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THE BOW TIMES

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FREE

WOMAN STABBED IN THE NECK ON BOW BOG ROAD

Bow fire, police, and New Hampshire State Police were dispatched to a reported stabbing on Bow Bog Road on November 28.

The fire department was asked to stay away from the scene with county dispatch indicating a man was in possession of a knife and attempting to stab the woman again. Police arrived at the scene and detained Terrance Sleweon and cleared fire and EMS to come into the single-family home just before noon.

The victim was stabbed in the neck, according to police, and was transported by Bow fire and EMS personnel to Concord Hospital with serious injuries. The age and sex of the victim were unknown at post time but it is considered a domestic situation.

Bow police said in a press release on Facebook that the man taken into custody in connection the alleged stabbing was Terrance Sleweon, 36, of Bow. Sleweon also had active arrest warrants from Rochester police and the Hillsborough County Superior Court. Specific case information is not known but Sleweon, according to online records, has a number of prior offenses. He is now detained.

The Bow Police Department wants to ensure the community there is no risk to the public as this was an isolated incident between two known individuals at a private residence.



The Tree Lighting at the Bow Town Gazabo was a tremendous success. Crowds enjoyed the Bow Middle School Chorus while awaiting the arrival of Jolly Old Santa!
Eric Anderson photo.



Santa arrived with his traditional Ho-Ho-Ho, listening to the gift wishes of eager youngsters posing for family photos.
Eric Anderson photo.

HOPKINTON-CONTOOCOOK NEWS ON PAGES 10-11



The Bow Rotary had a stellar wreath and tree sale! 200 trees were sold in just 8 days!! All time record!!
Photos by Eric Anderson.

OFFICER MICHAEL CARPENTER RESIGNED 5 HOURS BEFORE I.A. INTERVIEW

by Chuck Douglas

As a result of a Right to Know Law request last month the reasons for the resignation of the former school resource officer (SRO) are now known.

On November 17, 2020, Michael Carpenter told Chief Margaret Lougee he had found a marijuana bong next to a car parked in the high school parking lot. He later told her it was found as a result of a warrantless search inside the car. When asked where the evidence was Officer Carpenter said he had “disposed” of it. No evidence property number was pulled nor a report prepared on how or where the bong went.

The student who parked the car at the high school said the bong was on the floor of the car and not outside of it according to Lt. Edmunds.

Officer Carpenter was also accused of being paid for a day of on-time training when he was playing video games.

As a result of the two accusations SRO Carpenter was to be interviewed by Lt. Stacey Edmunds for Internal Affairs at 11 a.m. on December 7, 2020. He resigned at 5:52 a.m. so he never appeared for the interview.

On December 28, 2020, the chief sent a letter to the County Attorney stating that “a determination had been made” that the officer lied on a report and destroyed found property. Police Standards and Training Council has since decertified him and he is on the EES or “Laurie” list for officers who have found to have lied.

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LETTER TO THE EDITOR

ALLEN ROAD GRAVEL PIT

Dear Bow Times,

“Is the Allen Road Gravel Pit a Gold Mine for Bow?” your article asked. Selectman Marshall’s idea to open it for five years to commercial excavation is 90 acres of landmines.

At 1.5 tons per cubic yard, a 30,000-pound truck carries up to 10 yards of sand. Excavating 1 to 3 million yards over five years means 77 to 231 truckloads every workday. That’s a truck going to or from the pit every 1 to 3 minutes.

The pit’s former owner operated it commercially. In 1998 the ZBA imposed new restrictions on his excavation permit after receiving testimony about the harm being caused to the roads, the environment, and our safety and quality of life. Then, amidst the owner’s threats to sue, Bow voted to purchase Nottingcook Forest, including the pit, ending its commercial excavation. We next voted to conserve the Forest. The conservation easement excludes the pit--its resources, including its huge aquifer, remain accessible but to Bow alone. This aligns with Bow’s Master Plan that gives high priority to preserving our natural resources.

Mr. Marshall’s proposal would violate voter-directed policies that until now have been honored for more than 20 years. We ask the Selectmen to reject it.

Sincerely,
Susan Marcotte-Jenkins and Martin Jenkins, Kathy Kayros, Filipe Miranda, Bob Lu
Angela & Damian Brennan, Eric Thum, John and Gini Dyke, Susan Hatem and Emily Jenkins

EDITORIAL

DEFENDING DEMOCRACY MATTERS

You know, I am a conservative Republican. I disagree strongly with nearly everything President Biden has done since he has been in office. His policies are bad for this country. I believe deeply that conservative principles: limited government, low taxes, a strong national defense, the family – the family as the essential building block of our nation and our society, those are the right ideals for this country.

I love my party. I love its history. I love its principles, but I love my country more. I know this nation needs a Republican Party that is based on truth, one that puts forward our ideals and our policies based on substance. One that is willing to reject the former president’s lies. One that is willing to tell the truth: that millions of Americans have been tragically misled by former President Trump, who continues to this day to use language that he knows provoked violence on January 6.

We need a Republican Party that is led by people who remember that the peaceful transfer of power is sacred and it undergirds the very foundations of our Republic. We need Republican leaders who remember that fidelity to the Constitution, fidelity to the rule of law, those are the most conservative of conservative principles.

In the months since January 6th, I have sometimes heard people say something like, “Well, what happened was bad, but it wasn’t that big a deal because our institutions held.”

To those people, I say, our institutions do not defend themselves. We the people defend them.

Our institutions held on January 6th because there were brave men and women, elected officials at every level of our government who did their duty, who stood up for what was right, who resisted pressure to do otherwise. And our institutions held because of the bravery of the men and women in law enforcement, our military, and Capitol Police defended the most sacred space in our Republic, our Capitol building.

Because of those brave men and women, Congress was safe and we carried out our constitutional duty to count the electoral votes.

In all the history of mankind there has never been a place like America. Our nation is far from perfect, but we know that it is our founding documents, our founding principles, the Constitution, our Bill of Rights, that provide the path forward for freedom and for justice for every one of us – and not just for us, but for all mankind.

Remarks by Congresswoman Liz Cheney (R-WYO) in Manchester at the Loeb Award Dinner last month.

COVID-19 CONTINUES TO SURGE!
10,138 Active Cases in New Hampshire!

TOWN	NEW	ACTIVE	TOTAL
Bow	7 New Cases	46 Active Cases	795 Total Cases
Dunbarton	1 New Case	12 Active Cases	340 Total Cases
Hopkinton	5 New Cases	34 Active cases	549 Total Cases

As of December 11, 2021



COVID-19

SCHOOL UPDATE

by Dean Cascadden

As of December 7 we have seen an increase in COVID cases in our schools this last week. Presently our active cases are as follows: DES 8, BES 20, BMS 14, BHS 15. BES has implemented cohorting which involves limiting mixing between classes during lunches and other activities. We are monitoring the situation and may consider increasing protective factors at some of our schools like increased targeted masking or limiting visitors. The SAU Board was informed of this situation and has directed the superintendent to wait till mid January to look at any changes in the present COVID protocols. If after the holiday recess the COVID environment has subsided, the SAU could consider making masks recommended with some targeted required masking in grades k-8.

SCHOOL BUDGET UPDATE

In December both the Bow and Dunbarton boards are working on budgets and warrants for the annual meetings in March. Both boards have settled union contracts with their teachers and are working on items for support staff. The AREA Agreement has been re-negotiated and will be on both warrants to take effect in July 2024. During the negotiations process it was discovered that there was an error in calculating paraprofessional costs. This has been corrected, but there will be payments over the next two years from Dunbarton to Bow to rectify this error in the amount of \$190,000 per year.

UPCOMING ELECTIONS IN 2022:

TOWN ELECTION	TUESDAY	March 8, 2022
STATE PRIMARY ELECTION	TUESDAY	SEPTEMBER 13, 2022
STATE GENERAL ELECTION	TUESDAY	NOVEMBER 8, 2022

Filing period is January 19th, 2022 – January 28, 2022

Absentee ballot request forms, declaration of candidacy and how-to-file for office, forms are all posted online on the elections page.

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The Library will be CLOSED on Friday, December 24, and on Saturday, December 25 in observance of Christmas.

The Library will CLOSE at 4:00 PM on Friday, December 31st in observance of New Year's Eve.

The Library will be CLOSED on Saturday, January 1st in observance of New Year's Day. Give us a call at (603) 224-7113 with any questions.

FEATURED PROGRAMS

Noon Year's Eve Celebration Friday, Dec. 31st | 11:30am - 12:30pm

Join us for a special New Year's Eve Celebration for kids, and ring in the New Year at noon! Children and families can celebrate with crafts and games, and let loose with a bubble-filled dance party. All ages welcome. Registration is required for this event.

CHILDREN'S PROGRAMS - The current Storytime Session will end on December 23, with a 2 week break over the holidays. A new session will begin on Tuesday, January 11th. To register your child for the next session of Storytimes, please call or visit the Library.

SHIMMY AND SHAKE STORYTIME Every Tuesday 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.

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.

AFTER-SCHOOL PROGRAMS

KRAFTS 4 KIDS Wednesday, January 12th | 3:30pm

A monthly program for artists and makers in Grades K-4 along with a parent or guardian. Create a new craft each month with materials supplied by the library! Registration is required.

TINKER TUESDAY TUESDAY, January 18th | 3:30pm

A STEM-inspired group that explores scientific concepts through hands-on activities. Recommended for Grades 2-6, in the company of a parent or guardian. Registration is required.

ADULT PROGRAMS

ADULT CRAFT NIGHT - After Hours Monday, January 10th | 6pm

Join us every month 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 for pick up on Tuesday, January 11th. 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, January 11th | 12:30pm & 6:30pm

The **Adult Book Talk Group** will be meeting in-person on Tuesday, January 11th at 12:30pm and 6:30pm. The group will be discussing *Say Nothing: a True Story of Murder and Memory in Northern Ireland* by Patrick Radden O'Keefe. 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 Tuesday, January 18th.

The **Whodunits** are meeting at White Rock Senior Center on Tuesday, January 4th and will be discussing *Say Nothing: a True Story of Murder and Memory in Northern Ireland* by Patrick Radden O'Keefe.

ART GALLERY

The library has a great lineup of artists in 2022. There are still a couple months available for booking. If you have interest in being a Featured Artist in the Gallery, please contact Amelia at amelia@bakerfreelib.org.

Want to register for a program or event in January? Please visit the Library or call us at (603) 224-7113. To learn more about upcoming programs, visit our website www.bowbakerfreelibrary.org.

ALL-STATE TEAMS SET

The New Hampshire Soccer coaches Association released its All-State teams and Lions Twin State Cup rosters.

The top seniors from New Hampshire will play against the top seniors from Vermont in the annual Lions Cup match next summer.

DIVISION II BOYS

First Team: Bow's Nate Dolder (defense)

DIVISION II GIRLS

First Team: Bow's Kelly Harris (defense)

Madison Roberge (midfield), Lyndsey LaPerle (forward)

Second Team: Bow's Bella LaPerle (midfield)

DIVISION III BOYS

First Team: Hopkinton's Aidan Burns (goalie),

Peyton Marshall (defense), Quinn Whitehead (forward)

Second Team: Hopkinton's Josh Duval (defense),

Bryce Charron (midfield)

DIVISION III GIRLS

First Team: Hopkinton's Emily Fleegle (goalie),

Kathy Murdough (defense), Ashlee Brehio (midfield),

Annie Hignbotham (forward)

Second Team: Hopkinton's Loren Charron (forward)

Merry
Christmas
HAPPY NEW YEAR



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WHICH TYPE OF CREDIT CARD REWARDS PROGRAM IS RIGHT FOR YOU?

Rewards are incentives to use a debit or credit card to make purchases. Card rewards programs share several key characteristics:

- Rewards typically have units of value such as cash, miles, or points.
- Rewards can be accumulated over time and are subject to different terms and conditions.
- Rewards are often based on a percentage of your spending and can vary by what is spent in different categories. For example, you might get 5 percent back on gas purchases with your card. There may also be a lump-sum rewards bonus for spending a certain amount within a defined period of time.

CARD REWARDS CAN TAKE A VARIETY OF FORMS, BUT MOST FALL WITHIN THESE MAJOR CATEGORIES:

- **Cashback**, which you can redeem for a statement credit or a cash payment.
- **Points**, which you can use to purchase goods and services, including travel, gift cards, and discounts or rebates on goods or services, or convert to a cashback reward.
- **Co-branded card rewards**, in which a card issuer partners with a business, such as a retailer or airline, to allow you to earn rewards in the business's rewards program.

HOW DO REWARDS WORK?

Earning rewards is generally determined by your spending volume. In some cases, you earn a fixed quantity of miles, points, or cash in proportion to the amount you charge to the card, like one point per dollar spent. In other cases, you earn according to different conditions, like making purchases at a particular merchant.

Sign-up bonuses give you a substantial lump of additional rewards, but to receive the bonus, you must purchase a certain amount with your card within a specific time period, usually no more than a few months.

Redemption: Once you have accumulated your rewards, you will want to exchange them for the best value. Rewards programs are generally categorized by different types of goods and services available. In some cashback and co-brand rewards programs, redemption can occur automatically when you have accumulated a preset number of points. More commonly, however, you must take action to redeem points and generally have to earn a minimum amount before you can use them.

All rewards not redeemed are potentially subject to Expiration and Forfeiture. Some cards have policies where if your card is inactive for a long period of time, your rewards may expire. You may also forfeit your rewards if they are not used by a specific deadline. Both result in the same outcome: your inability to use the rewards if you don't follow the conditions provided by the issuer. If you're having trouble finding your card rewards expiration and forfeiture rules, contact the card issuer directly to ask.

Carefully choosing a card which best fits your usage needs can help you maximize your rewards.

For more help or information, go to **FDIC.gov** or call the FDIC toll-free at 1-877-ASK-FDIC (1-877-275-3342).



DO YOU LIVE ON A PRIVATE ROAD?

by John J. Goglia

Many buyers of residential properties on private roads are unaware that their roads will not be maintained by the municipality, but the full ramifications of purchasing a home on a private road are not evident until several years later. Typically, developers who build these types of communities obtain municipal variances that allow roads to be built to standards less than those required for public roads. Most private road communities are not private at all because those private roads can be used as cut throughs from one public road to another. Many private roads are paved, many have curbs some have sidewalks and most are undistinguishable from public roads.

When many high-density private road developments are built the developers set low Homeowners Association (HOA) fees to entice initial buyers but after a few years those residents realize that the fees need to be substantially increased to fund the inevitable costs of maintenance, repair and replacement. That is when the residents begin to realize they are treated differently than other property tax residents.

Although there is no property tax reduction in the assessment of private road properties residents have the additional burdens of acquiring the expertise to determine what needs to be done to maintain their roads and infrastructure, when, by whom and at what cost. Public road residents have no such worries or additional expenses yet there is no difference in tax assessing these properties. Thus, private road residents which currently are in the minority in most municipalities are subsidizing the public road residents which is totally unfair.

Currently the New Hampshire Private Road Taxpayers Alliance (NHPVRTA) has introduced legislation in the NH Senate for this next legislative session. The first one is sponsored by Senator Regina Birdsell (Hampstead). LSR 2022-2951, Relating to Qualified Private Communities only pertains to future private road communities, and it would make it mandatory that developers of qualified private road communities create a Capital Reserve Fund of no less than 50% of the cost to replace roadways based on certain criteria at the time of completion.

The second bill was filed by Senator Sharon Carson (Londonderry) and relates to a Tax Credit For Qualified Private Communities and would grant municipalities the optional authority to offer a tax credit to qualified private road community property owners. It would be determined based on what the municipality reasonably believes it would cost them to provide and maintain services such as snow removal, lighting, repairs, replacement, fire hydrants, sewer and water.

Please contact the Private Road Taxpayers Alliance by visiting their website at www.NHPVRTA.com to find out what you can do to help promote these 2 Bills. With your help the NHPVRTA can move toward equity and fairness for private road taxpayers.



*Wishing you a Happy Holiday
& a great New Year!*

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Photos Eric Anderson

YOUR *Bow* TAX DOLLARS AT WORK!



The Board of Selectmen, town departments heads and members of the Budget Committee meet to kick off the Annual Budget review.



CHRIS ANDREWS
Director Buildings and Facilities



LEE KIMBALL
Director of Emergency Management



DARCY LITTLE
Director of the Bow Parks & Recreation



GEOFF RUGGLES
Director of Finance



TIM SWEENEY
Director of the Department of Public Works



MATT TAYLOR
Director of Community Development



MARTIN WALTER
Director of the Baker Free Library

TOWN OF BOW PUBLIC NOTICE

The filing period for Town/School office elected positions is Wednesday, January 19, 2022 through Friday, January 28, 2022. Candidates filing on the last day must do so in person. The Town Clerk’s office will be open until 5:00 p.m. on the last day. RSA 669:19,652:20.

Listed below are the offices that will be on the Town/School ballot on Tuesday, March 8th 2022.

ORGANIZATION	OFFICE	NUMBER OF OPENINGS	TERM DURATION IN YEARS
Baker Free Library	Library Trustee	1	5
Bow School District SAU 67	School Board Member	2	3
Bow School District SAU 67	School District Treasurer	1	3
Town of Bow	Budget Committee Member	2	3
Town of Bow	Selectman	2	3
Town of Bow	Town Moderator	1	2
Town of Bow	Supervisors of the Checklist	1	6
Town of Bow	Trustee of Trust Funds	1	3

Check out the Town of Bow, Elections page online at www.bownh.gov for more information.



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TIPS TO STAY ON TRACK DURING THE HOLIDAYS

by Jim Olson

The holidays are a time for celebration, but can also be a time to get off track with your diet and exercise. With a little planning, you can celebrate the holidays without sacrificing your health goals, and without feeling guilty about what you ate, or not enjoying yourself because of your health goals.

Make a calendar that includes holidays, parties, events, and occasions that will tempt you or stress you.

Seeing them on the calendar will enable you to plan your workouts and meals, and help you balance any holiday treats you might indulge in. Prioritize these events and plan how you can make them as healthy as possible. Commit to eating only a small amounts. Make it a treat not an everyday thing, and don't go overboard!

Decide in advance how you'll handle each event.

Anticipating the situation will make it easier to handle when you're there. Maybe plan to eat a snack beforehand, or share a dessert with your partner, or bring your own healthy dish or snack.

Include your workout plans on the calendar. Include what you're doing each day, and who you can turn to for extra accountability. If you know you are likely to consume more calories, you can plan an extra workout or two for the week. Take advantage of opportunities that arise (snow days, holiday travel) to be more active throughout the holidays with walks, hikes, or outdoor recreation.

If you're going on a long drive, pack healthy food. Some examples are trail mix, yogurt, apples, whole-grain crackers, and hummus. Avoid stopping at an iffy restaurant or – gasp! – a fast-food drive-through.

Read the labels at the grocery store. It's shocking how much sugar and sodium are found in packaged foods. Search for the better options.

Ditch the Big Bads. Enjoy the pie without the whipped cream. Watch the alcohol consumption. Use low-fat versions of dairy and substitute healthy sweeteners



Jim Olson

for sugar. If you're cooking, take control of the ingredients. Instead of butter use olive oil, instead of sugar use cinnamon or fruit, etc.

Wait before piling on second helpings. It takes our brains approximately 10 minutes to understand that we've had enough. So, instead of springing out of your chair for another round of yumminess, wait 10 minutes and see if you really want it then.

Plan some physical activity before or after the Big Meal. Go for a walk around the neighborhood. Have a video workout ready. Throw the football around.

Don't skip out on your workout just because it's a holiday! Keep your workout schedule, even if it's less intense. Keep the rest of the routine intact as well, with your journaling, meditation, etc.

Eat before you go. If you go shopping, be sure to eat something first. Then you won't be as tempted by the mall's food court or a barista's high-fat concoction of calories. If you are going to a gathering where you might be tempted to over-indulge or eat something you shouldn't, consider eating before you go. This will reduce the chance you'll be hungry and end up eating something unhealthy.

Make Smart Choices. The holidays are a special time of year, but if you don't take care of yourself, they can become a time where you start to give up. Make a plan so that you can have fun and stay healthy this season!

You do not have to ruin your health goals because of the holiday season. It is simply one time of year where healthy eating usually takes a back seat to indulgence. If you slipped up one day (and who hasn't?), don't beat yourself up over it! Let your guilt inspire you to do better with your diet or workout plan next time.

Use these tips – the key is moderation. Enjoy the season looking and feeling your best. And have a Merry Everything!

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MY TABLE TO YOUR TABLE

by Debra Barnes

HOLIDAY COMFORT FOOD

It's the holiday season and cooking something warm, gooey and comforting after a long day of shopping is always on my "to do" list. Warm Melted Caprese Cheese Dip is just that dish! You can put this recipe together in under 10 minutes, cook it right away or cover and cook later! All the ingredients are available year-round and it's super easy to bring to a holiday party. You can use fresh or jarred pesto, fresh or canned diced tomato (drained), fresh or shredded mozzarella cheese.



KITCHEN TIP:

When buying fish, scallops, or shrimp, always dry them with paper towels before cooking. The drying will help your seafood sear or fry instead of steaming.

Be sure to follow
my Instagram page at
#EAT603

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



MERRIMACK COUNTY SAVINGS BANK ANNUAL MITTEN TREE DRIVE

Merrimack County Savings Bank is collecting cold weather essentials for their annual Mitten Tree drive. New handmade or store-bought mittens, hats, gloves and scarves can be dropped off at Merrimack branch locations. Nonprofits in need of these items should contact the Bank office closest to them. A list of all offices and hours are available at themerrimack.com.

A donation of \$2 for every item collected through December 31 will be divided and awarded to:

The **Friendly Kitchen**, Concord, providing meals for the hungry in a warm and caring, environment. For more information, please go to: thefriendlykitchen.org.

The **Hopkinton Food Pantry**, in Hopkinton, assisting households in Hopkinton and in Contoocook with non-perishable food items as well as specialized food allotments during the holidays. For information, please visit: hopkintonfoodpantry.org.

WARM MELTED CAPRESE CHEESE DIP (RED, GREEN AND WHITE)

1 pint	cherry tomatoes - halved
1 lb.	low moisture shredded mozzarella cheese
3 cup	basil pesto – drained of excess oil (reserve oil)
Pinch	red pepper flakes
1 clove	garlic – finely minced
¼ t salt	
¼ t pepper	
1 loaf Ciabatta bread	sliced and toasted

PREHEAT OVEN – 400 degrees

Mix all the ingredients in a large bowl. Using a non-stick spray, coat the bottom of a small to medium size (6 – 7 inch across) cast iron pan or oven proof dish. Pour the cheese mixture in and be sure there are some tomatoes facing skin side up. Cook on a sheet pan (in case of bubbling over) for 15 to 20 minutes or until bubbling. Use reserved basil oil to drizzle. Serve immediately.

While the dip is heating, you can either toast or grill the bread and keep warm for serving.

You can easily double this recipe!!

HAPPY
Holidays



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

Merry Christmas & Happy Holidays from the Kiniry Family!



Hello friends and neighbors, I hope this writing finds you all to be well in my favorite time of the year. My family would like to wish you and your loved ones a Merry Christmas or any other holidays you may celebrate in this Holiday Season, and a blessed and Happy 2022!

We are all aware of the significant need in our society and feel the desire to serve others. One of the charities in our area that does a wonderful job in supporting the greater community is the Salvation Army, which is why I serve on its Advisory Board.

All of us have seen the Salvation Army Kettles that are placed in the front of area stores to collect donations. I have no doubt that most of you have made donations as you pass by. Perhaps you have seen my family ringing the bell in front of Market Basket or Sam's club.

If you are in the holiday spirit and would like to help those in need in our greater community, I encourage you to visit [Bit.ly/2021VirtualRedKettle](https://bit.ly/2021VirtualRedKettle) to make a donation.

Finally, we are coming up on the dreaded New Year's Resolutions. Do you make them? Do you keep them? My wish for you is that you make a resolution, keep the resolution, and it changes your life and the lives of those around you, for the better.



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HOPKINTON - CONTOOCCOOK TOWN CRIER

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

TWO VILLAGES ♥ ONE HEART

► **ARTIST BYRON CARR** will be selling oil and watercolor paintings - 20% to 60% off - at 185 Main Street in Hopkinton (home of the famous horseshoe pile). Prints, note cards, books by New Hampshire authors, and baked goods also will be for sale. During the next month, the sale will take place Thursday through Saturday 10am-6pm and Sunday 10am-4pm, or by appointment (call 603-406-4880 to schedule a time). Byron will be on site most of the time demonstrating his painting process.

► **SLUSSER CENTER** Drop in for Breakfast with Santa December 11th from 730-1030am. You may pre-register online at: www.HopkintonRec.com. Pancakes, eggs, bacon, hash browns, muffins and more. \$7 ages 12+, \$5 ages 5-11, free under 5yrs, \$24 family max.

Pet photos with Santa is on Saturday 12/11 from 1030-1130am at the Slusser Center. Donations accepted to support Hopkinton's Operation Christmas. www.hopkintonrec.com.

► **ABENAKI TRAILS PROJECT** What We have Learned from the Abenaki Trails Project at The Hopkinton Historical Society runs through December. The exhibit is open Tuesday and Friday from 9am-4pm, Saturday 9am-1pm. For information call 603-746-3825.

► **HOPKINTON HUNDRED** 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.

► **THE LIONS CLUB** has a long standing fundraising tradition that provides needed services in our community. These include: 1) Eyesight screening in schools to detect and refer students for eyeglasses (providing financial assistance for many), 2) Winter clothing drive for children and adults to help with coats, hats, and mittens, 3) Scholarships for Hopkinton High School students, 4) Support for Got Lunch and Senior Lunch, and 5) Support for Northeast Deaf and Hard of Hearing and Future in Sight. With our ability to sponsor functions that support these services dramatically limited, this year we are offering another way you can contribute to the work we do. To kick off the upcoming holiday season we are asking for donations of \$15 - or more if you choose - for a Be Kind, Give Thanks sign to place on your lawn or at your business. These will be available at the Christmas tree sale and Food Drive for the Hopkinton Food Pantry. You may contact Marge Doscher at 603-496-8388 or email erbuddy@comcast.net to order a sign and arrange for payment and delivery or pickup.

► **HOPKINTON TOWN LIBRARY'S** 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: December 9th and 16th.

► **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 every Saturday 9-noon inside at Maple Street School. Stay up to date by visiting the Facebook page Contoocook Farmers' Market. Masks are required.

► **BABYSITTERS TRAINING** Join us for the Red Cross Babysitters Training on March 25 (no school on that day). This class is geared for those in 5th-6th grade; it fills up fast, sign up now to secure a spot! www.HopkintonRec.com.



WINTER 2021 MEMBERS' ART SHOW

Shop over 30 talented local artists in a variety of media! All are TVAS members.

'Tis the season of gift giving! Participating artists are curating their work to help you give the perfect locally created or crafted gift. From watercolor and oil painters to potters and mixed media artists to photographers, fabric artists, printmakers, wood artists, and more... there is something for everyone!



Gallery Open November 26 – December 23
Thursday through Sunday 12-4:00 PM
846 Main Street, Contoocook, NH

HOPKINTON POLICE DEPT.

3 Arrests 6 Accidents 150 Traffic Stops NOVEMBER 2021 ARREST LOG

11/03 Shawn White, 43, of 158 Church Street, Keene, NH was arrested for DUI.

11/16 Susan Paulo, 58, of 31A Foothills Road, Sutton, NH was arrested for DUI-2nd or 3rd Offense and Drive After Revocation/Suspension, DUI.

11/27 Andrew Manseau, 21, of 603 Upper Straw Road, Hopkinton, NH was arrested for DV; Simple Assault; Physical Contact.

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Hopkinton Real Estate Sales – NOVEMBER

ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
67 Pamela Dr	3 Bedrooms 2 Baths	1,352 Square Feet	0.25 Acre	\$121,000
470 Jewett Road.	4 Bedrooms 3 Baths	3,328 Square Feet	3.90 Acre	\$275,000
58 Perch Lane	2 Bedrooms 1 Baths	696 Square Feet	0.17 Acre	\$280,000
49 Amesbury Road	3 Bedrooms 3 Baths	2,061 Square Feet	0.56 Acre	\$379,000
461-463 Kearsarge Avenue			1.90 Acre	\$415,000
1279 Hopkinton Road	4 Bedrooms 3 Baths	2,118 Square Feet	2.40 Acre	\$469,900
44 Brookwood Lane	4 Bedrooms 3 Baths	4,264 Square Feet	1.42 Acre	\$475,000
219 Moran Road	4 Bedrooms 4 Baths	2,960 Square Feet	14.70 Acre	\$584,000
00 Gould Hill Road	ACREAGE	ACREAGE	155.40 Acre	\$895,000

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Travel Time

— TOURING LONDON

Ah, London...what better destination for our first post-COVID foreign travel! We've been there a few times, and just love the city. The flight times and schedules from the east coast are manageable. The Brits are organized about travel restrictions and requirements. Even better, our grandson, Brayden, is studying at the London School of Economics for the year. Surely, he'd want his grandparents popping across the pond to say hi! As a bonus, British friends, Rob and Catherine, said they'd join us and show us some of "their" London.

It felt wonderful to start the booking process: looking at flight options, perusing London maps, checking out accommodations in the Bankside area near Brayden's housing on the south bank of the Thames, and figuring out how we would communicate as well as navigate the city.



Brit pals Rob Callaway and Catherine Gurney treated us to Remembrance Day, honoring fallen servicemen and women. Dignitaries placed wreaths of poppies at the Cenotaph Memorial in Whitehall. Boris Johnson and Prince William attended, and massive crowds cheered the parades.

Of course, we weren't going anywhere unless we could meet the COVID travel requirements and restrictions – both going to the UK and coming back to the US. We started with the airlines and the arrival process in the UK.

We needed flexibility, so we booked our flights with reward points—we could just yank them back into our account if everything fell apart. We also wanted to give the world enough time to adjust to the virus, so we booked in July for a November 10-17 trip – smart move as by the time November arrived, fully vaccinated US citizens no longer had to quarantine on arrival in the UK and negative COVID tests were no

longer required to board a plane. All we had to do was get a rapid test by day two of arrival in London (see sidebar).

But back to London itself. The city feels much the same as it did when we visited in the late 1990's and 2000's. Traffic is crazy, the little black taxis and red double-decker buses still ply the streets—a combination of ancient cobbled lanes, crazy roundabouts, and wider thoroughfares. The pavement is still painted with reminders that they drive on the other side of the street. Look left, right, left when crossing! Icons like Buckingham Palace, Covent Garden, Trafalgar Square and Notting Hill still draw crowds.



November 13th we happened upon the annual Lord Mayor's Show when City of London closes down for a 3-mile-long parade celebrating various mounted guards, military units, corporate floats and more. The first such even was in 1215!



Our TripAdvisor flat in Bankside on the south side of the Thames, had easy access to the trendy Borough Market, full of inns, pubs, shops, historical spots and more – all adjacent to the Thames and its lovely riverside walkway.



Dickens's Old Curiosity Shop is but a stone's throw from the quite modern London School of Economics campus.

The timeless architecture of the palaces, government buildings, and luxurious townhomes and the classic formal gardens and parks were still a comfort. But there are changes too. The London Eye, a 443' tall observation Ferris wheel, now dominates the South Bank of the Thames and is the most popular paid tourist attraction in the city. Modern glass and steel buildings are more prominent, and construction is everywhere. Twenty years ago, you couldn't walk a block without passing a cozy pub. Now it's hard to walk a block that doesn't have an Asian or Middle Eastern restaurant—often "take-aways" and franchises. You still hear the characteristic British accent in all its variations, but you'll also hear a myriad of languages from around the globe.

On previous trips we used maps and guidebooks and I hauled pounds of camera equipment everywhere. Now the cell phone is all you need. Google Maps will instantly locate the nearest museum or restaurant and how to get there via walking, cab, tube, bus, or ferry. One click will bring up the menu and another will place a call. All you need is a functioning cell phone (see sidebar).

As for money and paying for things, Brayden schooled us in “tap to pay.” You use your credit card or even a phone app and just “tap” if your card has the RFID symbol. London is fast becoming cashless, even in local restaurants. We were able to tap and pay at local convenience stores and eateries, and Rob and Catherine showed us their city via the now cashless Tube. Get over to a comedy club near Covent Garden? No problem. Have a sunset cocktail at the London Sky Garden or hop a ferry up the Thames to see the famed Cutty Sark? Just tap, tap tap!

Is it time for you to explore London? Even if you don’t have the great excuse of visiting family or friends, it’s a great first step back out into the world of travel.



The London Underground has been operational since 1890, but now entry/exit turnstiles use "tap and pay" credit cards. Tap in, tap out. Makes an already speedy trip even more efficient.

IF YOU GO

COVID requirements and restrictions dominate entry/re-entry to the UK and USA. Mostly importantly, they change – sometimes when you are abroad. Keep informed and stay safe.

Begin at www.uk.gov. Subscribe to their daily travel email well before you fly. All arriving passengers need a Passenger Locator Form, which specifies COVID testing within two days of your arrival. Have the tests delivered to your hotel, do the test on arrival, email the results to the testing. Watch the dates – timing is critical!

Pay close attention to airline requirements when booking. If they fly to the UK they will have a link to www.uk.gov. Be sure to fill out the passenger info completely.

Sign up for VeriFly, a travel app that consolidates your identification and health information. Many airlines now have special online check-in and boarding lanes just for VeriFly users.

While in the UK, monitor your airline for re-entry requirements, especially regarding COVID testing and forms. Requirements changed while we were in London, and we had to scramble!

Consider Global Entry (www.cbp.gov) to speed your re-entry.

Bring your CDC vaccination card (plastic protectors work well) as well as a back-up copy. This is required for most venues and attractions. Get your booster listed.

Decide cell phone access before you go. Call your carrier. Xfinity Mobile has a Global Travel Pass program using your own phone and number. Some US phones accommodate a new SIM card you can buy in London. Or simply buy an inexpensive phone in London.



NATIVE AMERICAN MEDICINE

I am writing this piece in the month of November which is National Native American Heritage Month. I thought it would be interesting to think about the art of medicine when the Native American tribes were flourishing in NH. Before embarking on the medical story, I want to call to your attention to an article by M. Dionne and R. O'Rourke that appeared in the June 2017 issue of the New Hampshire Magazine. (<https://www.nhmagazine.com/paths-to-new-hampshires-native-past/>). This gives a very good survey of New Hampshire's Native history, and I recommend it to you. I learned that the first Native Americans were here about 11,000 years ago. There were several different tribes, but all spoke a form of the Abenaki language. By the late 1600s the Native American population in NH was shrinking because of illnesses such as smallpox and influenza for which the native population had no immunity or treatment.

I suspect that Native American medicine could have been both homeopathic and allopathic. The word Homeopathic has a German origin coming from the Greek homoios (like, of the same kind) and patheia (disease). Homeopathy is a form of complementary and alternative medicine that uses very small amounts of natural substances, which if used in higher quantities may cause disease or symptoms. Allopathic comes from the Greek allos (opposite), and pathos (to suffer). But I am getting off track!

What were the medical treatments available? This quote from Garlow, although somewhat obtuse, gives us some insight. "Healing practices ranged from one group to another tribe, involving numerous gatherings, rituals, and different knowledge of healing, including North America's more than 2,000 indigenous groups. While there were no absolute curing requirements, most tribes accepted that wellness was the manifestation of the spirit and a constant method of remaining strong emotionally, psychologically, and mentally. This power would hold sickness and harm away, preserving harmony with oneself, those nearest to them, the natural world, and the Maker as well." (Native American Herbal Apothecary, 2021, by Aponi Garlow). This work, by a Native American who has a degree in Naturopathy, outlines the use of more than 30 plants for medicinal and religious use.

The list includes such plants as sage, mint, sumac, rosemary, nettle, lavender, garlic, and St. John wort. You and I probably use some of these today! There are others that are less known (at least to me): ashwagandha, uva ursi, black cohosh and claw of the devil. Today we find medicinal application for the aloe vera, salicin from willow bark, (was used to make aspirin, now it is artificially created), morphine from the opium poppy, foxglove from which digitalis is made, and the use of birch bark to prevent tooth decay and as a natural sweetener. There are many more that may or may not have benefit. Visit any health food store or search alternative medicine products on Amazon and you will be overwhelmed at the products for sale. Some may work but "buyer beware."

I suspect that the Native Americans, who had not yet encountered the diseases of European culture, were healed or cured from the treatments of the medicine man. Once the viruses, bacteria, and spirochetes were introduced by the Europeans there was devastating death wiping out whole tribes. A thought to ponder as we look at this lesson from history... are you content with using alternative medicine to protect you from today's mutant viruses?

THE BOW GARDEN CLUB

PJ AND BOOK DRIVE

The garden club collected over 200 pairs of warm and cuddly pajamas, nighties and robes and 86 bedtime and activity books for needy Concord area children this year. Several cash donations were also received to purchase needed sizes. Although the collection numbers of PJ's were down a bit this year, club members were delighted to be able to deliver bags upon bags of warm pajamas and fun books to Friends of Forgotten Children (FFC) of Boscawen and Family Promise of Concord and Bow Human Services. FFC is a 100% volunteer-run provider of food, clothing and holiday gifts for low income and at-risk individuals and families and has been serving the Greater Concord Area since 1971; Family Promise of Concord, founded in 2015, also serves the Greater Concord Area by providing shelter, meals and support, working to stabilize families, 40% of whom are homeless with children through their coalition of local congregations and interfaith groups and community members; Bow Human Services who provides interim assistance for families currently without the resources to meet their basic needs. The garden club would like to thank everyone that contributed to this very successful pajama and book drive. Over 100 children will benefit from your donations and will be just a little warmer and a bit happier because you did.



Pictured from left to right are: Members Joyce Kimball, Lisa Richards, Erika Flewelling and Keryn Anderson finish sorting the pajamas and books collected this year.



Deb Bourbeau, Director of Bow Human Services happily accepts a delivery of PJ's and books to give to the Bow families.



Joyce Kimball (left), Coordinator of the PJ & Book Drive delivers PJ's and books to Pam Smith, Director of Families of Forgotten Children.

ANNUAL POINSETTIA SALE ANOTHER SUCCESS!

The club's 2021 Annual Poinsettia Pre-Sale, its 12th, was another great success, raising funds for the garden club to continue ongoing civic beautification efforts, scholarship program and other community activities.

Two hundred and seventy-six (276) poinsettias, many more than last year, were pre-sold to Bow and Concord area residents and businesses throughout the month of October, with buyers picking up their plants at the Bow Community Center on December 4th negotiating an innovative, successful, and safe drive-thru system.

"Thank You" to all our patrons for their continuing support!



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On behalf of the animals and with gratitude for all you do for us, we send our warmest thoughts and best wishes for a wonderful holiday and very happy New Year.



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BOW GARDEN CLUB HIATUS


The garden club membership will not be meeting during the months of January, February and March and will resume their monthly meetings in April. During this "hibernation" period, members of the Executive Board will be meeting to finalize the educational programs they have outlined to present during 2022. Members are reminded that their annual dues (\$20) for the new year are now due.

Anyone interested in joining the Bow Garden Club may contact the club's Membership Chairman, Keryn Anderson at kerynanderson@ericandkeryn.com or 603-731-6425. All are welcome!


QUOTE FOR THE DAY

"Remember, if Christmas isn't found in your heart... you won't find it under a tree."

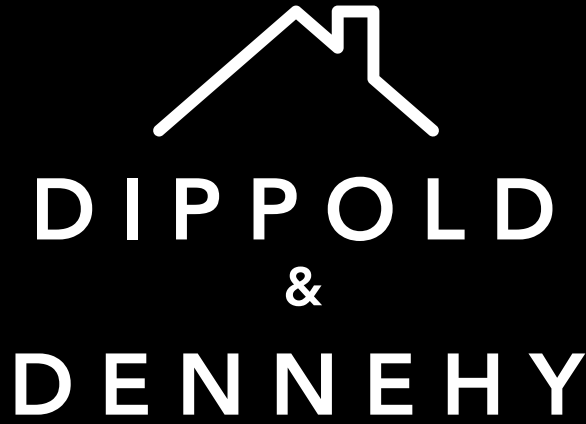
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NOVEMBER 2021 REAL ESTATE SALES IN BOW

ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE		ACREAGE		PRICE
27 Woodhill Road	3 Bedrooms 2 Baths	170	Square Feet	2	Acres	\$314,900
265 Page Road	2 Bedrooms 2 Baths	2622	Square Feet	1.26	Acres	\$367,000
25 Knox Road	2 Bedrooms 2 Baths	1486	Square Feet	1	Acres	\$384,000
16 Brown Hill Road	3 Bedrooms 3 Baths	2042	Square Feet	2.02	Acres	\$395,000
27 South Bow Road	3 Bedrooms 2 Baths	2064	Square Feet	7.53	Acres	\$400,000
11 Laurel Drive	3 Bedrooms 2 Baths	2156	Square Feet	2.31	Acres	\$425,000
5 Crockett Drive	4 Bedrooms 3 Baths	2984	Square Feet	2.8	Acres	\$450,000
3 Risingwood Drive	3 Bedrooms 3 Baths	2148	Square Feet	3.59	Acres	\$489,900
40 Lewis Lane	2 Bedrooms 3 Baths	2300	Square Feet	CONDO		\$490,000
4 Fernwood Place	4 Bedrooms 3 Baths	2681	Square Feet	1.92	Acres	\$550,000
4 Shaw Divide	5 Bedrooms 4 Baths	3690	Square Feet	2.01	Acres	\$667,000
18 Longview Drive	4 Bedrooms 3 Baths	4098	Square Feet	2.16	Acres	\$729,000
6 Dunbarton Center Road	4 Bedrooms 3 Baths	4453	Square Feet	7.73	Acres	\$1,375,000

NOVEMBER 2021 REAL ESTATE SALES IN DUNBARTON

ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE		ACREAGE		PRICE
1102 Montalona Road	2 Bedrooms 2 Baths	1470	Square Feet	13.30	Acres	\$257,000
15 Robert Rogers Road	2 Bedrooms 1 Baths	932	Square Feet	.67	Acres	\$270,000
29 Twist Hill Road	6 Bedrooms 2 Baths	3005	Square Feet	10	Acres	\$335,000
71 Gile Hill Road	3 Bedrooms 2 Baths	1949	Square Feet	7.76	Acres	\$375,000
233 Robert Rogers Road	3 Bedrooms 2 Baths	2172	Square Feet	10.97	Acres	\$450,000
160 Mansion Roa	4 Bedrooms 3 Baths	3150	Square Feet	15	Acres	\$585,000
224 Twist Hill Road	3 Bedrooms 3 Baths	2272	Square Feet	5.07	Acres	\$600,000

Sales Data for NOVEMBEER 2021 provided by the NHMLS.



HAVE A HAPPY HOLIDAY &
A PROSPEROUS, HEALTHY NEW YEAR

Talking Trash

by Danielle Ruane

some recycling tips for items commonly accumulated during the holiday season:

GIFT WRAP: It is sometimes hard to resist purchasing glittering wrapping paper and sparkling holiday cards, but unfortunately, most fancy gift wrap is not recyclable. Plain wrapping paper is recyclable, but any wrapping paper that has foil, metallics, heavily lamination, flakes or glitter cannot be recycled. Tissue paper is also not recyclable. The good news is that wrapping and tissue paper can be reused by simply flattening the paper on a table, using your hands to smooth out the creases and wrinkles, and then folding and storing it for future uses.

GIFT BAGS: Paper gift bags can be recycled so long as they do not have any metallic inks, foil, wire, or glitter. The string handle should be removed from your paper gift bag before placing in the recycling tote. All other gift bags should be reused or, if damaged, can be thrown in the trash. If you are not sure whether the gift bag can be recycled, the safest choice is to place it in the trash to avoid contamination.

RIBBONS AND BOWS: Ribbons and bows are not recyclable, but most can be reused. It is important to avoid putting them in the recycling tote because these items are “tangles” that damage machinery at single stream recycling facilities.

HOLIDAY GREETING CARDS: Greeting cards and envelopes can be recycled unless there is metallic ink, foil, glitter or other embellishments on them, in which case, they should be placed in the trash. Greeting cards printed on photographic paper are not recyclable.

PACKAGING: Cardboard and paperboard packaging is accepted in our curbside recycling, and there is currently a strong recycling market for cardboard. Bubble wrap and air pillows used as packaging inserts should not be placed in the recycling tote, but can be popped and recycled at locations which accept plastic grocery bags. Plastic packaging such as rigid plastic packaging (the type often used for electronics that is impossible to open without a scissor), blister packaging, and Styrofoam are not accepted by our recycling program.

PLASTIC GIFT CARDS: Plastic gift cards are not recyclable. Some retailers will let you reload an existing gift card in-store, but otherwise the used plastic gift card should be placed in the trash. An obvious alternative to a plastic gift card is an electronic gift certificate which can be printed on paper and placed in a card, or sent by email or text message to the recipient.

PADDED ENVELOPES: Plastic mailers (for example, the plastic envelopes lined with bubble wrap) can be recycled when they are all plastic. These items are not accepted in our curbside recycling program, but can be recycled at locations which accept plastic grocery bags. Mixed-materials packaging such as paper envelopes lined with bubble wrap are not recyclable, unless you can painstakingly manage to separate the plastic from the paper completely and recycle them separately. Otherwise, it goes in the trash.

HOLIDAY STRING LIGHTS: Holiday string lights are not recyclable in our curbside recycling, but can be dropped off at Schnitzer Steel in Concord.

POINSETTIA FLOWERS & FLOWER POTS: The poinsettia plant can be composted, but the dark green or black plastic flower pots cannot be recycled (white and other lighter colored plastic flower pots can be recycled).

If you have a question about whether an item is recyclable, please visit www.recyclesmartnh.org.

A HOLIDAY RECYCLING GUIDE

The holiday season has arrived, which means that some of our good tidings may result in a tidal wave of trash. Here are



BOW ROTARY HELPS PEOPLE IN NEED WORLDWIDE

Bow Rotary Club's community help isn't limited to just Bow and Dunbarton, or even New Hampshire for that matter. In addition to the 20 years we've been doing project in Honduras, partnering with Rotary International helps our Rotary

Club extend its' reach to Uganda, South Sudan and Nigeria, to help young girls who have been affected by war and human trafficking.

Our partner in this effort is ChildVoice International, a non-profit that began in 2006 and located in Newmarket, New Hampshire. ChildVoice Centers provide services to girls in these countries and others, such as food and shelter, counseling, and vocational training. For girls who commit to the program, a three year follow up offering counseling, business skill development and mentoring is provided. (See their website, childvoice.org).

While not always a comfortable topic for general discussion, our focus is on the social issue of menstrual hygiene management: a challenge for adolescent girls no matter where they live. Studies have shown that a girl's self-esteem can plummet during her adolescent years, resulting in a poor self-image, low expectations for her future, and lower levels of confidence in her abilities. These problems are compounded for girls growing up in conflict and poverty, subject to sexual exploitation, abuse, subjects for trafficking and use as armed combatants.

ChildVoice offers both a practical and environmentally sensitive solution through THRIVE pads. These pads are low cost, reusable and can last up to five years; further, these pads can be tailored using local materials, and can be adjusted to fit girls as they grow. The project will support production of these pads by the girls themselves through ChildVoice. Training needed to produce the pads is provided by the ChildVoice Girl Empowerment Centers; on-the-ground partners would determine the areas of need and distribute the pads and the supporting THRIVE curriculum to these war-affected girls. Girls graduating from the ChildVoice program who have learned how to produce the THRIVE pad are then able to earn a living and be self-sufficient, as well as improve their self-esteem and delay their first childbirth.

At this point, spearheaded by our Club President, Ben Kiniry, a grant has been applied for through Rotary International for \$80,000; about \$14,000 has been raised through the Bow Club and two area Clubs, as well as from individual donations, toward the match. President Ben has been visiting area Rotary Clubs to enlist their additional support for this very important project. Should making a donation to this worthy effort appeal to you, please send a check payable to the Bow Rotary Club Foundation, referencing “ChildVoice Project”, and send to Bow Rotary Club, PO Box 1935, Bow, NH 03304.

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WHEN CARE GIVING COMES TO AN END

By Donna Deos



NEED SOMEONE TO LISTEN?

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When care giving comes to an end it is usually due to a loss. It is hard to let our loved ones go at any point in time. It is even harder to let them go when you have been such a big part of their lives and they yours. Setting the grieving and loss aside, let's look at what typically happens to the care giver when their duties are complete.

The first thing that happens is you fall into a chair and start to realize how tired you are. You begin to wonder how you did so much and for so long. This is completely natural.

What is also natural is now you don't want to do anything at all. You have reached the end of your rope and are actually willing to let other people do things for you. Funny, you weren't real open to it before now, and yet somehow, it is now looking really appealing.

This is because you have worn yourself out. You have given and given and given until you had just about nothing left.

This too is okay. It is time for you to rest and recover. When we go, go, go and don't stop this is what happens. When you do stop, you really stop!

There is no need to worry about yourself (or other care givers you see hit this spot). It is exactly what needs to happen. It is now finally time for you to get what you want and need. You put the other person(s) first to the point where you almost lost yourself. Now, you will regain yourself. You will let this take as long as it needs to. Refilling your well is now your priority and there is nothing selfish about it.

Let go of all the things you put off until you had time for them again (and I know you will, because you don't have any desire or ambition to do them, do you?! Been there, done that).

Take the time you want and need. Take each day as it comes. You will get your energy back. You will turn this around and rejoin your friends and family. Actually, the more you let them in – in small doses – the better your recovery will be. You don't want to self-isolate to the point of depression.

To your well-meaning friends and family, let me say, please understand what they have gone through and how much they have given. Please do not push them to keep on going. They need and deserve the rest. They will pick things back up again when they feel up to it. Pushing them or overstepping boundaries and taking things into your own hands may do more harm than help. Be respectful and loving to them. Invite them to do things that are easy and bring joy. Take them out to eat, or bring a meal to them and just sit with them and visit. Time with you in restful, enjoyable activities is what will help them recover.

Happiest of Holidays to you all! Donna

A message from Ben Kiniry The Salvation Army's VIRTUAL RED KETTLE



With advances in technology, the Salvation Army now has what is dubbed as "Virtual Kettles," which is fancy speak for using a QR Code to make donations incredibly easy. If you wish to help those in need during this holiday season, *or anytime* I encourage you to scan this QR code or visit online at:



Bit.ly/2021VirtualRedKettle

Join our team!

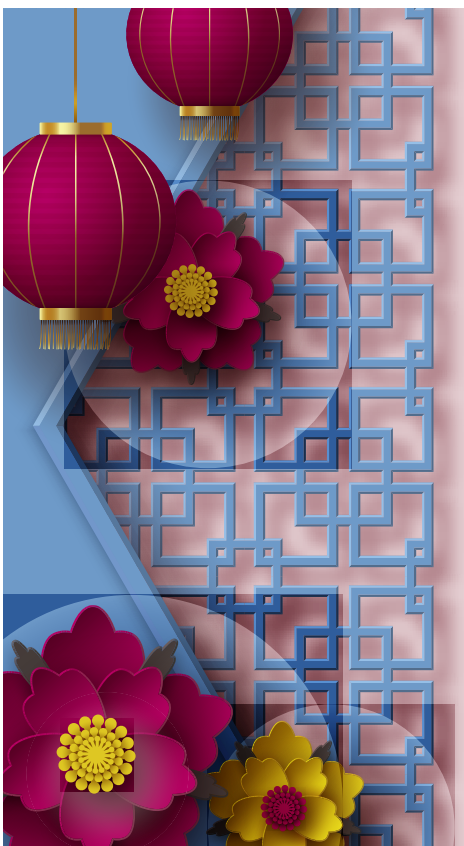
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bow parks & recreation

Enjoy working with preschoolers? Need flexible, mom-friendly hours? Come join our dynamic team at **Celebrating Children Preschool** right here in Bow.

We're seeking an assistant preschool teacher to work 2 mornings a week. Education Experience is preferred but not required.

For information contact Alicia David, the Director of Celebrating Children Preschool, at adavid@bownh.gov.



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IS INFLATION PEAKING?

by Dominic Lucente

One lesser-known indicator is called the Baltic Dry Index.

You see it in prices at the grocery store and the gas station. You feel it in your monthly budget. So why don't the financial markets seem too concerned about inflation?

Remember, financial markets are considered "discounting mechanisms," meaning they are looking six- to nine-months into the future. And by June 2022, the financial markets expect that inflation will lower than today.¹

One lesser-known indicator helps support that forecast is called the Baltic Dry Index. It measures the cost of transporting raw materials, such as coal and steel. The index has been trending lower for several weeks, which in the past has suggested that prices may be more manageable in the months ahead.²

No indicator is fool-proof. That's why the Baltic Dry Index is just one of the many indicators that our professionals follow when watching inflation. They also keep a close eye on the Fed, which is responsible for controlling inflation.³

With the economy improving, the Federal Reserve has indicated it will be tapering bond purchases this month. That may help with inflation. The Fed also has prepared the markets for higher interest rates in 2022. That, too, may help.⁴

Also, if you weren't paying close attention, you might have missed it. Fed Chair Jerome Powell dropped the word "transitory" when describing inflation during his recent testimony to Congress.⁵ Powell had told the story of transitory inflation for the past several months while the Consumer Price Index showed eye-popping, year-over-year gains of 5% to 6%.⁶

But now it appears that the Fed Chair has changed his tune.

Powell said that rising energy prices, higher rents, and strong wage gains could keep inflation elevated, though he maintained that inflation would decline sometime in 2022.⁷

So does that mean it's time for investors to prepare their portfolios? Inflation and interest rates are only two factors in an overall investment strategy. And at this point, the Fed has only provided a rough timeline about when to consider raising short-term rates.⁸ As hard as it can be, sometimes wait-and-see is the best approach. Recent market volatility has been making headlines, which can be unnerving. If you find yourself second-guessing your overall approach, speaking to your financial professional may be a smart move.

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Citations

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Emma Richardson	Grade 9	Hopkinton
Meghann Geiger	Grade 10	Hopkinton
Caroline Michaud	Grade 10	Dunbarton
Claudia Gutierrez Piris	Grade 11	Hopkinton
Nicholas Steigmeyer	Grade 11	Bow
J. Henry Maloy	Grade 12	Hopkinton
Camilla Simonetti	Grade 12	Bow

HONORS

Ana Badau	Grade 10	Hopkinton
Paul Badau	Grade 10	Hopkinton
Nathan Steigmeyer	Grade 11	Bow
Julie Blais	Grade 12	Hopkinton
Garrett Cerda	Grade 12	Bow
Cameron Itt	Grade 12	Bow
Matthew Wiley	Grade 12	Bow

BOW HIGH SCHOOL SPORTS NEWS

BOW SENDS TOP RUNNERS TO NHIAA CROSS COUNTRY MEET OF CHAMPIONS

Bow High Schools Boy and Girls Cross Country Teams sent their top runners to the NHIAA Cross Country Meet of Champions held on November 6, 2021.

BHS Qualifiers competed against the top runners across all NH high school divisions. Bows runners each achieved a PR at this meet. The 25 runners from this meet advanced to the New England Championships held in VT.



GIRLS CROSS COUNTRY MEET OF CHAMPIONS QUALIFIERS

L-R: Leigh Rudduck, Rose Anderson, Adeesh Cooper, Lena Thompson, Maiya Brochu, Delia Brochu and Suzanna Zahn.



BOYS CROSS COUNTRY MEET OF CHAMPIONS QUALIFIERS

L-R: Alden Betterly, Lincoln Routhier, Adem Aricanli, Conner Bernard, Michael Pelletier, Owen Miller, Aiden Ciminisi, Coach Kate Kretschmer.

FALCON FALL SPORTS AWARDS



From L-R: Varsity Football-Teddy Pfeifle, Coed Golf-Amelia Soucy, Fall Spirit-Lydia Hartshorn, Girls Varsity Soccer-Madison Roberge, Girls Cross Country-Eva Rook, Boys Cross Country-Conner Bernard, Boys Varsity Soccer-Zach Anderson, Varsity Field Hockey-Sarah Guerrette, Unified Soccer-Skylar Star, Coed Bass Fishing-Karl Anderson (absent from photo).

JUNIOR MAIYA BROCHU QUALIFIED FOR NE CHAMPS WITH A PR OF 18:48



Bow High School's Maiya Brochu competed at NE Cross Country Championships held in VT.

Maiya celebrates with Coach Alli DeStefano after a great cross country season. Brochu finished 54th out of 239 runners at the New Hampshire State Championships.

BOW SENIORS SIGN LETTERS OF INTENT FOR COLLEGE TEAM COMMITMENTS



Addie Trefethen- Stonehill College, Women's D2 Lacrosse



Sarah Guerrette- University of New Hampshire, Women's D1 Swimming and Diving

BOW POLICE LOG

NOVEMBER 2021 ARREST LOG

11/1 Sean Newcomb, 31, Epsom, was arrested for aggravated driving under the influence; Nathaniel Webb, 30, Lempster, was arrested on a warrant for criminal mischief; Diane Bell, 37, Loudon, was arrested for driving after revocation/suspension, and breach of bail

11/3 Sheila Berube, 53, Pembroke, was arrested for possession of a controlled drug and deal/possess prescription drugs; Richard Harris, 36, no fixed address, received a summons for driving after revocation/suspension; subsequent offense

11/4 Joseph Cusamano, 44, Concord, was arrested for stalking, resisting arrest/detention, and a bench warrant for resisting arrest/detention

11/7 Emil Adodoadji, 20, Lowell MA, was arrested for transportation of alcohol by a minor, driving after revocation/suspension, and possession of a marijuana infused product; Christopher Mahon, 30, Concord, was arrested on a warrant for criminal mischief

11/10 Gregory Hurst, 51, Henniker, was arrested for possession of a controlled drug, falsifying physical evidence, and two warrants for failure to appear

11/11 Daniel Farias Do Nascimento, 40, Lowell, MA, received a summons for operating without a valid license; Wayne Smith, 46, Concord, was arrested for resisting arrest/detention, and warrants for burglary and breach of bail

11/15 Teyro McGee, 41, Concord, received a summons for driving after revocation suspension; subsequent offense

11/16 Larry Cole, 40, Concord, was arrested for possession of a controlled drug

11/17 William Montplaisir, 32, Dunbarton, was arrested on a bench warrant for suspended registrations

11/23 Marlo Leiva, 37, Claremont, was arrested for operating without a valid license; Angel Acorn, 28, Manchester, was arrested for resisting arrest/detention, and warrants for criminal trespass, criminal mischief, and resisting arrest

11/24 Joseph Hall, 33, Nashua, was arrested for two counts of simple assault

11/25 Renee Miller, 37, Woodstock, was arrested for two counts of possession of a controlled drug, and a warrant for a probation violation

11/26 Damien Durden, 39, N. Chesterfield VA, was arrested two counts of domestic violence; simple assault, domestic violence; false imprisonment, and two counts of criminal threatening

11/27 Nicholas Brown, 25, Manchester, was arrested on warrants for reckless conduct, domestic violence; criminal threatening, and domestic violence; simple assault

11/28 Terrance Sleweon, 36, Bow, was arrested for attempted murder, 1st degree assault, felon in possession of a dangerous weapon, and warrants for 2nd degree assault, and violation of a protective order

11/29 Travis Vachon, 34, Concord, was arrested for operating after being certified as a habitual offender

11/30 Sara Dobe, 38, Manchester, was arrested for driving under the influence.

DUNBARTON NEWS

By Nora LeDuc



◆ **YOUTUBE CHRISTMAS CONCERT** The Congregational Church's Youtube Christmas Concert will be released around Sat. Dec 11 and will remain on Youtube for a year. Don't miss it.

◆ **DATES TO REMEMBER!** Thurs. Dec. 23 Early Release at school, Fri. Dec. 24 through Mon. Dec 31— schools on Holiday Break, Jan. 17 No School for Martin Luther King Jr. Day. Town Offices Closed all day on Fri Dec 24 & Sat Dec 25 for Christmas.

◆ **DUNBARTON POLICE** Dunbarton Police Department Promotion of the Police Chief and Police Sergeant. You are cordially invited to attend the promotional ceremonies for: Sergeant Cristopher T. Remillard, Officer Brian J. Tyler, and a public recognition ceremony for Retiring Chief of Police Daniel G. Sklut on Thurs, Dec 30, 5:30 pm at the Dunbarton Elementary School Gymnasium 20 Robert Rogers Road. Congratulations to all.

◆ **THE DUNBARTON LIBRARY** Save the Dates for the Library's following program in 2022:

- **GETTING STARTED** with Backyard Birdwatching—Virtual on Thurs. Jan. 6 at 6:30pm. Presented by Stephen Hale, PhD. Less about birds, this presentation provides valuable pointers, tips and shortcuts for an interested person to quickly get the most out of birding and to become a skilled birder. Great for both beginners and intermediate birders. Email dunlib@gsinet.net to obtain the Zoom link.

- **IT'S SOUP NIGHT WITH LESLIE CERCIER**, the Organic Gourmet—Tues. Jan 11 at 6:30pm via Zoom. Join in as you make a comforting vegetarian soup straight from the heart. Email Dunlib@gsinet.net to obtain the link.

Limited copies are available at the library of the title *Braiding Sweetgrass* by Robin Wall Kimmerer. The Zoom discussion to be held on Wed. Jan. 19, 2022 at 6:30 pm. Facilitated by Damien Costello. Brought to you by NH Humanities Perspectives Book Discussion.



Nellie Doughty
NMLS ID: 170344

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BSA TROOP 75 SCOUTING FOR FOOD

The collection was an overwhelming success. The scouts would like to thank Bow Police Benevolent Association and everyone else who generously donated food items to help our neighbors in need.



Scouts set-up processing tables for sorting and selecting donated food.



Scouts check the expiration dates on all donated food items.



Scouts load cartons into two large Army trucks. Eric Anderson/Photos



Each week will begin with warm-ups that emphasize skating skills, stick handling and shooting. Then we will open up to play hockey.

3:45—5:15 PM at the Town Pond

TUESDAY GRADES 5, 6, 7, 8

January 11, 18, 25, February 1, 8, 15

make-up if needed Feb 22

Cost: \$95 resident • \$100 non-resident

WEDNESDAY GRADES 5, 6, 7, 8

January 12, 19, 26, February 2, 9, 16

make-up if needed Feb 23

Cost: \$95 resident • \$100 non-resident

If ice conditions are not suitable to play on, players will be playing street hockey in the lot behind the Community Building in a sectioned-off area. Please note: Skates, stick, helmet and gloves are not provided and must be worn to play. Instructed by Joe Rider.



Whatever the season we  to LINE DANCE

BEGINNER LINE DANCING

9:45 - 11:10 am

January 3, 10, 17, 24 & 31

February 7, 14, 21

March 7, 14, 21

Make-up Mar 28

11 CLASSES

Residents \$82

Non -Resident \$87

Never line danced? This class is perfect for you. Join in and before you know it you'll be doing jazz boxes, twinkles, shuffles, rocks and more. It's a fun way to add movement into your routine. NO experience necessary.

Wear smooth-soled shoes; or, if wearing sneakers, bring a pair of old athletic socks that can be cut up and worn over your shoes to make turns easier.

Come join the fun!

Instructor: Michele Vecchione

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OBITUARIES

ARTHUR “BRENT” ADAMS

Arthur “Brent” Adams, 67, of Bow passed away at home November 29, 2021, after a brave 10-month battle with the cruel disease of ALS.

Brent grew up in Reading, MA and was the son of Arthur Wilbur and Ethel “Nicki” Adams. Brent’s passion for playing ice hockey began as a young boy and continued late into his adult life. He was a proud goaltender. His dad was his coach throughout most of his hockey career, where they spent many hours rinkside together.

Brent started his career at Digital Equipment Corporation, completed his MBA, and became a software developer and consultant. He worked at Payette Associates, an architectural firm in Boston, for the last 15 years before retiring in December 2020. Brent was known as the man who took the 4:00 am Concord Trailways bus to Boston each morning, and he loved to spend his lunch hour jogging 3 miles around the Seaport area.

Brent was known as a gentle man of few words, yet when he spoke it was prophetic and often full of dry humor. He had a deep love and appreciation for music and was known for quizzing his family on song titles and artists.

Brent is survived by his wife of 43 years, Sandra J. (Romano) Adams and his daughters, Alexandra “Brin” Cowette and husband Devin Cowette, and Shela Faye Adams Auger and husband Michael Auger, sisters Cheryl Adams of Hallandale, FL and Donna Gray and husband Ken Gray of North Andover, MA, brother-in-law Robert Romano and wife Pamela (Hosaka) Romano of Wakefield, MA.

In lieu of flowers, donations can be made to Granite VNA, 30 Pillsbury St. Concord, NH 03301, the ALS Northern New England Chapter, PO Box 207 Concord, NH 03302, or Christ the King Parish, 72 South Main St. Concord, NH 03301. “chuck”

SANDRA FLANDERS BOURASSA

Sandra Flanders Bourassa, 85, of Bow died on November 19, 2021, in Concord under hospice care. She was born on December 27, 1935, in West Stewartstown, NH to Bernice and Gordon Flanders. She attended school in Pittsburg, NH and was a 1957 graduate of New England Deaconess School of Nursing. She married her high school sweetheart, Clarence E. Bourassa, on February 4, 1961.

As a registered nurse, Mrs. Bourassa worked at Deaconess Hospital in Boston for ten years and was the head nurse of the Neurosurgical Unit. Following her husband's Air Force commission, she continued her nursing as a volunteer Red Cross nurse at numerous military installations around the United States and in Japan. She was especially proud of being a loving wife, mother, and homemaker and will be greatly missed by her family and friends. Sandra was predeceased by her parents, her brothers Marshall Fish and Donald Flanders, her sister, Nina Flanders, and her son-in-law Charles C. Pike. She is survived by her husband Col. Clarence E. Bourassa (Ret) of Bow, her daughter Brooke Bourassa Pike of Milford, siblings, and many nieces and nephews. In lieu of flowers, memorial donations may be made to Pope Memorial SPCA, 94 Silk Farm Rd., Concord, NH 03301.

ISABELLE ELIZABETH ARANOSIAN HODGSON

Isabelle Elizabeth Aranosian Hodgson of Bow, NH passed away peacefully on November 22, 2021, at the age of 99. Born on June 3, 1922, in Concord, NH she was the daughter of Oscar and Mary Aranosian. She is predeceased by her late husband, Joseph Hodgson, who was the one and only love of her life and her sister (Gladys Hayes). She is survived by her sister (Margaret Gattis) and brother (John Aranosian), her nephew and wife (Floyd & Suzanne Hayes), her nieces (Mary Austin, Catherine Aranosian and Mary Aranosian), her five jewels (Justin Hayes, Savannah Hayes, Benjamin Blakeslee, Brianna Austin and Zachary Austin) and many cousins in Massachusetts and Canada.

Known as “Auntie B” to most who knew her, she was a family-first person who enjoyed hosting family gatherings and reunions. She was extremely proud of her Armenian heritage and was a long time supporter of several Armenian causes.

She was also a very successful business owner. Fresh out of high school she joined her mom and dad in the family business. She worked in the family business right up to her early 90's as President of the company. Known in the business community as being very assertive with a sharp business mind she led the company with her siblings for over 60 plus years. She enjoyed her work and was very fond of her employees.

She also enjoyed traveling especially to Armenia. She was a member of the Concord Zonta club and N.H. Republican party. She also supported and donated her time to many community causes. Her favorite hobby was cooking for her family with her signature dish being “Aunt B's Penne Pasta.” She was an avid gardener, enjoyed reading books and spending time at Lake Winnepesaukee. All who knew Aunt B came away with an appreciation for her spunkiness and sincere kindness. She touched so many lives in a great way.

There will be no calling hours. A private burial service will take place at Blossom Hill Cemetery. In lieu of flowers the family is requesting that donations be made to a project close to Auntie B's heart. Please make any donations to “The Armenian Tree Project” on their website at www.armenia-tree.org with the memo Isabelle Hodgson.

ANDREW PATRICK MCEVOY

Andrew Patrick McEvoy, 84, of Contoocook passed away on November 16th, 2021, with his loving family present. Andrew was born in New York City in July of 1937 to Andrew and Rita.

After becoming an Eagle Scout and graduating from Quincy High School in 1956, working in Boston he contributed to notable projects such as the John Hancock building and the Texas Towers in Nova Scotia.

He received a Bachelor of Science Degree in Civil Engineering at New England College.

After graduation, he held a position in the New Hampshire Highway Department. Andrew felt God leading him to a different arena and he followed that calling to Franklin Pierce Law School. Andrew enjoyed being an attorney and the many people he worked with over the years. Andrew actively defended and advocated for justice, family, the poor, and his deeply rooted Catholic Faith.

In 1960, he met Valerie, and they wed in 1964. Together they have three children, Alyson, Valerie Ann (Ann), and Andrew (Drew). Andrew was a strong, kind, loving, and supportive father. His faith and marriage was the foundation of his family. His knowledge and guidance were the pillars in which we were anchored.

Anyone who knew Andrew knew that he was the most loving father and husband a family could ask for. Andrew was predeceased by his father Andrew and mother Rita. He is survived by his loving wife Valerie, his children Alyson, Andrew, Ann and her husband Gary, grandchildren Kathleen and Colleen, his sister Maria and her husband Steven, nephews Matthew and Christopher, many cousins, nieces, and nephews.

In lieu of flowers, the family requests support to defray medical bills and funeral expenses. As an expression of sympathy, cards and donations may be mailed to Mrs. Andrew Patrick McEvoy, 68 Carriage Lane, Contoocook, New Hampshire 03229. Please make donations payable to Andrew C. McEvoy.

CHARLES “CHUCK” ADDISON RHEINHARDT

Charles “Chuck” Addison Rheinhardt, 73, of Bow passed away suddenly at Brigham and Women's Hospital in Boston, Massachusetts on November 16th.

He was surrounded by family and amazing nurses for his entire stay at Brigham and Women's. He was originally from Chatham, NJ but spent the last 40 years of his life as a staple in the Bow community. He leaves behind his wife, Nancy, whom he loved dearly, and shared 50 years of marriage with. He also leaves behind his two children, Krista Rheinhardt Butts of Lee, her husband Jeff, and three children Tyler, Kyle, and Ryan; and his son Brent Rheinhardt of Bow, his wife Megan, and their two children Wyatt and Myles.

Chuck was employed at Verani Real Estate until his death and loved to hunt, fish, garden, golf and spend time outdoors. He also cherished his Friday Night Fiascos with the Stafford family. His favorite activity, by far, was traveling to watch his five grandsons play sports. He and his wife traveled, many times per week, all over the northern region to watch their grandsons, often taking in more than one sporting event a day. He loved hunting with his grandsons and just being in their presence.

He was an amazing grandfather and father, leaving his family with wonderful memories. He was a coach and community volunteer for the Town of Bow for 40 years, an active member in the Bow Athletic Association, The Bow Rotary, The Passaconaway Club, and the Concord Country Club.

A celebration of life open-house was held on December 4th, at the Bow Community Center. He will be so incredibly missed. In lieu of flowers, please raise your favorite beverage to toast Chuck and share a story.



*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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and a Joyous New Year**
from all of us to all of you!

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

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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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