purchased.

**Raffle tickets are \$5 for one or 5 tickets for \$20. Online Purchase options will be \$5 for one ticket or multiples of 5 at the \$20 price up to \$100.**





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## AS MORE CONSUMERS ADOPT PAYMENT APPS... SCAMMERS FOLLOW

Consumers are increasingly looking for contactless payment options to keep themselves and vendors safe. As a result, the use of peer-to-peer (P2P) mobile payment apps such as CashApp, Venmo, and Zelle is growing.

P2P apps can simplify financial transactions between people who know and trust each other, like splitting the check at dinner or sending utility bill payments to a roommate. Some apps have even added more traditional financial services such as debit cards and routing numbers. However, unlike traditional banks and credit cards, they often lack the same fraud protections.

Scammers have adapted their tactics to take advantage of the quick and often anonymous access to cash that they provide. Some may now ask for the money to be sent using a P2P app instead of a gift card.

P2P payments shouldn't be used for purchasing goods or services. A transaction can go wrong by entering an incorrect phone number or misspelling a recipient's name, resulting in the funds going to the wrong person. Once the funds are transferred, the money is likely lost.

For in-person transactions, look into contactless payment options built into your mobile device or your existing credit cards.

### MORE STEPS TO HELP YOU AVOID BEING SCAMMED WHEN USING PAYMENT APPS:

- Review the app's fraud protection policies and understand whether and how you can recover funds if a problem arises.
- Link your money transfer app to a credit card rather than a debit card or your bank account. A credit card provides added protection.
- Be wary of any business that only accepts P2P payment apps or pre-paid debit card payments. Consider this a red flag.
- Always verify the recipient's information before making any payment.
- Never send P2P payments to - or accept payments from - someone you don't know.
- Always create strong, unique passwords and disable automatic logins.
- Never provide sensitive personal information over the phone. Legitimate customer support operations will not ask for your bank account information.
- If you get an unexpected inquiry from someone who says they represent a company or a government agency, hang up and call the phone number on your account statement, the company's or government agency's website to verify the authenticity of the request.

If you think you're a victim of a scam involving peer-to-peer payment apps, you can file a complaint with the Federal Trade Commission. For concerns about P2P services, contact the Consumer Financial Protection Bureau.

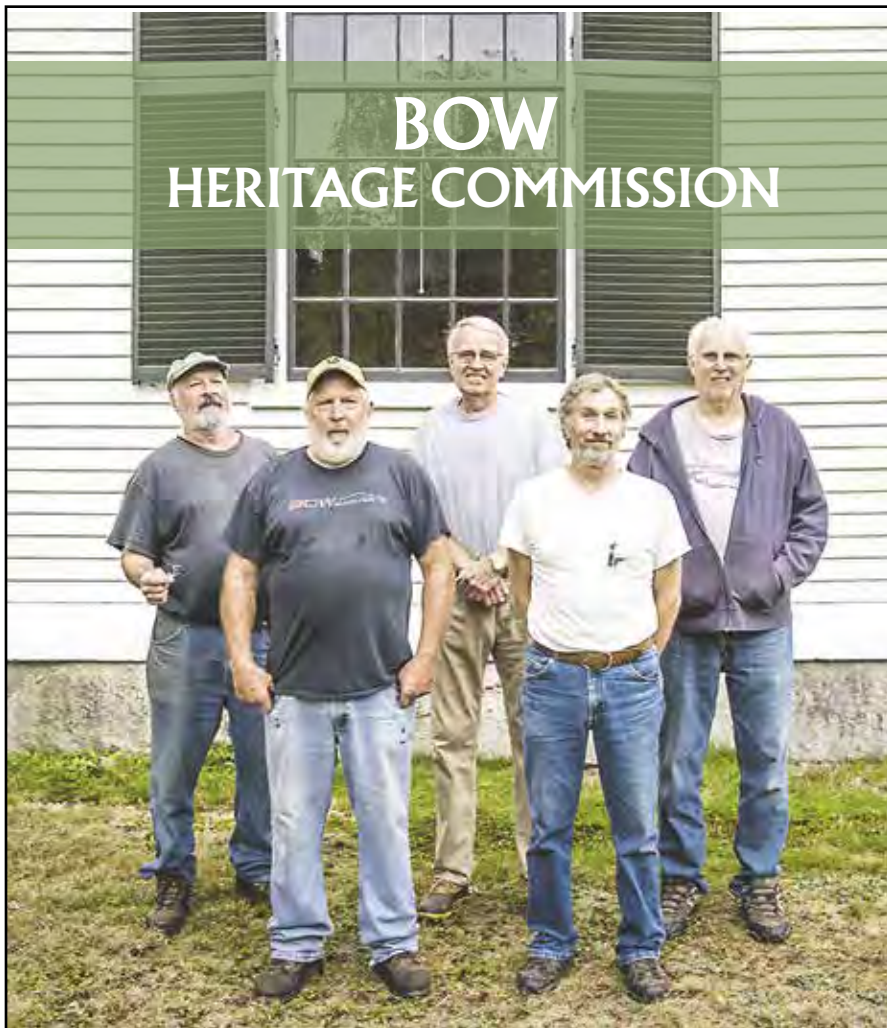
To file complaints about phone and text scams with the FCC, visit [fcc.gov/complaints](https://www.fcc.gov/complaints).

Source: Federal Trade Commission.

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## BOW HERITAGE COMMISSION



The Working Group of the Bow Heritage Commission has worked **voluntarily** for the past several months to restore the shutters on the Bow Bog Meeting House. Broken slats have been repaired or replaced, each shutter has been squared-up to ensure a proper fit, then each shutter was sanded, primed, painted, and the hardware reinstalled.

Through the leadership of David Lindquist, and the help of Dik Dagavarian, Jim Dimick, John Meissner, and Volunteer Mike Wheeler, 32 shutters are now up and proudly on display at the Bow Bog Meeting House for your inspection.

Stop by to see the work that the Working Group has done to preserve the Bow Bog Meeting House as well as save the Bow Taxpayer many dollars in the process! ERIC ANDERSON/photo

## BOW TIMES TIES CONCORD MONITOR FOR PRESS AWARD

On September 23, 2021, the New Hampshire Press Association announced first place winners for certain awards of excellence. First place for editorial writing in the non-daily division went to Chuck Douglas of the Bow Times. Matt Mowry, writing for the New Hampshire Business Review, came in 2nd.

For all papers a tie in the First Amendment Award was announced between the Bow Times and the Concord Monitor. 2nd place went to the Laconia Daily Sun and third place to the Union Leader.

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AUGUST 2021 REAL ESTATE SALES IN BOW

ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
44 Bow Center Road	3 Bedrooms   1 Baths	1374 Square Feet	2.2 Acres	\$280,000
4 Grandview Road	2 Bedrooms   2 Baths	1260 Square Feet	.74 Acres	\$294,000
29 Brown Hill Road	3 Bedrooms   2 Baths	1680 Square Feet	2.8 Acres	\$350,000
927 Route 3A	3 Bedrooms   2 Baths	2074 Square Feet	1.2 Acres	\$395,000
6 Allen Road	3 Bedrooms   2 Baths	2156 Square Feet	1.3 Acres	\$400,960
12 Ridgewood Drive	3 Bedrooms   3 Baths	2352 Square Feet	1.08 Acres	\$410,000
23 Rocky Point Drive	3 Bedrooms   3 Baths	2586 Square Feet	1.18 Acres	\$435,000
37 Stone Sled Lane	2 Bedrooms   4 Baths	2903 Square Feet	CONDO	\$472,100
6 Briarwood Drive	3 Bedrooms   3 Baths	2505 Square Feet	3.28 Acres	\$495,000
141 Page Road	3 Bedrooms   3 Baths	1967 Square Feet	5.28 Acres	\$550,000
85 Allen Road	4 Bedrooms   3 Baths	2352 Square Feet	79.72 Acres	\$585,000
58 Logging Hill Road	5 Bedrooms   4 Baths	4384 Square Feet	1.9 Acres	\$595,000
6 Currier Drive	4 Bedrooms   4 Baths	4092 Square Feet	2.21 Acres	\$612,000
3 Chelsea Drive	4 Bedrooms   4 Baths	2570 Square Feet	2.19 Acres	\$650,000
50 Robinson Road	3 Bedrooms   2 Baths	3353 Square Feet	4.12 Acres	\$655,000
20 Pinnacle Lane	3 Bedrooms   2 Baths	4187 Square Feet	2.94 Acres	\$950,000

AUGUST 2021 REAL ESTATE SALES IN DUNBARTON



ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
1032 Black Brook Road	4 Bedrooms   1 Baths	896 Square Feet	7.78 Acres	\$630,000
1156 Montalona Road	4 Bedrooms   3 Baths	4332 Square Feet	6.5 Acres	\$750,000

Sales Data for SEPTEMBER 2021 provided by the NHMLS.



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# A POSITIVE SHIFT

by Jim Olson

## ***You may think you already have a mindset for success...***

Chances are, yes, you do for all those things that were important to you. You achieved success by staying accountable and maintaining an achievement mindset.

Yet, you have fallen short over and over again when it comes to your fitness and nutrition goals.

### **WHY is that?!**

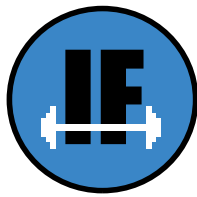
You may have unintentionally self-sabotaged your own success. Ask yourself the following questions to help identify if you have sabotaged your efforts:

- Do I overcommit to unrealistic expectations?
- Do I procrastinate to start on a certain day or date?
- Do I put myself down when I don't start on that date?
- Do I hit the snooze sleeping in and say I will do it after work?
- Do I perform below my capabilities because I think it has to be perfect?

### **Why do we do these things?**

Largely because you are your own limit! Specifically, you have allowed your fears to stop you. Fears such as:

- fear of failure
- fear of disapproval of others in taking time for you
- fear of being embarrassed if you fail
- fear of guilt
- fear of shame
- fear of criticism
- fear of resentment
- overwhelming yourself
- feeling inadequate



**Jim Olson**

Downward spirals happens when you go after your goal by yourself. You play each part: the judge, lawyer and the grand jury. The verdict will always be self-sabotage with its accomplice – your fears.

**Overcoming your self-saboteur** - Don't you EVER give up on yourself! EVER! You have to keep moving forward beyond the chaos.

Second, you need a coach to help you. It's impossible for you to improve yourself by holding yourself accountable. Especially when it comes to your health through fitness and nutrition.

*"You have to be ready for a change. Ready to make a commitment to yourself and have patience. Trust the process. The first 8-10 weeks are hard. You work hard every day making the right food choices, making time to work out, disciplining yourself and the results seem slow at first. I wanted to give up every day, but the IF team kept encouraging me to move forward. And I am grateful that they did, because once I saw those results. Game changer! Their commitment to your success is genuine and they will support you the entire way! Your future self will thank you for it."* ~ Vanessa, IF client

*ful that they did, because once I saw those results. Game changer! Their commitment to your success is genuine and they will support you the entire way! Your future self will thank you for it."* ~ Vanessa, IF client

**With the right mindset, you can make anything happen** - When you change your thoughts, your actions will follow. You are stronger than any negative thought. Acknowledge negative thoughts and replace them with positive ones. Doing this will make a significant impact on what is happening in your life! Focus on the positive.

If you feel like something is holding you back, then it might be time for a change of mindset!

**Fear not, you don't have to do it alone.** - Take your next step with us to increase your strength, energy, and mobility to live an active lifestyle with confidence. Get started with a complimentary consultation with no obligation. We will be with you each and every step of the way — in the studio, at home, and on the go!

## 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?



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

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

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

**Apply Today**

**IndividualFitnessllc.com/30**



# THE BOW GARDEN CLUB

The Bow Garden Club has been keeping Bow beautiful since 1964 and our members' love of gardening and "sweat equity" ensure this. The following is a listing of the "Bow Beauty Spots" we currently maintain within the Town of Bow, accompanied by their photos:



**1 ROTARY PARK.** The park has been in existence since 1996. The photo depicts just one section of Rotary Park in full bloom tended by our Civic Beautification Chair Sue Smith with continuing support by individual members assuming garden duty on a weekly basis. Annual Spring and Fall Clean-Ups by members with support from Bow Rotarians to help keep the garden pristine. We appreciate the Bow Rotary's support and are so grateful for the excellent irrigation system they provide and maintain for Rotary Park. And "kudos" to the Bow Fire Department who are always there to help us out "in a pinch" when needed.



**2 THE TOWN GAZEBO** planter boxes in mid-summer planted and maintained by Sue Johnson with watering assistance by various members as well as the Bow Fire Department! Mums will be going in soon.



**3 OUR POLLINATOR GARDEN.** Last spring, a group of members selected and planted several pollinator-friendly flowering bushes around the front of the Town Gazebo and they tend to them as needed. For the most part they have done well, however Mother Nature decided to help out us by depositing a myriad of milkweed plants there, seemingly to help boost the town's Monarch Butterfly population.

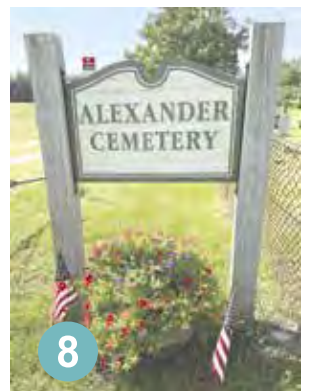
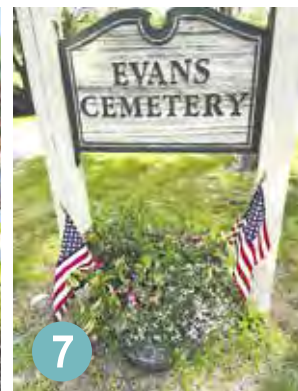
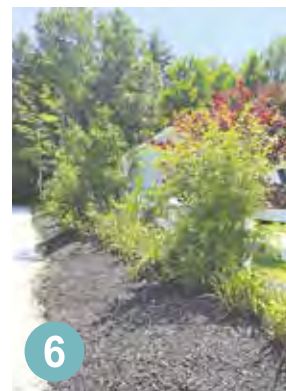
**4 BAKER FREE LIBRARY.** Joyce Kimball has been seasonally planting the large window boxes at the front of the library for over a decade now. She also plants the two cement urns at the base of the steps for each season.

**5 OLD TOWN HALL.** The two planter barrels located near the front entrance of the building have been faithfully planted and maintained by dedicated garden club members for decades. They are always such a nice welcome to the community groups and their visitors who frequent this wonderful and historic town building. Until recently Lorraine Dacko was planting and tending to the planters with Erika Flewelling (a brand new member) volunteering to take on the task earlier this summer.

**6 OLD TOWN HALL PARKING AREA.** This is the area that is to the right of the entrance. The existing lilac bushes that were planted a number of years ago have "seen their better days" and need to be replaced. Sharon Pearce has been diligent in keeping this area free of weeds and trimmed up, however it is time... The garden club plans to remove the old lilac bushes and amend the soil prior to planting new old-fashioned lilacs bushes in their place. They are being donated by the NH Lilac Commission.

**7 EVANS CEMETERY.** The planter barrel located at the Evans Cemetery on White Rock Hill Road, greets visitors to the cemetery and passersby with colorful seasonal plantings. Sue Johnson has been planting and maintaining this mini-garden for many years and she is now being aptly assisted by Lory Attalla.

**8 ALEXANDER CEMETERY.** This cemetery is located on River Road and its planter barrel has been faithfully planted and maintained by Janet Shaw for some time now.



These are the primary "Bow Beauty Spots" the Bow Garden Club tends to throughout the year. We hope they bring you joy and make you smile when you view them.

NOTE: All of the plants\*, soil, fertilizers, etc. that are added to these garden areas each year, as well whatever equipment may be needed for watering them, etc., are purchased with the proceeds from our annual fundraising efforts (the Poinsettia Pre-Sale and Spring Plant Sales).

\*The Baker Free Library reimburses the garden club for the plants they purchase on their behalf.

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# END-OF-THE-YEAR MONEY MOVES

by Dominic Lucente

**Here are some things you might consider before saying goodbye to 2021.**

**What has changed for you in 2021?** For some, this year has been as complicated as learning a new dance. Did you start a new job or leave a job behind? That's one step. Did you retire? There's another step. If notable changes occurred in your personal or professional life, then you may want to review your finances before this year ends and 2022 begins. Proving that you have all the right moves in 2021 might put you in a better position to tango with 2022.

Even if your 2021 has been relatively uneventful, the end of the year is still a good time to get cracking and see where you can manage your overall personal finances.

Keep in mind this article is for informational purposes only and is not a replacement for real-life advice. Please consult your tax, legal, and accounting professionals before modifying your tax strategy.

**Do you engage in tax-loss harvesting?** That's the practice of taking capital losses (selling securities worth less than what you first paid for them) to manage capital gains. You might want to consider this move, but it should be made with the guidance of a financial professional you trust.<sup>1</sup>

In fact, you could even take it a step further. Consider that up to \$3,000 of capital losses in excess of capital gains can be deducted from ordinary income, and any remaining capital losses above that amount can be carried forward to offset capital gains in upcoming years.<sup>1</sup>

**Do you want to itemize deductions?** You may just want to take the standard deduction for the 2021 tax year, which has risen to \$12,550 for single filers and \$25,100 for joint. If you do think it might be better for you to itemize, now would be a good time to get the receipts and assorted paperwork together.<sup>2,3</sup>

**Are you thinking of gifting?** How about donating to a qualified charity or non-profit organization before 2021 ends? Your gift may qualify as a tax deduction. For some gifts, you may be required to itemize deductions using Schedule A.<sup>4</sup>

While we're on the topic of year-end moves, why not take a moment to review a portion of your estate strategy. Specifically, take a look at your beneficiary designations. If you haven't reviewed them for some time, double-check to see that these assets are structured to go where you want them to go, should you pass away. Lastly, look at your will to see that it remains valid and up-to-date.

**Check on the amount you have withheld.** If you discover that you have withheld too little on your W-4 form so far, you may need to adjust your withholding before the year ends.

**What can you do before ringing in the New Year?** New Year's Eve may put you in a dancing move, eager to say goodbye to the old year and welcome 2022. Before you put on your dancing shoes, consider speaking with a financial or tax professional. Do it now, rather than in February or March. Little year-end moves might help you improve your short-term and long-term financial situation.

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

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#### Citations

1. Investopedia.com, January 8, 2021
2. NerdWallet.com, April 12, 2021
3. Investopedia.com, August 23, 2021
4. Investopedia.com, December 28, 2020

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A public health flu clinic was held on October 1, by the Granite VNA for residents of Bow at the Community Center. Staffing the clinic were staff and volunteers from the VNA.



**Pictured left to right are: Kari Barton, Chelle Bergeron, RN, Lisa Richards, Trish O'Loughlin, RN.**  
Photo courtesy of Eric Anderson.





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## OPPORTUNITY IS KNOCKING, WILL YOU OPEN THE DOOR?

As you may know, I am the current President of the Bow Rotary Club and as such would like to use the space I generally use to discuss the topics of Elder Law and Estate Planning to inform you about the Club's annual auction (see the Clubs advertisement on page 4 in this edition of The Bow Times for specific details).

As of 2021, the Bow Rotary Club has awarded over \$350,000 in scholarships and \$15,500 in camperships to local families.

The first thing you should be aware of is that due to the con-

tinuing saga of COVID-19, and our concern for everyone's safety and wellbeing, the auction will be online.

Another thing I want you to know is that we are again holding our annual raffle. The three prizes to be awarded are \$1,250.00, \$500.00 and \$250.00 (see the Club's advertisement for more on this).



For those who don't want to bid on items, but still want to contribute to the cause, you can visit our website at [www.bowrotary.org](http://www.bowrotary.org) to find info about how to give.

Speaking of giving! The Kiniry Law Firm, PLLC has donated a gift for the following products and services for a couple:

- 1 One Estate Planning/Elder Law Consultation, duration of one (1) hour;
- 2 Two Simple Last Will & Testaments (no trusts included);
- 3 Two Durable Powers of Attorney (no tax planning provisions included); and
- 4 Two Advance Directives with Living Will.

These are New Hampshire specific documents, and therefore, the winning recipients must be a resident of NH. This auction item has a value of \$1,800.00. The minimum bid on this item is set at \$800.00 (a family is going to save on their planning, will it be you?).

If you have been planning to work with the Kiniry Law Firm, PLLC to get your affairs in good order, now is the time to check out this great opportunity and support our community all in one easy action!

**Opportunity is knocking – we hope you will open the door!**

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





## Lobster Feast

### LOBSTER FEAST IS A SUCCESS!

The Bow Men's Club Annual Lobster Fest was held Saturday, October 2nd. Proceeds raised from the event will help fund donations to Scouting BSA Troop 75, Bow High School senior scholarships, and community projects like the handicapped accessible ramp and the picture rail at the Old Town Hall.



Warren Perry holds up two lobsters ready for steaming at the Men's Club's Annual Lobster Feast. Photo courtesy Eric Anderson

## PRE-K ART & PLAY



Pre-K Art and Play is for children ages 3-5 with parent/guardian or adult caregiver. Come join us for a fun-filled hour where you and your child will enjoy working on arts and crafts projects together and engaging in a variety of movement activities, games and more with other children. The result is serious bonding time with your little one and colorful masterpieces to display at home!

### LOCATION:

Bow Recreation Center  
1 Bow Center Road, Bow

### WHEN:

Friday, November 5, 19  
December 3, 10, 17

**COST:** \$55 Bow Resident \$60 Non-Resident

**TIME:** 10:00-11:00 AM

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### SHADES OF GRAY?

It is common in today's discussions (or should I say arguments) to hear phrases such as "Right to Free Speech," "Second Amendment Rights," and "Reproductive Rights." Let's take a closer look at what we are really saying, what these 'rights' really mean and how we use language as a cover for what we really want to say or do.

As a noun, 'right' means what is morally correct, just or honorable. When used as an adjective it means true or correct as a fact (also morally good, justified, or acceptable). In general, as you will see below, just because a 'right' is guaranteed does not mean that it is absolute. If exercising your 'right' will bring harm to someone, your 'right' may be limited.

The First Amendment gives us freedom of speech. But we do not have absolute freedom of speech. Our right to free speech is limited by where we are, what we say, and how we say it. Here are some (but not all) of the types of speech that a federal or civil court could, by law, find you guilty of: Obscenity, Lies, Threatening violence or Pornography.<sup>1</sup>

The Second Amendment says that we have the right to keep and bear arms. But again, this is not unlimited. This amendment is probably one of the most contested issues in local, state and federal court. Since *DC v Heller* in 2008 courts have found the vast majority of reasonable gun regulations to be within the guidelines of the Second Amendment. This would include prohibiting certain individuals from owning a firearm as well as the type of firearm one can own.<sup>2</sup>

Reproductive Rights is a slogan used by many in the 'pro-choice' movement. How could anyone argue against a woman's 'Reproductive Rights'? You can't. Reproduction is the biological process by which we reproduce offspring. It is the main feature of life on earth. Although there is not a constitutional right to reproduction, several Supreme Court cases have recognized it as a fundamental right. (Interestingly, courts are not sure if men have reproductive rights!). An example of restricted reproductive rights is in China which had a one-child limit from 1980 until 2016 when couples were then allowed two children. This year the government is allowing three children per couple.

As we saw in the first two illustrations, if exercising your 'right' will bring harm to someone, then your 'rights' may be limited. In the issue of Reproductive Rights, we should take into consideration the rights of the baby, which in this case is not able to defend itself or make a case for its wellbeing and its own rights. If we call the baby "the products of conception" or a "fetus," we don't have to deal with a person with rights so we can do as we please. That is what we did with African slaves. We called them "our property" and thereby had the freedom to treat them as we wanted. The Nazi Party called the Jews and Poles 'the problem', and thereby justified their extermination. Finally, we need to clearly understand that the preborn baby is not part of the mother's body. The mother is 'carrying the baby.' The baby is as distinct and real an individual as are African Americans, Jews and Poles. Black lives do matter, Immigrant lives matter, and the life of the unborn child matters.<sup>3</sup>

1. <https://www.saturdayeveningpost.com/2017/03/6-exceptions-to-freedom-of-speech/>  
<https://www.democracyandme.org/does-free-speech-have-limitations/>  
<https://accessiblelaw.untdallas.edu/limits-free-speech-social-media>
2. <https://www.lawyers.com/legal-info/criminal/the-second-amendment-and-the-right-to-bear-arms.html>  
<https://constitutioncenter.org/interactive-constitution/interpretation/amendment-ii/interps/99>  
<https://www.vox.com/the-big-idea/2018/5/23/17383644/second-2nd-amendment-gun-control-debate-santa-fe-parkland-heller-anniversary-constitution>
3. <https://www.findlaw.com/family/reproductive-rights/what-are-reproductive-rights-.>  
<https://epicpew.com/10-reason-unborn-part-womans-body/>  
<https://www.epm.org/resources/2010/Mar/29/unborn-part-mothers-body/>  
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# BOW – HOPKINTON SPORTS NEWS

## BOW FOOTBALL

### OCTOBER 1 MILFORD 42, BOW 13

In Milford, Logan Barnhill scored five touchdowns for the Spartans (4-1). Bow (1-3) received a 45-yard TD catch from Owen Guertin and a 5-yard TD run from Myles Rheinhardt.

## BOW GIRLS' SOCCER

### OCTOBER 2 BOW 3, OYSTER RIVER 0

**Key players:** Lexi Insana (goal), Sydney Roberge (goal), Lyndsey LaPerle (goal), Kelly Harris (assist).

## BOW BOYS GOLF

### OCTOBER 1 BOW 89, PROSPECT MTN. 40, GILFORD 31.

**Key players:** Joey Place (40), Hunter Duncan (41), Andrew Conley (41), Owen Webber (41).

## BOW GIRLS GOLF

### GIRLS' INDIVIDUAL STATE CHAMPIONSHIP

**Key players:** Bow – Ali Sargent (9th, 88), Amelia Soucy (tied 12th, 92); Kearsarge – Meghan Blood (10th, 90); Pembroke – Summer Pescinski (tied 17th, 60), Abigail Duchesne (tied 22nd, 62)

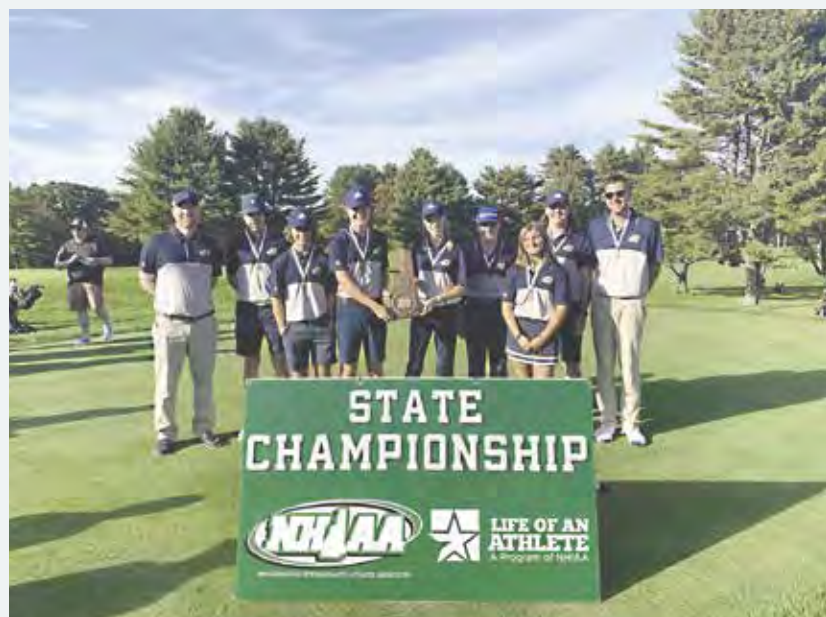
**Highlights:** Sargent earned her place as the top local finisher in the 18-hole championship flight at Campbell's Scottish Highlands. Dover's Carys Fennessy claimed the state championship with a 3-under 68, five strokes ahead of the runner-up. The nine-hole medal flight was won by Plymouth's Brianna Caston with an 8-over 43.

## BOW GIRLS' FIELD HOCKEY

### OCTOBER 5 BOW 4, PLYMOUTH 0

**Key players:** Sara Guerrette (2 goals), Alex Larrabee (goal, assist), Madeleine Kropp (goal). Bow played a well-rounded game with excellent passing, great offense and defense. Playing well were Sabrina Bernard, Rylee Constant and Elena Roy.

## BOW WINS D3 GOLF STATE CHAMPIONSHIP!



Pictured (L-R): Assistant Coach Joe Ryder, Hunter Duncan, Owen Webber, Cam Evans (Captain) Amelia Soucy (Captain) Eli Wilkening, Alessandra Sargent, and Head Coach Matt Davis.

## BOW'S NEW WRESTLING COACH

Chris Thomas takes over as the new wrestling coach at Bow High School this season.

Thomas will try to maintain the Falcons' reputation as one of the premier Division III schools.

He spent the last 11 seasons as an assistant coach at Pelham High School, where he coached against Bow several times.

Bow has finished as Division III state runners-up three out of the last four years in the team tournament. It won the team title in 2019, when it edged out Campbell, 165-152.

## BOW HS STUDENT ATHLETES GIVE BACK TO THE COMMUNITY -

Seniors from this year's Bow High School Class of 2022 Student Athlete Leadership Council (S.A.L.C.) recently purchased with a generous gift card donated from the local Hannafords, the first \$200 worth of non-perishable food to be given to the NH Tackles Hunger Food Drive.

Bow High School will be the host for one of the many New Hampshire Tackles Hunger football games played around the state in October. The Bow Falcons will take on Hollis-Brookline on October 16th @ 2pm.

S.A.L.C. members will volunteer at this game to collect non-perishable food and cash donations to help fill local food pantries.



From (L-R): Jocelyn Webber, Sarah Guerrette, Jessica Chamberlain, Madison Roberge, Stephanie Gosselin and Rylee Constant.

## HOPKINTON GIRLS JV SOCCER

### SEPTEMBER 25 Hopkinton 4 vs Souhegan 0



Annie Higginbotham. JEFF SULLIVAN/photo

## HOPKINTON JV FOOTBALL

### OCTOBER 11 HOPKINTON 0 vs SOUHEGAN 47



Roman Finlayson. JEFF SULLIVAN/photo



# DUNBARTON NEWS

By Nora LeDuc



◆ **DCC BOOK CLUB** This month the DCC Book Club is reading *The Heart of a Woman* by Maya Angelo. The book will be discussed Thurs. Nov 4, 7pm to 8:30pm on Zoom.

◆ **ELEMENTARY SCHOOL** The Elementary School will have Early Release for Parent Teacher Conferences on Wednesday, November 10. There will be no school on Thursday, November 11 for Veteran's Day, and no School on Friday, November 12 for Parent Teacher Conferences.

◆ **LIBRARY BOOKCLUB** The Dunbarton Library Book Group will be Reading Educated by Tara Westover. Westover recounts her story about overcoming her survivalist Mormon family in order to go to college and emphasizes the importance of education in enlarging her world. Discussion is scheduled for Wed. Nov. 17 at noon. If interested in joining, please contact the library about the meeting place and a book.

◆ **HISTORY OF BOB CATS** Understanding Bobcats will be presented on Tuesday, November 9 at 6:30 pm via Zoom by Don Allen. The New Hampshire Fish and Game will present the history of the bobcat in our state. Learn about the research going on. Learn new facts, interesting information, and some helpful tips. If interested, contact the Dunbarton library for more info and the Zoom link.

◆ **ARTIST BOB JAMBACK** Art Wall Exhibit at the Dunbarton Library: *Landscapes* by Bob Jamback. Local artist Bob Jamback is back with a sampling of his work from the last two years. You may recognize *Bela Brook*, off Grapevine Road. Also included are some of his favorite paintings of the Maine coast. The paintings are oil on canvas and acrylic on panels. We hope you will enjoy Bob's beautiful paintings. Please stop by.

◆ **DEA TAKEBACK** Dunbarton's National Drug Prescription Takeback Day will be Sat Oct 23, 10am to 2 pm at the Dunbarton Police Dept, 18 Robert Rogers Road. Residents can turn in their unused, unwanted, or expired medications, no questions asked. Needles and liquids are not acceptable. FMI contact Sergeant Chris Remillard at [chrisremillard@gsinet.net](mailto:chrisremillard@gsinet.net) or 603-774-5500.

DEA NATIONAL  
**TAKEBACK**

Saturday, October 23  
10 a.m. – 2 p.m.

[DEATakeBack.com](http://DEATakeBack.com)



## RICHARD SWETT ARTICLE | Continued from page 2

The U.S. and other governments cannot do this alone. President Biden is challenging the private sector, international organizations and philanthropies to do more to ramp up vaccine production, donate, and deliver doses to highly impoverished nations.

This summer I traveled to seven sub-Saharan African countries to bring telemedicine and new sustainable communities with health care clinics to Africa to combat COVID-19.

The new target set by the World Health Organization is to have 70% of the world fully vaccinated in a year. With under 2 percent of people living in low-income countries having received even a single dose of the vaccine, it will be no small challenge.

My summer's sojourn revealed a sea change occurring. Africans want U.S. investors. The U.S., through its assistance in containing COVID-19, can also address the need for bottom-up development. The goodwill and relationships developed fighting the pandemic together will make economic opportunities more realizable.

Our country has faced great challenges before, from world wars to global pandemics; and while imperfect, we strive to make the world a better place, to stand for human rights and dignity, to save lives from illness and oppression, and to create prosperity where poverty now prevails. We are a better country for our efforts, and we benefit greatly from them.

I hope there will be continued bipartisan support in New Hampshire and in Congress for U.S. leadership. In the fight against COVID-19, millions of people, from New Hampshire to the developing world, are depending on it.

**Former Ambassador Richard Swett of Bow, Served in Congress from 1991-1995.**

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## THE GALLERY OPENING OCTOBER 11<sup>TH</sup>

We are excited to announce the re-opening of the Gallery at Baker Free Library. Over the past few weeks, the Gallery had some much needed TLC with a fresh coat of paint and updated wall hanging system. The Gallery will feature local artist, Susan Rock, from Oct. 11- Nov. 12th. Stop in the Library during our open hours to walk through the Gallery!

### October 11 – November 12 – Featuring Susan Rock

From the Artist: My art work represents who I am at the moment. I work in fiber and watercolor and seem to be always thinking about how and what I am seeing, hearing, how something feels, its color, shape or texture and how they can be part of my art.

### November 15 – December 17 – Featuring Estelle Smith

From the Artist: A regional presence in New Hampshire's Lakes Region since 2001, Estelle Smith has relocated to the Concord, NH area, an environment that she has found to be welcoming, warm and supportive. A member of a long list of arts related organizations, Estelle thrives most within the confines of her new in-home studio, her center for continued work and for her primary love, teaching. Estelle's preferred mediums are watercolor and pencil.

**Estelle will host an Artist Meet & Greet** at the Library on Friday, Nov. 19th from 4-6pm. Stop by during that time to say hello!

For complete descriptions of the Featured Artists and samples of their work, visit our website, [www.bowbakerfreelibrary.org](http://www.bowbakerfreelibrary.org)

If you are interested in being a Featured Artist in the Gallery, contact Amelia at [amelia@bakerfreelib.org](mailto:amelia@bakerfreelib.org).

## SHIMMY AND SHAKE STORYTIME

### Every Tuesday at 10:30 am

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 ages 3-6, but all ages are welcome.

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

## FAMILY STORYTIME

### Every Thursday at 10:30 AM

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.

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

## KIDS IN THE KITCHEN

### WITH MISA PIGNATARO – Virtual Program

#### Thursday, Oct. 28th | 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.

## Adult Craft Night - After Hours

### Monday, Nov. 8th | 6:00pm

Join us for an after-hours craft night and learn how to make simple DIY crafts. This craft is also available as a take-home kit which will be available to pick up on Tuesday, Nov. 9th.

## ADULT BOOK TALK

### Tuesday, Nov. 9th | 12:30pm & 6:30pm

The Adult Book Talk Group will be meeting in-person Tuesday, November 9th at 12:30pm and 6:30pm. The group will be discussing *These Ghosts Are Family* by Maisy Card. Copies of the book are now available at the Circulation Desk to check out.

## KRAFTS 4 KIDS

### Wednesday, Nov. 10th | 3:30pm

After-school craft program for students in grades K-4, along with a parent or guardian. New projects every month! Program will be held in-person and registration is required. Visit the Library or call us at (603) 224-7113.

## Anne Jennison Storyteller

Attend a virtual performance from Native American storyteller Anne Jennison. Anne's performances draw from Abenaki and other Northeast Woodlands traditions, always beginning with a song, accompanied by her rattle or frame drum. Listeners will be taken on a spell-binding and entertaining journey through a series of traditional Native American stories. This is an all-ages event.

Funding for this event is provided by the NH State Council on the Arts as well as funds administered by the NH State Library, and provided by the Institute of Museum and Library Services. This program will be VIRTUAL and registration is required. Please visit the Library or call us at (603) 224-7113.

## TINKER TUESDAY

### Tuesday, Nov. 16th | 3:30pm

A STEM-inspired group that explores scientific concepts through hands-on activities. For Grades 2-6, with a parent or guardian. This program will be held in-person and registration is required. Please visit the Library or call us at (603) 224-7113.

## The Scarecrows of Bow Return!



The Bow Garden Club's Halloween Exhibit at Rotary Park getting a lot of ghoulish attention. Photo courtesy of Eric Anderson

## REFLECTIONS ON BOW POND



Fall Foliage made a stunning debut at Bow Town Pond. The vibrant colors were peak when this was shot. Photo courtesy of Eric Anderson



# Talking Trash

by Danielle Ruane

## This Year's HAZARDOUS WASTE & ELECTRONICS COLLECTION DAY Saturday, Oct. 23<sup>rd</sup>

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. The event will be at the Bow Department of Public Works at 12 Robinson Road, Bow.

Bow and Dunbarton residents should bring their household hazardous waste to the event to safely dispose of harmful materials. Household hazardous waste includes household products labelled "caution, toxic, danger, hazard, warning, poisonous, reactive, corrosive, or flammable." Many of these products are used in our houses, garages and lawns, and are purchased from hardware, automotive and grocery stores. These products are common and easy to purchase, and unfortunately, many people forget that household hazardous waste must be disposed of properly. According to the New Hampshire Department of Environmental Services, the average household throws 15.5 pounds of hazardous materials into the trash each year. It is important to dispose of hazardous materials properly because some household hazardous wastes are dangerous to humans, pets and the

environment. The proper disposal of these items is also necessary to protect our wells and groundwater, and to help avoid contamination of our drinking water supplies.

Items accepted at the event include oil based paints and solvents (no latex paint), used motor oil, antifreeze, transmission fluid, swimming pool chemicals, insecticides, fluorescent light bulbs, batteries, household cleaning chemicals and propane tanks. Please do not bring latex paint, explosives, asbestos products or prescription drugs. A list of acceptable and unacceptable materials can be found at <https://www.bownh.gov/340/Annual-Household-Hazardous-Waste-Collect>.

This year there will be a company collecting electronics and computer items for free, or a modest fee depending on the item. There is no fee for items such as computers, cell phones, keyboards, mice, cable boxes, power cords and cables. There is a small fee for certain items such as printers, televisions, microwaves, computer speakers, dehumidifiers, air conditioners and appliances such as Keurig machines. The electronics collected will be repurposed or alternatively disassembled into their basic materials such as plastic, steel, aluminum or copper. The disassembled materials are sent to companies that specialize in processing those items. For computers or other items that are repurposed, the memory will be wiped to clear all user data in accordance with Department of Defense standards. The fee schedule for recycling electronic materials is available on the Bow's website.

Please email [bowrecycles@gmail.com](mailto:bowrecycles@gmail.com) with questions.

### 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.

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## Hopkinton Real Estate Sales – SEPTEMBER 2021

ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
661 Jewett Road	4 Bedrooms   2 Baths	2,854 Square Feet	3.600 Acre	\$570,000
710 E Penacook Road	4 Bedrooms   3 Baths	2,650 Square Feet	3.000 Acre	\$485,000
1281 Maple Street	4 Bedrooms   3 Baths	2,059 Square Feet	1.620 Acre	\$474,900
527 Beech Hill Road	3 Bedrooms   2 Baths	2,090 Square Feet	0.33 Acre	\$415,000
26 West Ridge Circle	3 Bedrooms   2 Baths	2,192 Square Feet	2.09 Acre	\$388,750
346 Old Henniker Road	3 Bedrooms   2 Baths	1,807 Square Feet	1.0 Acre	\$365,000
126 Spring Street	2 Bedrooms   1 Baths	1,232 Square Feet	2.0 Acre	\$321,000
160 Drew Road	3 Bedrooms   2 Baths	1,296 Square Feet	0.562 Acre	\$220,000

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### HOPKINTON - CONTOOCCOOK TOWN CRIER

by Kathleen Butcher  
724-3452, [kathb123@comcast.net](mailto:kathb123@comcast.net)

to calm the body and mind. Kim's book will be available for purchase. No registration is required. This program will be held outside weather permitting. For ages 4-7 with a caregiver/siblings welcome.

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: October 21st, November 11 th and 18th, December 9 th and 16th

► **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 or to volunteer.

► **FARMERS MARKET** The Contoocook Farmers Market is open every Saturday 9am-12n at the Tooky Gabezo. Stay up-to-date by visiting the Facebook page Contoocook Farmers' Market. For ages 4-7 with a caregiver/siblings welcome.

## TWO VILLAGES ♥ ONE HEART

► **HISTORICAL SOCIETY** The Hopkinton Historical Society is presenting its eighth **Cemetery Walk** at the Clement Hill Cemetery on Saturday and Sunday, October 16 and 17, at 1:00 pm. Visitors will hear from 27 of Hopkinton's former residents, portrayed by local actors in period costumes, who will share something of their lives and times. Clement Hill Cemetery is located on Clement Hill Rd. between Sandy Beach Campground and Bass Lane. in Hopkinton. Visitors are encouraged to bring a folding chair and to wear comfortable shoes. Tickets are \$10.00 for members/\$15.00 for non-members and may be purchased at the event or in advance at the Society during regular business hours. The event will be held rain or shine.

► **CONTOOCCOOK DANCE & GYMNASTICS** Contoocook Dance and Gymnastics has re-opened. Call Yvonne Bossi at 746-3282 for class information.

► **HOPKINTON LIBRARY** 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!

Come to the library on Friday, October 15th from 3:15-4 PM to meet Hopkinton resident and yoga instructor **Kim Stevenson**, who has just published her first book – *Behind Mogo's Mask!* Join us as she shares it, along with a yoga lesson. Learn how to recognize the physical signs of anger and frustration. She'll teach yoga poses and breathing techniques

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## The 5th Annual Art on the Porch Event was a HUGE success...

Thanks to our talented artists, businesses, sponsors, and the community for outstanding participation and support. The NH Music Collective for the musicians, and the Two Villages Art Society delivered a gala event!

## HOPKINTON POLICE DEPT.

### 5 Arrests 9 Accidents 328 Traffic Stops JULY 2021 STATS AND ARREST LOG

**09/05** Matthew Pearl, 35, of 4 Acre Street, Boscawen, Arrested on a Warrant.

**09/06** Tyler Payne, 35, of 48 Arthur Drive, Weare, arrested for Theft by Unauthorized Taking.

**09/07** Steven Sturtevant, 37, of 123 East Main Street, Bradford, was arrested for Resist Arrest/Detention, Controlled Drug: Heroin/Crack>5gm, Drive After Revocation/Suspension; DUI, Disobeying an Officer and Arrest on a Warrant.

**09/22** John Shampney, 29, of 159 North Road, Warner, arrested for Resist Arrest/Detention, Drive After Revocation/Suspension-subsequent, Disobeying an Officer and Theft by Unauthorized Taking \$0-\$1000.

**09/23** Margaret Doscher, 74, of 81 Brockway Road, Hopkinton, was arrested for DUI.



## PATS PEAK

### ANNUAL OKTOBERFEST CELEBRATION and SKI/SNOWBOARD SALE SUNDAY, NOVEMBER 7, 2021 FREE ADMISSION

Join us for the 18th Annual Oktoberfest and the 50th Annual Pats Peak Ski Team Ski and Snowboard Sale on Sunday, November 7.



The Oktoberfest event runs from 11:00 AM to 5:00 PM.

- Live music from The Bavarian Brothers
- Authentic German food, and beer garden
- Beer stein holding contest

11:00 AM to 3:00 PM Activities for the whole family:

- Kids' Bounce Houses • Keg Bowling • Face Painting Clown
- Appearances from Pats Peak mascots Boris and Snowball.
- Woodsmen Show with axe throwing and wood chopping
- Chairlift Rides (weather permitting)

Ski & Snowboard Sale event runs 11:00 AM to 3:00 PM. This is a great opportunity to buy and sell new and used ski and snowboard equipment and accessories. A portion of the benefits go to the Pats Peak Ski Team, a non-profit organization benefiting junior alpine racers.



For-sale equipment must be dropped off on Saturday, November 6, from 10:00 AM to 3:00 PM. Items must be registered in the system at [patspeakracing.org](http://patspeakracing.org) before drop off.

**NOTE:** Sunday, November 7, 2021 is the last day to purchase Pats Peak Season Passes for up to a \$40 discount.

**See [www.patspeak.com](http://www.patspeak.com) for more information.**



## OBITUARIES



### GAVIN & NICHOLAS OUELLETTE

It is with great sorrow that we announce the passing of the Ouellette brothers, Gavin Thomas and Nicholas Thomas Ouellette.

**GAVIN THOMAS OUELLETTE** became an angel on September 10, 2021. Gavin was born on April 22, 2015, in Manchester, to loving parents, Thomas and Jennifer (Smith) Ouellette. He had just started first grade at Bow Elementary School, where he easily made many friends. Gavin had the spirit of a happy, funny boy - that smile! Gavin was always with his mom doing errands during the day and cuddling at night. He loved wrestling and playing video games with his two older brothers, and following his dad around the football field as his assistant.

Gavin enjoyed playing soccer and t-ball with an eye towards becoming a "Bulldog." Though his time here was short, his childhood was filled with things most kids could only dream of.

**NICHOLAS THOMAS OUELLETTE** passed away unexpectedly on September 10, 2021. He was born on April 21, 2005 in Manchester, NH, the loving son of Thomas and Jennifer (Smith) Ouellette.

He was a junior at Bow High School, where he was a member of the Falcon football and basketball teams. Nick was enrolled at the Concord Regional Technical Center studying Fire Science with the dream of one day becoming a firefighter. He loved his twin sister and two younger brothers with all his heart.

Nick would wake up with a smile and wear it all day. A "goofy" guy with the kindest soul, loved by all who knew him. He had the spirit of an easy going, fun loving young man that would never say a bad word about anyone. Being a member of the Falcon football team was his passion. #55 always showed up for his teammates with a clear mind and full heart. Nick was happiest spending time with his family, a great group of friends and girlfriend, Madelyn "Maddie" Rose Allen.

Gavin and Nick are survived by parents, Tom and Jenn Ouellette of Bow, sister Hannah (Nick's twin), brother Dylan, grandparents, Denise and Daniel Arnold of Bow, Brian and Wendy Smith, Buckport, ME, Ellen Ouellette, Kennebunk, ME, Andre and Lucy Ouellette, Peabody, MA. Aunts and Uncles, Peter Bayko and Katya Perchenko of Brighton, Ma, Michelle and Keith Archibald of Kennebunk ME, Melissa and Matthew Dias of Morrow, Ohio, Julie and Raul Barrios of Swampscott, Ma and Sarah and Brian Gacek of Chester N.H., Matthew and Jill Arnold of Oakland, C.A. Cousins Connor and Emily Archibald, Jack and Ella Dias, Valentina and Avelyse Barrios, Adeline and Ainsley Gacek, Hudson Arnold and many extended family members.

A public Memorial and Celebration of Life was held for Gavin and Nick Ouellette on Saturday, September 18, 2021. Donations may be made in memory of Gavin and Nick to: Viviana Leon Memorial Foundation, PO Box 1512, Derry, NH 03038.

### RAYMOND A. HELGEMOE

Raymond A. Helgemoe, age 92 a former longtime Bow resident died July 25th in Dallas after a period of failing health. He was born in Duluth MN, the son of the late Albin and Hazel Viola (Pekkarinen) Helgemoe. He received his BA of Education at the University of Minnesota, Master's Degree from Pacific Lutheran University and then a Degree in Criminology. Ray then entered the Navy in 1951 where his military career took him around the world as a submarine officer, a Vietnam War Veteran, NORAD, and Warden of the Naval Prison at Portsmouth Naval Shipyard.

After retiring from the Navy as a Commander in 1974, he became the Warden of the NH State Prison in Concord. He finished his last 20+ working years as a Professor at UNH and working as a consultant for Bonoivish & Marchavili Architects. He was a member of the Boy Scouts of America and served in many leadership and adult roles as a Cub and Scout Master.

He was married to the late Janet Galeucia Helgemoe for over 50 years who predeceased him in 2007. He is survived by three sons; Scott and wife Krysta, Colton of Brighton, CO, Eric and his wife Natalie, and their sons Devin and Lars of Pelham, NH, and Gregory and his wife Amanda and their sons Egan and Hayden of Dallas, Texas, a sister Lorraine (Lori) and numerous nieces and nephews.

### MARY ELLEN FORRESTALL-NICHOLLS

Mary Ellen Forrestall- Nicholls age 75 died Sunday September 19, at Concord Hospital. She was born in Concord, daughter of the late Ralph and Veronica (Smith) Avery. She was a graduate of St. John's High School class of 1963, received her Bachelors in Nursing from Salve Regina College in Newport RI class of 1967 and received her Masters in Social Work from the University of CT in 1982.

Mary Elle, RN worked at Concord Hospital, Mckerley's Nursing Home, and the Department of the Army. She was a nursing instructor at NH Hospital, Sacred Heart Hospital and NHTI. Mary Ellen worked as a NH Licensed Independent Clinical Social Worker from 1984 to present. Mary Ellen also started Counseling Dynamics. She was selected as Social Worker of the Year in 2004. She was a member of the International Conference for the Advancement Of Private Practice Of Clinical Social Work. Past Chair of the Board of Mental Health Practice State of NH, Past President and member of NH Society of Clinical Social Work Federation, Member of National Association Social Workers and Clinical Committee of NHNASW, Affiliate Staff at Concord Hospital, Concord Hospital.

She enjoyed traveling, sailing, playing cards, walks on the beach and most of all spending time with her grandchildren.

She is survived by her loving husband Dr. James Nicholls, four children; Lisa Laflamme-Walsh and her husband Joseph, James Forrestall and his significant other Kathy, John Forrestall and his wife Naomi, Joseph Forrestall and his wife Margaret, eight grandchildren; Avery, Delaney, Kadie, Madyson, Tristan, Jonah Kael, Logan and several cousins.

Donations may be made in her memory to CHaD at Dartmouth Hitchcock Medical Center, CHaD Community Relations Office, One Medical Center Drive, Lebanon, NH 03756 or to Concord Hospital 250 Pleasant St., Concord, NH 03301.

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## OBITUARIES

### RICHARD ALEXANDER PISTEY

Dick Pistey, age 80, of Bow passed away on September 12, 2021. He was born in Bridgeport, Connecticut, the son of the late Alexander and Elizabeth (Repka) Pistey.

He was quick-witted, delighting in joking with people who didn't know he was joking, but never in a mean-spirited way. He would tell people that his sense of humor was a necessity for staying sane through his 39 years in the Bow Fire Department. He served four years in the Air Force, then became a volunteer firefighter, EMT, and spent many years as the Assistant Chief in the Bow Fire Department. He saw births, and tragedies, saved lives of strangers, went into burning buildings, and trained and mentored his successors. He kept people's secrets and never betrayed the trust the community put in him. All will forever miss this kind, funny, smart, selfless hero who didn't like being the center of attention.

In addition to his many friends, Dick leaves two sisters, his son and daughter, his three grandchildren, his fiancée, his three brother-in-laws and daughter-in-law, and his six nieces and their children.

Donations may be made to the Pope Memorial SPCA, 94 Silk Farm Road, Concord, NH 03301.

### JULIE PATCH

Julie Ann Schilling Patch of Bow died at her home on Sept. 7, 2021 at 70 years of age.

She is survived by her spouse of 45 years, Edward F. Patch of Bow, daughter Allison M. Patch Pedroza and her spouse, Randall, of Salem, Mass., and three grandchildren, Phoenix, Isabel, and Casey Pedroza, all of Salem, Mass.

Julie leaves her siblings, Herman "Neal" Schilling and spouse, Gary Peichoto, of Modesto, Calif., Donna Kay Nash and spouse, Richard, of Tillamook, OR, and Jeffery Schilling and spouse, Anne, of The Dalles, OR.

Born on April 8, 1951, in Eugene, Oregon, Julie was the first child of Sylvia Branden Schilling and H.R. Schilling. She grew up on the family's wheat and cattle ranch in Grass Valley until the family relocated to The Dalles where she graduated from high school. After earning degrees from the University of Oregon and Western Oregon University, she moved to Portland, Maine, to teach at Governor Baxter School for the Deaf. She met and married Ed, and they lived in Georgetown, MA, where she taught at the Beverly School for the Deaf while raising Allison. After the family relocated to Bow, Julie worked with deaf children as an itinerant worker in many public schools around the state, and finished her career working with deaf students through HEAR in N.H.

Donations may be made in Julie's name to Ovarian Cancer Research Alliance (<https://ocrahope.org/get-involved/honor-loved-one/>) or to the Hearing Charities of America (<https://www.sertoma.org/Ways-to-help/Make-a-Donation>).

### WILLIAM B. SWASEY

William B. "Bill" Swasey, longtime Bow resident, passed away peacefully at the Birches in Concord on September 7th. He was born in Cornish, Maine on June 12, 1926, the son of the late Philip R. and Lou A. Waterman Swasey.

Bill graduated from Gould Academy, attended Bates College, and later graduated from Bliss Electrical School. He was a veteran of the Army Air Force from 1943-1945. He worked many years as a plant manager for AT&T in both Maine and Massachusetts.

Bill spent many years working as a Greeter at Concord Hospital. Bill enjoyed spending time with family and five grandchildren (and their dogs!), woodworking, dancing, water and snow skiing. He served proudly on the National Ski Patrol for over 30 years.

Bill is survived by his loving wife of 67 years, Helen Flanagan Swasey of Wolfeboro; his brother, James Swasey of Kennett Square, PA; his children Deborah Swasey Billings of Dover, VT, Phil Swasey and his wife Martha of Barnstead, NH, and Tom Swasey and his wife Susan of Huntington Woods, MI.

Donations may be made in Bill's memory to the Alzheimer's Association, 225 North Michigan Avenue, Floor 17, Chicago, IL 60601.

### SHIRLEY L. WHEELER

Shirley Lois Wheeler, 71 of Bow passed away September 2, 2021, surrounded by her family. She was born in Plymouth NH, on October 16, 1949, the daughter of Calvin Magoon and Betty Magoon. Predeceased by sister Deborah Kelly.

Shirley was a 46 year resident of Bow, NH. She graduated from Weare High School in 1967 and was salutatorian of her class. Shirley worked 17 years at the Chandler shop in Concord, NH. She was an avid camper and lake lover. Shirley liked doing puzzles, baking and cooking Sunday dinners for her family. She was known for her pies at every holiday. Christmas was her favorite time of year. Family was number one to her and she was loved by all who knew her. Shirley is survived by her husband of 52 years Cyrus C. Wheeler III of Bow, her daughter Angela Bemis and husband Carroll Bemis of Pembroke, son Cyrus C. Wheeler, IV and wife Elyssa Wheeler of Weare.

To view an online tribute, leave a message of condolence or for more information please visit [www.csnh.com](http://www.csnh.com).

### RICHARD A. WOMBOLT

Richard A. Wombolt, 86, of Bow, passed away on September 8, 2021, at the Granite VNA Hospice House in Concord surrounded by family, following a period of declining health.

Born on June 1, 1935, in Concord, he was the son of the late George and Alice (Jones) Wombolt.

Richard was educated in the local schools and went on to serve his country in the United States Army. Upon his return he began working as a Mechanic for Greenlands Corp. working there for over 47 years until his retirement. Richard loved to tinker, around the house and on just about anything. Richard could never turn down a game of cards or the crossword puzzle in the daily newspaper and it was his mission to complete every crossword. Time spent with his family and friends was cherished and he will be missed at all these gatherings.

Besides his parents, he was predeceased by his brothers, George Wombolt and Albert Wombolt as well as his granddaughter-in-law, Michelle Monticone.

He is survived by his wife Lorraine (Guimond) Wombolt of Bow, with whom he shared 68 years of marriage, son, Rick Wombolt and his wife Sherri of Bow; sister, Phyllis Weeks of Pittsfield; three grandchildren and three great grandchildren.

To share a memory or a condolence please visit [www.stilloaks.com](http://www.stilloaks.com).

## BOW POLICE LOG

### SEPTEMBER 2021 ARREST LOG

**9/11** Angus Harmon, 49, of Bow, was arrested for driving under the influence, second offense.

**9/22** Joshua Houten, 33, of Laconia, was arrested for driving after suspension, subsequent offense, two counts of possession of a controlled drug, transportation of drugs in a motor vehicle, disobeying an officer, and breach of bail.

**9/25** Janvier Ahishakiye, 21, of Concord, was arrested for driving under the influence.

**9/30** Briana Bamforth, 33, of Bow, was arrested for simple assault and criminal mischief.



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## CARE GIVING IS HARD WORK - PART II

By Donna Deos

So last month we began this discussion and I digressed into an example. Today I'd like to take a step back and talk more about the various ways caregivers help.

There is personal care, home care, errands and shopping, transportation and I am sure there are others that are not coming to mind right this minute. Personal care is anything from helping to dress someone, doing their hair, helping them bathe, get dressed, pick out clothes to wear, dressing wounds, reminding them to take medications – maybe even managing the medications, and so on.

Home care is helping with the things around the home, like cleaning, cooking, doing laundry, getting things from various places (attic, basement, the next room) for them, doing yard work, finding professionals to help with items that need to be fixed or addressed that require a professional (or just someone willing and able to mow the lawn) to help.

Errands and shopping sounds pretty self-explanatory, but picking up prescriptions, getting your groceries and dry cleaning. Picking up cards and presents for them to give to their loved ones. Taking them places to do all of these things would fall under this category and transportation.

Transportation is a big one, especially if they have a lot of medical appointments or a very active social life. Church, lunch with friends, family gathering are all important activities for people to keep up with and they need to be able to get to them.

Quality of life is so very important to maintaining confidence, independence and a positive outlook. This is one reason so many seniors get depressed – they become socially isolated in their homes. They don't want to be a burden to anyone so they don't let people know they need help getting to where they want – and need – to go.

Another big obstacle can be needing someone to take you to your medical appointments. And, even more importantly, to go into them with you and listen to what the doctor or other medical professional is saying. Many seniors have hearing issues and don't fully understand what the professionals are telling them. Likewise, they sometimes hear a particular word that triggers them and they don't hear the rest of the discussion – their minds wander or fear sets in.

I'll give you another example here. Yes, back to my Mom – she's full of good examples! She had a doctor's appointment that she went to alone. She came home distraught that she needed a procedure because it "could be cancerous." That's what she heard, that's what she told us




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and we all set to praying and trying to make ourselves feel better. On the day of the procedure Dad and I met the surgeon and the person they had on deck in case they needed them and they said this other person was there "in case it was pre-cancerous" so they could evaluate and do whatever they needed. Their key word there was *pre*. Mom, like so many others, heard the dreaded c-word and that was all she heard. We all had a couple of weeks of stress and terror because nobody else was there to listen. If we were we would likely have caught on to what they really said. That, and we would have spoken up and asked questions. It really does help to have another set of ears sometimes no matter what your level of hearing is!

So, back to being a caregiver. Sometimes you do one of these things, sometimes you end up with most or all of them. That is really hard! It becomes a full time job. You may already have a full time job and try to juggle this as well. Been there, done that – and I don't recommend it.

No one should have to do it all on their own. This is when the caregiver needs to speak up, find resources and get the help they need.

Now imagine if the caregiver is a spouse or friend of the same age as the person receiving the care – Wow!!! How much harder does that make all of this?! SOOOO much harder.

Okay, next month we will talk about options for finding the help so no one person has to carry all of that weight! Until then, hang in there – or call me and I'll give you the info sooner.

All my best,

Donna

P.S. I am always here as a resource. If you find yourself the stressed out caregiver who just needs someone to listen and vent too, I am really great at that too. That's the counseling side that I offer and it is one of my favorite parts of what I do: making people feel better, giving them things to think about and do for themselves, and letting them know they are not alone – and they really are a pretty awesome human being who is loved and appreciated. When you are caregiving you sometimes forget all of that because you are often putting yourself last. Not a good place to be and not a good thing to feel. Let me help you feel better!

  
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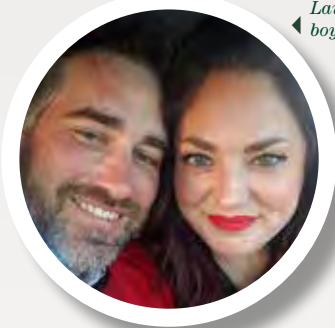
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boyfriend, Carl.



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