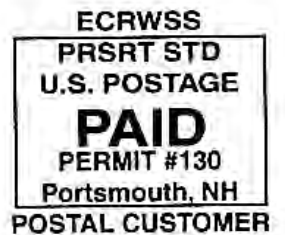




The Bow Times

“Of the People, By the People, For the People”



THE BOW TIMES

VOL 28, NO. 11 November 2021

www.thebowtimes.com

FREE



Police Chief Kenneth Miller

TOWN OF BOW HAS NEW POLICE CHIEF

The Town of Bow is pleased to announce that Thornton's Police Chief Kenneth Miller has been selected as the next chief of the Bow Police Department.

Chief Miller comes to Bow with over 22 years of law enforcement experience. He has served in progressively responsible police and command roles including field training officer, sergeant, patrol supervisor and patrol executive commander.

Chief Miller has vast experience creating and implementing community initiatives including a program using police officers as mentors to students in local schools, creation of a volunteer Community Emergency Response Team and department participation in several programs including National Night Out, Trunk or Treat, toy and food drives, meal deliveries to seniors, bicycle rodeos and youth outreach.

In addition to Chief Miller's professional credentials, he holds a bachelor's degree in Public Safety Administration from Charter Oak College and a master's degree in Justice Studies with a Terrorism/Homeland Security Certificate from Southern New Hampshire University.

Chief Miller is expected to assume his duties with the Bow Police Department on November 8, 2021. Swearing in ceremony is scheduled for Monday, November 15.



PITCO TO LEAVE BOW FOR CONCORD

In October Pitco Frialator announced it was moving forward with plans to construct a 356,000 square foot manufacturing facility in Concord on Integra Drive after the Concord Planning Board granted major site plan approval during its September meeting.

The 103-year old maker of commercial fryers moved to Bow in 1950 and currently has additional facilities in Concord and Pembroke. The new Concord plant will consolidate all three locations into a single, efficient layout incorporating office, manufacturing, and warehouse space and supporting 400 jobs.

Concord Mayor Jim Bouley noted that he was “thrilled that Pitco has decided to grow its business in Concord.” Construction on the new facility is planned to start in 2022.

Bow's Economic Development Director, Matt Taylor, said that after XCEL built its 244,000 square foot warehouse, Bow did not have a location suitable to keep Pitco here.

The existing Pitco facilities on Route 3-A have two buildings with 192,000 square feet of manufacturing space that was taxed at \$104,586 in 2020. Pitco has not responded to this paper's request as to the future use of the Bow facility.

HOPKINTON-CONTOOCOOK NEWS ON PAGES 10-11

FORMER BOW POLICE CHIEF AND AN OFFICER LOSE STATE CERTIFICATION

By Chuck Douglas

Former Bow Police Chief Margaret Lougee avoided a criminal charge of violating state law for failing to document a reported sexual assault against a 16 year old Bow High School girl in 2016, when Lougee was the School Resource Officer. In a deal with the Public Integrity unit of the Department of Justice her violation of RSA 169-C:38 resulted in a two year loss of certification as a law enforcement officer beginning on October 18, 2021.

The Attorney General said there was probable cause to criminally charge Lougee but deferred doing – keeping the file open for two years.

The matter came to light at Bow P.D. in 2019 when the girl was out of state attending college and decided to pursue the assault matter. Ten of the 11 Bow police officers on July 13, 2020, wrote the Selectmen asking for the Chief to step down. A primary motivation for them blowing the whistle was described by the 10 as follows: “The suspect's father, who happens to be a retired Law Enforcement Officer, has... told members of this department that Chief Lougee gave him her word that his son (the suspect) would not be charged.”

The officers' letter also said that “Chief Lougee's actions go directly against the New Hampshire Attorney General Office's best practices when taking the report of an alleged sexual assault. Any member of this department would expect to be terminated from employment if at any time during their career an alleged sexual assault was not properly investigated and memorialized in an official police report.”

FORMER BOW POLICE CHIF | Continues to page 4

LOTTERY CHAIRMAN DEBRA DOUGLAS PRESENTS \$1,000 INCENTIVE CHECK TO CIRCLE K IN BOW

New Hampshire Lottery Commission Chairman Debra Douglas presented a \$1,000 retailer incentive check to Circle K, located at 500 Route 3A in Bow on October 20. Circle K received the \$1,000 retailer incentive check after selling a \$100,000 winning \$5 Patriots scratch ticket to a Concord resident.



Pictured (L-R) outside of Circle K in Bow: Debra Douglas, Chairman, New Hampshire Lottery Commission; Sam Vachon, Market Manager, Circle K; Sami Cove, Asst. Store Manager, Circle K; Misty Boutin, Store Manager, Circle K; and Heather Stone, Sales Rep., New Hampshire Lottery.

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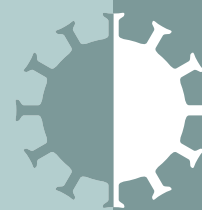
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COVID-19 **RISES DRAMATICALLY!**

TOWN	NEW	ACTIVE	TOTAL
Bow	5 New Cases	30 Active Cases	659 Total Cases
Dunbarton	2 New Cases	9 Active Cases	295 Total Cases
Hopkinton	5 New Cases	25 Active cases	428 Total Cases

As of November 11, 2021



COVID-19

EDITORIALS



THE DARWIN AWARD GOES TO THE UNVACCINATED!

by Chuck Douglas

Two weeks ago Concord Hospital announced a cut back on elective procedures like colonoscopies to screen for colon cancer, carpal tunnel surgery to end pain in the hands and arms, etc. All of this is due to a surge in COVID-19 cases because of the unvaccinated. So hands down on the IQ scale we give the Darwin Award to the anti-vaccers.

Oh, and to those who worry about a chip Bill Gates sneaks in your arm? It is nothing compared to the Apple or Samsung tracking device 90% of us wear or carry all day!

The Darwin Award is a tongue-in-cheek, fictional award which is given out to people who commit acts of utter stupidity.

BOW PARENTS NEED TO TEACH GRATITUDE

by Chuck Douglas

The recent gift of \$1,500 to four different Bow students to help with the cost of college is a classic example of giving back by the Men's Club. What is disappointing is that only one of the students wrote a note of thanks.

Children and grandchildren today need to be taught that such financial help should be appreciated by a note of thanks. Such small act of acknowledgement would have been natural 50 years ago.

I fault the parents, not the kids, for the omission and for not teaching their children the first rule of gratitude - to say thanks!

BOW ATTORNEY NOMINATED FOR SUPERIOR COURT

Attorney Mark D. Attori of Bow has been nominated by Governor Chris Sununu to fill a vacancy on the Superior Court.

Attori is a 1984 graduate of the University of Virginia School of Law and is the author of 25 articles on trial tactics and other topics.

He was a law clerk for the famous Watergate judge, John Sirica of the United States District Court for the District of Columbia. Attori also served as a Senior Assistant Attorney General in the Criminal Bureau of the New Hampshire Department of Justice.

In Bow, he served on the town Planning Board from 2004 to 2009. He is a senior trial attorney with the large Manchester law firm of Devine, Millimet & Branch. His wife, Judith, is a speech-language pathologist.



BOW ATHLETIC CLUB 5K TURKEY TROT

Thursday, November 25th

Start Time: 8:00 AM at Bow High School

Preceding the race at 7:45 am we will have an age 7 and under **Falcon Way Frolic**. (one lap around the outside of the school).

At 8 am starts the 5K (from Bow High School to Hanson Park and back). Medals for 1st, 2nd and 3rd places will be awarded in all categories. First place in each category also gets a PIE.

The cost is **\$25** + \$2.45 Sign Up Fee.
Price increases to \$30.00 after November 24.

5K Turkey Trot is from Bow High School to Hanson Park and back.
Please go to www.bowathleticclub.com for additional race information.

HOSPITAL COVID SPIKE RETURNS

Thanks to all those who don't want the vaccine for COVID-19, Concord Hospital has to delay colonoscopies, carpal tunnel surgery and other non-emergency procedures.

As of October 30 half of the ICU patients were being treated for COVID-19. Overall in the Concord Hospital system 37 patients were in for such care. **None of them had been vaccinated.**

MATH SCORES DROP DUE TO COVID LEARNING LOSS

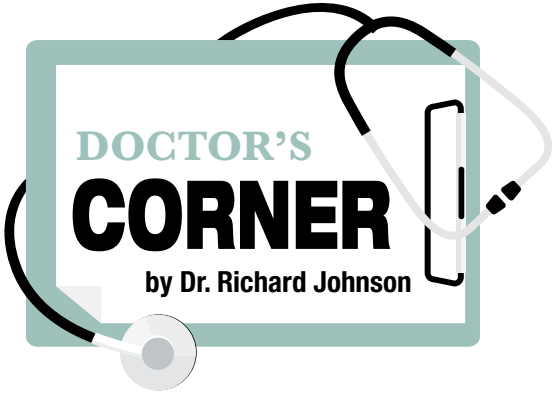
New Hampshire students' math proficiency scores dropped an average of 16 points from 48 to 32 over the two year COVID period. For area schools the scores for math proficiency were:

MATH	2018-19	2020-21
Bow	56	44 -12
Concord	48	27 -21
Dunbarton	70	50 -20
Hopkinton	61	45 -16

Reading scores took less of a hit because of remote learning and classroom interruptions:

READING	2018-19	2020-21
Bow	68	65 -3
Concord	60	47 -13
Dunbarton	73	65 -8
Hopkinton	72	65 -7

Bow students had the smallest drop in reading proficiency (-3) and math (-12).



ALZHEIMER'S DISEASE

November is "National Alzheimer's Disease Awareness Month." Many other conditions and events (such as Thanksgiving) are observed in November, but I want to call your attention to Alzheimer's disease because it is the most common cause of dementia (memory loss and mental dysfunction that interferes with daily living). In 1906 Dr. Alois Alzheimer first described a disease of profound memory loss that had microscopic changes in the brain. It is estimated that more than 6 million Americans (most over 65 years of age) have Alzheimer's disease. By age 85 your risk of Alzheimer's is about 50%, however, those who develop the disease at this late age usually have less aggressive progression of dementia. Dementia can occur from other sources: vascular dementia, Lewy body dementia, frontal-temporal disorders and combinations of the above. But let's focus on Alzheimer's disease.

Some pathological findings in the brain of an Alzheimer patient are the production of two proteins: beta amyloid which forms plaques that disrupt cell-to-cell communication, and tau which forms tangled bundles of fibers which also disrupt normal brain cell function. There is a loss of connection between the neurons. This progresses, and the brain begins to shrink. The destruction seems to begin in the hippocampus where learning and memory take place. These changes in the brain begin years before the onset of symptoms. Decreased blood supply to the brain, chronic inflammation, and possible bacterial and genetic factors are all being studied to try to find a treatable cause for this disease. There's ongoing research testing the infectious hypothesis of Alzheimer's disease by looking at different viruses, bacteria and spirochetes that are known to cross the blood brain barrier. Several of these infectious agents have been present in patients with Alzheimer's disease, but association does not prove causation; so the research goes on.

To date no specific gene has been discovered that causes Alzheimer's. There is no treatment that cures Alzheimer's or alters the disease process in the brain. Not uncommonly, dehydration, malnutrition and infection result in the patient's death.

Some of the risk factors for developing Alzheimer's include increasing age, family history, Downs Syndrome, head trauma, excessive alcohol consumption, air pollution, poor sleep patterns and general health issues (lack of exercise, smoking, obesity, elevated blood pressure and poorly controlled type 2 diabetes).

Alzheimer's is not considered 'preventable', but you might lower your risk by eating a healthy diet, exercise regularly, managing any underlying disease, and stopping smoking. There also appears to be a reduced risk of Alzheimer's for those who keep themselves involved in stimulating mental and social activities.

In recent years more attention has been given to the toll that caring for the Alzheimer's patient takes on the loving caregiver. When you learn that you will become a caregiver of someone with Alzheimer's you will probably experience moods of grief, anger or depression. After months of caregiving, one can become exhausted, irritable and socially withdrawn. When you first become aware that a loved one has Alzheimer's disease it is important to reach out for support and advice to organizations like the Alzheimer's Association (<https://www.alz.org>), Alzheimer's Foundation of America (<https://alzfdn.org>), and alzheimers.net (<https://www.alzheimers.net>).



Aiva Berrigan of Bow will perform along with a cast of professional guest artists and other area youth in the annual production of the timeless classic, The Nutcracker, in six magical performances from Friday, November 19th through Sunday, November 21, 2021 at the Palace Theatre.

Seventeen-year-old Aiva Berrigan attends Bow HS and will perform the coveted role of Snow Queen and Arabian Soloist in this years' production. Aiva has been dancing for ten years and has trained with Eastern Ballet Institute, Boston Ballet and has spent the last year training with Southern NH Dance Theater. "As I got older, I fell in love with ballet. I love expressing my feelings through movement in this beautiful art form," stated Aiva.

She will be performing alongside seventeen-year-old **Sydney Ferland** of Bow who will be performing the roles of Mirliton, Snowflake in the Snow Scene, Spanish and in the Waltz of the Flowers. Fifteen-year-old Hopkinton resident, **Adia Madden** will perform the roles of Elf, Mouse, and Arabian.

Joey Richardson age thirteen of Hopkinton will perform as Fritz, Candy Cane, and Party Boy and performing as a Baby Mouse and Angel is ten-year old **Athena Santini** of Hopkinton.

The Palace Theatre will continue to follow all safety guidelines and are taking every precaution necessary to keep everyone safe this holiday season. The 21st annual production of The Nutcracker will be performed Friday, **November 19th through Sunday, November 21st.** For show times and ticket information call the Palace Theatre Box Office at 603.668.5588 or visit www.palacetheatre.org. Call for your tickets today!

BOW SOCCER CLUB U12 GIRLS WIN NH SOCCER LEAGUE, DIVISION 1 CHAMPIONSHIP

On Wednesday evening November 3, the Bow Soccer Club's U12 Girls team played in the Division 1 NHSL championship game versus Aztec NH at The Presentation of Mary Academy turf field in Hudson NH. The match ended with a 2-0 victory for Bow with Marissa Reyes scoring on a free kick at the end of the first half. Bow's second goal came off a late second half own goal. The above picture was taken shortly before kickoff.



Pictured in the first row (L-R) are: Jolee Trudell, Sadie Pelletier, Goalkeeper Kyleigh Duval, Celia Roberge, Addison Rader, and Brylee Coffman. Back row (L-R) are: Mily Jacobson, Marissa Reyes, Reanne Hubbard, Ava Popielarz, Autumn Betteridge, Jordyn Leonard, and Matison Couto. Missing from the photo were Ashlyn Blethen and Lauren Andrews. The team was coached by Don Hubbard and Nate Reyes. Photo courtesy of Bob Pavano.

FORMER BOW POLICE CHIF | Continued from page 1

As a result of the officers' letter to the Selectmen they hired a company named Municipal Resources, Inc. (MRI) to do a report. While MRI was quite negative in its review, the Selectmen did not reveal to the public the letter from the police force or MRI's report. Instead, on October 27, 2020, Chris Nicolopoulos as Chair wrote the Bow Police Department that "Margaret Lougee has not engaged in any conduct that would warrant discipline, suspension or removal."

This "whitewash," as one officer described it, prompted several to contact the Bow Times. After a series of Right to Know requests the December 2020, paper exposed the letter and MRI report to the public. That led the Attorney General's Office to open an investigation into the Chief on December 22, 2020.

December was also the month an internal investigation at Bow P.D. began regarding School Resource Officer Michael Carpenter. He was the only officer who had not signed the July letter. The only public document released so far is a one page Form B from the Police Standards and Training Council noting Officer Carpenter's status as going from active to "resigned during internal investigation."

Requests to the town and state for more information have been filed pursuant to RSA 91-A by this newspaper seeking to provide transparency on both of these serious matters.

PRADIP K. CHATTOPADHYAY NOMINATED FOR PUBLIC UTILITIES COMMISSION

Kathryn Bailey of Bow has been replaced by Pradip K. Chattopadhyay to serve as one of three Commissioners on the State Public Utilities Commission. Chattopadhyay's term would run until July 1, 2027.

Chattopadhyay also of Bow, served as assistant consumer advocate along with rate and market policy director at the PUC from December 2014 until last August, when he became a senior adviser with the agency.

QUOTE FOR THE DAY

"Each person must live their life
as a model for others"

Rosa Parks

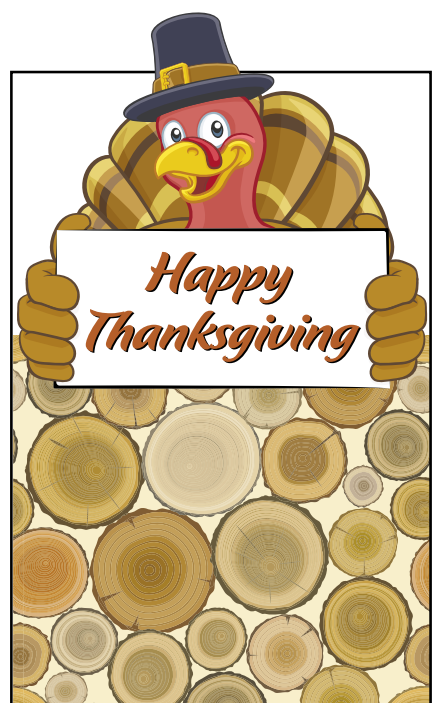
IS THE ALLEN ROAD GRAVEL PIT A GOLD MINE FOR BOW?

At recent Selectmen's meetings on September 14 and October 5, 2021, the Board and interested neighbors have been weighing in on converting high quality sand into money.

93 acres of town land off of Allen Road in South Bow could have a portion leased to a private company who would compete in a request for proposals process to extract and haul the sand from the gravel pit.

Selectman Bruce Marshall, who has a background in road construction after years at the Department of Transportation, estimates there is over 1,000,000 yards of sand that is currently selling at at \$3.00 a yard. There could be as much as 3,000,000 yards on the site.

A successful bidder would still need Zoning and Planning Board approval but Bow could receive revenue for years given the size of the site.



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Run or walk this 5K course starting at the shelter 94 Silk Farm Road in Concord to the grounds of St. Paul's School and back.

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GETTING THROUGH TOUGH TIMES: MAKE A PLAN TO SEE YOU THROUGH.

It is especially important to take a look at your finances and have a plan when your income decreases. By understanding the money you are getting vs. what you are spending, you may be able to make changes to help you through the tough times.

How do I create a plan or a budget?

Your income and expenses are two parts of your budget that can change over time. Putting it together in one place can help you make adjustments to make sure you are not spending more than you are earning.

Be sure to take a look at the expenses you need to pay annually or semiannually, such as taxes or insurance premiums. Include all of your income, such as wages and bonuses, and other possible amounts. Update your list of expenses as they change, including utilities, mortgage or rent payments, car payments, food, and entertainment. It is helpful to consider any anticipated expenses to see the impact they will have and prepare for the change.

Online personal finance management tools or mobile apps can help you create a budget and make it easier for you to stick to your budget.

Are all the expenses I'm paying for automatically each month really worth it?

Some expenses you put on automatic payment may look small but can add up over time. Check to see whether you still get value or need these products or services.

What is "paying myself first?"

Treat your savings like a bill and pay yourself first, even if it doesn't seem like that much. You will be surprised at how consistently saving a seemingly insignificant amount of money will add up over time. Set savings goals that are easy and manageable. Doing so will create a habit of saving, which will help well into your future.

How do I use credit wisely?

While building a credit history is important, understanding how to manage credit is equally important. Make your loan payments on time. Avoid using your credit cards impulsively and charge only what you can pay off in the following billing cycle as much as possible. Try to pay that balance in full by the payment due date each month, and you won't be charged any interest on that balance. Carrying an unpaid balance on your credit card will result in interest charges. Interest is also charged on cash advances beginning on the transaction date. Paying your loans on time and other parts of your credit history will often determine whether your financial institution will approve an application for a loan and/or determine the interest rate you will pay for the loan.

Source: www.fdic.gov/resources/consumers/consumer-news/

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FIRE DANGER ON THANKSGIVING

by Chief Eliot Berman

Thanksgiving is the peak day for home cooking fires, followed by Christmas Day and Christmas Eve. Unattended cooking is the leading contributing factor in cooking fires and fire deaths.

- Stay in the kitchen when you are cooking on the stovetop to keep an eye on what is cooking.
- Create a child safe "kid-free" zone around the stove and ovens. Keep electric cords from dangling where a child could grab them.
- Use caution around hot foods and liquids to prevent burns.
- Don't use Turkey Fryers inside or close to a building, and have a Dry Chemical extinguisher nearby.
- Make sure your smoke alarms are working and do not disable them while cooking.

Think safety first as you "gobble up" for Thanksgiving.

The Bow Fire Department wishes everyone a very happy and very safe Thanksgiving.



MARK YOUR CALENDAR!
\$2 Admission at the Door.

This annual tradition helps raise money to support all three public schools in Bow.

Featuring over 125 artists who sell and showcase their unique handmade artwork and crafts.

At Bow High School, 5 Falcon Way, Bow NH
Saturday, November 20th 9AM – 4PM
Sunday, November 21st 9AM – 1PM

The Merrimack County Stamp Collectors

Merrimack County Stamp Collectors holds monthly meetings on the 2nd Tuesday of each month at 1:00 pm, at the Bow Mills United Methodist Church, at 505 South Street, in Bow.

We invite all interested in stamp collecting to attend, share their interest, buy, sell and trade. It's an opportunity to meet other collectors and learn more about the hobby and enjoy the fellowship of others with varied interests in Philatelic resources and issues. Join us to gain new insight and knowledge, sharing news articles and stories about stamp collecting.

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WISE DECISIONS WITH RETIREMENT IN MIND

by Dominic Lucente

Certain financial & lifestyle choices may lead you toward a better future.

SOME RETIREES SUCCEED AT REALIZING THE LIFE THEY WANT; OTHERS DON'T. Fate aside, it isn't merely a matter of investment decisions that makes the difference. There are certain dos and don'ts – some less apparent than others – that tend to encourage retirement happiness and comfort.

RETIRE FINANCIALLY LITERATE. Some retirees don't know how much they don't know. They end their careers with inadequate financial knowledge, and yet, feel they can prepare for retirement on their own. They mistake creating a retirement income strategy with the whole of preparing for retirement, and gloss over longevity risk, risks to their estate, and potential health care expenses. The more you know, the more your retirement readiness improves.

A GOAL TO RETIRE DEBT FREE – OR CLOSE TO DEBT FREE? Even if your retirement savings are substantial, you may want to consider reviewing your overall debt situation.¹

RETIRE WITH PURPOSE. There's a difference between retiring and quitting. Some people can't wait to quit their job at 62 or 65. If only they could escape and just relax and do nothing for a few years – wouldn't that be a nice reward? Relaxation can lead to inertia, however – and inertia can lead to restlessness, even depression. You want to retire to a dream, not away from a problem.

The bottom line? Retirees who know what they want to do – and go out and do it – are positively contributing to their mental health and possibly their physical health as well. If they do something that is not only vital to them, but important to others, their community can benefit as well.

RETIRE HEALTHY. Smoking, drinking, overeating, a dearth of physical activity – all these can take a toll on your capacity to live life fully and enjoy retirement. It is never too late to change habits that may lead to poor health.

RETIRE WHERE YOU FEEL AT HOME. It could be where you live now; it could be a nearby place where the scenery and people are uplifting. If you find yourself lonely in retirement, then look for ways to connect with people who share your experiences, interests, and passions; those who encourage you and welcome you. This social interaction is one of the great, intangible retirement benefits.

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

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Citations

1. CNBC.com, December 2, 2020

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MAKE YOUR HEALTHY HABITS LAST A LIFETIME

by Jim Olson

If you want to be healthy, it's not enough to just start exercising and eating right. You have to make sure that these habits are sustainable for the rest of your life.

What bad habits are holding you back?

Many of us have bad habits that are keeping us from being successful with our health and weight loss goals.

To fix bad habits, you need to know where they come from. Do you eat when you are bored? Or when you feel a negative emotion? Maybe it is hard for you to cook or wait until you are really hungry before eating. The first step is to recognize what your bad habits are and how they might be affecting your life. Some examples include:

Procrastinating

Surfing the web instead of working out or preparing healthy meals for yourself can have a negative impact on your weight loss goals. If you wait until the last possible moment to do something, then chances are you will not do it as effectively as if you worked on it ahead of time.

Giving Up Easily

Knowing that something is good for you doesn't necessarily motivate you to do it. When things become difficult, it's easy to give up and just say "forget this!" Giving up easily makes it hard to achieve the results you want because you won't be consistent.

Forgetting to Act on Your Goals

Sometimes we just need to take action and follow through with what we want, even if it's hard. Being too busy might seem like a good excuse for forgetting to act on your goals, but really it doesn't matter why you're not taking action — the results won't be any different.

Make your healthy habits last a lifetime

Change up the food you eat and cook with fresh ingredients.



Jim Olson

If you usually eat fried foods, then make some soups or stews instead. If you usually have cereal for breakfast, try fresh fruit and yogurt instead.

Next, start cooking with fresh ingredients. One of the most effective is meal prepping on Sundays. Not only will you have an easy lunch for work or school during the weekdays, but you'll also be less likely to go through the drive-thru at McDonald's or order takeout.

Find an exercise routine that suits your needs and personality.

Find something that's fun, fits your schedule, doesn't leave you feeling sore, and makes you feel good about yourself afterward! This can be something as simple as walking around your neighborhood daily after dinner with a friend, or as intense as cardio and weight lifting at the gym. The important thing is to find an exercise routine that you'll

actually enjoy doing so that it doesn't seem like a chore but rather something fun and enjoyable!

Find a support network to motivate you and keep you accountable.

This is an important point that shouldn't be ignored. This can be anything from having a significant other to help hold each other responsible, or joining a gym with a friend so that you have someone waiting for you at the end of your workout! It doesn't matter who it is as long as they make sure that working out becomes part of your routine.

The good news... it's never too late!

Just start small by making one change at a time and work on creating sustainable healthy habits so you can reach all of your long-term goals. Don't give up if things start to feel a little uncomfortable or even if you slip and fall back into old habits. Just do the next right thing and keep going. You can do it!

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OCTOBER 2021 REAL ESTATE SALES IN BOW

ADDRESS	BEDROOMS / BATHS	ACREAGE	SQUARE FOOTAGE	PRICE
49 Woodhill Hooksett Road	3 Bedrooms 3 Baths	3.01 Acres	790 Square Feet	\$310,150
28 Stone Sled Lane	2 Bedrooms 2 Baths	CONDO	1816 Square Feet	\$365,000
37 Logging Hill Road	3 Bedrooms 2 Baths	3.00 Acres	456 Square Feet	\$370,000
2 Windchime Drive	2 Bedrooms 2 Baths	CONDO	1433 Square Feet	\$400,000
91 Robinson Road	5 Bedrooms 3 Baths	1.01 Acres	3599 Square Feet	\$515,000
5 Deer Run Road	3 Bedrooms 3 Baths	3.43 Acres	2752 Square Feet	\$520,000
5 Arrowhead Drive	4 Bedrooms 3 Baths	2.09 Acres	2528 Square Feet	\$575,000
Lot 9 Hamilton Court	4 Bedrooms 2 Baths	1.00 Acres	2914 Square Feet	\$733,810
1 Whittier Drive	6 Bedrooms 6 Baths	0.15 Acres	4001 Square Feet	\$850,000

OCTOBER 2021 REAL ESTATE SALES IN DUNBARTON



ADDRESS	BEDROOMS / BATHS	ACREAGE	SQUARE FOOTAGE	PRICE
41 Robert Rogers Road	3 Bedrooms 4 Baths	8.00 Acres	2554 Square Feet	\$435,000
127 Kimball Pond Road	6 Bedrooms 3 Baths	4.19 Acres	3836 Square Feet	\$555,000
20 Armands Way	3 Bedrooms 3 Baths	7.50 Acres	2755 Square Feet	\$651,000

Sales Data for OCTOBER 2021 provided by the NHMLS.

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Closed Tuesdays

Saturday – Sunday Noon to close

HAPPY HOUR 4:30 – 6:30 Downstairs Pub



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TAX RATE
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The Department of
Revenue Administration
has announced that Bow's
property tax has been
reduced by 9¢ from
\$25.58 to \$25.49

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& FOUND

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Hopkinton Real Estate Sales – OCTOBER 2021

ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
80 Meadow Drive	3 Bedrooms 2 Baths	924 Square Feet		\$87,000
58 Ridgewood Road	3 Bedrooms 2 Baths	1,746 Square Feet	0.81 Acre	\$351,000
154 Pamela Drive	3 Bedrooms 2 Baths	1,456 Square Feet		\$170,000
1390 South Road	4 Bedrooms 4 Baths	2,817 Square Feet	5 Acre	\$440,000
1587 Hopkinton Road	4 Bedrooms 3 Baths	3,637 Square Feet	2.6 Acre	\$580,000
1264 Hatfield Road	7 Bedrooms 6 Baths	3,891 Square Feet	3.5 Acre	\$555,000
430 Thain Road	3 Bedrooms 3 Baths	2,516 Square Feet	2.98 Acre	\$534,900
115 Peaked Hill Drive	2 Bedrooms 2 Baths	2,348 Square Feet	5.39 Acre	\$405,000
148 Drew Road	2 Bedrooms 2 Baths	1,242 Square Feet	0.55 Acre	\$207,500

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Friday, December 3
10 AM - 8 PM

Saturday, December 4
10 AM - 8 PM

Sunday, December 5
10 AM - 5 PM

For where to Shop, Eat, and Festivities:
ContoocookChamber.com/StarryStarryWeekend

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Be Kind



Give Thanks



Reminding people that kindness matters has become the focus of a new yard sign campaign headed up by the Hopkinton Lions Club. Vinyl signs with the phrase “*Be Kind*” will be popping up in lawns of businesses and homes across the town.

Community members can support kindness by donating to get their own yard sign. Signs are available for a minimum donation of \$15 to the Hopkinton Lions Club’s for the following community projects:

- Operation Kid Sight Eyesight screening in schools to detect and refer students for eyeglasses (providing financial assistance for many),
- Northeast Deaf & Hard of Hearing and Future In Sight,
- Lions Dog Sight: Seeing Eye Dogs for visually impaired,
- Clothing Drive for local students and adults to help with winter jackets, mittens and other items,
- Scholarships for Hopkinton H.S. students,
- Got Lunch and Senior Luncheons.

Purchase your yard sign at the Depot Christmas Tree Sale, the Food Drive for the Hopkinton Food Panty, or let us deliver your sign!

Visit hopkintonNHLions.com for pre-order information. Or contact Marge Doscher at 603-496-8388; erbuddy@comcast.net to make payment and arrange pickup or delivery.

Kick off the upcoming holiday season and remember to “*Be Kind!*”



HOPKINTON - CONTOOCCOOK TOWN CRIER

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

TWO VILLAGES ♥ ONE HEART

► **TURKEY TROT** What better way to spend your Thanksgiving morning than to get in a little exercise at the Thanksgiving Turkey Trot. By participating, you will contribute to the Hopkinton Food Pantry and Operation Christmas! First 100 to pre-register get a free T-shirt! Lots of great prizes from Concord Craft, Gould Hill, the Lake House, the Contoocook Creamery and Sabol socks for the division winners! Registrations are discounted and are online at HopkintonRec.com.

► **VOLUNTEERS NEEDED** Two Villages Art Society is a nonprofit run by volunteers. New volunteers are being accepted. Many jobs are available - gallery sitter who keeps the gallery open for the public, help with marketing for a show, help planning and running an art exhibition or related event. For information, visit info@twovillagesart.org.

The Hopkinton Food Pantry is looking for volunteers to assist in local delivery of food boxes late afternoons on Wednesdays. Being able to lift and carry food boxes. You do not need to be available every Wednesday. Please call 603-746-6448 and leave a message.

► **TOWN LIBRARY** Storytimes at the Hopkinton Town Library will be held on Tuesdays at 1 p.m. and Wednesdays at 10:30 a.m. for children 3 to 5 and a caregiver. Lap Time is held on Fridays at 10:30 a.m for children under 3 and a caregiver. We’ll be outside under the tent.

► **LIBRARY BOOK GROUP** is reading *Perestroika in Paris*, by Jane Smiley. Please read the book and join us Wednesday December 1st at 1pm at the Hopkinton Town Library.

► **OPEN SUNDAYS** The Hopkinton Town Library is now open on Sundays. Current hours: Tuesday-Thursday, 10am-6pm; Friday, from 10am-5pm; Saturday, 10am-3pm; and Sunday, 1-5pm.

► **COMMUNITY ROOM** The Hopkinton Town Library Community Room will open twice monthly, from 10 to 11:30 a.m. 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. Your children can socialize, play, and meet other children in an unstructured environment. The following days have been scheduled: Nov. 11 and 18 and Dec. 9 and 16.

► **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. Slusser Center hours at the are Monday, Wednesday and Friday 10 a.m. to noon. Call 603-746-4357 to schedule an appointment or to volunteer.

► **FARMERS MARKET** The Contoocook Farmers Market is every Saturday 9 a.m. to noon inside, at Maple Street School. Updates are on Facebook page Contoocook Farmers’ Market. Masks are required.

► **BABYSITTER TRAINING** Join us for the Red Cross Babysitter’s Training on March 25. This class is geared for those in 5th-6th grade; it fills up fast, sign up now to secure a spot at HopkintonRec.com.

► **HOPKINTON HUNDRED** Help select The Hopkinton Hundred. Let us know your family’s top 10 picture books by February 28, 2022. Stop by the library to pick up a nomination form. One per family, please. Questions? Email lmaynard@hopkintontownlibrary.org or call 746-3663

► **U.S. SUPREME COURT REVIEW** John Greabe, Thursday Dec 2nd at 7pm at the Hopkinton Town Library. Join us for a program on the Supreme Court’s 2021 term. Issues before the Court include abortion rights, the power of judicial review, gun rights, the scope of religious freedom, affirmative action, and more. John Greabe, who directs the Warren B. Rudman Center for Justice, Leadership & Public Service and teaches constitutional law at the UNH Franklin Pierce School of Law, will lead the discussion.



PRIZES AWARDED FOR RACIAL JUSTICE ART

Bow High School students Brady Lacourciere and Rosaria Anderson were second- and third-place winners of the recent Art & Poetry Challenge given by the Racial Unity Team. Participants were challenged to use a line from the poem, “*The Hill We Climb*,” by Amanda Gorman for inspiration to create their own work of art or poetry. Cash prizes of \$200 for first place, \$100 second place, and \$50 third place were awarded for art and poetry in elementary, middle school, high school, and adult categories.

Brady’s artwork, a raised black fist bearing the words, “There comes a time when silence is betrayal,” was inspired by the poetry lines, “We’ve learned that quiet isn’t always peace, And the norms and notions of what ‘just is’ Isn’t always just-ice.”

Eighteen other Bow High School students joined Brady and Rosaria in submitting 3D pottery art they created during a class project. They are: Ben Siegler, Emily Vincent, Isabelle Howell, Meghan Wray, Hayley Gallo, Madison Kiniry, Ava Wing, Jill Durant, Lydia Hartshorn,

Sarah Lavigne, Julianna Lampman, Patrick Wachsmuth, Maxwell Modzeleski, Josiah Funches, Christian Flagg, Carlee Davis, Hazel Fredette, and Mia Contreras.

In all, 64 works of art and poetry were displayed during a month-long exhibit in the Portsmouth Library. It will now go on the road and be displayed in other New Hampshire libraries and public buildings.



SECOND-PLACE WINNER

Brady Lacourciere, age 18
Bow High School

Inspiration: “*We’ve learned that quiet isn’t always peace, And the norms and notions of what ‘just is’ Isn’t always just-ice.*”

“This sculpture represents strength, especially within a person who is protesting. The fist is a symbol that often expresses unity, strength and or resistance. The words are light on dark to really draw your eye to read the quote, which I feel is self-explanatory.”



THIRD-PLACE WINNER

Rosaria Anderson, age 18
Bow High School

Inspiration: “*This piece is inspired by the line “We’ve learned that quiet isn’t always peace,” which was a common phrase during the height of the Black Lives Matter movement.*”

I decided to represent the forced silence of many Black people with a white hand covering a Black woman’s mouth, forcing silence and the false sense of peace as many ignore the problems society, especially Black women, face.”



Hayley Gallo, age 15
Bow High School – 10th grade

I wanted to show how beauty grows through strife and struggle. The broken chains represent the past, the flowers to honor the growth that has come from that strife and the beauty that comes from diversity. Dahlia represents inner strength, uniqueness, honesty and change. The white roses represent innocence and purity, wisdom held and yet to come, and balance. Roses, as like people, are resilient and beautiful in each their own right. Each person, like each flower, is unique.



Ava Wing, age 16, 11th grade
Jill Durant, age 16, 11th grade
Bow High School

“Daunte Wright was killed at a traffic stop on April 11th, 2021, by a police officer who allegedly intended to tase him but accidentally pulled her gun by mistake. The woman that shot him, Kimberly Potter, should be held accountable for the deadly mistake that ended Daunte’s life. Daunte was only 20 years old when he passed. This sculpture of Daunte shows that though he is dead he lives on in our hearts and that black lives will always matter.”



Meghan Wray, age 15 ~ 11th grade
Bow High School

“My sculpture is inspired by Asian hate and how people are mistreating the Asian culture, which has always been happening but it’s been worse since the coronavirus started.

People are connecting them and blaming them for this virus, and treating them poorly because of it- and I want to raise awareness and speak up for their culture within my art.”



Lydia Hartshorn, age 16, 11th grade
Sarah Lavigne, age 16, 11th grade
Julianna Lampman, age 15, 10th grade
Bow High School

“The Lion sculpture represents the strength and bravery people must demonstrate when faced with racial injustices. The different colors in the lion’s mane represent the different skin colors people have. However different and unique, we can set aside our differences and come together to be strong and united. Let’s stand up, be brave and unite together as one.”



Carlee Davice, age 16, 11 grade
Hazel Fredette, age 16, 11 grade
 Bow High School

"The open door represents white privilege because they seem to have more opportunities than people of color.

The closed door represents people of color who need to try harder to get the same opportunities."



Patrick Wachsmuth, age 16, 11 grade
 Bow High School

"While making my art I really thought deep about the meaning of racial diversity, equity, inclusion and justice. I wanted to emphasize the impact one person can make on society. Rosa Parks was asked to move to the back of a public bus to make room for whites but she refused. I made a bus seat with clay, on the bus seat I wrote an important quote from Rosa Parks. In the end, this piece of artwork is meant to give Rosa Parks respect and credit for all she did."



Maxwell Modzelski, age 15, 10th grade
Josiah Funches, age 15, 10th grade
Christian Flagg, age 15, 10th grade
 Bow High School

"The piece we created was two mugs with hands as handles. The mugs represent a white person and a black person holding hands, resembling unity. This shows that someone isn't just a color there a living person. This shows that all people are all different and that skin color doesn't define who you are."



Madison Kiniry, age 16, 11th grade
 Bow High School

"I made this piece to represent how people pretend not to see racism and don't speak up about it. It also shows how the color of somebody's skin should not divide us from each other."



Ben Siegler, age 15, 11th grade
Emily Vincent, age 16, 11th grade
Isabelle Howell, age 16, 11th grade
 Bow High School

This work was inspired by a dynamic line from *The Hill We Climb*, by Amanda Gorman.

"We've learned that Quite doesn't always mean PEACE."



Mia Contreras, age 17, 12th grade
 Bow High School

"I wanted to show diversity among women, which is why there are different skin and hair colors among them.

All of the vases were intentionally created the same height to promote equality. They are meant to work well as a group, but can stand tall on their own as well, just as women should."

THE BOW HIGH SCHOOL ARTWORK IS CURRENTLY BEING EXHIBITED AT THE EXETER PUBLIC LIBRARY UNTIL NOVEMBER 29.

The **4th Annual Art & Poetry Challenge** will be announced this month. This year's topic will center around the concept of Equity or, for younger students, Fairness. The Challenge is open to all New Hampshire residents from elementary school to adult. (This year the youngest was six years old and the oldest 86! And both had winning submissions of art and poetry.)

Submissions will be due by mid-May, after which judging will take place. The opening exhibit and announcement of winners will take place during the last week of school in June, 2022.

The judges are artists for the artworks and poets for the poetry, and they use a rubric to assign numeric value to each anonymous-to-them submission. This sometimes results in ties, in which case both people receive the full prize amount for that category.

CARE GIVING IS HARD WORK - PART III

By Donna Deos

Okay, so last month I left you hanging on who can help with the care giving. Part of that was strategic because this is November, next month is December and that means lots of holidays and hopefully, family around.

FAMILY is a wonderful place to start. Some of us have lots of family, some of us do not. However, anyone can be helpful in at least one way. Even that one way can be one less thing you have to do. Did you know that groceries can be delivered now? Not to everywhere, but to a lot more places than before. Also, orders can be placed on line and picked up curbside. So, that far away relative who says they wish there was something they could do to be helpful... let them place the orders! That close by relative who doesn't know what they can do to help – or even have a grandkid who is of driving age?! – have them pick the things up. I know, the form of payment may not be something you want to share with the person doing the ordering. Maybe they can pay and you can send them a Venmo or check to reimburse them. Or, whoever you have helping with the finances can reimburse them. Yes, think about who can do what... then don't be shy. This is the way to take advantage of the resources around you.

If you really put your thinking cap on, in this age of technology and increased services, you can come up with something for just about anyone, anywhere to be helpful with.

Here's another thing that people can do to be helpful – they can order things online to be delivered to the person. You can order greeting cards online and we all know Amazon has just about everything they could possibly want or need. They can also make phone calls. They can be the person to find someone to clean the gutters, mow the lawn, fix the sink and so on. They can even be in charge of scheduling things.

Does your aging loved one have FRIENDS who still drive? This one can be scary – I know, but if you are confident in them and their abilities, you can have them take your person to church or lunch or a movie. If you don't want your person riding with them, they can come over and visit. A lot of care giving includes talking with the person and keeping them company. They need people to spend time with them to avoid loneliness and depression. Also, if their friend is there visiting you may be able to get more things done faster than if it's just you there and you are doing the visiting too.

Their friends may be able to pick up things for them as well, which gives them a chance to be sociable and friendly when they bring them to them. It's a two-fer.

I know, you're thinking – asking all of these people to help sounds terrible. I don't want to be a bother. Okay, how is that working out for




NEED SOMEONE TO LISTEN?

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you so far? Just getting you more and more to do on your own list? Have you been telling everyone who has offered to help that you're okay, you've got it, but thanks for asking/offering? This is why you are potentially drowning in too much to do. Don't be the martyr, it's time to receive some help yourself.

There is one more truly fantastic way to get help with the care giving – IN HOME CARE PROVIDERS! There are lots of in home care companies out there. One of my favorites is Age at Home. Perhaps you have seen the signs around town on some lawns where they are looking for "care givers at heart" that is because they are a very caring company that puts the clients and the care givers as the most important people. They believe (and I know this because I know the owner, Laurel Trahan) "if you treat your care givers right, they treat the clients right." But don't just take my word for it, shop around and find the company that sounds the best to you and then bring them in – if your loved one agrees to it – and start helping to lighten your load.

Also, another thing to think about is – we are not all care givers. We don't all have the patience and skill set to do it. Yet, many of us still try. If you are not the right person for the care giving job, one of the best things you can do is hire a company to provide the care your loved one needs – and most importantly the quality they deserve.

One final thought – most people have no idea what to give their aging loved ones for presents. Gift certificates are a great answer. Gift certificates to in home care companies, to where they get their groceries, to where they like to go out to eat with you and/or their friends, etc. Gift certificates give them the ability to have experiences and treats – this is good. It keeps their minds and sociability active – two very important things!

Okay, please ponder all of this and feel free to talk it up with your friends, family and loved ones over the holidays. Together we can accomplish so much more. Also, if your sister, sister in law or other family member is the primary care giver for your loved one – please be sure to thank them for all they do. Please let them know that you do realize how very much they give and you so appreciate it. A word of thanks and appreciation can make a very big difference – especially when you say it right from your heart.

Happy Thanksgiving! ~ Donna



Donna Deos, LLC

FROM THE OFFICE OF THE TOWN CLERK:

BOAT REGISTRATIONS:

Town of Bow is now a Boat Agent. You can now register your boat in Bow. Please come in with the signed renewal form from the State of NH, DMV. There is a \$5.00 boat agent fee to renew your boat in Bow. By renewing your boat here, all local fees are kept in Bow. If you mail your renewal to the State, the state retains the local fees. Boat registrations can be done in any Town or the state DMV irrespective of where you live in NH.

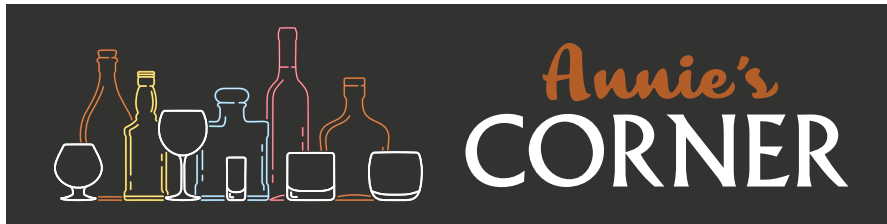
All boat registrations expire December 31st of the current year. You may renew your boat registrations now for 2022.

Please check out the Town Clerk's page on the Town website at www.bownh.gov for more information.

PROPERTY TAXES:

The 2nd issue Property Tax Bills are being mailed out November 12th and the due date is December 15th 2021.





EXCEPTIONAL HOLIDAY WINES & SPIRITS

It's that time of year again as we start to think about our Thanksgiving tables with family and friends, and the thought of the Holiday season for celebrations together and gift giving. Here are a few of my favorites for your most joyous occasions. May you and yours have a wonderful holiday season and wishing you all the best when you ring in 2022. Cheers, Annie

#36703 Mionetto Rose Prosecco, Italy – \$16.99 - \$11.99 sale

The perfect way to toast at your Thanksgiving table, savor while wrapping presents, or to ring in the New Year with your saber. Fruity bouquet with notes of red berries and grapefruit with elegant fine bubbles.

#37039 Cantine Colosi Grillo Sicily, Italy – \$13.99 - \$11.99 sale

A fun new wine to introduce to friends at dinner parties or the perfect pairing for the Feast of Seven Fishes. Grillo the white grape of Sicily that used to be grown primarily for Marsala wines. Aromatic with beautiful notes of jasmine and honeysuckle while fresh, crisp, and vibrant on the palate.

#22584 Cambria "Katherine's Vineyard" Chardonnay Santa Maria Valley, CA – \$21.99 - \$17.99 sale

Classic Chardonnay with French oak, hints of toasty vanilla, creamy buttery notes with fresh apple and citrus fruits that linger on the palate. The perfect gift for Chardonnay lovers or to bring to parties. Cambria is a great choice for a white wine to pair with your Turkey and fixings.

#34520 Dora La Petite Grace Pinot Noir Monterey, CA – \$21.99 - \$18.99 sale

Wonderful accompaniment for Thanksgiving Turkey, sausage stuffing, and cranberries. Dark ruby in the glass with notes of blackberry, lush cherries, and hints of toasted almonds, while soft and velvety with a full-bodied mouthfeel.

#16353 Austin Cabernet Sauvignon Paso Robles, CA – \$24.99 - \$19.99 sale

From the famed Austin Hope Winemaker that showcases the best of Cabernet Sauvignon from Paso Robles. Lush black fruits and rich velvety tannins, this wine is a showcase wine for rib roasts, dinner parties, or gift giving for the Holidays.

#4825 New Riff Single Barrel Bourbon Kentucky – \$53.99 - \$49.99 sale

New Riff Bourbons are bottled in bond without chill filtration & with non-GMO grains: a high rye mash bill 30% rye aged at least 4 years 100 proof, the Single Barrel is 110 proof and is 65% corn, 30% rye & 5% malted barley. Check out www.newriffdistilling.com for the complete story, a new riff on an old tradition, family owned. An easy gift to please the bourbon lover in your life.

#5429 New Riff Straight Rye Kentucky – \$47.99 - \$37.99

A mash bill of 95% rye and 5% malted rye, 100 proof aged at least 4 years. Makes tasty Manhattan's or Old Fashion's, so be sure to use Bing or Luxardo Cherries for garnishes and flavored bitters like orange or black walnut to give more depth of flavors to your cocktails.

Most of these selections are at your local NHSLC Stores Hooksett 66 & 67 off Route 93 -Enjoy!

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



NEW HAMPSHIRE FEDERAL CREDIT UNION APPOINTS DR. ANTHONY EMERSON AS NEW PRESIDENT/CEO



The Board of Directors of New Hampshire Federal Credit Union announced the appointment of Dr. Anthony "Tony" L. Emerson, as the Credit Union's new President/Chief Executive Officer. Emerson will succeed John R. Young. Mr. Young plans to retire at the conclusion of 2021 after having served NHFCU and its membership for more than thirty-five years, the last twenty-seven as President/CEO.

Mr. Emerson is a seasoned Chief Executive Officer with a proven record of success in organizational growth, achieving

goals through strategy implementation, product/service deployment, and talent development, with a collaborative management style and partnering with a progressive Board. He previously served as the President & CEO of IC Federal Credit Union in Fitchburg, Massachusetts. "I am excited beyond words to have been chosen as the next President/CEO of the New Hampshire Federal Credit Union. I have a long and memorable history with the state, and I am enthusiastic about returning to the Granite State to work with a dedicated Board, staff, and loyal membership," said Emerson.



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**PICKING
UP ↻ BOW**



The Scouts and Men's Club finished the annual roadside pick up on October 23.

Thanks to all who pitched in.



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ART GALLERY FEATURING ESTELLE SMITH

Nov. 15 - Dec. 17th

Artist Bio: 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 paintings have won a number of prestigious awards and have been featured in numerous invitational shows, including one at the Currier Museum in Manchester, NH and one in France, organized by the NH Franco-American Center and the French Consulate in Boston, MA. Three of her works were featured in the 2010 edition of "Best of America Watermedia Artists", published by Kennedy Publishing, Williamsburg, VA. More recently, a watercolor work was featured in the April 2012 edition of the Southwest Art Magazine and three works (two pencil drawings and a watercolor) in the June 2012 edition of Best of America Still Life Book.

If you are interested in being a Featured Artist in the Gallery, contact Amelia at amelia@bakerfreelib.org.

POLAR EXPRESS HOLIDAY PARTY FEATURING SANTA AND MRS. CLAUS!

Saturday, December 4 | 10:30am – 12:00pm

Wear your pajamas and hop on board to hear The Polar Express, read by Santa and Mrs. Claus! After the story, enjoy a cup of hot chocolate while making a holiday craft. And don't forget to bring your wishlist — you'll have a chance to meet Santa and Mrs. Claus and take a holiday picture! Registration is not required event, but supplies are limited.

SHIMMY AND SHAKE STORYTIME – Tuesdays at 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 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 10:30am

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

KRAFTS 4 KIDS – Wednesday, Dec. 8th | 3:30pm

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

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

TINKER TUESDAY – Tuesday, Dec. 21st | 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 to register.

KIDS IN THE KITCHEN WITH MISA PIGNATARO

Virtual Program - Thursday, Dec. 16th | 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.

This program will be VIRTUAL and registration is required. Please visit the Library or call us at (603) 224-7113 to register.

ADULT CRAFT NIGHT - AFTER HOURS

Monday, Dec. 13th | 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, Dec. 14th.

This program is offered as a take-home and in-person event. Registration is required for both options. Please notify us which you would like to sign up for during registration. Please visit the Library or call us at (603) 224-7113.

ADULT BOOK TALK

Tuesday, Dec. 14th | 12:30pm & 6:30pm

The Adult Book Talk Group will be meeting in-person on Tuesday, December 14th at 12:30pm and 6:30pm. The group will be discussing Ask Again, Yes by Mary Beth Keane. Copies of the book are now available at the Circulation Desk to check out.

The White Rock Book Group will be meeting at White Rock Senior Center on Dec. 21st at 1pm and will be discussing Ask Again, Yes by Mary Beth Keane.

The Whodunits are meeting at White Rock Senior Center on Dec. 7th at 1pm and will be discussing Yesterday's Echo by Matt Coyle. Copies of the December book discussion, Iron Lake by William Kent Krueger will be passed out during this meeting.

2021 GIVING TREE

Baker Free Library Annual Fundraising Event

The continued support of our library events, programs, workshops, and services through this fund-raising effort makes the library a better resource for the whole community. For more information on how to contribute to our 2021 Giving Tree, visit the Library or contact us at (603) 224-7113.

BAKER FREE LIBRARY FOUNDATION

#GivingTuesday Campaign Tuesday, Nov. 30th

The Baker Free Library Foundation was created in 2013 to facilitate the long-term growth and sustainability of the library. Their annual fundraising campaign for the Library's endowment starts on November 30th, 2020 - "Giving Tuesday." This global movement encourages charitable giving during the holiday season, but you can donate year round on-line or at the library. Visit their website, bakerfreefoundation.org, and stay tuned for more information in upcoming weeks.

HOLIDAY HOURS & CLOSINGS

CLOSED on Thursday, Nov. 25 and Friday, Nov. 26 in observance of Thanksgiving. CLOSED on Friday, Dec. 24 and Saturday, Dec. 25 in observance of Christmas. The Library will CLOSE at 4pm on Friday, Dec. 31 and will be CLOSED on Saturday, Jan. 1 in observance of New Years.

GIVE US A CALL AT (603) 224-7113 WITH ANY QUESTIONS.

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A GUARDIANSHIP STORY (based on real life events).

I was contacted by a gentleman named Jimmy (not his real name) seeking out guidance regarding his mother, Cindy's (you guessed it, not her real name) recent behaviors. I met with Jimmy and his siblings to discuss their concerns.

Here is what they told me: Cindy is 75 years old, experiencing short term memory loss, seems disoriented and confused at times, does not seem to be eating well, was generally not taking good care of herself and had recently fallen in her home. Also, regarding her finances, she had been paying out funds to a scam artist, was late paying bills, double paid bills and over-drafted her bank account. At this point they did not believe Cindy was safe to continue driving as well. All in all, they did not believe she could remain at home safely, at least not alone, and could no longer handle her financial affairs.

We held a meeting, without Cindy, to discuss all of the children's concerns. A first hurdle was that Cindy would be resistant to receiving help as she did not "have" any problems. The second hurdle, as stated by Jimmy, was that he believed Cindy's friends would try to convince Cindy they were out to get her money (this position is taken by outsiders with great regularity).

I explained it's not uncommon for a person who is beginning to struggle with their memory to either not see the issue or to deny the gaps in memory (as well as judgment) all together. I went on to explain

it's when a person is resistant to receiving "help they don't need" that a guardianship becomes necessary. In regards to Cindy's friend's likely claim of financial elder abuse (also known as stealing) I suggested they invite the friends to a meeting (or otherwise reach out to them) to discuss whether they had seen any memory or other issues with Cindy and if they would be willing to help Cindy. In other words, rather than shutting them out and creating an unnecessary battle, why not build a bridge and have additional key people in Cindy's life aid in convincing her she really needs some help?

After meeting with the children, the next step was to meet with Cindy so her children could express their concerns about her well-being and to see if she would allow them to help her with her daily living needs and management of her finances. I was there to help guide the conversation and to explain the law. The point of the conversation, in part, was to see if the children could come to terms with their mother, because with her agreement it would not be necessary, at least for the time being, to get the probate courts involved.

Cindy, in the face of having lost money to scams and multiple diagnosis (from those doctors "who are just wrong"), was unable to see or admit to the gravity of her situation. Unfortunately, this meant the children would have to build a factual case against their mother in order to convince the court a guardian needed to be appointed.

GUARDIANSHIP STORY | Continues to page 20

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2021 - 2022

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**Wednesday, DECEMBER 1, 2021
at 7:30 PM**

Concord City Auditorium, 2 Prince St. Concord
visitwww.walkerlecture.org

PATS PEAK LEARN TO SKI

Sign-ups are now open for the Pats Peak LTSR Program! Sign up end January 2, 2022. Details to sign up: <https://www.patspeak.com/Lessons-Rentals/Learn-to-Ski-Ride-Program.aspx>.



Left to right are: Annie Kenney, Bow Ski Coordinator, Lexi Maiorino BMS and Elizabeth Abbott BMS.

Bow Rotary Club



**Christmas
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**Sale Starts Nov 27th
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BOW – HOPKINTON SPORTS NEWS



Rich Miyara/photo

BOW FOOTBALL FINISHES WITH A WIN!

Ryan Lover scored a pair of touchdowns, on runs covering 10 and 8 yards, and finished the season over 1,000 yards rushing in Bow's 34-14 win over visiting Manchester West on October 30.

Myles Rheinhardt and Chris Beddington added 5-yard TD runs and Owen Walton scored on a 25 yard pass from Alex Boisvert.



Rich Miyara/photo

BOW GIRLS WIN DIVISION II CHAMPIONSHIP DEFEATING PEMBROKE 2-1 IN ITS FIRST CHAMPIONSHIP SINCE 2017!

Twin sisters Isabella and Lyndsey LaPerle did a lot of scoring to help lead Bow High School girls soccer team into the November 7 Division II championship game against undefeated Pembroke Academy.

Top-seeded Pembroke was clinging to a 1-0 lead when Isabella LaPerle scored with 58 seconds left in regulation to tie the game. Lyndsey LaPerle then beat Pembroke goalie Brooke Davidson with 2:20 left in overtime to give No. 2 Bow a stunning 2-1 victory at Exeter High School's William Ball Stadium.

"It's an incredible feeling," Isabella LaPerle said. "We worked so hard at practice and we knew this was our year to win it."

FIELD HOCKEY COACHES LIST 2021 ALL STARS OF THE YEAR

The New Hampshire Field Hockey Coaches Association released its list of the top players and coaches for 2021.

For Division II all-State 1st team included Sarah Guerrette and Rylee Constant of Bow. The 2nd team had Jocelyn Webber of Bow on its roster.

For Division III All-State the list included Katelyn Bouchard and Julia Baer of Hopkinton and the 2nd team included Natalie Allen also of Hopkinton. Kate Bouchard was also named Defensive Player of the Year.



JEFF SULLIVAN/photo

HAWKS WIN FIELD HOCKEY CHAMPIONSHIP

In a match where a full four quarters play wasn't enough to decide a winner, Hopkinton defeated Bishop Brady 3-2 in overtime on November 1 to win the Division III state championship.

Julia Baer, a senior forward, was instrumental in the Hawks first championship win since 1992. After Brady freshman forward Kimble Rose scored the game-tying goal late in the fourth quarter there was a new level of competition for both teams.

Baer's overtime goal was her second of the night and also her second lead-changing goal. Hopkinton (17-0), after a runner-up finish in 2018, has won its first state title in 29 years. Coach Kate Hohenberger, while obviously thrilled with the result, quickly placed all the credit on her team and their performance throughout the season as the championship formula.



JEFF SULLIVAN/photo

HAWK'S WIN 4TH SOCCER CHAMPIONSHIP

Hopkinton High School girls soccer team utilized a formation it had not used all season to secure its fourth consecutive NHIAA Division III championship November 2.

The Hawks changed from their usual 4-3-3 to a 4-4-2 midway through the second half, which led to the deciding goal in their 2-1 triumph over St. Thomas Aquinas of Dover.

Senior Ashlee Brehio, who moved from attacking center midfielder to striker after the formation change, netted the game-winning tally that clinched an unbeaten season for the top-seeded Hawks (19-0).

Hopkinton coach Mike Zahn said, "I felt like once we got that second (goal) through Ashlee and with the changes I made with the personnel, I felt like we were pretty comfortable and then we actually started to play better."

TWIN STATE SENIOR FIELD HOCKEY TEAM CHOSEN

50 Seniors from across the state attended tryouts on Sunday, November 7th at Manchester West High School for the NHFHCA 2021/2022 Twin State Field Hockey Team. Selected were 20 field players and 2 goals from across the 3 divisions. Chosen for the team were Julia Baer and Katelyn Bouchard from Hopkinton High School; and Rylee Constant and Jocelyn Webber from Bow High School.

DUNBARTON NEWS

By Nora LeDuc



◆ **NO SCHOOL** Wednesday, November 24 – No School Teacher’s Workshop. No school on Thursday, November 25 and Friday, November 26-Thanksgiving holiday.

◆ **WREATHS ACROSS DUNBARTON** Wreaths Across Dunbarton would like to thank the town for their continued support these past four years. This year they are raising funds for Wreaths and a new project, **Flags Around Dunbarton**. Flags Around Dunbarton is a partnership with the **Dunbarton Telephone Company**.

Flags will be up May through November. The flag locations are Gen. John Stark Hwy. (Rte 13) in front of Pages Corner Cemetery, at the Dunbarton Center from the 30-mph signs at the North to the 30-mph sign at the South end. On Robert Rogers Road the flags will start at the 25-mph sign, past the Dunbarton Elementary, the Fire/Police Department to Stark Hwy. Flags will be placed at the far end of Robert Rogers Road in front of the East Cemetery and at the Dunbarton/Bow line. They will be on School Street around the Common. Altogether, there will be 58 American Made 3’x5’ U.S. Flags with Embroidered Stars from Grace Alley will adorn our community.

All donations are welcome to continue Wreaths Across Dunbarton and the new project, Flags Around Dunbarton. On the memo line, put Wreaths or Flags, or both. Make checks payable to: Wreaths Across Dunbarton, 1011 School Street, Dunbarton, NH 03046.

On Saturday, December 11, at 10:00 AM, the Community is welcome to the Wreaths Across Dunbarton ceremonies on the Common and to help **place the wreaths on the graves of our 200 Veterans** in the four local cemeteries.

◆ **DCC BOOK CLUB** The DCC Book Club will discuss *I Know Why the Caged Bird Sings* by Maya Angelo. Discussion will be on Thursday, December 2, 7pm to 8:30pm on Zoom.

◆ **LIBRARY BOOKCLUB** The library book group will meet on Wednesday, December 15, for their “No Book” Book Party via Zoom. Contact the library for more info.

◆ **CURIOS ON THE COMMON** located across from the town hall/library—invites you to come in and shop. Hours are Saturday, 9am to 4pm and Wednesday, 10am to 4pm. Curios on the Common is a Non-Profit Thrift & Gift Shop; created to benefit Dunbarton Congregational Church and the immediate community. Donations are welcomed and needed for ongoing sustainability. Please feel free to stop by with your usable household items. To check hours or FMI: 603 774-2682 or curios@dccucc.org

GUARDIANSHIP STORY | Continues to page 17

Jimmy and his siblings made the tough decision to petition the probate courts for guardianship over Cindy’s affairs. Cindy hired counsel to represent her. I contacted Cindy’s Attorney to discuss the merits of our case. I told him, that if possible, I did not want to put on a case that would harm the family relationship by humiliating Cindy. I stated we had a strong case, the evidence was clear, and in my opinion a guardian would be appointed. I was hoping opposing counsel would see the truth of my point of view and would perhaps present Cindy with the idea of agreeing to the appointment of a guardian over her personal and financial affairs. The case was more or less settled in this manner, saving Jimmy and his siblings the discomfort of presenting the case, and their mother the embarrassment of the facts that would have been presented.

Side Bar: As you can imagine, this is not something children would ever desire to do to their parent, but what about the parent’s perspective. Imagine, your parent is already experiencing a decline in health, struggling to keep their independence and is really just trying to enjoy what time they have remaining. Then you petition the probate court to become guardian. Now your parent has an attorney to represent her, she is then forced to go into a court room, in front a judge, which is a daunting event for many of us. Once in the court room, you start telling the judge how your parent loses money, doesn’t take care of themselves, can’t be left alone and your parent is forced to defend themselves. Whether your parent is wrong or not, this is both a difficult and intimidating situation.

I believe you will agree this dynamic creates a sad state of affairs for a family, which is why I feel it’s important to make extra ordinary efforts to try to work it out prior to getting the courts involved. Not always, but often. Other practitioners may not agree, but then again, many of us can’t decide on a place to eat dinner.

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

WATCH WHAT YOU POST!

A man was so happy with his defense lawyer that he posted on Facebook, “I think I’m going to get away with it!” The judge considered the online post to be a full confession to the man’s assault charge. Bet the prosecution “liked” it!



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Talking Trash

by Danielle Ruane

ate our recycling program due to increased costs which had fluctuated from a disposal fee for recyclables of \$20/ton in mid-2017 to a rate of \$89/ton by July 2019. The recycling disposal fee reached an all-time high of \$122/ton in March 2020. These disposal fees meant that the cost to dispose of recyclables exceeded the cost to send trash to the incinerator (which costs approximately \$71/ton). The market decline for recyclables was primarily caused by restrictions on contaminated recyclables imposed by China, resulting in an unprecedented downturn because many vendors had difficulty finding an alternative home for recyclables.

COST VERSUS BENEFIT

During this time period, similar to other communities, Bow was forced to reevaluate whether it made sense to temporarily discontinue our recycling program. Our town had worked hard to develop the program which has proven to be successful in annually diverting almost 30% of trash from the waste stream (Bow disposed of 2,325 tons of trash and 932 tons of recyclable materials in 2020). The town also decided to continue our recycling program in order to avoid the confusion that could occur by constantly changing the rules on whether we were recycling.

MARKET CHANGE

Thankfully, the market has drastically improved over the last several months. Last month in October, the recycling disposal fee was \$41/ton, resulting in the cost to dispose of recyclables being approximately 40% less expensive than trash. The reduction in costs are primarily caused by strong markets for cardboard, mixed paper and some plastics.

There are some easy "take aways" from the recent market collapse and cost fluctuations. First, there are no guarantees when it comes to recycling. The market problems over the last two years proved that recycling does not always solve our trash problems.

Second, it is no longer permissible or economical to be an "aspirational recycler" by tossing items in our recycling tote hoping that they can be recycled. This has been a hard lesson to learn (particularly for me, a recovering "recycloholoc"). Our recycling program accepts items such as plastic and glass bottles and jugs, mixed paper including newspaper and magazines, and aluminum and tin cans.

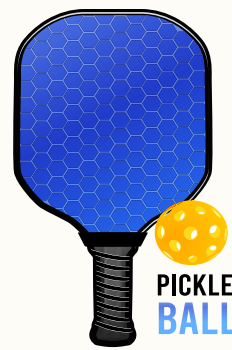
NO GO

Other items such as Styrofoam, plastic bags, paper juice and milk cartons, tissue paper, most wrapping paper, plastic toys, plastic utensils, straws, clothes hangers, black plastic take-out trays, dark green or black plastic flower pots, colored plastic cups (such as red Solo cups) and rigid plastics (packaging and storage containers) are not accepted in our curbside recycling program.

Pinard Waste has created a flyer called "Recycle Right!" it is a Recycling Guide, available on the Town of Bow's website at <https://bownh.gov/289/Trash-Recycling-Services>.

THE "CENTS" OF RECYCLING

The cost of recycling has not always made a lot of "cents" over the last two years, but fortunately there have been recent improvements. In 2019, Bow was forced to reevaluate



DO YOU PLAY OR WANT TO LEARN TO PLAY PICKLEBALL?

Pickleball – the game that combines the skills of badminton, ping-pong and tennis. Playing pickleball allows you to work on your balance, agility, reflexes and hand-eye coordination.

Bow Parks and Recreation is gym open for "drop in" Adult Pickleball games.

If you have never played and want to give the game a try, or a beginner please attend a Monday or Friday game. The group is happy to introduce you to the game and has paddles or racquets available for you to use. Come give it a try! Wednesday night games are for those who are comfortable with the game and a little more competitive.

Please bring your own paddle and balls. We will have a net set up. Fill out a participation waiver to keep on file and sign in each time you play. This is a free program for Bow residents. Bow residents may bring a non-resident guest for \$5 per player.

Adult PICKLEBALL TIMES:

Monday: 7:00 - 9:15 pm Wednesday: 7:00 - 9:15pm

"TRUNK OR TREAT"

The Halloween event at the Bow High School on October 31st was a big success. Kids and many parents showed up in costumes and ready for fun.



Amelia Holdsworth, at the right, welcomes a family of tricksters to the Baker Free Library trunk for a treat. Photo by Eric Anderson.

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OBITUARIES

JOHN EDWARD SWENSON

John Edward Swenson, 85 passed away peacefully at home in Bow on October 9, 2021, surrounded by family and his wife Sara.

John was born March 1, 1936 in Rahway, NJ, and was a resident of Bow for the past 60 years.

He was the son of the late Arthur Roy Swenson and Margaret Barr Swenson. He was predeceased by his brother, Robert James Swenson. He was a 1954 graduate of Hampton Academy and graduated from the University of New Hampshire in 1958 with a bachelor's degree in Electrical Engineering.

Following college, John worked in Defense Electronics for Sanders Associates in Nashua. He remained employed there for his entire career through changes of ownership to Lockheed and later, BAE Systems. John was one of those rare folks these days who never changed jobs in his more than 45-year career. During his career, John was recognized as an Engineering Fellow and traveled widely around the world in his role.

He served the Bow School Board for nine years and served on the building committee for the current Bow Elementary School. He served on the town budget committee and was a corporator of Concord Hospital. He served on the board for Concord Regional Healthcare and on the board of the Concord (now Granite) VNA. He was one of the original founders of Bow Mills Bank and Trust where he served as the Chairman of the Board for the entire existence of the bank before its acquisition by Merrimack County Savings Bank.

John was predeceased by son, Michael Ross Swenson. He is survived by his wife of 60 years, Sara H. Swenson. John also leaves behind his sons, John Eric Swenson and wife, Monica; Curt Edward Swenson and his wife Emma; and James Douglas Swenson and his wife Kerri. He is also survived by his grandchildren: Jo, Erik, Jasper, Freya, Ryan and Deaglan; and beloved K9 companion, Kali.

In lieu of flowers, the family asks that you consider donating to: Granite VNA, 30 Pillsbury St, Concord, NH 03301, the Concord Hospital Trust, 250 Pleasant St., Concord, NH 03301, or the University of New Hampshire, 9 Edgewood Rd., Durham, NH 03824.

LOIS IDA COLE

On November 1, 2021, Lois "Willy" Ida Willson Cole 94 of Bow, peacefully joined her husband, Richard H. Cole, in the eternal heavens. Lois was born in 1927 in St. Johnsbury, VT; the daughter of Bernard Willson and Doris Story. A graduate of Concord School of Nursing, she met Richard and they married on April 1, 1952. As a mother of five children, she redefined the title of "housewife and homemaker." She spent many years and made numerous memories on East Bear Island in Meredith. She was a world traveler, visiting country after country as she and Richard crisscrossed the globe.

In their later years, the couple called Vero Beach, Florida and Bow their homes. Predeceased by Richard, her legacy is carried on through her daughters Susan Korjagin and husband Tony, Nancy Mayo and husband Michael, Kathryn Sampson and husband Mark, and her sons Stephen Cole and wife Nancy Talbott and Michael Cole and his wife Melinda. Along with her grandchildren and great-grandchildren, Lois leaves us with sadden hearts but loving memories.

BRENDA L. GOODWIN

Brenda L. Goodwin, 65, of Bow died October 26, 2021, following a lengthy period of declining health.

Brenda was born in Concord on March 8, 1956, the youngest of ten children born to Thomas and Evangeline (Ladd) Young. She was a lifelong resident of the Concord area and was educated in local schools.

Brenda loved to go camping and truly enjoyed nature hikes and long, relaxing drives. She was a devoted wife and mother who was no stranger to having a good time with those she loved.

Brenda is survived by her beloved husband, Mark Goodwin; her daughter, Lisa Goodwin of Bow; her granddaughter, Jazmine Douglas of Bow; brothers Paul and Bobby; sisters Pat, Barbara, Marilyn, and Beverly; sisters-in-law Marcia and Susan; and numerous nieces, nephews, other extended family, and dear friends.

To view an online memorial, leave a message of condolence, or for more information please go to www.csnh.com.

PETE COLBY

Pete Colby, age 81, died October 21, at his home in Bow, following a long period of declining health. He was born at home in Colebrook on April 14, 1940, to the late Carroll and Alma (Owen) Colby. Pete was the Valedictorian of Colebrook Academy class of 1958 and received his Bachelors Degree in Mechanical Engineering from UNH in 1963.

He married his high school sweetheart, Janet "Snookie" Beecher in 1961 and following his graduation from University of New Hampshire joined General Electric Company.

He and Janet then returned to NH in 1978 and settled in Bow for the next 43 years. Pete was one of the nicest, kindest guys anyone could have the privilege of knowing. He loved golf, having been a scratch golfer as a teenager and winning the Colebrook Country Club Championship in his sophomore year of high school. His home away from home was the Concord Country Club.

Pete was a 30-year member of Bow Rotary and a 35-year member of Free and Accepted Masons of NH. He enjoyed coaching baseball, basketball and participating in Boy Scouts of America when his boys were young.

In addition to his parents, he was predeceased by his son John William Colby in 2010, his halfbrothers Warren (Hazel) Drew and John (Natalie) Drew, and halfsister Jane Drew (Harold) Stevens.

Pete is survived by his wife Snookie, his son Gregory Colby and wife Eleana; grandchildren Ryan, Lauryn and Derek; stepgrandsons Carter and Madden Walsh; sister Carol Sue Anderson and husband Jim; sisters-in-law Sylvia Collins and Gini Beecher of Bow.



*Wishing you peace to bring comfort,
courage to face the days ahead and loving
memories to forever hold in your heart.*

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The Bow Times

STATEMENT OF OWNERSHIP, MANAGEMENT AND CIRCULATION

NAME: The Bow Times
FREQUENCY OF ISSUE: Monthly
PRINTER: Gannett Publishing Services, Portsmouth, NH
PUBLISHER: The Bow Times, LLC
OWNED BY: Charles G. Douglas, III
EDITORS: Charles G. and Debra M. Douglas,
40 Stone Sled Lane, Bow, NH 03304
CIRCULATION: 3,160 Mailed Pre-Paid
Stores and other sites: 1,050; Total = 4,210
PERCENT PAID OR REQUESTED: 99%
BONDHOLDERS, MORTGAGEES: None
DATE: December 1, 2021

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| 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 |
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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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