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THE BOW TIMES

VOL 29, NO. 9 September 2022

www.thebowtimes.com

FREE

DUNBARTON VILLAGE NEWS ON PAGE 18



Selectman Mike Wayne assists a young voter at the the ballot box during the primary election. Photo | Eric Anderson



Surveillance photo of suspects. More photos are available at Dunbarton Police Facebook page at www.facebook.com/dunbartonpolice.

PAGE'S COUNTRY STORE AND DELI BURGLARY

The Dunbarton Police Department is investigating a burglary that occurred at Page's Country Store and Deli on Concord Stage Road (Route 77), during the early morning hours of Thursday, August 25th.

Suspects were able to gain access to the building by prying open a rear door after disabling the alarm system. Once inside, they gained access to an ATM by using a blowtorch and pry bar. They also stole a large quantity of tobacco products. The store was closed for a significant part of the day while Dunbarton Police processed the crime scene.

Despite the suspects being disguised, the public is asked to please review images from the store's surveillance footage posted on Facebook at www.facebook.com/dunbartonpolice. Anyone with information is asked to contact the Dunbarton Police Department at (603) 774-5500 or dunbartonpd@gsinet.net. You may choose to remain anonymous by contacting the Concord Regional Crimeline at (603) 226-3100 or visiting: <https://www.p3tips.com/community/index.htm>.

This investigation remains active and no additional information is being released at this time.

HOPKINTON-CONTOOCOOK NEWS ON PAGES 8-10

PARTY PRIMARIES SET UP RACES FOR NOVEMBER

1,841 Bow voters cast ballots to determine the contestants for the general election in November. Cinde Warmington of Concord defeated former Executive Councilor Mike Cryans by 687 to 61 on the Democratic Party ballot while Hopkinton's Harold French (GOP) beat his opponent 547 to 216.

For Sheriff it will be a repeat contest between Bow's Keith Mitchell (R) against David Croft (D) with 725 and 706 votes in their respective party primaries.

The State Representative races were led by Chris Lins with 700 votes on the GOP side and Muriel Hall with 783 of the Democratic balloting. There are now four seats shared by Bow and Hopkinton with Democrats Hall, David Luneau, Mel Myler and Angela Brennan running against Lins, John Martin (also of Bow), Jon Richardson, and Darlene Gildersleeve on the Republican ticket.

While Chuck Morse beat Donald Bolduc in Bow for the GOP Senate nod, Governor Chris Sununu swamped his five challengers by 783 to 184 votes for a 4 to 1 victory spread to take on Democrat Tom Sherman running unopposed in his party.



Bow Police Department's, Lt. Pratte with K-9 Roxy. Photo | Eric Anderson

K-9 ROXY'S RETIREMENT

After 9 years of service to the Town of Bow, the police department is announcing the retirement of K-9 Roxy from the police department.

Roxy, a 10-year-old German Shepherd, came to the Bow Police Department in February of 2014 where she was assigned to her handler, Officer Matthew Pratte. Officer Pratte and K-9 Roxy attended the New Hampshire State Police K-9 academy where they certified in patrol (tracking, building searches, evidence recovery) and narcotic detection.

Once certified, K-9 Roxy quickly became a valuable member of the police department. She assisted in locating fleeing criminals, finding lost adults and children, searching buildings, searching for evidence, and helping with search warrants.

Over the last 9 years Roxy has responded to hundreds of calls and has been credited with many arrests and life saving awards. One of K-9 Roxy's favorite parts of her job was being able to do K-9 demonstrations for schools, community organizations, and National Night Out. K-9 Roxy never missed an opportunity to show off her skills!

K-9 Roxy will retire and live with Lt. Pratte. She will now enjoy unlimited time to chase squirrels, play with her favorite Chuck-It ball, and eat treats.

K-9 Program continues | Page 4

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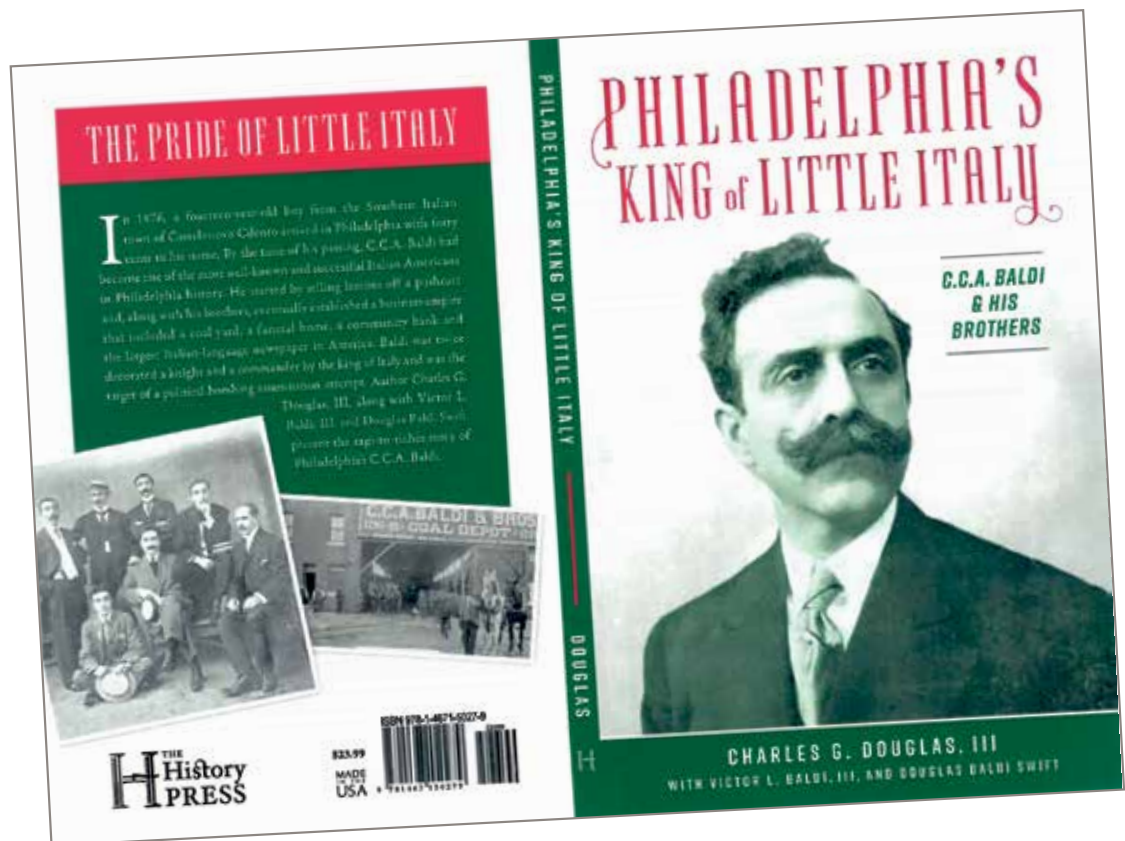
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PHILADELPHIA'S KING OF LITTLE ITALY

a book by Charles G. Douglas, III



A summary:

In 1876, a fourteen-year-old boy from the Southern Italian town of Castelnuovo Cilento arrived in Philadelphia with forty cents to his name. Young Carmine Antonio Baldi made a living selling lemons off a pushcart in downtown Philadelphia. One day he bought every lemon in the city at a rate of \$1.26 a box. Two or three days later the fruit jumped in value by leaps and bounds and the youthful lemon merchant sold the lemons at a rate of \$7 and \$8 a box. He then became committed to growing an empire.

By the time of his passing, C.C.A. Baldi had become one of the most well-known and successful Italian Americans in Philadelphia history. Along with his brothers, they established a coal yard, funeral home, community bank, and the largest Italian-language newspaper in America.

Baldi was twice decorated a knight and a commander by the king of Italy and was the target of an unsuccessful political bombing assassination attempt.

Baldi was a Renaissance man who succeeded in obtaining economic and political power because of his capacity to understand and deal with men of diverse cultural backgrounds.

This book tells his story.

Amazon to sell new book about an Italian success story. C.C.A. Baldi: Philadelphia's King of Little Italy. On sale October 3rd for \$23.99. The 190-page book is published by The History Press.

**A book signing is scheduled on October 5th at 6:30 PM
at Gibson's Bookstore, 45 S Main St, Concord**

ABOUT THE AUTHOR

Charles G. Douglas, III was born in Abington, Pennsylvania, on December 2, 1942, and attended school in Philadelphia. His family later moved to New Hampshire and Chuck graduated from the University of New Hampshire and then received his law degree from Boston University in 1968.

He served as Legal Counsel to the Governor, became a judge on the Superior Court and became a justice on the New Hampshire Supreme Court where he served until 1985. Chuck Douglas served in Congress 1989-1990. He is the author of two other books and is a trial attorney with his own law firm in Concord, NH.



National Prescription Drug Take Back Day is October 29, 2022, 10AM to 2PM

Bow, Dunbarton, and Hopkinton Police Departments will participate in the Drug Enforcement Administrations (DEA) Prescription Drug Takeback Event on Saturday, October 29th from 10 AM - 2 PM.

Residents may turn in unused, unwanted, or expired prescription medications - no questions asked! Liquids & needles can not be accepted.

Reduce the chance of theft, environmental damage, medication misuse and opioid addiction and overdose deaths. Visit takebackday.dea.gov to find a collection site near you.





SATURDAY, SEPTEMBER 24TH

Gosling Field, located at 35 Albin Road in Bow

• Kids FunRun starts at 1:30 pm on Gossling Field

• 5k begins at 2:00pm at the same location.

Register at <https://runsignup.com/bactoberfest5k>.

Registration is open until race day.

Following the race is an event in the lower field of Hanson Park. There will be grilled food, pizza, beer and other beverages at the post race event. We will also have lawn games set up, a dunk tank and inflatable basketball hoops! If you are not interested in signing up for the 5k you can always just register for the post race event! It's \$7 if you register now and \$10 the day of.

Go to <https://runsignup.com/bactoberfest5k> to sign up for the Kids Gallop, the 5k and the post race event!

All proceeds will go to the Bow Athletic Club. Awards will be given out following the race for each specified age group.

Bib pickup from 2-6:00 PM at Gossling Field on September 23rd, or pickup the day of the race, prior to the start of the race.



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AMERICAN PICKERS TO FILM IN NEW HAMPSHIRE

The American Pickers are excited to return to New Hampshire! They plan to film episodes of The History Channel hit television series throughout our area in October 2022.

American Pickers is a documentary series that explores the fascinating world of antique “picking” on The History Channel. The hit show follows skilled pickers in the business, as they hunt for America’s most valuable antiques.

As they hit the back roads from coast to coast, the Pickers are on a mission to recycle and rescue forgotten relics. Along the way, they want to meet characters with remarkable and exceptional items. They hope to give historically significant objects a new lease on life while learning a thing or two about America’s past along the way.

If you or someone you know has a large, private collection or accumulation of antiques that the Pickers can spend the better part of the day looking through, send us your name, phone number, location, and description of the collection with photos to:

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DEALING WITH IRRATIONAL PEOPLE

by Donna Deos



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Hi Everyone. Thank you for putting up with my rant last month. Sometimes we all just need to let off a bit of steam. In that discussion I mentioned that trying to deal rationally with an irrational person was a topic for another day. Well, that day is today!

Unlike last month, this will be brief. Simply said, you cannot deal rationally with an irrational person. They won't get it and you will simply end up more frustrated and perhaps become irrational yourself.

The best way to deal with irrational people is simply not to. Limit your time with these types of people for your own good. If it is someone you cannot avoid, like an aging loved one you are caring for, and you have no choice, then you want to limit your interaction to topics you know to be safe with them. Stay away from the ones that send them over the edge.

If they are already over the edge, turn yourself into a good listener and be supportive of them. You can acknowledge how you believe they are feeling and ask them about it. For example, you can say "you seem frustrated, what is going on?" Or, "you seem angry, want to talk about it?" Then, just listen. If they try to provoke you, don't bite. Remember, they are the ones being irrational. Don't let them drag you into it.

If you really don't have the bandwidth or time to deal with them politely then excuse yourself, do what you need to do and leave. If they are too unbearable to deal with, consider finding someone else to be the contact point or caregiver. Life's too short to let your buttons get pushed regularly. They likely don't do it to everyone. There will be someone out there they can't get to react. There are also people out there they will not even try being irrational with.

If they are completely acting unstable and/or have mental illness, I recommend you call Riverbend Mental Health Community and seek expert advice on what to do. They have a mobile crisis unit that will know just what to do and may even come help with the situation.

The long and short of it is, whenever you are being abused by someone and do not feel safe, you should always seek help. Sometimes the people closest to us are the ones we really need to get away from. The patterns we have established over our lifetime together have brought us to where we are. It is never too late to try and change that.

Wishing you all happy endings, sunshine and rainbows!

All my best, Donna



BOW ROTARY CLUB WELCOMES NEW MEMBERS

Traditionally, Rotary Clubs were formed and attended by local businessmen. As reported last year, Rotary Clubs across the United States began "allowing" women to join in 1987. Our Club was one of the first in New Hampshire to admit women, Jeannie Richards being the first Bow female member.

Now women represent almost a third of our Club membership, and we are thrilled to welcome three young women as members in 2022.



Kimberly Place



Tanya Frost



Aron Labrie

Kimberly Place, Vice President and Financial Advisor at Merrimack County Savings Bank; Tanya Frost, Events Manager at Boys & Girls Clubs of Central NH, and Aron Labrie, State Farm Insurance Agent for Bow.

Aron recently gave what is known as a *classification talk*. This is when a member of the Club provides information about their background, their work, and what brought them to Rotary.

Aron was born in New Hampshire, and graduated from Gilford in 2004. She received a degree in Early Childhood Education and taught pre-school and kindergarten. Aron learned the challenges of customer service and administrative skills as a branch manager at Enterprise Rent A Car, and brings these skills along with strong advocacy for her clients to her position as a licensed State Farm Insurance agent, serving the Bow area.

Aron enjoys working with people and joined Rotary as an opportunity to help others and get involved in the Bow community. She and her beautiful and engaging daughter live in Manchester.

K-9 Program continued | from Page 1

The Bow K-9 program will continue with K-9 Boris, a one year old German Shepherd, who joined the Bow Police Department on September 2, 2022.



Officer Matt LeBlanc with K-9 Boris

BPD's Master Patrol Officer, Matthew LeBlanc was selected as the next K-9 handler. He and K-9 Boris, will attend the Boston Police K-9 Academy where K-9 Boris will learn all aspects of K-9 patrol work. At the completion of the academy, K-9 Boris will be a certified police K-9 ready to help track fleeing criminals, locate missing people, locate evidence, and search buildings.

After patrol school, MPO LeBlanc and K-9 Boris will attend the narcotic detection school. K-9 Boris will be able to alert to the presence of illegal drugs which will assist officers in articulating probable cause. K-9 Boris will be an asset in locating, seizing, and preventing drug crimes in our community.



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DIVIDING EXPENSES AND SAVINGS BY TWO

Getting married? Or, perhaps moving in with a significant other? Regardless of your relationship, there are some financial aspects you should consider when sharing expenses. It is important to communicate, understand concerns and options, and decide how you are going to share financial responsibilities.

Having the conversation is critical, but it can be difficult. Finances are a frequent source of stress in relationships. Having an open discussion and agreement up front can help with navigating this stress.

DEPOSIT ACCOUNTS

You should discuss your bank accounts and whether you will have individual, joint, or a combination of joint and individual accounts. Determine which accounts will be used to pay regular recurring expenses or hold savings you did not spend at the end of the month. Consider building a savings or rainy-day fund for when unexpected expenses or costs come up. Having a separate savings account may be a good way to store funds for emergencies or to pay for unexpected expenses.

BUDGETING

Discussing a shared budget can be very helpful. Start out by listing each of your income sources and expenses. It is important for each party to disclose their income, expenses, and ability to pay expenses. Once your budget items are listed out, you can come up with a plan on who pays for what, how much to save, and even create a solution to pay down any debts each of you owe.

Depending on the nature of your relationship, here are a few ways of going about paying for things to get you started:

- Combine all income and pay all debt and obligations together.
- Split the financial responsibility and agree on who pays for what expenses.
- Use an income-based or percentage approach. If one partner brings in sixty percent of the income and the other forty percent, then the debts and bills are also paid for in the same percentages.

CREDIT REPORTS

Understand what is on each other's credit report. This will help avoid surprises, if you decide to apply for a loan together in the future. You can work together to build your credit scores too. Information on a credit report will usually determine the cost (interest rate and fees) and terms of the loan, such as how long you will have to repay it. Learn more about Credit Report and Credit Scores.

Regardless of the plans you decide on, it is important that you continue to communicate about your finances, keep your money insured, and pay your bills on time to keep that credit score in good shape. In addition, when adding a user to your credit card account or cosigning for a loan, you are still responsible for balance and payments, even if the primary borrower or added user is unable to make the payments. If you know what your share of responsibilities are and the financial expectations you have of each other, you will have more time to enjoy being together!

Source: FDIC, Consumer News, July 2022

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Wednesday 10/19/22

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Wednesday 10/26/22

Marlin Darrah:
Turkey, Cradle of Civilization

Wednesday 11/2/22

Jane Oneail:
Frenemies and Andrew Wyeth

Wednesday 11/30/22

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The Bow Time travels to Tuscany! L-R Judi and Richard Goduti (Dunbarton) and Chase and Bud Binder (Bow)

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SCHEDULE OF EVENTS

Sat., Sep. 24, 2022 1pm - 3pm

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Sun., Sep. 25, 2022 10am - 4 pm

HARVEST MOON FESTIVAL

Visit www.indianmuseum.org for more info about each event.



HOW TO EXERCISE WITHOUT FEELING LIKE YOU'RE EXERCISING

by Jim Olson

It's no secret that as we age, it becomes increasingly more difficult to find the motivation to exercise. We become busier with work and family obligations, and before we know it, years have passed since we last worked out.

However, getting older doesn't mean we have to give up on our fitness goals. There are plenty of ways to get in a good workout without feeling like we're exercising. Here are just a few tips:

FIND AN ACTIVITY YOU ENJOY

If you don't enjoy what you're doing, you're not going to want to do it for very long. There are tons of different ways to get active, so find one that suits your interests and personality. If you like being outdoors, try hiking or cycling. If you prefer being indoors, try a dance or yoga class. The options are endless!

MAKE IT SOCIAL

Working out with friends or family members can make the experience much more enjoyable and help you stay on track. Plus, it's always more fun to achieve fitness goals together!

TAKE THE STAIRS INSTEAD OF THE ELEVATOR

Taking the stairs offers a number of benefits that you may not be aware of. First walking up a flight of stairs is a great way to get your heart rate up and get exercise, even if you don't have time for a full workout. Secondly, taking the stairs can help improve balance and coordination. And finally, climbing stairs can give you a mental boost by increasing your level of concentration and focus.

PARK YOUR CAR AT THE BACK OF THE PARKING LOT

Whether you're running errands or going to work, parking your car a little bit farther away than usual will force you to walk more, which is great exercise.

This extra walking might not seem like much, but it can add up over time. Walking can help to improve your cardiovascular health, and it is also a great way to



Jim Olson

strengthen your leg muscles. Walking can also help to boost your mood and reduce stress levels. So next time you're heading to the mall or the grocery store, take a few extra steps and park at the back of the lot.

GO FOR A WALK AFTER DINNER

Walking after dinner is a great way to help digest your food and get in some extra steps. Studies show that going for a walk after eating can actually help you burn more calories and improve your digestion. Not only will you boost your metabolism, but you'll also get some fresh air and quality time with your family or pets. And, who knows, you might even enjoy it so much that you make it a nightly habit!

DO YARD WORK OR HOUSEWORK

Yard work and housework are both great ways to get in a little extra activity during the day. So next time you're feeling lazy, put on some gloves and get to work! You'll be surprised at how much of a workout you can get just by doing some simple chores around the house.

THE IF WAY

If you're looking for ways to get fit without feeling like you're working out, then try incorporating these exercises into your life. These may seem like small things, but they make a big difference over time. So next time you're feeling lazy, remember that there are plenty of ways to get moving and improve your health without having to go to the gym or go for a run. Just be creative and have fun with it!

DISCOVER YOUR NEXT STEP

If you're interested in getting started on a fitness program, but you're not sure where to start, contact us for a free consultation. Our experts will help you get started on the right path and create a program that's perfect for you.

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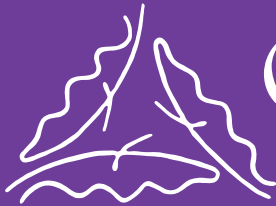
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158 Amesbury Road	4 Bedrooms 3 Bathrooms	2,296	Square Feet	0.75 Acres	\$439,000
555 Dolly Road	4 Bedrooms 3 Bathrooms	2,955	Square Feet	5.75 Acres	\$502,249
337 Penacook Road	4 Bedrooms 3 Bathrooms	3,253	Square Feet	2.17 Acres	\$629,400
196 South Road	4 Bedrooms 3 Bathrooms	2,880	Square Feet	8.7 Acres	\$640,000
70 South Road	4 Bedrooms 3 Bathrooms	4,220	Square Feet	2.6 Acres	\$735,000
836 Jewett Road	4 Bedrooms 3 Bathrooms	3,876	Square Feet	3.0 Acres	\$780,000
277 Hedgerose Lane	3 Bedrooms 4 Bathrooms	2,543	Square Feet	12.07 Acres	\$870,00
756 Clement Hill Road	5 Bedrooms 7 Bathrooms	11,290	Square Feet	70.0 Acres	\$4,300,000

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Changing Lives Equine Center provides nourishment and care for aged, retired, and rescued horses. The horses provide 4-H youth and Special Olympians with an opportunity rarely provided: the ability to work with, care for, and show a horse that they may otherwise be unable to afford.

There will be a Savers Fundraiser to assist support the horses at the farm. Donations should be placed

in large plastic bags. Donations accepted: clothes, coats, shoes, boots, belts, towels, sheets, blankets, quilts. Donations should be in good clean used condition and will be accepted until October 1st. Donations will be delivered to Savers, and Changing Lives Equine Center, Inc. will receive a monetary donation from Savers. Please deliver donations to 64 Stumpfield Rd Hopkinton. Do not deliver your donations to Savers. You will see a horse trailer to place your bagged donations in. Marcia at the farm is available at 746-3884 or Dawnmarranch@gmail.com if you have questions. Donation questions or if you need to have your donation picked up, please text to Kath Butcher at 603-724-3452.

HOPKINTON FALLEN FIREFIGHTERS MEMORIAL

Chief Richard Schaefer was Hopkinton Fire Department's first fire fighter to die in the line of duty. September 2, 2022, will mark ten years since his passing. The Hopkinton Fire Fighters Association Memorial Committee will be erecting a fallen firefighter memorial dedicated to department members who made the ultimate sacrifice protecting our community. The memorial will be erected on the river-side of the Contoocook fire station.



The Bell that will be part of the memorial

For more information on how you can contribute to the memorial visit the Hopkinton Fire Department's Facebook page or email Don Delude at DDelude@comcast.net, Jim Lewis at JamesLewis@TDS.net, or Joe Tristaino at Joe.Tristaino@gmail.com

The Memorial Committee has chosen a bell to represent those who have fallen. The bell has a distinguished history in the fire fighting service. It was the first original method used for communication, from ringing out alarms to communicating with other firefighters. When a bell rang 5-5-5, it was the original code to indicate a fire company has returned home. Over the years, this code has become synonymous with a firefighter who has lost his or her life, and "returned home."

READ HOPKINTON TOWN CRIER NEWS ONLINE AT www.thebowtimes.com



HOPKINTON - CONTOOCCOOK TOWN CRIER

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

TWO VILLAGES ♥ ONE HEART

► **FIRST THURSDAY** Join us in Contoocook Village every first Thursday through October. Shops will be open from 5:00-7:00. Come celebrate local and enter a raffle to win unique gifts, all while experiencing what makes our little village so special.

► **HOPKINTON CONSERVATION COMMISSION** Residents are invited to participate in updating our Natural Resource Inventory, a statutory requirement of Conservation Commissions in NH. The purpose is to help properly utilize and protect our land and water resources including wildlife, plant communities, soils, water bodies, agricultural land, and open space. Special attention is given to wetlands including swamps, bogs, and marshlands. Please tell us about any special places or resources you think should be documented, or of sightings of bobcats, herons, bears, owls, or other wildlife in your neighborhood. Let us know if you are aware of any rare species of plants, mammals, trees, reptiles, or birds in the area. You can offer information on archaeological sites, historic features, and scenic resources. We have hired a natural resources consultant to head up the project, which will include updated maps and a handbook that describes the inventory. Once completed, this information will be available in hard copy and digitally. The Conservation Commission will do one or more public presentations on the final product next spring. To submit input, please contact Bonnie Christie bchristie1953@gmail.com.

► **THE SEPTEMBER SELECTION** for the Hopkinton Town Library Book Group is *Finding Chika*, from bestselling author Mitch Albom. This most personal story is an intimate and heartwarming memoir about what it means to be a family. The Library Book Group will meet September 28 at 1:00. Print and audio CD copies of the book are available at the library and in digital editions: Hoopla ebook, Hoopla audiobook, and Overdrive/Libby audiobook.



► **PANORAMA OF HAITIAN ART** with Judith Kumin will be Thursday Sept 29th at 7pm at the Hopkinton Town Library. Contoocook Resident Judith Kumin, will present key moments in the evolution of Haitian art from the beginning of the 20th century onwards. She will share discoveries she made while doing research for a biography of the Haitian modernist painter **Roland Dorcely** (1931-2017), and his unexpected connections of the Upper Valley region of NH. Made possible with the support of the Hopkinton Library Foundation.

► **LINDEN PROGRAM** Sign up for Linden's Intro to Wild Mushrooms program on Oct. 9 from 1:30-3 PM. Or, bring the whole family for a Family Mushroom Walk on that same day from 3:30-4:45 PM. Sign up online at www.HopkintonRec.com.

► **HOPKINTON'S INAUGURAL** Fall Festival will be held Sept 24th in Elm Brook Park. Free entry. Gates open 330pm. Music. Cornhole Tourney. Fireworks. To register for the Cornhole Tournament and day-of event details go to: contoocookchamber.com.

► **ART ON THE PORCH** will be held Sept 24th from 10am-2pm. This features vibrant small businesses and talented local artists. Join us as a participant by emailing info@twovillagesart.org to learn more.

► **POP-UP BOOK SALE** at the Hopkinton Town Library on Sept 24th from 10am-2pm. Soft covers \$1. Hard covers \$2.

► **SHELVERS NEEDED** at the Hopkinton Town Library. Do you have an hour or two a week to spend at the Hopkinton Town Library? We are looking for people to shelve books. Ask at the Main Desk!

► **CONTOOCCOOK CARRY COMMUNITY FUND** wants to get a head start on building up supplies of seasoned wood for our community's Wood for Warmth program. If you can help with a donation of cordwood, please call Mary at 603-568-2783. For more information go to www.cccommunityfund.org.



► **CONTOOCCOOK FARMERS MARKET** is open Saturday 9-noon at the Gazebo behind the Contoocook Train Depot. Stay up to date by visiting the Facebook page Contoocook Farmers' Market. SNAP/EBT gladly accepted. The Farmers Market now has seafood available through a fishermen cooperative. Community Supported Fishery (CSF) orders for next Saturday's Farmers Market need to be placed by the posted deadline. In addition to preorders, Blakeney's will be bringing limited quantities of retail fish to the market. For information visit www.nhcommunityseafood.com.

► **FUEL ASSISTANCE APPLICATIONS** have opened up to all households for the 2022-2023 heating season. Please contact Community Action Program for more information or visit their website for more at <https://www.bm-cap.org/fuel-assistance-program-fap>.

► **CONTOOCCOOK RAILROAD MUSEUM** is open Friday through Sunday all summer. Hours: Friday Noon-4:00, Saturday 9:00-4:00, Sunday Noon-4:00. Please stop by, we would love to show you around this wonderful old building.

► **HOPKINTON YOUTH SPORTS ASSOCIATION (HYSA)** is running youth fall sessions for golf, soccer, and field hockey. We now have PayPal on our website. For more information and to register, please visit www.hysasportsnh.com.

► **PATHFINDERS NATURE PRESCHOOL** at Owen Farm 580 Brockway Road in Hopkinton. Fall registration for Pathfinders Nature Preschool will be for the full school year. Pathfinders accepts children ages 3,4, and 5 who are fully potty trained. For more information, contact Deb Follansbee at 603-228-9592.

► **ACTIVE LIVING PROGRAMS** To learn more about our 50+ Active Living Programs please call the Hopkinton Rec Department at (603) 746-8263 or visit us online at www.HopkintonRec.com. Feel free to stop in the Slusser Center Monday-Friday from 9:00- 4:00 for a tour and to pick up a full list of programs. The Slusser Center offers in-person dining for Wednesday Senior Lunch. For details please call the Slusser Center at 746-8265 or drop in at the center Monday through Friday 9:00-4:00. A \$5 donation is requested.

► **DIAL-A-RIDE** is open for rides for Hopkinton/Contoocook residents for 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.

► **BEECH HILL FARM** corn mazes are open! Themes this year NH are Eco-Spy and Ice Cream Jeopardy. Mazes are open everyday from Noon to dusk. Cost - \$7.00 a person - children 3 and under are free.

HOPKINTON POLICE DEPT.

9 Arrests 12 Accidents 264 Traffic Stops AUGUST 2022 ARREST LOG

08/06 Emma Perkins, 19, of 59 Reese Circle, Bellows Falls, VT was arrested for Unlawful Possession/Intoxication.

08/06 Keegan Wilbur, 19, of 2465 Old Turnpike Road, Mount Holly, VT was arrested for Transporting Alcohol by Minor.

08/11 Alicia Dixon, 47, of 543 Main Street, Hopkinton, NH was arrested for DUI.

08/15 Shawn Hutchins, 55, of 3 Bennington Road, Hancock, NH was arrested for DV; Simple Assault; Physical Contact.

08/19 Traci Gauntt, 64, of 4 Bridge Street, Henniker, NH was charged with Suspension of Vehicle Registration.

08/19 Richard Boles, 53, of 62 Gage Road, Bethel, VT was arrested for Drive After Revocation/Suspension-subsqt.

08/20 Mario Dumas, 30, of 18 Academy Street, Laconia, NH was Arrested on a Warrant.

08/20 Tasha Marcinkiewicz, 30, of 108 Academy Street, Laconia, NH was charged with Drive After Revocation/Suspension.

08/22 Ulises Tamayo, 44, of 8300 Matteo Drive, Laredo, Texas was arrested for DUI Aggrvtd 0.16+, Negligent Driving, Misuse/Fail to Display Plates and Open Container.



HEALTHY? DANGEROUS? MAYBE BOTH!

Do you like to drink your smoothie, lemonade, or cola? They are cool and refreshing and you might think that there is some nutrition... at least in your homemade smoothie! An 18 oz cola has 59 grams of sugar, there are 60 grams of sugar in an 18 oz lemonade and depending on how you made your smoothie there could be as much as 36 grams of sugar. An 18 oz 'sports drink' is not much better at 31 grams of sugar, and 8 oz of orange juice has 24 grams of sugar! So, what is the 'danger' with drinks like this? It is simply too much sugar too fast. According to the American Heart Association, the average American adult consumes an average of 77 grams of sugar per day and American kids consume 81 grams a day. Their recommendation is 36 grams (9 teaspoons) per day for men and 25 grams (8 teaspoons) per day for women (1). Remember one 12 oz can of soda contains 32 grams of sugar... that is your daily allotment! When we drink our sugar, it is like dropping a sugar bomb into our body, and the two main consequences are: the extra calories get converted to fat, and secondly, your brain doesn't compute this bolus of calories as food, so you still feel hungry. My suggestion: if you are thirsty, drink water! Making your own nutritious smoothie is a good idea. Just remember to avoid fruit juice, add fiber and protein and drink slowly!

Our bodies need a small amount of sodium to function properly, but too much is dangerous. Sodium is necessary for the normal conduction of nerve impulses, the contraction and relaxation of muscles, as well as an essential part of the balance of water and minerals in our bodies. An increase in sodium results in the body holding onto water, and this in turn puts extra work on the heart leading to elevated blood pressure, heart disease and stroke. In America, most of the sodium we eat (70% of our daily intake) is in processed and restaurant foods. The CDC estimates that Americans consume an average of more than 3,400 mg of sodium each day. According to the FDA our "Daily Value" (that is a reference amount not to exceed) for sodium is less than 2,300 mg per day. The %DV tells you how much of a given item is in one serving. As a general guide: 5% of DV or less per serving is considered low sodium diet and 20% DV or more per serving is considered a high sodium diet (2). Himalayan salt, sea salt, and kosher salt are all high in sodium content, however they give you less sodium per serving because of their large crystalline structure. Potassium can be a replacement for sodium, but if you have any kidney problems be sure to consult with your physician before consuming larger amounts of potassium.

The information is there; we need to read the Nutrition Facts label on the items we purchase.

1. <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/sugar/how-much-sugar-is-too-much>
2. <https://www.fda.gov/food/nutrition-education-resources-materials/sodium-your-diet>



TOWN OF *Bow* ENERGY COMMITTEE



A FALL FULL OF ENERGY!

This Fall, the Bow Energy Committee is going all out to help you find answers to your energy questions. Frustrated with fuel and electricity costs, looking for alternatives and solutions? Don't miss these three events, each a unique approach for exploring your options.

Bow Home Energy Tour September 24, 9:30am-2pm

Thinking about solar, heat pumps, an electric vehicle? It can help to talk to someone who's done it. Register on the Town Calendar to tour energy efficient homes in Bow. (Pre-register by September 22nd to enter into a raffle for a free Kill-A-Watt energy usage monitor!)

NH Energy Expo @ Dunbarton Elementary School Saturday, October 1, 9am-3:30pm

It all comes together with an incredible array of information at the NH Energy Expo. Speak with businesses (several from Bow). Learn from nonprofits, attend workshops and presentations on many topics! Meet electric vehicle owners, and win prizes. See the Town Calendar for the exhibitor list and workshop schedule.

notice to Dunbarton *Readers!*

We have added Dunbarton to our mailing list, increasing our distribution by 1,169 copies!

**RESPONSE
ACTIVITY LOG
JUNE 2022**



- 10** Basic Life Support Transports
- 31** Advanced Life Support Transports
- 22** Non-Transport Care Refusal
- 0** Paramedic Intercepts
- 17** Fires/Hazardous Conditions/Alarms
- 41** Service Call Incidents/Good Intent
- 13** Overlapping Incidents
- 124** Total Calls for the Month



**FIRE
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The _____ **Family's Home Safety Action Plan**



ACTION #1

Make the first Saturday of each month "Smoke Alarm Saturday"!

A working smoke alarm will clue you in that there is a fire and you need to escape. Fire moves fast. You and your family could have only minutes to get out safely once the smoke alarm sounds.

- Smoke alarms should be installed in every sleeping room, outside each sleeping area, and on every level of the home, including the basement.
- Test all of your smoke alarms by pushing the test button. If it makes a loud beep, beep, beep sound, you know it's working. If there is no sound or the sound is low, it's time to replace the battery. If the smoke alarm is older than 10 years old, you need to replace the whole unit.
- If your smoke alarm makes a "chirp," that means it needs a new battery. Change the battery right away.
- Make sure everyone in the home knows the sound of the alarm and what to do when it sounds. (See ACTION #2.)

ACTION #2

Develop a home fire escape plan and practice it at least twice a year!

Having a home fire escape plan will make sure everyone knows what to do when the smoke alarm sounds so they can get out safely.

- Draw a map of your home, marking two ways out of each room, including windows and doors.
- Children, older adults, and people with disabilities may need assistance to wake up and get out. Make sure they are part of the plan.
- Make sure all escape routes are clear and that doors and windows open easily.
- Pick an outside meeting place (something permanent like a neighbor's house, a light post, mailbox, or stop sign) that is a safe distance in front of your home where everyone can meet.
- Everyone in the home should know the fire department's emergency number and how to call once they are safely outside.
- Practice! Practice! Practice! Practice day and nighttime home fire drills. Share your home escape plans with overnight guests.

REMEMBER:

When You Hear a Beep, Get On Your Feet!

Get out and stay out. Call **9-1-1** from your outside meeting place.

Hear a Chirp, Make a Change!

A chirping alarm needs attention. Replace the batteries or the entire alarm if it is older than 10 years old. If you don't remember how old it is, replace it.



The 100th anniversary of Fire Prevention Week is October 9-12. This year's theme, from our friends at the National Fire Protection Association is: **Fire won't wait. Plan your escape. For more fire safety tips to protect you and your family please visit: www.nfpa.org**



The Bow Young at Heart Club

Upcoming Event

SEPTEMBER 28, 2022

Ron Trexler | UNH Cooperative Extension
Ron will speak about composting.

OCTOBER 10, 2022

Tony Belanger | Pinard Waste
Tony will do a presentation on recycling.

*All meetings are held from 11:30am - 2:30 PM
at the Old Town Hall, 91 Bow Center Road, Bow*

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 Email: Ben@KiniryLawFirm.com www.kinirylawfirm.com



AN INSIDE LOOK: What I Have Learned After One Year of Working With Attorney Kiniry!

Hi Everyone! In honor of my one year anniversary working with the Kiniry Law Firm, PLLC, Ben asked me to write this September article to share with you some of the Key things I have learned.

So here goes!

1. It's never too early to put your affairs (and estate plan) in order/place.
2. Things change over time – in both your life and with the law - so you need to revisit that plan periodically and make updates and adjustments.
3. A Last Will & Testament is good, but not best. With a Will you will end up in Probate Court spending far more time and money than you would on an Estate Plan with a Trust.
4. There is a big difference between a Revocable Trust and an Irrevocable Trust. They both have their place in the plan in certain situations. An Elder Law Attorney can educate you on if, and when, to use either.
5. I said "An Elder Law Attorney" should help. Not just any attorney: one who *specializes in estate planning and the other areas covered by Elder Law*. You go to the dermatologist to have your skin looked at, not the general practitioner.
6. Everyone says they want to stay out of a nursing home and "not let the State and the Nursing Home take all of the money." The only way to do that is with a seasoned Elder Law Attorney who knows about Medicaid laws and planning and who can do this correctly.

7. There is a whole other set of laws and regulations for Special Needs Trusts, IRA Trusts, Veterans Benefits and Probate, etc. Each area is its own specialty and requires someone who has expertise in each practice area.
8. Some people end up with cognitive issues (from Schizophrenia, Downs Syndrome, Post Traumatic Stress Disorder (PTSD), and all the way to Alzheimer's and Dementia) that require that someone else take the reins.
9. Sometimes in the aforementioned situations there are Guardians and sometimes people even need to be committed for the safety of themselves and others. This is very sad, but real. Again, someone who knows what to do, when and why is a Godsend to someone faced with the extremely difficult situation.
10. Probate is long, not fun, and full of specific deadlines and tasks. Having a Trust that is correctly funded is the key to avoiding that year of torture and massive expense.

The long and short of it is, you need to talk to Ben. I will set you up with the forms to complete and set an appointment for a consultation with him for you. This is not something you want to ignore or avoid. As Benjamin Franklin said "in this world, nothing is certain except death and taxes." That first one is coming and we just never know when. If you truly love your loved ones you should at the very least speak with Ben.

And yes, this was a different article than I usually write. Yes, I have interesting stories to go with all of the bullet points above! You didn't know brevity was in my persona, did you?!

Let's talk soon!

Donna – For Kiniry Law Firm, PLLC



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

AUDLEY DIVIDE CONCERNS & LIVE STREAM BROUGHT TO SELECT BOARD



At the Selectmen's meeting of August 16 John Green addressed Audley divide concerns. Chair Marshall indicated that the police department had increased patrols in the area and issued citations to persons acting inappropriately. The Town Manager will check with the Police Department on what they could do about posting signage in the right-of-way and addressing the issues occurring. However, it is up to the property owners to address if they want to keep people off their property.

John Green, 8 Audley Drive, said he was finding used needles and other detritus in the area that his young children should not have to deal with when they go out to play. He also provided pictures demonstrating his comments. He doesn't have a problem with the people enjoying the view. However, others are using the area as an informal park at all hours of the day and night, urinating in public, exposing themselves to his children and participating in illicit activities. He is constantly picking up trash left in the area and the amount of traffic is a problem. The area wasn't intended as a park and is an unlicensed use which is hindering his use of his own property. The Selectboard told him that earlier they had asked the Town Manager to look further into the situation with the Police Department.

Live Streaming - Trial Period Results and Recommendations Chair Marshall summarized the results and recommendations of the live streaming trial

period. Town Manager Stack stated that Staff had become used to setting up to live stream meetings. Chair Marshall stated the Board had received a petition with 116 signatures supporting the continuation of live streaming, recording, and posting of the videos online. The petition was read into the record. Susan Marcotte-Jenkins, 11 Hope Lane, commented about the importance of transparency, public participation in town government and the rights of its citizens. The Chair thanked the petitioners for bringing this to the Board's attention.

The Chair asked for further comments. Lorna Landry, 35 Bow Center Road, had been listening to the meeting via ZOOM prior to attending the meeting. She stated the audio was better on ZOOM than it was here at the meeting and urged the Board to approve the petition. The Chair called for comments from the Board. Selectwoman Brennan stated she felt the Board had a responsibility to their community to provide these recordings to the community and it is in the best interests of the community for them to know what is going on. She thanked the petitioners and those who have spoken for participating in Town matters.

Selectman Wayne moved the Selectboard continue to live stream its public meetings. Motion was seconded by Selectwoman Brennan. The Chair called for a vote. Motion carries 4-1.



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Donuts, & Muffins



Dessert Items

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Saturday 8:00 AM – 3:00 PM
STORE OPEN Mon - Fri
6:30 AM – 6:00 PM
Saturday
8:00 AM – 3:00 PM
Closed Sunday

SHOULD YOU PREPARE TO RETIRE ON 80% ON YOUR INCOME?

Provided by Dominic Lucente

Examining a long-held retirement assumption.

A classic retirement preparation rule states that you should retire on 80% of the income you earned in your last year of work. Is this old axiom still true, or does it need reconsidering?

Some new research suggests that retirees may not need that much annual income to keep up their standard of living.

The 80% rule is really just a guideline. It refers to 80% of a retiree's final yearly gross income, rather than his or her net pay. The difference between gross income and wages after withholdings and taxes is significant to say the least.¹

The major financial challenge for the new retiree is how to replace his or her paycheck, not his or her gross income.

So concluded Texas Tech University professor Michael Finke, who analyzed the 80% rule and published his conclusions in Research, a magazine for financial services industry professionals. Finke noted four factors that the 80% rule does not recognize. One, retirees no longer need to direct part of their incomes into retirement accounts. Two, they no longer involuntarily contribute to Social Security and Medicare, as they did while working. Three, most retirees do not have a daily commute, nor the daily expenses that accompany it. Four, people often retire into a lower income tax bracket.¹

Given all these factors, Finke concluded that the typical retiree could probably sustain their lifestyle with no more than 77% of an end salary, or 60% of his or her average annual lifetime income.¹

Retirees need to determine the expenses that will diminish in retirement. That determination, rather than a simple rule of thumb, will help them realize the level of income they need.

Imagine two 60-year-old workers, both earning identical salaries at the same firm. One currently directs 25% of her pay into a workplace retirement strategy. The other directs just 5% of her pay into that strategy. The worker deferring 25% of her salary into retirement savings needs to replace a lower percentage of their pay in retirement than the worker deferring only 5% of hers. Relatively speaking, the more avid retirement saver is already used to living on less.

This is a hypothetical example used for illustrative purposes only. It is not representative of any specific investment or combination of investments.

New retirees may not necessarily find themselves living on less. The retirement experience differs for everyone, and so does retiree personal spending. A recent Employee Benefit Research Institute survey found that over a third of retirees report spending more than they had originally expected. Only 9% reported that they were spending less than they had expected.²

A timeline of typical retiree spending resembles a "smile." A 2013 study from investment research firm Morningstar noted that a retiree household's inflation-adjusted spending usually dips at the start of retirement, bottoms out in the middle of the retirement experience, and then increases toward the very end.³

A retirement budget is a very good idea. There will be some out-of-budget costs, of course, ranging from the pleasant to the unpleasant. Those financial exceptions aside, abiding by a monthly budget (with or without the use of free online tools) may help you to rein in any questionable spending.

Any retirement income strategy should be personalized. Your own strategy should be based on an accurate, detailed assessment of your income needs and your available income resources. That information will help you discern just how much income you will need when retired.

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

THIS COULD BE WHEN EVERYTHING



With a fun-filled summer behind you and surrounded by the beautiful fall leaves in transition, what better time to consider making an important decision about your financial future? Is it time to finally let a professional help you strategize for your retirement and family financial goals? Or perhaps get a second opinion on your current plan?

For more than 60 years Northeast Planning Associates has been helping clients plan for their future...
and all the changes of life's seasons.



Dominic M. Lucente, CFP®, RFC®
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Citations [2/23/22]

1 - <http://www.michaelfinke.com/research.html> [2022]

2 - <https://www.ebri.org/retirement/retirement-confidence-survey> [2022]

3 - <https://www.thestreet.com/retirement/want-to-be-rich-in-retirement-plan-better-save-more>

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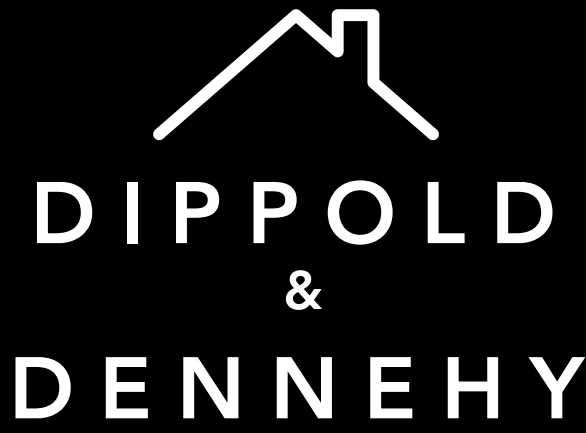
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AUGUST 2022 REAL ESTATE SALES IN BOW					
ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE	
43 Logging Hill Road	3 BR 1 BA	1075 Square Feet	.33 Acres	\$299,9000	
11 Logging Hill Road	3 BR 2 BA	1538 Square Feet	.32 Acres	\$402,000	
19 Laurel Drive	4 BR 3 BA	1937 Square Feet	2.43 Acres	\$422,000	
358 Page Road	3 BR 2 BA	3532 Square Feet	1.04 Acres	\$430,000	
3 Surrey Drive	3 BR 2 BA	1672 Square Feet	1.1 Acres	\$487,500	
1 Marions Way	2 BR 3 BA	2126 Square Feet	CONDO	\$525,919	
27 Woodhill Hooksett Road	3 BR 3 BA	2945 Square Feet	5.02 Acres	\$540,000	
52 Putney Road	3 BR 3 BA	2341 Square Feet	3.2 Acres	\$600,000	
7 Chelsea Drive	3 BR 3 BA	3412 Square Feet	2.27 Acres	\$650,000	
129 South Bow Road	3 BR 3 BA	2906 Square Feet	2.81 Acres	\$665,000	
3 Beaver Brook Drive	3 BR 3 BA	2850 Square Feet	2.01 Acres	\$671,000	
2 Alexander Lane	6 BR 4 BA	4728 Square Feet	2.69 Acres	\$765,000	
129 Peaslee Road	5 BR 5 BA	5639 Square Feet	1.1 Acres	\$1,400,000	

AUGUST 2022 REAL ESTATE SALES IN DUNBARTON					
ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE	
22 Gary Road	2 BR 1 BA	560 Square Feet	.21 Acres	\$224,900	
20 Stark Highway South	4 BR 2 BA	3116 Square Feet	2.01 Acres	\$469,000	

Sales Data for AUGUST 2022 provided by the NHMLS.

BY THE NUMBERS

COLLEGE DEBT

43 million Americans have student loans. Just 3 million of the 43 million borrowers each owe at least \$100,000, while 32 million borrowers each owe less than \$40,000.

Source: Department of Education

OLD FOLKS

1 out of every 10 people in the world in 2022, is at least age 65. A projected 1 out of every 6 people in the world in the year 2050 or 16% will be at least age 65.

Source: UN World Population Prospects.

NOT HAPPY WITH THOSE IN WASHINGTON

77% of 900 registered voters surveyed in early June 2022 believe that "most members of Congress" do not deserve to be reelected to another term in office.

Source: Gallup

BOW POLICE DEPARTMENT' SCHOOL RESOURCE OFFICER SERENA SHUTER



Officer Serena Shuter with Bow Police Chief Ken Miller.

Officer Serena Shuter was born and raised in Manchester, NH and graduated from Central High School in 2013. After high school, she attended the American International College (AIC) in Springfield, MA to play division 2 women’s soccer, studied criminal justice, and participated in the Army ROTC program. Officer Shuter graduated from AIC in May of 2017 with a bachelor’s degree in criminal justice and was commissioned a Second Lieutenant in the Army National Guard. Officer Shuter is currently serving in the New Hampshire Army National Guard as a First Lieutenant / Executive Officer in the 744 Forward Support Company. In 2020, she graduated from the University of Massachusetts Lowell with a master’s degree in criminal justice.

Officer Shuter graduated from the 177th Fulltime New Hampshire Police Academy in December of 2018 and was most recently working in the town of Candia as a patrol officer. While working in Candia, she was able to go to the elementary/middle school and read books to the students throughout the school year and was considered the school liaison for the department. “I really enjoyed interacting with the kids and being in the schools, but Candia did not have a school resource officer position. When I saw that Bow was hiring a school resource officer, I knew it was an amazing opportunity for me to work in the school system and to help our youth.”

According to Bow Police Chief, Ken Miller, “We took the time to find the right fit for the SRO position and the police department. After several interviews, including interviews with school and town administrators, Officer Shuter has been selected to be our next SRO. Officer Shuter is currently finishing up her field training and will be ready to start working in the schools on 09/16/2022.”

BOW POLICE BODY CAMS GRANT APPROVED

The Bow police grant for \$36,127 to pay half the cost of body worn cameras was accepted by the Board of Selectmen on July 12, 2022. The grant is from the N.H. Department of Safety.



BOW POLICE DEPARTMENT

JOIN OUR TEAM!

CERTIFIED FULL TIME POLICE OFFICER

\$2,500 SIGN-ON BONUS

\$26.29 - \$32.04 per hour
(depending on experience)

Requirements:

- *Currently certified NH Police Officer (within past 12 months)
- *Certified out of state Police Officer (within past 12 months)

How to apply:

- *Applications will be received through PoliceApp.com

Questions?

- *Contact Lt. Phil Lamy at plamy@bownhpd.gov

 **BOWPOLICEDEPARTMENT** 

BOW POLICE LOG

AUGUST 2022 ARREST LOG

8/10 Peter Shea, 73, homeless, was arrested for theft of services; Christian Beck, 35, Weare, arrested on a warrant for domestic violence- stalking, and violation of a protection order

8/11 David Delisle, 46, North Conway, arrested for domestic violence-stalking subsequent offense

8/13 Jade Markham, 25, Northwood, was arrested on a bench warrant for operating after revocation; Colleen Mitchell, 28, Grantham, arrested on a warrant for failure to appear in court

8/14 William Cavataio, 51, Concord, was arrested on a warrant for disorderly conduct

8/18 Cameron Amirault, 28, Concord arrested for operating while deemed a habitual offender, driving while intoxicated, third offense, two counts of resisting arrest, and open container

8/19 Austin Shelton, 27, Concord was arrested on a warrant for theft by unauthorized taking

8/20 Austin Winslow, 18, Weare, was arrested for aggravated driving while intoxicated; Luis Rios, 36, Center Ossipee, was summoned for operating without a valid license

8/23 Thomas Wright, 33, Dunbarton, arrested on a bench warrant for failure to appear on charges of operating after revocation

8/29 Anthony Barahona, 25, Manchester, arrested for reckless conduct with a deadly weapon, reckless operation, disobeying an officer, and driving after revocation

8/30 Kevin Bujnowski, 47, Nashua, arrested on four counts of domestic violence- simple assault, criminal mischief, disobeying an officer; Joshua Lyonnais, 40, Gilford, arrested for operating while deemed a habitual offender and unregistered vehicle

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Matthew Cleveland

Travel Time WITH CHASE & BUD | ST. LOUIS



Tiny 5-person capsules carry visitors inside The Arch all the way to the top where 7" x 27" windows provide a view. Clever lighting along the way and more lights and signage at the top reduce claustrophobia – a bit.

Bud and I normally favor the direct approach to and from our winter home in Florida. We follow I95 right along the coast, stopping only for food, doggie pee stops for our Standard Poodles Maggie and Millie, and two short nights of sleep.

But sometimes there's a compelling reason to deviate from this straight-arrow itinerary. This May, for example, we stopped for a week in St. Louis, Missouri. Not exactly on the way home to NH, but we had good reason. Dear friends and Florida "winter" neighbors, Kevin and Shirley Sparks had just bought a summer home there. St. Louis is Kevin's hometown and is still chock full of relatives and memories. "You gotta visit!" they said.

I am an East-coast/West-coast kind of gal, but the Sparks were persuasive. "St. Louis has a unique and yummy version of pizza, a great zoo, the original Budweiser brewery, the St. Louis Cardinals and don't forget The Gateway Arch," they crowed.



Bush Stadium is a centerpiece of downtown St. Louis, home to the St. Louis Cardinals and a huge draw for Cardinals fans.



The Budweiser Brewery visitor center features company history and (of course) an extensive gift shop.

They had us at pizza, of course. But it turns out they didn't oversell the city.

We planned our arrival around the May 15th game between the Cardinals and the SF Giants. The weather was perfect—bright sun and a light breeze. The crowd was perfect. Redbird Nation showed up early, gathering around the Stan Musial statue near the main gate, brimming with excitement and completely decked out in Cardinals gear. And the game was perfect—seemingly non-stop hits and leaping to our feet to cheer on the team. They won 15-6 and the celebratory mood spilled over into sports bars all over the city—we know, we went to one!

One of my "must do's" was to experience the tram ride to the top of The Gateway Arch, the 630' tall monument to the role that St. Louis played in the westward expansion of the US. This was not, however, on Bud's Bucket List—largely due to his lack of enthusiasm for tiny spaces with no windows and no exit doors. Still, he agreed and we arrived at the Gateway National Park ready to go! The park's movie "Monument to the Dream" detailing the spectacular construction was inspiring and sometimes jaw-dropping. Alas, they closed admission to the tram ride just as we were ready to board—no more seats available for the day. (I have rarely seen Bud smile so broadly!) Next time!



Meeting gentle and tolerant Phoenix, one of the Budweiser Clydesdales, was thrilling. He weighs almost a ton and has hooves the size of dinner plates, 4 times the size of racehorse's hooves.

Another of my must-dos was to visit the Budweiser Brewery and hopefully see the iconic Clydesdale horses. After all, St. Louis is the headquarters of Anheuser-Busch and the flagship Budweiser Brewery—opened in the 1850's. Among their many tours—from beer brewing to a behind the scenes look at the brewery, I found the Clydesdale VIP tour where we would get to actually hang out with the Clydesdales in the Stables, learn about their lifestyle, training regimens, and mannerisms and chat with one of the trainer/handlers. Pictures allowed! To top it off, we got free beer!



At 630 feet, the Arch is the tallest man-made monument in the US.

There's lots more to do, of course. We thoroughly enjoyed the zoo and our tours through local neighborhoods to see the distinctly non-New England architecture, and (of course) the St. Louis style pizza with its cracker-thin no-yeast crust—baked in round pizza pans but cut into squares instead of wedges. Why the squares? It's a mystery.

It may seem silly to say, "the next time you're passing through Missouri, stop in St. Louis," but I'll say it anyway. St. Louis doesn't disappoint.

DUNBARTON NEWS

CHAIR YOGA with Sherry Gamble at the band stand on Thursday, September 29 at 11 am. Chairs will be provided by the library. Bring water and anything else you need.

TOWN HALL Construction Update: The windows arrived ahead of schedule and are in place. Construction slowly continued last week. Mechanical/air intake work continued, with some insulation work underway in the attic. New window cornices were built and installed. They are a 1/4 of the way done with the project, according to the last update received.

VIRTUAL PROGRAM at the Library: Streamer Flies of Lake Sunapee Tuesday, October 18, at 6:30pm. Hosted by Scott Biron on Zoom. Much of the NH history surrounding the art form of fly tying has been lost. For years it was and continues to be passed down by word of mouth. As a result, many of the patterns that were tied by NH fly tyers have been forgotten. Every once and a while someone generates interest in an old pattern tied by a NH tyer but for the most part their tying methods and patterns have disappeared. The greater New London area has a unique history and connection to streamer flies and this class will focus on uncovering much of its lost history. Lake Sunapee has a history of being a great fishery. Many flies were specifically developed for this lake. Learn about these flies and their history fishing the lake. Contact the Dunbarton Library for a link when the program date grows near.



OLD HOME DAY kicked off with a rousing parade led by Dunbarton's American Legion Post 116 along with the Sons of the American Revolution Honor Guard with Gen. John Stark. The Wreaths Across Dunbarton Float included Flags Around Dunbarton, whose flags line Stark Hwy. The Dunbarton Garden Club followed promoting their Giant MUM Sale that took place on September 8th. Marchers varied from the Dunbarton Library's story time group, Cub Scout Pack 75, to the robotics team from Bow/Dunbarton and their basketball shooting robot. There were plenty of antique cars, trucks, and tractors, plus the favorite Guinea Road Tractor Club. Also many horses and riders from the Thorberchon Farm joined in. The Dunbarton Fire Department trucks and the Dunbarton Police cruisers ended the parade. The rest of the day was fun for everyone. The oldest citizen with the Boston Cane was Gerry Baillargeon and the newest was Adam Snyder. Our Face Painter was kept busy all day. The 2nd Regiment Nevers Band and Liz Ferdina and Friends provided our musical entertainment. Once again, the OHD committee's hamburgers and hot dogs were sold at old-fashioned prices and were a big hit for families. The Pie Baking contest was a success for the three categories, and at 2pm, town officials served free ice cream and pie. Many thanks to the committee and to Don Larsen for the recap.

Nora LeDuc
dtowncrier@gmail.com • 603-774-3141

DUNBARTON POLICE DEPT



Dunbarton Police Officers provided traffic control and event security during the Town of Dunbarton's Annual Old Home Day celebration.

MOTOR VEHICLE ENFORCEMENT

During the month of August, Dunbarton Police Officers completed the following traffic enforcement efforts:

- 68 Motor Vehicle Stops Conducted
- 18 Motor Vehicle Citations Issued
 - 2 Speed Citations
 - 11 Non-Inspection Citations
 - 4 Unregistered Vehicle Citations
 - 1 Expired License Citation

*Some citations may have been issued in conjunction with an arrest.



BUILDING RELATIONSHIPS. ONE CUP AT A TIME.

Join your neighbors and police officers for coffee and conversation on National Coffee with a Cop Day.

WEDNESDAY, OCTOBER 5
11:00 AM – 1:00 PM

SCHOOL STREET CAFE
1007 School Street, Dunbarton

The mission of Coffee with a Cop is to break down the barriers between police officers and the citizens they serve by removing agendas and allowing opportunities to ask questions, voice concerns, and get to know the officers in your neighborhood.

**Dunbarton
Police Department
PROJECT**



The Dunbarton Police Department is pleased to offer a new community policing program: **Project Good Morning!** Project Good Morning is a program designed to assist community residents who have no regular daily contact with relatives, friends or neighbors. The program allows residents to schedule contact with the Dunbarton Police Department to ensure that they are OK, and further allowing for their independence and ability to stay in their homes. This program allows family, friends and neighbors the security of knowing the enrolled individual is having regular daily contact with someone.

The Project Good Morning Application Packet, which includes more information about the program, may be found here. Questions about Project Good Morning may be directed to Chief Christopher Remillard at chrisremillard@gsinet.net or by calling (603) 774-5500.



ADULT PROGRAMMING

Books in Bloom with Bow Garden Club

Tuesday, September 20th - Inspiration Presentation

Friday, September 30th - Opening Reception

Saturday, Oct. 1st - Floral Arrangements on Display

Baker Free Library, in cooperation with the Bow Garden Club is bringing back Books in Bloom! We invite both experienced and novice floral arrangers to join in entering designs for the exhibit. Each participant will preselect a book of their choice and create a floral arrangement interpreting the book in some way. Each arrangement and its accompanying book will be on display Friday, Sept. 30th from 4pm-7pm and Saturday, October 1st from 10am-4pm.

Registration is required and open to Bow residents. Family participation is encouraged. If you would like to contribute a creative design, please register by Monday, Sept. 26th. Send registrations and inquiries to booksinbloom@bowgardenclub.org

Not sure what to create? Join us on Tuesday, Sept. 20th at 6:30pm for our Inspiration Presentation with Bow Garden Club Chair, Joyce Kimball. Registration for this presentation is available through our Online Calendar.

NHSaves Button Up Workshop with Bow Energy Committee

Thursday, Sept. 22nd | 6:30pm

Conducted by a certified energy auditor, this NHSaves presentation and Q&A provides examples of whole house weatherization measures that will button up your home for the heating and cooling seasons. Speaker Andy Duncan of Lakes Region Community College will cover energy saving tips and NHSaves energy efficiency programs. Learn about saving electricity, insulation and air sealing, energy audit and weatherization programs, rebates on electric and gas appliances, and other incentives from NH's energy utilities. This presentation is sponsored by NHSaves and coordinated by the Plymouth Area Renewable Energy Initiative (PAREI). Registration is recommended for this program. Visit our Online Calendar to register.

Spark! Adult Craft Club

Tuesday, Oct. 4th | 6:00pm

Calling all crafters! Join us the first Tuesday of every month to work on your art in the company of friends. Amelia will prepare a brief 30 minute art exercise to SPARK! your creativity, then provide the space for you to complete your specific craft projects and socialize with fellow makers and DIYers. Miscellaneous materials will be provided for those looking to try something new. To register for this program, visit our Online Calendar on our website.

Fall Harvest Feast with Liz Barbour *Virtual Program

Tuesday, Oct. 11th | 6:30pm | Virtual Program

Learn how to bring out the best flavor from fall harvested vegetables. Roasting, smashing, and pickling may be involved! Chef/Cooking Instructor Liz Barbour shares cooking wisdom and easy recipes that will add to your healthy eating plan. To register for this program and receive the Zoom link, visit our Online Calendar.

Adult Book Talk

Tuesday, October 11th | 12:30pm & 6:30pm

The Adult Book Talk Group will be taking place on the second Tuesday of October. We will be discussing *Infinite Country* by Patricia Engel. 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 Oct. 18th at 1pm.

Love mysteries? Contact Amy at amy@bakerfreelib.org to learn about the mystery-themed book club, the Whodunits! The Whodunits' next meeting is at White Rock Senior Center on October 4th at 1pm.

Beat the Librarians Trivia Night

Thursday, Oct. 13th | 6:00pm

The trivia challenge is back! Join us at Litherman's Limited in Concord to test your trivia skills. Create a team of 4-6 players, and compete against a group of librarians made up of staff from the Baker Free Library and Concord Public Library. Bookish trivia will appear alongside questions about science, sports, pop culture and more. Prizes for the winning team!

Bow Business Expo

Saturday, Oct. 15th | 10am-1pm

Bow small businesses together in one location! Connect and network with local entrepreneurs in a casual and inviting atmosphere and discover hidden gems in your community.

We are currently looking for small business owners in Bow, who would like to register for a table at this event. Fill out the registration form available on our website and return it to the library before September 15th. Contact Amelia amelia@bakerfreelib.org for more info. This event is free and open to the public.

IN THE GALLERY

October Exhibit: A Touch of Blue

Oct. 3rd-29th

Our Featured Artists during the month of October are local artists, Doug Richards and Laura Aldridge. The library is thrilled to have Doug back as a featured artist alongside his daughter, Laura Aldridge. Exploring 'A Touch of Blue' through watercolor glazing, oils and acrylics, this exhibit embodies harmony and calm. As Doug points out, "I describe many of them as a 'listen to the quiet' sort of experience".

Doug will be at the library every Saturday during the month of October to meet with exhibit visitors. Times to be announced in the upcoming weeks.

CHILDREN'S PROGRAMMING

Shimmy & Shake Storytime

Tuesdays at 10:30am

Encourage school readiness with a storytime for active bodies and minds! Each class includes music, instrument play and movement activities, and ends with a family dance party. Designed for Ages 3-5, but siblings are welcome to attend. Visit our Online Calendar on our website to register today.

Family Storytime

Thursdays 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 storytime ends with open play time, allowing families to meet and socialize. Designed for 18 Months - 3 Years, but siblings are welcome to attend. Visit our Online Calendar on our website to register today.

Homeschool Meet-Up

Friday, Sept. 23rd | 10:00-11:30am

Friday, Oct. 21st | 10:00-11:30am

A drop-in program for homeschooling families! This casual, drop-in gathering is intended to provide a social outing to both caregivers and their children. Exchange ideas, discuss curriculum, work on projects and portfolios, and meet new friends! Simple crafts and activities will be provided by the library, and families are invited to bring any projects or activities they would like to work on. Registration is not required.

Page Turners Book Club

Thursday, Oct. 6th at 3:30pm

A book club for readers in grades 5-8. Read any book of your choosing based on a monthly prompt, then share your book with other readers! Enjoy snacks, crafts and activities at every meeting while exploring new topics and genres. Registration is recommended. Visit our Online Calendar on our website to register today.

Art•Lab

Wednesday, Oct. 12 at 3:30pm

A new program for young artists, creators, and storytime graduates. Listen to a new story each month, then take part in sensory, art, and engineering activities designed to inspire our creativity and curiosity. Activities may include mixed media projects and painting, so come prepared to get messy! Recommended for Grades K-4, in the company of a parent or caregiver. Younger children may need assistance with certain projects. Registration is required each month. Visit our Online Calendar on our website to register today.

Magic Treehouse Book Club

Monday, Oct. 17th at 3:30pm

Travel the world and explore new time periods with books from *The Magic Tree House* series. Copies of the book will be provided by the library. Recommended for readers in Grades 2-4. Registration is required each month. Visit our Online Calendar on our website to register today.



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THE CHILDREN'S THEATRE
PROJECT TO PRESENT
THE WIND IN THE WILLOWS,
young@part

FRIDAY OCTOBER 14
at 7:00 pm

SATURDAY OCTOBER 15
at 2:00 pm

Performance at Concord City
Auditorium, 2 Prince Street, Concord

Tickets \$15, Reserved Seating
Purchase online at www.communityplayersofconcord.org,
or at the box office

Box Office hours:

Oct. 9th 1:00-5:00 pm;
Oct. 13th & 14th 4:30 – 7:00 pm;
Oct. 15th 12:00-2:00 pm

Box Office (603) 228-2793

For more information, contact
box office chair David Murdo at

nhdm40@comcast.net

or (603) 344-4747

BOW HERITAGE DAY



Janet Shaw and Heritage Commission member John Meissner
pictured at the Granite Stone Jig.

Self-guided tour attendee Janet Shaw made the rounds of Bow's Historic Buildings and Places during Bow Heritage Day on Saturday, September 10. Stopping at the Granite Stone Jig to talk with Heritage Commission member John Meissner about its purpose in the making of wagon wheels in the late 1800's and early 1900's.



Sweeney renovated the wagon wheel that is included in the display so that visitors have a better appreciation of how wagon wheels were assembled and hot metal rims were added to each wheel. The granite wheel jig and wagon wheel are currently on display at the Department of Public Works on Robinson Road.

Long time Bow Resident Art Cheney donated the stone jig to the Town in 2018 that had been used on his family farm on Woodhill Road. Tim

Photo | Eric Anderson

Bow Community Mens Club ANNUAL LOBSTER FEST

Saturday October 1, 2022, 5:00 - 8:00

Bow Community Building

This year there will be dine-in and grab-and-go options*

Menu Includes:

Lobster Plate, \$ 26.00

Extra Lobster, \$ 12.00

"Fresh Off The Boat 1 1/2 lb. Lobster"

Bowl of Fresh Clams

Clam Chowdah

Or

Chicken Plate, \$ 16.00

1/2 Barbecue Chicken

Potato Salad

Both Meals Include:

Fresh New Hampshire Corn on the Cob

Beverage

Kid's Plate, \$2.00 Hot Dog,

Chips & Corn on the Cob & Beverage

Tickets can be pre-ordered on our website:

bowmensclub.org

Contact: Dik Dagavarian 856-7268

or Charlie Griswold 228-9621

*We reserve the right to have grab-and-go only
if the COVID situation dictates



OBITUARIES

GWYNNE DENTON BURKHARDT

Gwynne Denton Burkhardt of Hopkinton, passed away September 1, 2022, at the age of 93. Born in Elmira, NY, the daughter of Edgar and Dorothy Denton, she graduated from Emma Willard School and Swarthmore College with a B.S. in Chemistry.

Following her marriage to James L. Burkhardt in 1951, Gwynne worked for several years as a chemist for Tracerlab in Cambridge, MA. Upon retirement, she and her husband moved to Hopkinton where she enjoyed a relaxing life surrounded by family and many new friends. She volunteered for several years at the Hopkinton Town Library and at a local thrift shop.

She was predeceased by her parents and three siblings, and is survived by her husband, of Hopkinton, and her children, Susan Burkhardt of Concord, and Douglas L. Burkhardt of Arnold, MD, as well as grandchildren and great grandchildren.

In lieu of flowers, donations may be sent to the League of Women Voters (www.lwv.org).

DOM S D'AMBRUOSO

Dom S D'Ambruoso, formerly of Bow, died on August 4th after a long neurodegenerative illness at the age of 78. He passed peacefully with his family by his side.

Dom was born in New Haven, Connecticut, the son of Dominic C. and Philomena (Carrangelo) S. D'Ambruoso. Dom attended Fairfield Preparatory School, Boston College and Suffolk University Law School. He moved to New Hampshire in 1970 to begin his career in law. He served as Executive Director and Secretary of the Public Utility Commission where he developed the expertise for his future law practice. He was a Director at the law firm of Ransmeier and Spellman where his practice concentrated on public utility issues until his retirement in 2006.

Dom served his community in many ways. He was elected as the Bow School District Moderator serving 24 years, president of the Bow Rotary Club, receiving the Paul Harris Award, and a Trustee at the Derryfield School. He was also a soccer coach for many years and involved in numerous organizations.

He is survived by his wife of 54 years, Angelyn (Horn) D'Ambruoso and three beloved children, daughter Kristen (Michael) Scappaticci of Danbury CT, son Mark (Tami) of Glenville NY and daughter Lisa (Joseph) Demers of Bedford. He also leaves 6 grandchildren, Alyssa, Ryan, Leyna and Maya Scappaticci, and Wyatt and Levi Demers and a sister Jeanne Perrone of Swansboro NC.

In lieu of flowers, donations may be made to the Granite VNA, 30 Pillsbury Street, Concord NH.

VICTORIA B. MARDEN-DETRICK

Victoria B. Marden-Detrack of Hopkinton passed away peacefully in her sleep on August 12, 2022.

Torey was born in Boston, on April 3, 1971, and moved to Hopkinton, NH in 1976. She graduated from Hopkinton High School in 1990 and attended Johnson and Wales University in Providence, RI. She married Timothy L. Malone of Bow and moved to Concord, where their daughter Nicole Ashley Malone was born on March 3, 1996.

Torey will long be remembered for her great generosity, kindness and caring for others. She had a wonderful sense of humor and saw the good in everyone. She loved writing letters, reading, her kitties, her horse, family parties and summer vacations with her Grandparents in Chatham on Cape Cod.

She was employed by the NH House of Representatives, the NH Department of Motor Vehicles, and various private offices.

Torey moved to Wilmington, NC in 2019 to be near her mother.

She is survived by her husband Daniel T. Detrick of Wilmington, NC, her daughter Nicole A. Malone of Laconia, her mother Nancy K. Bramen and stepfather William M. Bramen of Wilmington, NC.; her father Lee B. Marden and stepmother Terry A. Marden of Concord, and Chatham, Ma.; her brother Matthew C. Marden and his partner Robert B. Graham.

If you wish to honor Torey's spirit of generosity, please offer an act of kindness to a friend, or loved one; or a donation to Pope Memorial SPCA in Concord, NH.

FRANCIS R. MORSE

Francis R. Morse, 71 of Bow, died on August 5, 2022, at the Granite VNA Hospice House, in Concord.

Morse was born on April 20, 1951, in Ayer, MA, the son of the late Louis and Albina (Daneult) Morse.

Prior to his retirement, Mr. Morse was employed at the Merrimack Valley High School in Penacook.

Frank played football at Bishop Brady, which he was all-state his senior year. He also played in the Concord men's softball league for 25 years and the majority of that with Sullivan News, coached for the Penacook girls senior league for at least 10 years and won a number of league championship titles. He was a huge advocate for sports in the community as well as mentor for many girls. He will be missed by a lot of people and loved by most he came in contact with.

Members of his family include; his mother Mary Gallagher, of Bow; sister, Kathleen Sawicki, of Lompoc, CA, brother Timothy Gallagher of Concord, sister, Susan Hodgdon, of Concord, several nieces and nephews.

To view an online memorial, leave a message of condolence, or for more information please go to <https://csnh.com/>.

BARBARA ORDWAY

Barbara Ordway of Bow passed away on August 6, 2022, after standing up to cancer for 17 years. Her determination and fight was derived from her love of her family, particularly her grandchildren. Always setting one more goal to see her grandchildren's successes and milestones; just one more ball game, one more dance recital, one more graduation, one more birthday or one more Christmas.

Barbara was born in Franklin, NH to Alice (Hannan) and Myron "Mike" Bartlett.

Barbara was pre-deceased by her mother Alice, father Mike, step-father Warren Kingsbury, a step-brother Warren "Skipper" Kingsbury and a step-sister, Kelly Kingsbury.

She is survived by her, husband Dennis Ordway, daughter Denise Paul and husband William, son Shane Ordway and wife Nikola and her most cherished grandchildren, Billy, Samantha and Madison Paul, Elijah, Oliver and Elyana Ordway, brother Richard Bartlett and his wife Bonny, two step sisters and their families, aunts and cousins.

The family requests in lieu of flowers that donations be made in Barbara's name to the Bow Fire & Rescue Squad, 7 Knox Road, Bow, NH 03304 and the Payson Center for Cancer at Concord Hospital, ATTN: Hope Resource Center, 250 Pleasant St., Concord, NH 03301.

LORRAINE D. SMITH

Lorraine D. Smith of Contoocook passed away on August 11, 2022, after a fierce battle with cancer. She passed peacefully in her home surrounded by her loving family.

Lorraine was born December 18, 1935, in Concord to Leroy C. Smith and Eugenia V. (Lessard) Smith of Contoocook, and was the middle child of seven children. She was predeceased by her brothers, Robert Smith, Orris Smith and Dean Smith

Lorraine is survived by her brother Erwin W. Smith of Webster, her sisters Geraldine D. Dean and Virginia G. Kelley both of Concord, her significant other for more than 30 years, Lloyd E. Axelson and their dog Willie.

Lorraine was a 1954 graduate of Hopkinton High School and 1958 graduate of University of New Hampshire. She worked for HMC Corp, Wick Building, NH National Guard and retired from the State of New Hampshire as a purchasing agent. Lorraine lived in Contoocook throughout her life and resided in her childhood home gathering her family for holiday dinners.

In lieu of flowers the family asks that you donate to the Granite VNA Hospice, 30 Pillsbury Street, Concord NH 03301.

QUOTE FOR THE DAY

“L'etat, c'est moi.”

Translation: “I am the State.”
The absolute monarch Louis XIV of France

Talking Trash

by Danielle Ruane

THIS YEAR'S HAZARDOUS WASTE & ELECTRONIC'S COLLECTION DAY

Saturday, October 15

The Towns of Bow and Dunbarton are holding their annual Household Hazardous Waste Collection Day and Electronics Collection for residents on Saturday, October 15, 2022 from 8:30 AM to 1:00 PM. The event is at the Bow Department of Public Works at 12 Robinson Road, Bow.

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

Items accepted at the event include oil based paints and solvents (no latex paint), used motor oil, antifreeze, transmission fluid, swimming pool chemicals, insecticides, fluorescent light bulbs, batteries, household cleaning chemicals and propane tanks. Although used motor oil is accepted at the event, please note that used motor oil can also be brought for free to many local automotive stores and the Concord Transfer Station throughout the year. Please do not bring latex paint, explosives, asbestos products or prescription drugs.

A list of acceptable and unacceptable materials can be found at www.bownh.gov/340/Annual-Household-Hazardous-Waste-Collect.

This year there will be a company collecting electronics and computer items for free, or a modest fee depending on the item. There is no fee for items such as computers, cell phones, keyboards, mice, cable boxes, power cords and cables. There is a small fee for certain items such as printers, televisions, microwaves, computer speakers, dehumidifiers, air conditioners and appliances such as Keurig machines. The electronics collected will be repurposed or alternatively disassembled into their basic materials such as plastic, steel, aluminum or copper. The disassembled materials are sent to companies that specialize in processing those items. For computers or other items that are repurposed, the memory will be wiped to clear all user data in accordance with Department of Defense standards. The fee schedule for recycling electronic materials is available on the Bow's website. If you are unable to attend Household Hazardous Waste Day, Best Buy and Staples have programs to collect certain types of used electronics throughout the year. Please email bowrecycles@gmail.com with questions.



TOWNS OF BOW AND DUNBARTON

HOUSEHOLD HAZARDOUS WASTE DAY

SATURDAY OCTOBER 15, 2022
8:30 AM - 1 PM

TOWN OF BOW DEPARTMENT OF PUBLIC WORKS
12 ROBINSON ROAD

VISIT WEBSITE FOR FULL LIST
OF ACCEPTED ITEMS
(INCLUDING ELECTRONICS)

[HTTPS://WWW.BOWNH.GOV/340/ANNUAL-HOUSEHOLD-HAZARDOUS-WASTE-COLLECT](https://www.bownh.gov/340/ANNUAL-HOUSEHOLD-HAZARDOUS-WASTE-COLLECT)



2ND ANNUAL **TRUNK OR TREAT** EVENT
Sunday, October 30th
More information coming this fall.

I-93 EXPANSION – ON THE FAST TRACK

For decades, plans to expand I-93 going through Concord have been on the books, only to be postponed due to limited funds and shifting transportation priorities. With the recent influx of federal infrastructure dollars, planning and design for this project has been greatly accelerated.

The DOT encourages businesses to stay informed and involved in this project, and share feedback during a short comment period starting now. After receiving feedback during this stage, DOT will present to the Concord City Council and the town of Bow in the early fall. Permitting will begin this year, and bridge improvements will begin soon (there are four red listed bridges within this project's boundaries). Major construction is slated to start in 2026.

The project includes improvements from Exit 1 on I-89 through I-93 North just past Exit 15, and extends down I-393 through Exit 1.

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Concord Coalition to End Homelessness

TALENT SHOW – JOIN US OCTOBER 1ST

Watch the Talent Show Live or Live Streamed

Don't miss the Concord Coalition to End Homelessness (CCEH) Talent Show on October 1, 2022, at the Bank of New Hampshire Stage. New this year is the exclusive After Party! For just \$50.00 a ticket, you will get to see the amazing acts in the Talent Show AND attend the After Party. Tickets are available through the Capitol Center for the Arts. With only 300 tickets available, the event is expected to sell out well in advance.

The doors open at 5:00 PM for the Talent Show that runs from 5:30-6:30PM. You'll be dazzled by the performances of six unique local acts that have made it through the elimination rounds and are ready to be judged by hometown celebrities.



This year, the buzz is building about the first-ever Talent Show After Party from 6:30-9:00 PM. The After Party will likely be Concord's most talked-about party of the year. Guests will include a who's who of Concord and beyond. The After Party promises to provide the perfect mix of great music, food, and friends. All guests will be rockin' to the nostalgic Doo Wop music performed by the *Rockin Daddios*, followed by the energetic sounds of the 10-piece band the *Blues Brothers, Next Generation*. Guests will enjoy complimentary food and a cash bar will be available.

If you miss out on buying tickets to the show, the Talent Show will also be live streamed on the CCEH website and on Concord TV's Public Access Channel 22 (available to Comcast customers in Concord). Watching the show virtually is free. But, since this event is dedicated to raising crucial funds, CCEH hopes that viewers of the livestream will consider making a donation to the Talent Show Fundraiser; just go to the Talent Show page on CCEH's website. This event is fast-moving fun, and you won't want to miss one minute! Don't delay securing your ticket to see what's become one of Concord's biggest nights; go to Capitol Center for the Arts to buy your tickets.

Concord Coalition to End Homelessness (CCEH) is committed to ending homelessness in the greater Concord area. Working with community partners, CCEH's mission is to eliminate chronic homelessness; support and quickly re-house people who have recently become homeless; and build a system that effectively responds to the diverse needs of people experiencing homelessness. CCEH operates the daytime Resource Center at the Tom Fredenburg House and the Emergency Winter Shelter, both located at 238 N. Main St. in Concord. Through its Housing First program, CCEH also provides people exiting long-term homelessness with permanent housing coupled with on-going supportive services.



Pick up a copy of *The Bow Times* at one these 29 locations!

Baker Free Library	7 Eleven on 3A
Blue Seal Feeds	Hampton Inn
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	

Books in Bloom

Friday, September 30th
&
Saturday, October 1st



The **Bow Garden Club**, in cooperation with the **Baker Free Library**, is sponsoring an exhibit featuring creative floral designs paired with books. We invite both experienced and novice floral arrangers to join them in entering designs for the exhibit. Each participant will pre-select a book from either their own or the library's shelves and then create a floral arrangement interpreting the book in some way. The floral arrangers can draw their inspiration from some facet of the book they have chosen - the title, a character, the book jacket's color and/or design, etc. All floral arrangers need to incorporate either fresh or dried flowers (no artificial flowers please) within their floral arrangements and they should feel free to add decorative items or embellishments. (see below)

Each book and its accompanying floral arrangement will be displayed in the lower level **Café & Bow Rotary Room** throughout the two-day exhibit.
Friday, 4:00pm to 7:00pm (with light refreshments served) and Saturday, 10:00am to 3:00pm

Registration is required and open to Bow Residents. Family participation is encouraged. If you would like to contribute a creative design please **register by Monday, September 26th**. Send registrations and inquiries to booksinbloom@bowgardenclub.org

Not sure what to create? The Baker Free Library and BGC will have an **Inspiration Presentation** on Tuesday, Sept. 20th at 6:30pm. Please book via the Library Calendar.



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BAKER FREE LIBRARY PRESENTS



Bow Business Expo



Bow small businesses together in one location.

Connect and network with local entrepreneurs in a casual and inviting atmosphere.

Discover hidden gems in your community.

*This event is free and open to the public

Saturday, October 15th
10am-1pm

Baker Free Library
509 South Street
Bow, NH

To register for a table as a small business owner, contact Amelia at amelia@bakerfreelib.org

More information :
 www.bowbakerfreelibrary.org

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