



# The Bow Times

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

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FREE

## Selectmen Look to Future of Community Center Building



At the recent September 19 meeting of the selectmen the board received an overview of the status of the Community Building from town manager David Stack. Todd Drew, of the public works department, said that it appeared a minimum upgrade of the existing facility would be about \$400,000.

The building is heavily used by the town with enrollment for the Parks and Recreation Department currently around 3,000. Having to move all of those people for their day and night activities elsewhere is not an easy thing to contemplate if the building were to be razed and be replaced.

At a recent meeting of the School Board, the resistance to continuing voting at the Bow Memorial School was raised. Board member, Robert Louf, observed that some parents intentionally keep their kids home on Election Day out of fear

for their safety.

As long as there are some life safety code issues, such as no sprinkler or fire alarms, at the Community Building there could be resistance to moving voting back to that venue.

On the other hand, one school board member observed that kids go to the community building now for all kinds of activities so they could not understand why adult residents could not go there to vote.

One option being considered by the selectmen would be to tear down the existing building and replace it however, that cost is probably not something to be considered until the impact of the power plant sale is fully digested and a settlement is made with Eversource for the over assessment of the plant for the last few years. That new construction was estimated at \$4,000,000 in 2013 in the C.I.P. for Bow.

## Bow Power Plant Sells for \$75,000,000

Fortunately for Bow last week's auction/sale resulted in a plant value of \$75,000,000. However, according to Selectman Harry Judd the town currently assesses the plant at \$86,000,000.

According to the Town Manager, refunded taxes and interest owed to Eversource because of improper assessments would be:

2012	\$5,106.355
2013	\$3,535.232
2014 (EST.)	\$3,000,000
2015 (EST.)	\$3,000,000

**TOTAL \$14,641,587**

Bow filed a Notice of Appeal with the N.H. Supreme Court which was heard earlier this month. If you wish to watch the oral argument go to <http://www.courts.nh.gov/cstream/index.asp>. We will have a further analysis in the next issue.

## Bow School Population Increases by 60

At the September meeting of the Bow School Board it was reported that the Bow school population went from 1,614 to 1,674 students. This is at a time when statewide enrollments are generally dropping.

Superintendent Dean Cascadden noted that the growth of the town recently (after a slow period) and the inclusion of Dunbarton students at grades 7-12 are the reasons.

Bow Elementary School added 130 new students and is back to where enrollment was a decade ago. In the last two years enrollment jumped from 413 to 528 according to Principal Kurt Gergler. (Enrollment cont. p.3).

## Scouts and Men's Club Haul in Record Roadside Trash

Saturday October 7 was highway clean up day for the Men's Club and Troop 75. While it is not official it is believed that the 58 bags of trash picked up along Bow Bog Road and from the Concord line to Woodhill Hooksett Road may be a record according to Charlie Griswold of the Men's Club.

Almost 10 miles of roads on both sides yielded a bumper crop of beer cans, Jagermeister bottles and soft drink bottles thanks to the many uncaring slobs who throw them out of their cars. Rob Worth's team holds the record for 10 bags on a single morning.

## HALLOWEEN SPIRIT AT 45 LOGGING HILL ROAD



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## EDITORIALS

### FIX THE COMMUNITY BUILDING, DON'T REPLACE IT

Every year the usual debate about the Community Building occurs and has been played out on the floor of town meetings for the last few years. The argument for a long time was that the Fire Department could not stay in the building because it was not structurally sound and it could fall down at any time. That is pure bunk.

The selectmen finally admitted that when Selectman Jack Crisp stated to the 2015 town meeting “that the structure of the Community Building appears to be very sound.” (2016 Bow Annual Report, Page 23).

There have been more than enough studies done and it is absurd to do new ones as nothing has changed in the building except that the fire equipment is gone.

Three years ago the selectmen hired Yeaton and Associates to do a full assessment of electrical reworking of the building and they came in with a range of \$175,000 to \$225,000. In 2014, the town hired Cummings and Associates and their report estimated \$177,500 to do all of the life safety upgrades. The sum of \$85,000 could be deducted from that work if the town did not install a new range, fire suppression hood and duct.

At the recent September 19 selectmen’s meeting asbestos was mentioned by Harry Judd. Once again that study has already been done and the cost is \$60,000 to remove the asbestos.

If you total all these up it comes to just about the same amount as the estimate that was done by Aho Construction out of Ipswich New Hampshire who went through the building and reviewed the issues involving it. Aho said to get the building up to par with everything to include a fire alarm system, electrical renovations, asbestos removal, the kitchen and fire suppression and two egress stairwells would come to no more than \$554,000. (See minutes of 2015 Town Meeting at Page 66).

Thus, for \$400,000 - \$500,000 the building can be brought up to par and then for any additional money to reconfigure it we are still talking a lot less than \$1,000,000.

The issue of Americans with Disabilities Act compliance for accessibility to the Community Building has also already been studied. On October 21, 2015, Cheryl Killam of SFC Engineering Partnership, Inc., of Auburn New Hampshire, did a review that indicates that essentially for short money the ground level building can be brought up to snuff with ADA compliance. The issue is primarily doors, some door knobs and the bathroom faculties. Thus, ADA compliance is not a major cost

issue at all.

There is no reason to tear the building down and go build one somewhere else. With adequate fiscal responsibility we can resume voting in the building and have it up to snuff. With the looming impact of the Eversource situation to even contemplate a new building would be the height of fiscal insanity.

### THE PROBLEM WITH “NO PROBLEM”

Increasingly in stores and restaurants an employee after being thanked for something comes back with the response “no problem.” It is a very irritating change in our young people. Of course helping a customer isn’t a problem. I just paid or ordered something and that’s how they can continue to have a job.

Why should there be a “problem?” Why not be courteous and say, “You’re welcome” which has been customary for several hundred years?

I am sure when immigrants to this country are being taught English they are taught that the response to “thank you” is “you’re welcome,” not the idiotic phrase no problem. “No problem” sounds like you otherwise might have had a problem with the customer and are somewhat grateful that there wasn’t a problem.

In any event I hope “no problem” gets snuffed out before the next round of Rosetta Stone English DVDs are created for the English language response to “Thank you.”

“You’re welcome” is both courteous and upbeat, whereas “no problem” sounds grudging.

*Chuck Douglas*

*For a free press, je suis Charlie*

### THOUGHT OF THE DAY

Courage is being scared to death but saddling up anyway.

John Wayne

## OBITUARY

**Kathryn “Katy” (Holbrook) Lucey**, 55, of Peaslee Road passed away Monday, Oct. 9, 2017, at Lاهی Hospital in Burlington, Mass. after a courageous battle with liver disorder.

She was born in Concord on Sept. 16, 1962, daughter of the late Jean (Nicoll) Schaller and Robert Holbrook. Katy was a graduate of Newfound High School and Southern Vermont College where she received her Bachelor of Arts in Healthcare Administration with Summa Cum Laude honors, and was Class Salutatorian.

She had a 30 plus year career as a Managed Care operations executive. Notably, she was a member of the start up team that built HealthSource (acquired by Cigna) growing to serve 3 million members’ healthcare nationwide and as the New England operations leader for Schaller Anderson, Aetna’s Medicaid Division providing care management services to the New Hampshire and Maine Medicaid populations. She was involved in Bow School volunteer activities and Bow Youth Sports Teams.

She is survived by her husband of 21 years, David Lucey Jr; her son, Ronan Lucey; and daughter, Campbell Lucey; her brothers, John Holbrook and his wife, Nancy and Steven Holbrook and his wife, Sandy; her sisters, Robin Vermette and her husband, Bill and Jayne Foss and her husband, Steven.

In lieu of flowers, consider becoming an organ donor at Donate Life [donatelife.net/register/](http://donatelife.net/register/) and/or donations in Katy’s name to Friends at Nubble, a not for profit dedicated to preserve Nubble Light Lighthouse in York, Maine, [nubblelight.org/give/donate](http://nubblelight.org/give/donate).



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# LETTER TO THE EDITOR

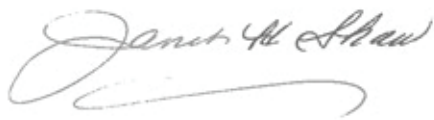
September 19, 2017

LETTER TO THE EDITOR

Re: Bow Safety Center Building

I wish to express my disappointment with the Bow Safety Center building. NOT the interior but with the exterior and placement on the lot. Why did we spend so much time discussing what the facade of the building should look like when no one can see it unless you are going in the door? It is hidden from view from either of the 4 cross roads. Perhaps when the leaves drop, a little piece of the front will be visible but as is, it contributes nothing to a pro-active visual welcome structure to indicate a so needed "center of Bow".

I do appreciate that "community support services" are now housed together BUT the placement with facade facing the woods is not conducive to becoming a community's quality of life infrastructure. I can't see it becoming a cherished landmark giving character and identity to the town of Bow. The 4 cross roads remain just 4 cross roads.



Janet H. Shaw  
24 Page Rd.  
Bow 225-3703



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## BOW PIONEERS SNOWMOBILE CLUB MUM SALE



## Bow Household Hazardous Waste Collection Day



Waste Oil Collection (above)



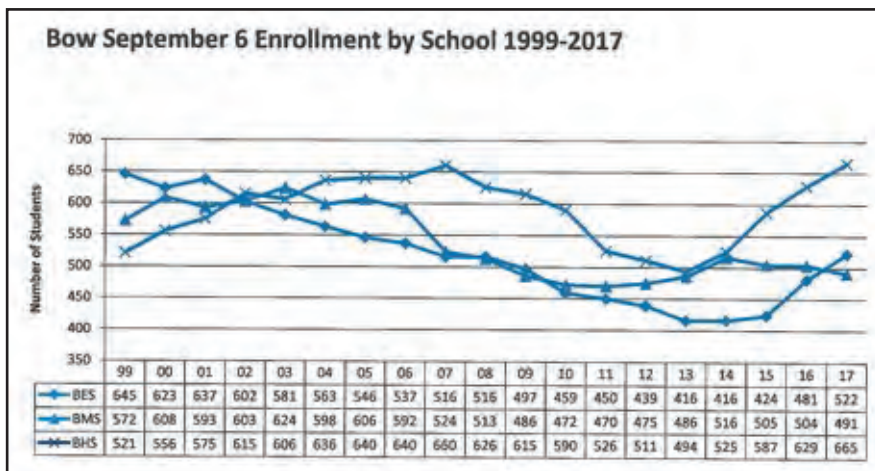
Main Collection (above)

(Enrollment cont. from p. 1)

Principal Adam Osburn of Bow Memorial said that while enrollment is down a little from last year it is currently 495 students up from 475 six years ago.

For Bow High School the new Principal, Brian O’Connell, reported 664 students is a record high since attaining 660 students in 2007.

The enrollment chart follows:



## Keeping Our Children Safe

The Bow Mills United Methodist Church, 505 South St., Bow, will be hosting a one day training workshop on October 21 from 9 am to 12 noon.

The workshop leader of “Keeping our Children Safe” will be Nicole Petrin of the Merrimack County Advocacy Center.

Aspects of this workshop will include training in the supervision of children, youth, and vulnerable adults, and in the identification, recognizing and responding to signs of potential abuse or neglect, as well as guidelines for reporting of abuse.

This workshop is free and open

to anyone who is interested in attending and involved in the care and responsibility of children and youth in classrooms, camp settings, congregations, and retreats.

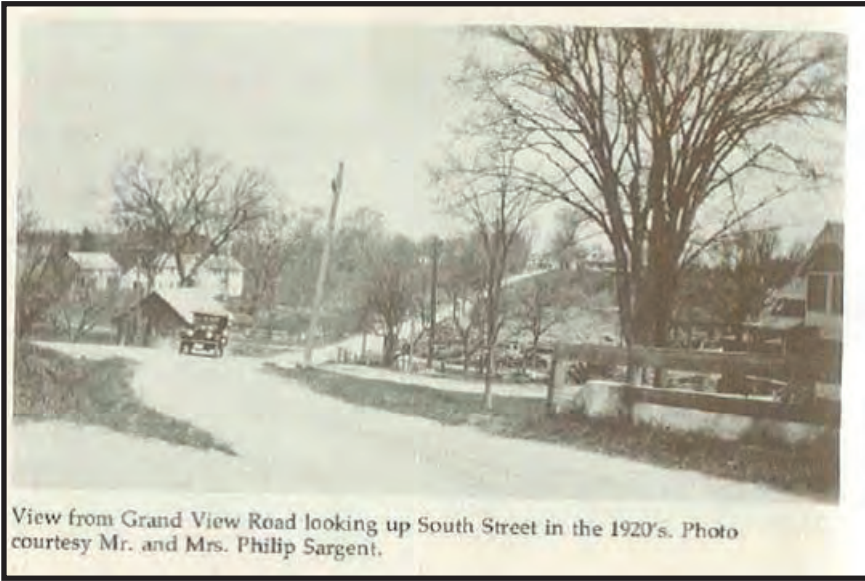
To register or for more information, contact 603-224-0884.

Thank you, Joan Day





# Bow Young At Heart



View from Grand View Road looking up South Street in the 1920's. Photo courtesy Mr. and Mrs. Philip Sargent.

View from Grand View Road looking up South Street in the 1920's  
Photo courtesy of Mr. & Mrs. Philip Sargent

Bow Young at Heart members enjoyed a visit from Gary Nysten and Faye Johnson of the Bow Heritage Commission who, with a power point presentation and old photos, took everyone back in time to the late 1800s and early 1900s when Bow Mills had a grist mill and several sawmills at the dirt road intersection of South St, and Grandview, Logging Hill, and Valley Rds.

Then moved forward to the 1950s and 60s with photos of buildings destroyed by interstate construction. Members remembered candy from Woods Store, attending Bow Mills School, and dances, suppers and Minstrel Shows at the Bow Grange Hall.

October 25 meeting is Men's Desserts and a to be determined program.

November 8 Annual Meeting and Potluck Luncheon. Remember to sign-up with your contribution to the pot.

BYAH will again contribute 3 or maybe more Thanksgiving baskets. Donation sheets will be available at the meetings.

December 13 is our final meeting with our Christmas Luncheon at Makris. The cost is \$17.00; checks requested.

BYAH meetings are open to all seniors and begin at 11:30 at the Bow Community Building at the corner of Knox and Bow Center Rds.

Bring a bag lunch; beverage and dessert will be provided.



Fay Johnson, Publicity

228-8149

## NEW HAMPSHIRE HIGH SCHOOL SENIORS ENCOURAGED TO APPLY FOR FEDERAL FINANCIAL AID

Beginning October 1, many high school seniors across New Hampshire have turned their attention to applying for financial aid for college. The **Free Application for Federal Student Aid (FAFSA)** is required by all colleges and universities across the nation to determine a student's eligibility for federal financial aid, federal education grants and for some universities, institutional grants and assistance.

The NHHEAF Network Organizations' Center for College Planning (CCP) offers NH families free assistance with completing the FAFSA in their Concord

office. College counselors also provide assistance in understanding postsecondary financing options beyond federal and institutional aid.

"It is important for students and parents to understand the FAFSA form needs to be submitted to meet a college's deadline in order maximize federal and institutional financial aid," according to College Outreach Specialist Karen Collins. "We know many families often experience anxiety over submitting this form, but our experienced college counselors are available to answer questions and ensure the form is filed accurately."

To register for a FAFSA filing appointment, or for assistance with a FAFSA question, please call 800.525.2577, ext. 119. For other important tips when filing the FAFSA, visit the Financial Aid section of NHHEAF's website at [www.nhheaf.org](http://www.nhheaf.org).

# Sandy Davidson New Community Operations Manager for White Rock

Joanne Bowley - White Rock Senior Living Community welcomes Sandy Davidson as the Community Operations Manager.

Sandy has been working with and for the seniors of New Hampshire for more than twenty years.

Her work has given her a new appreciation of growing older and how difficult it can be. That appreciation and a drive to "make it all better" has brought Sandy much joy! "The people I serve have worked their whole lives for this moment. They need to have appropriate housing and services so they can enjoy this very special time of life. I like what White Rock is doing here! Our residents live in a beautiful, well maintained home and have the little special touches they deserve."

When Sandy is not working, she enjoys reading, sewing, crafting and she and her husband, Matt, are unofficially certified covered



bridge enthusiasts. We invite you to come down to White Rock any Wednesday at 12:30 pm for a community tour and to meet Sandy Davidson.

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## October is Breast Cancer



## Awareness Month

Allied Insurance Agency is partnering with Bow Youth Football.

Allied will donate \$20 to the "Lend Me a Hand Fund" for every TD scored in October. The Lend Me a Hand Fund provides resources for local families going through

cancer treatment



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### Halloween Fire Safety Tips

- Use battery-operated candles or glow sticks in Jack-O-Lanterns.
- When choosing costumes, stay away from long trailing fabric. If your child is wearing a mask make sure they can see through the eye holes.
- Teach your children to stay away from open flames including any Jack-O-Lanterns that may have a candle in them.
- Dried flowers, cornstalks and crepe paper catch fire easily. Keep all decorations away from open flames and other heat sources like light bulbs.
- Remember to keep exits clear of decorations so nothing blocks escape routes. Make sure your smoke alarms are working.
- Have a hauntingly fire safe Halloween.
- Carry glow sticks or flashlights while trick or treating.
- Check your children's candy before they eat it.

Mitchell Harrington, Chief | Bow Fire Department

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From left - Mike Vlahos, Vice President, Commercial Loan Officer, Merrimack County Savings Bank with the owners of Aubin Woodworking, Inc - Randy Wasylak, Vice President and Tony Aubin, President.

Aubin Woodworking takes pride in creating customized millwork of unsurpassed excellence. They have built an outstanding reputation based on their dedication to quality and customer service.

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"Cash Prize Raffle"

Proceeds benefit the Bow Rotary Club Foundation's activities including Scholarships & Camperships



Supporting Our Students  
Bow-Dunbarton



## Christine Asbury Promoted to Learning and Development Officer at New Hampshire Mutual Bancorp



Christine Asbury, Learning and Development Officer, New Hampshire Mutual Bancorp

Christine Asbury has been promoted to Learning and Development Officer at New Hampshire Mutual Bancorp (NHMB).

Previous to this position, Asbury was Branch Services Representative at the Alton office for Meredith Village Savings Bank (MVSF).

In her new role as Learning and Development Officer, Asbury oversees the planning and execution of learning and professional growth, workplace engagement and leadership development at NHMB and its subsidiaries – MVSF, Merrimack County Savings Bank (the Merrimack) and MillRiver Wealth Man-

agement.

"Christine is a great addition to the Human Resources team, as she brings her extensive experience, enthusiasm and disciplined approach to our ongoing NHMB organizational development efforts," said David Cronin, Senior Vice President and Human Resources Director for NHMB. "She offers a fresh perspective when it comes to working with supervisors and employees to help staff develop to their fullest potential."

Prior to joining NHMB, Asbury worked in the quality assurance field for 20 years, the last ten of which were spent as the Manager, Document Control and Process Quality Control for the Jackson Laboratory, an independent, nonprofit biomedical research institution in Bar Harbor, Maine.

Asbury has a BS in Environmental Studies, with a Minor in Chemistry and Marine Biology from University of Maine.

She is an active volunteer for the Cochecho Valley Humane Society in Dover.

She has also served as an active volunteer in a wide variety of roles at the Hancock County Emergency Management Agency in Ellsworth, Maine.



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Mortgage Loan Originator  
603.477.3865  
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NMLS #560924

## 7 Ways to Thwart Cybercrime

### October is National Cybersecurity Month!

Cybercrime continues to be a growing problem in the U.S. According to the FBI's Internet Crime Complaint Center, in 2015 the agency received approximately 288,000 complaints from consumers who were exposed to online fraud — up from nearly 270,000 in 2014.

In recognition of Cybersecurity Awareness Month, Sugar River Bank is urging online users to take simple steps to safeguard their personal information, protect their networks and stop fraud.

Sugar River Bank recommends the following tips to protect yourself while navigating the web:

- **Keep your computers and mobile devices up to date.** Having the latest security software, web browser, and operating system are the best defenses against viruses, malware, and other online threats. Turn on automatic updates so you receive the newest fixes as they become available.
- **Create complicated passwords.** A strong password is at least eight characters in length and includes a mix of upper and lowercase letters, numbers, and special characters.
- **Watch out for phishing scams.** Phishing scams use fraudulent emails and websites to trick users into disclosing private account or login information. Do not click on links or open any attachments or pop-up screens from sources you are not familiar with. Forward phishing emails to the Federal Trade Commission (FTC) at [spam@uce.gov](mailto:spam@uce.gov) – and to the company, bank, or organization impersonated in the email.
- **Keep personal information personal.** Hackers can use social media profiles to figure out your passwords and answer those security questions in the password reset tools. Lock down your privacy settings and avoid posting things like birthdays, addresses, mother's maiden name, etc. Be wary of requests to connect from people you do not know.
- **Secure your internet connection.** Always protect your home wireless network with a password. When connecting to public Wi-Fi networks, be cautious about what information you are sending over it.
- **Shop safely.** Before shopping online, make sure the website uses secure technology. When you are at the checkout screen, verify that the web address begins with https. Also, check to see if a tiny locked padlock symbol appears on the page.
- **Read the site's privacy policies.** Though long and complex, privacy policies tell you how the site protects the personal information it collects. If you don't see or understand a site's privacy policy, consider doing business elsewhere.

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## New Rotary District Governor Encourages Bow Club to Continue Making a Difference

By Matt Gatzke - To Jon Springer, newly-installed Rotary District Governor, *Making a Difference* is a whole lot more than just a slogan on the district's banner, it's a way of life that he is happy to report is very much alive in the 56 clubs he has visited since taking office.



District Governor Jon Springer presents Club President Judy Goodnow with the 2017-18 Rotary International theme banner "Rotary Making a Difference." Photo by Matt Gatzke

Jon spoke to the Bow Rotary Club on Friday, September 22 when he visited along with his wife Mary during his 56<sup>th</sup> visit...only four more to go. Jon and Mary live in Ludlow, VT, not far from where Jon has a law practice in Windsor. He began his career in law enforcement and became a Rotarian during his years spent as chief of police in Ludlow. His career took a slight turn when he entered law school and next spent time in the Attorney General's office. He currently maintains a private law practice.

He referenced the great work and acts of community service carried out by clubs throughout the district. He crunched the numbers for us a bit when he offered that in the district, which includes Southern VT and Southern NH, clubs raised more than \$1,500,000 through a

wide variety of fundraising efforts. The volunteer time given in these efforts totaled just over 52,000 hours of member commitment.

High on his priority list is to continue Rotary International's goal of total eradication of polio and clean water efforts throughout the world. While the battle against polio has been largely successful, there have been several new cases of polio reported. He highlighted the drive, "Pennies for Polio" which he has initiated in his club to raise funds and awareness. Political unrest in places such as Pakistan, Afghanistan and in parts of Africa have caused Rotary International's efforts to run up against roadblocks.

At the local level, Jon acknowledged the good work and dedication of the members of Bow and he commented that he is well aware of those within the club whose dedication and commitment serve as an example for others. Jon Ruggles was called forward to receive a district citation for his 36 years of service to Rotary and also for his perfect attendance record.



District Governor Jon Springer presents Bow Rotarian Jon Ruggles with the District 7870's Achievement Award for his 36 years of service to Rotary and for his "perfect weekly attendance" during those 36 years. Photo by Matt Gatzke

## Methodist Church Pumpkin Sale



The Pumpkin Patch at Bow Mills United Methodist Church near the library is open:

Weekdays 2-6 PM  
Saturdays 10 AM - 5 PM  
Sundays NOON - 5 PM



# Time To Get Juiced Up

By Jim Olson

## Veggies, Veggies, and more Veggies



Jim Olson

Remember growing up, that's all we heard was "eat your veggies..."

But here's the reality of being an adult. We are in a constant battle of decisions at every turn throughout the day. Do I do this, or do I do that, and in what order. You have a bunch of things that you have to get done, with only so much time in the day.

I get it – I'm the same way. I'm always looking for a way to maximize my time.

**BUT I'm not going to sacrifice my food intake, for ANY reason... EVER.**

*That's what got me into juicing vegetables.*



Here's one of my favs from my personal recipe book.

- 1 Cup of fresh Turmeric root
- 2 Cups of fresh Ginger root
- 1 Whole Lemon (minus the peel)
- 1 Bunch of dark green leafy Kale
- 4 to 5 Fuji or sweet Apples (cut the seeds out)
- 1 Whole large Cucumber
- 1 Whole Lemon (minus the peel)
- ...and a handful of Cilantro

The body needs at least two servings of fresh veggies with each meal. That is if you want to keep your body happy, healthy and strong.

With a crazy schedule, sometimes I don't have it in me to even chew. When it gets that kind-of-a nutty day, I go for the Juice.

You can pack in a ton of goodness into a single drink. Next thing you know, you just might find yourself juicing everyday as well.

If you're sensitive to the kick this tonic delivers, pull back on the Turmeric and Ginger by half. I

never really thought of giving it a name other than just calling it The Good Stuff. I'm sure you will enjoy it too!

Would you like to improve your body and/or overall fitness?

Are you ready feel better, look better, increase your energy and improve your overall quality of life?

Please feel free to call me and I would be very happy to help!

Jim

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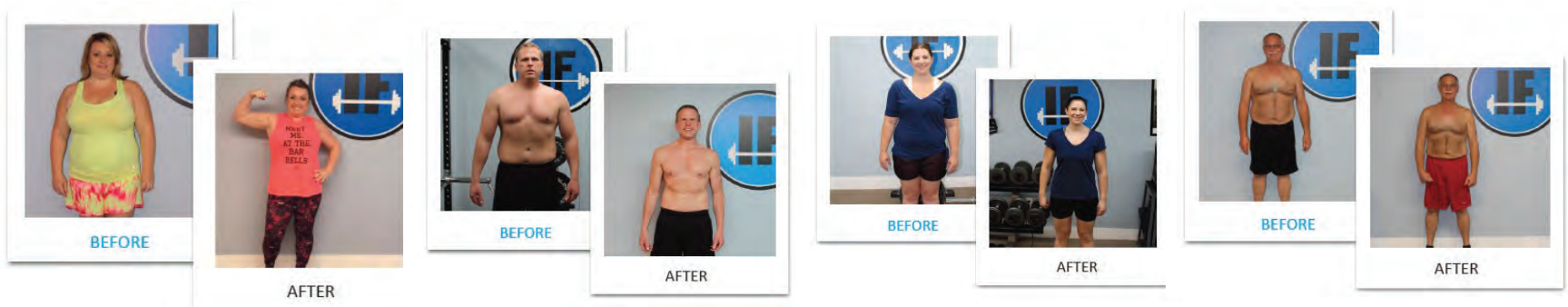
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# BOW HERITAGE DAY - 2017

The Bow Heritage Commission would like to thank all who helped to make our September 16 Heritage Day a memorable event. *Photos by Eric Anderson*

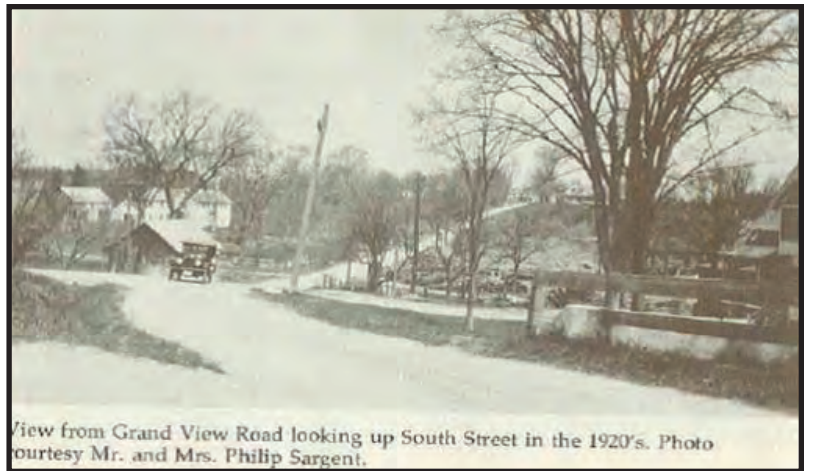


With a power point presentation (right) prepared by Mark Leven, Gary Nysten and Faye Johnson took everyone back in time to the late 1800s and early 1900s when Bow Mills had a grist mill and several sawmills at the dirt road intersection of South St, and Grandview, Logging Hill, and Valley Rds., showing the real meaning of "Logging Hill."

Also shown were photos of old buildings destroyed by construction of the interstates, as well as old photos of buildings still existing.

Thanks to Nancy Knapp for digitizing our photos several years ago.

DPW installed our new portable handicap ramp so many had access not available before and walkers accumulated around the old wood stove. **Phil Downie** (above).



View from Grand View Road looking up South Street in the 1920's. Photo courtesy Mr. and Mrs. Philip Sargent.



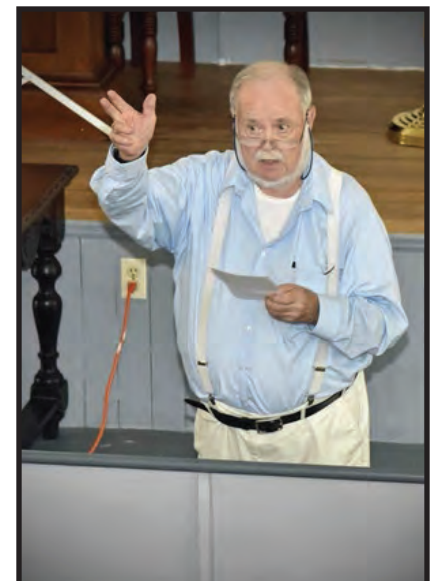
The Luther Morgan Muzzle Loader donated by Robert Morgan was on display in a beautiful case made and donated by Matt Bailey. It will be on permanent display in the Library Baker Room.

**Suncook Valley Chorale (below)** Under direction of our own Sue Wheeler, Joyce Bennett, Candie Garvin, Michelle Gilbert, Jackie Hamilton, Phil & Mary Paveglio, and Gary Schroeder, members of the Suncook Valley Chorale, entertained us with Broadway show tunes. Connie LaRosa accompanied the Chorale singers and also played selections on our 1870 Prescott reed organ.



**Following a beef stew and cornbread lunch made available by the Bow Men's Club, our annual bell ringing ceremony honoring 39 deceased Bow residents was officiated by Pastor Dick Rush.**

**The day ended with pie and fellowship.**



Pastor Dick Rush (above)





# BAKER FREE LIBRARY NEWS

By Lori Fisher

## Lori Fisher named Library Director of the Year

The New Hampshire Library Trustee Association (NHLTA) recently announced their 2017 award winners, and our Library Director Lori Fisher has been named Library Director of the Year!

According to Christine Carey, Baker Free Library Board of Trustees President, Lori was nominated by the entire 5-member board to receive the award due to her contributions to the library and Bow community since 2008.

She will be featured in a future issue of the NHLTA newsletter and on their web site. Congratulations Lori!

## FREE Yoga Classes for Bow Residents

Due to a collaboration with YogaNH (Concord, NH), the library is pleased to offer FREE 1-hour yoga classes each month to Bow residents and library card holders!

These classes are suitable for all levels, and the classes for November will be Saturday November 4 and Sunday November 5, 9 – 10 am.

Classes will be held in the Library's Merrimack County Savings Bank Room in the Lower Level. Because these classes are being held outside of library operating hours, participants will need to enter through the Lower Level door near the handicapped parking and ramp.

Please bring proof of residency (driver's license) or a current Baker Free Library card in order to participate, along with your yoga mat. Due to demand, we ask that Bow resi-

dents pre-register through the <http://yoganh.com> website. Questions? Call 224-7113 or email [info@bakerfreelib.org](mailto:info@bakerfreelib.org).

## Strategic Plan Update

With the completion of the Lower Level Renovation earlier this year, it is time to look at future planning for other library services and resources.

The Library Trustees, staff, and director have been working on a new strategic plan for the library, covering 2018 through 2022. We will be visiting with various organizations during the month of October to solicit feedback about our plan strategies, a new library mission statement, and a new library tagline.

If we haven't contacted your group and you'd like to participate, please contact Lori Fisher at 224-7113 or [lori@bakerfreelib.org](mailto:lori@bakerfreelib.org). The final strategic plan is scheduled to be reviewed and adopted by the Library Trustees on December 13, 2017.

## Library Class/Event Highlights

**Lighten Up - Develop Your Stress Resilience: Tuesday October 24th, 6 pm**

To live joyfully, we must choose to live lightly and not let life's challenges weigh us down with stress. But how do we do this? Join Betsy Black, life coach and trainer, to learn how to readily apply simple techniques (empirically shown to be effective) in a fun, hands-on and engaging session. Laughter is guaranteed.

## Friends Booksale Collection Box



Emma Haddock created a Friends Book Sale collection box for the Library as her Silver Award project for Girl Scouts. Thank you, Emma, for helping make our community a better place!

Thanks to Emma Haddock and her Silver Girl Scout project, the Friends now have a movable book donation collection box located on the library's portico!

We will have the Friends book sale donation box available outside until the end of October, and will put it back out once the winter weather ends around March/April 2018.

This donation box is a test - the library CANNOT take on any more recycling of damaged books that cannot be resold by the Friends. Please follow the guidelines in place for booksale donations found on the Friends page of the library web site.

Once the new Friends donation box is taken down for the winter, donors will need to make their book donations on the last Saturday of each month, between 10 am and 4 pm.

If you have DVDs, CD audio books, or a large amount of children's materials, please call the library at 224-7113 to arrange for an

appointment to have us go through your items, since we may be able to use them in the library's collections.

## Movie of the Month

(November) – *Baby Driver*: Monday November 13, 6:30 pm.

Baby (Ansel Elgort) - a talented, young getaway driver - relies on the beat of his personal soundtrack to be the best in the game. When he meets the girl of his dreams (Lily James), Baby sees a chance to ditch his criminal life and make a clean getaway. But after being coerced into working for a crime boss (Kevin Spacey), he must face the music when a doomed heist threatens his life, love and freedom. Rated R. Movie will be shown in our Lower Level. Free and open to the public. No registration is required. Popcorn will be provided.

## Library Holiday Closure dates

The Library will be closed on the following dates in November:

- Saturday 11/11 – Veteran's Day
- Thursday 11/23 – Thanksgiving Day
- Friday 11/24 – Day after Thanksgiving



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## End of Season Clearance Going On Now !

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## What's Happening in OLLI?

By Jacki Fogarty

Do you view senior citizens as frail beings who need perfect conditions to get out of their living rooms to go on day trips?

Well, on a cold rainy Saturday at the end of September, two groups of OLLI members proved that theory wrong. Eleven stalwarts left their warm beds to hike the Dunbarton-Kimball Pond Conservation Area under the leadership of Drew Groves of Dunbarton.

At the same time 18 OLLI members hiked the sculpture-lined trails of the Andres Institute of Art in Brookline. All finished wet and very happy with their morning's exploits.



OLLI members visit *The Phoenix*, one of the earliest sculptures placed on the summit at Andres Institute of Art.

### Fall Term at OLLI in Full Swing

Fall Term at OLLI at Granite State College (GSC) is in full swing as members eagerly attend new classes on GSC campuses in Concord, Manchester, Conway, Portsmouth and Rochester. Besides a wide variety of classroom-based courses, OLLI features "Out & Abouts" which are visits to exciting local places of interest.

Political interests are well served through three courses offered by David Hess and a variety of others covering topics from the elections of 2016, 2018 and 2020 to Donald Trump's 2016 election to the NH Legislature to the Holocaust and many more. History and politics are the favorite topics of OLLI members and the number of courses and topics reflect this preference.

The battle between William Randolph Hearst and Orson Welles over the film *Citizen Kane* occupied a fascinating 2½ hours for OLLI members at the Concord campus of Granite State College. This was one of five classes in a course on Orson Welles, taught by Robert Pingree, a retired film teacher. Seven other film classes are offered this term ranging in topics from Cary Grant to "Saints, Sinners and Sillies" to genocide.

Mill Girls, the story of the young workers in the mills of Lowell, fascinated a sell-out OLLI audience yet again. Instructor Peg Fargo of Bow created the course years ago in preparation for an OLLI bus trip to Lowell and the class was so popular, she has offered it several times and has developed a sequel, Mill Girls II.


Speaking of sequels, retired Portsmouth Police Chief David (Lou) Ferland will present *CSI-NH, Part 2*, a course developed after the enormous popularity of the original *CSI-NH* in which Dr. Ferland challenged OLLI members to find and interpret clues from actual crimes solved here in our state.

Courses about Buddhism, Judaism, Benedictine Monasticism, Growing Up Catholic and the ever-popular Ask a Muslim Anything satisfy OLLI members' curiosity about religions and on a lighter note, exploration of the stories behind the hymns of Advent and Christmas.

The Concord site will also feature a 4 week course on Macbeth and a 6 week course on Mark Twain, both starting in November. Sebastian Lockwood brought his dramatic flair to literature from an earlier time with a course on Homer's *The Odyssey*.

Also coming up at the Concord site of OLLI, the Osher Lifelong Learning Institute, at Granite State College are other member benefits offered at no cost: a Book Club, a Patriots Tailgate Party (in Concord) and a holiday Yankee Swap.

Information about joining OLLI is available online at [OLLI.granite.edu](http://OLLI.granite.edu) or by calling the OLLI office at 513-1377 and requesting a catalog.




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### WHY YOUR HOME MAY NOT BE SELLING, EVEN IN A SELLERS MARKET

By Ann Dippold

Low inventory, high buyer demand, and very attractive interest rates have resulted in a seller's market in Bow and elsewhere. So it's reasonable to think maybe all the work you've heard experts suggest about decluttering, spiffing up the curb appeal and addressing the "deferred maintenance" list may not be necessary. *Not so fast.*




Even in a seller's market, some homes still sit on the market for weeks and months, while others go under contract in just a few days. The answer to why your home may not be selling usually comes down to price, condition, or a combination of the two. Sometimes marketing may play a role too.

*If your home has been on the market for more than 30 days, it's time to re-evaluate.* How does the home look on line? What is the feedback from those that have seen it? What are you getting for web traffic? Your Realtor should provide you with stats on this, and buyer feedback (when offered) after each showing too.

*Price of course is very important.* Too many sellers set the price based on what they want for the home or how much they owe on it rather than what comparable homes are selling for. Look at recently SOLD (not active) comps, and be realistic about how yours fares in comparison. Be sure and compare apples to apples. If you have a Colonial style home, compare it to recently sold Colonials, not Ranches or Capes.

*Price according to condition.* Account for any updating that needs to be done. A home with an updated kitchen and/or bathrooms is more valuable than a home without. Buyers will discount homes, and rightly so, for outdated kitchens, homes needing plumbing and/or electrical upgrades, things like wallpaper and loud or offensive paint colors, and deferred maintenance, both interior and exterior. Too much clutter will detract from your selling price too.

*Hire a Realtor who knows the neighborhood/town and can provide examples of their marketing.* All neighborhoods have intrinsic value not readily apparent to buyers. You want someone who can talk about these intangibles. How are the photos? Homes that appear light, bright, and happy on line will get far more clicks than those that do not. Lastly, make it available to show all the time, especially in the first 10 days. Keep it in show ready condition, have a plan for kids & pets and be flexible. Barriers to showings keep homes from selling too!

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# WHEN A HURRICANE HITS

By Chase Binder

The last six weeks have been cruel indeed. Hurricanes Harvey, Irma and Maria have laid waste to large swaths of Texas, Florida and many Caribbean islands, including our own Puerto Rico and US Virgin Islands. Yet another mass shooting, this time in Las Vegas, has left a stain on America's uniquely branded fun city and another hole in our collective heart.

With the possible exception of Houston, all of the affected destinations have the distinct character of being vacation and leisure spots—places where, at any given point in time, a large proportion of the people “on the ground” are visitors. As such, they are at a clear disadvantage if disaster strikes—be it natural or man-made. They are in unfamiliar territory. Sometimes a foreign country. Sometimes a strange town without apparent infrastructure like public transportation. Sometimes a city so large as to overwhelm.

How will you react if you find yourself in such a precarious spot? Is there anything you can do to protect yourself? Certainly. Just analyze what you've been seeing on the news over the past six weeks. What have been the critical needs? Evacuation. Shelter. Food and water. Medical care. Money and resources. Communication.

I put communication last, but I believe it is an overriding necessity in today's world. A simple example: Bud and I were in Florida in the days leading up to Hurricane Irma's landfall. We didn't have viable access to Wi-Fi at our new little home, but travel pals Chuck and Debra Douglas did over at their house. They were able to find a way to get us all out. Without Wi-Fi and the ability to communicate instantly with a wide range of friends who might be able to help, we would have all been stuck.

Communication becomes even more critical when a catastrophic event happens and you're in a foreign country. I have written before about the US State Department's STEP Program (Safe Traveler Enrollment Program, at [travel.state.gov](http://travel.state.gov)). This is a free service where you register with the State Department. You provide key identifiers: passport number, name, age, gender, address, home and cell phones. You also provide a contact here in the US who does not normally travel with you. Once you are registered, you add your flight, cruise ship or other transportation information and dates. Do the same for your accommodations, including address and phone. If you do this, the State Department *will* be looking for you. They *will* come and get you. But they can't do that unless they know where you are.

Bud and I have registered with STEP for years, but after talk-



Chase Binder

ing at length with some folks who were evacuated in C-130's off St. Maarten after Irma, I realize I had made some false assumptions. I thought the State Department would be organized with military-style efficiency, fully provisioned and professional. I thought our taxes would pay for any services. I thought they would bring us back to the US.

Turns out...not so much. US law requires the State Department to charge you an amount equal to “commercial fare” for the C-130 flight. (Note that this does not mean that you get free peanuts or a window seat—you're strapped into a military transport). They take you where they take you—in this case, the San Juan airport. You are responsible for accommodations, onward flights—everything. You had better have communication and resources!

And about that military-style efficiency and professionalism? There are confounding variables. If the airport is severely damaged, the large C-130's can't land, let alone take off. If the State Department is understaffed (the current situation), it's quite possible that untrained junior staff will be arriving. The message here is that your government is limited in what it is actually able and willing to do. Expect to rely on government, but expect to fend for yourself as well.

We Americans are used to relying on our cell phones and tablets almost no matter where we are in the world. But guess what? If cell towers are down (witness Puerto Rico, St. Maarten and many more islands), your cell phone will not work. And Wi-Fi? If there's no electricity, no cable...no Wi-Fi. No communication. No booking another flight. No calling home to Mom to help.

So how to protect yourself? Plan ahead. Never leave the country without registering with STEP. Ever. Always leave key info with a relative or friend (copy of your passport, itinerary, contact info. Names and info for travel companions). Al-

ways. Always travel with color copies of the info pages of your passport (ours are laminated). Always. Travel with back-up credit cards as well as frequent flyer and contact info for all the airlines you use. One leg of our evacuation route out of Florida was on Southwest. We flew down on Jet Blue...I had to scramble for our Southwest info. Even when you're traveling in the US, let

someone know where you're going and always keep ID somewhere on your person. Always.

Never forget that communication will be key in almost all emergency situations. Be at the ready by always having your phone charged. In fact, I now keep a portable phone charger in my pocketbook and I'm thinking of adding a second.

## Anything Goes ALL ABOARD at the Palace Theatre



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Set on the S. S. American, an ocean liner that sails between New York and England with a comically colorful assemblage of passengers. Among those passengers is Reno Sweeney, a popular nightclub singer and former evangelist. With Reno is Billy Crocker, a young broker on Wall Street, who has fallen in love with a beautiful woman he met in a cab. As Billy says goodbye to his boss and Reno, who are both on the boat, Billy follows as he sees his mystery woman. Billy stows away on the ship in hopes of winning fair lady's heart.

Along with our heroes, stowed away on the boat is the infamous “Moonface” Martin, a second-rate gangster labeled “Public Enemy 13,” and his girlfriend, Bonnie. “Moonface” and Bonnie have dis-

guised themselves as a minister and a missionary and, innocently aided by Billy, board the ship under their assumed identities, stranding the ship's real chaplain back at the port.

The musical introduced such songs as “Anything Goes,” “You're the Top,” and “I Get a Kick Out of You.” Song, dance, and farcical antics ensue as Reno and Moonface try to help Billy win the love of his life. There's no telling what could go right...or wrong...for the characters in this amazing show.

Catch this boat while it's still docked from October 20, 2017-November 11, 2017. Tickets range from \$25 for children 6-12 and \$39-\$46 for adults.

Thank you to our sponsors for their partnership and support: Birch Hill, McLean Communications, Tulley BMW, Devine Millimet, Pinnard Waste Systems, Eagle Point and Ameriprise Financial. For information about pricing, visit the Palace Theatre's website at [www.palacetheatre.org](http://www.palacetheatre.org)



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# On The Water And in the Woods



October is the busiest month of the season for me. The fly rod is not ready to go to bed yet. Bird season is in full swing, the fall colors are at their peak. This season will be very challenging as my friend has retired his beautiful Springer Spaniel.

Meg gave us many great bird hunting trips but she has earned her place of retirement.

The Springer has always been my favorite bird dog, having owned five myself. They are a close working, flushing dog, with a great nose. They also make a great family dog.

Many years ago I switched from a 12 gauge to a 20 gauge shotgun. It was the best thing to hunt upland birds. It's light and fast.

The controversial subject of Mountain Lions in NH keeps coming up.

A lot of folks in NH & Maine claimed to have seen this big cat.

I have a friend in Maine that took a photo of one. It's not perfectly clear, but it looks like the big cat to me.

Deer Season is on for the Bow Hunters, and soon firearms hunters will be in the woods.

In 1980 Tony Knight came out with his first inline muzzleloader, as the T.C. Hawkins was already very popular. I bought my Knight Wolverine shortly after. It is very light, with a nylon stock. It has a double safety system that I really like because you cannot be too safe. It came out with a small # 10 primer, this was not the greatest. Soon they came out with a conversion kit to change the primer to the larger and more powerful 209 shot shell primer. This was a huge improvement. Over the years new powders have hit the market. Triple 7, and Pro-dex burn cleaner than regular black powder. I still use black powder.



Some of the Lucky Moose hunters that have a permit will be ready to go. Before my first moose hunt Captain Steve Courchesne told me the two most important things in moose hunting are location and location. When you get your animal make sure you can get it out of the woods.

I also spoke with Eric Orff, biologist "now retired" and asked him what would be the best moose for the table. He said that you cannot tell how old a cow moose is, but a bull with just spikes would be 1-1/2 years old and the best table fare. That's what we shot on our first hunt. He was right on as this animal was perfect.



Black Powder has worked too well for me to change. When I am done I clean the muzzle-loader and coat it with a light coat of oil and I store it with the muzzle down.

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# The Bow Times 17 Years Ago in October

(reprinted from October 26, 2000 edition)



SEN. JOHN McCain met with State Rep. Richard "Stretch" Kennedy and Executive Councilor Peter Spaulding, both of Hopkinton, at a reception recently at the Hampton Inn in Bow. McCain was in town for Spaulding. (Courtesy Photo)

## Bow, Hopkinton place at top in state school study

By LAURIE HAMBLETON  
Staff Writer

The top-10 list is in, and both Bow and Hopkinton schools have made the grade.

According to the results of the 2000 New Hampshire Educational Improvement and Assessment testing, Bow High School's 10th-graders ranked first in the state.

Hopkinton 10th-graders ranked seventh in the state. Sixth-graders at Maple Street School in Hopkinton ranked third, followed by Bow sixth-graders, who ranked fourth.

Third-graders at Bow Elementary School ranked ninth in the state on the assessment tests.

"It's a nice thing," said Bow High School Principal George Edwards. "It shows that we're

doing a good job academically. But I think there's more that goes into being a good school than just good test scores."

Edwards says it is just as important for a school to provide a safe and caring atmosphere, a connection to the community and positive experiences for kids which include clubs and activities such as athletics.

"Our goal from the beginning was that we wanted to be the best. I feel like we're on the right track," Edwards said.

Edwards also said that students come well prepared to Bow High School from Bow Memorial School and Bow Elementary.

In Hopkinton, Richard Ayers, superintendent of schools, said he's happy with the assessment results, which will be used as a diagnostic tool to spot potential weaknesses in curriculum.

Ayers said he was especially pleased that few students tested in the novice skills category.

"That indicates we are moving toward our goal of having all our students at basic or above skills,"



BOW student Joe Giaquinta, 14, (left) works on computers with Charlie Rhyner, 14, and Andrea Mitchell, 14. (L. Hambleton Photo)



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# BOW GARDEN CLUB

By Joyce Kimball

## 84th Fall Meeting - NHFGC

Nine members of the Bow Garden Club attended the 84<sup>th</sup> Fall Meeting of the New Hampshire Federation of Garden Clubs, Inc. (NHFGC) held at The Inn on Newfound Lake on September 27<sup>th</sup>. Attending were: Beverly Gamlin, Club President, Bonnie Addario, Lorraine Dacko, Barbara Downie, Susan Johnson, Janis Kuch, Virginia Urdi and Debra Wayne. Joyce Kimball presided over the meeting as NHFGC State President.

In addition to the semi-annual business meeting held during the event, attendees enjoyed a Container Gardening demonstration via Power Point presented by their special guest National Garden Clubs (NGC) President Nancy Hargroves of Richmond, VA and a presentation by local garden clubs entitled "Sharing Our Successes".



NGC President Nancy Hargroves was a guest at NHFGC State President Joyce Kimball's Bow home prior to returning to Richmond. l-r, Nancy Hargroves, Joyce Kimball.

Attendees also enjoyed several educational displays offering information on water conservation, gardening with children and the annual US Forest Service and NGC-sponsored Smokey Bear/Woodsy Owl Poster Contest. There were door prizes awarded throughout the day and a wide assortment of gardening and gift items to be won for the mere price of a raffle ticket or two just to add to the day's activities. (p.s. The Bow Garden Club did not return empty-handed)!

Another special guest of the meeting, the U.S. Forest Service's *Woodsy Owl* made a brief appearance to everyone's delight. Woodsy, unlike his "pal/icon" *Smokey Bear*, the national symbol for fire prevention, is the U.S Forest Service's icon for conservation of the environment.

Woody's motto? "Lend a Hand, Care for the Land" by taking an active role in recycling, reusing and reducing waste, planting and caring for trees, using resources wisely and not littering.

Woodsy also stresses "Give a Hoot, Don't Pollute."

NGC President Nancy Hargroves poses with "Woodsy Owl" (right) during the Federation's Fall Meeting.

## "Pajama Project"



**WHO:** Bow Garden Club  
**WHAT:** To Collect P.J.s and Books for Kids  
**WHEN:** Now through November 10th  
**WHERE:** Baker Free Library, Bow Community Center, Town Offices

**CONTACT:** Joyce A. Kimball (603) 229-1990

The Bow Garden Club as well as other New Hampshire Federation of Garden Clubs, Inc. (NHFGC) member clubs are answering the call again this year to help provide warm and cuddly nightwear and nature-related books to children-in-need by asking its members and the general public to contribute warm pajamas and/or nature related books to their "Pajama Project."

The garden clubs' goal is to provide warm pajamas and nurturing books to children and youth who are currently living in shelters, are in foster care awaiting permanent homes and other children-in-need, helping to create a warm and more nurturing bedtime environment for vulnerable youngsters living under difficult circumstances.

Civic involvement and education are part of the Bow Garden Club's mission and that of its fellow NH Federation of Garden Clubs. By providing nature books, the clubs hope to raise the children's awareness about gardening and the wonders of nature through reading, while providing warm nightclothes to help keep them just a little extra warm this winter.

Several thousand pairs of pajamas and as many books have been collected by NHFGC garden club members for distribution to shelters, group homes and other areas of need around the state since they first became involved with the program seven years ago. The Bow Garden Club selects a different area charity each year to receive the pajamas and books they collect in October and November.

Collection boxes for PJ's and books are in place in the lobby of the Baker Free Library, the Bow Community Center and the Town Offices until November 10th. All sizes are needed, from infants to teens.

Anyone who is interested in making a monetary donation that would be used to purchase additional pajamas should contact [joyceakimball@comcast.net](mailto:joyceakimball@comcast.net) or (603) 229-1990.



Meet Kevin Skarupa, WMUR-TV Meteorologist

as he presents

"Our World of Weather"



The final regular meeting of the Bow Garden Club's 2017 season will take place on Monday, November 13th at the Old Town Hall, 91 Bow Center Road.

This meeting will feature an educational program entitled "Our World of Weather" presented by Kevin Skarupa, WMUR-TV meteorologist.

Skarupa will share his vast knowledge of weather and will entertain us with some of his many New England weather-event stories.

Social time and refreshments begin at 6:00 p.m. followed by the program at 6:30. All are welcome and there is no fee to attend. [www.bowgardenclub.org](http://www.bowgardenclub.org).

Questions? Contact BGC President Beverly Gamlin at [bow@nhfgc.org](mailto:bow@nhfgc.org).

## HOLIDAY POINSETTIA PRE-SALE

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# BOW REAL ESTATE SALES

## September 2017

16 Sterling Place, 7829 gla, glaag 6582, 7 br, 5.5 bath, 6 car att 4.70 acres, Sold \$885,000 9/07/17.

142 Peaslee Rd, 3150 gla. Glaag 3150, 4 br, 2.5 bath, 2 car att., 1.10 acres, Sold \$569,900 9/29/17.

150 Peaslee Rd, 2900 gla, glaag 2900, 4 br, 2.5 baths, 2 car att, 1.11 acres, Sold \$545,000 9/28/17.

48 Robinson Rd, 3224 gla, glaag 2856, 4 br, 2.5 baths, 2 car att., 6.35 acres, Sold \$446,000 9/12/17.

10 Sharon Dr, 2819 gla, glaag 2315, 4 br, 2.5 bath, 2 car att, 2.31 acres, Sold \$373,400 9/13/17.

18 Birchdale Rd, 1976 gla, glaag 1976, 4 br, 2.5 baths, 2 car att., 12.01 acres, Sold \$372,000 9/01/17.

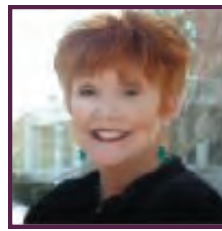
3 Risingwood Dr, 2228 gla, glaag 2148, 3 br, 2.5 bath, 4 car under, 3.59 acres, Sold \$360,000 9/28/17.

5 Hampshire Hills Dr, 3310 gla, glaag 2446, 3 br, 2.5 bath, 2 car att., 2.03 acres, Sold \$320,000 9/25/17.

16 Dean Ave., 3516 gla, glaag 2234, 3 br, 1.5 bath, no garage, 1.10 acres, Sold \$298,000 9/22/17.

10 Tonga Drive, 2432 gla, glaag 2120, 4 br, 1.5 bath, 2 car att., 1.08 acres, Sold \$275,000 9/12/17.

57 Logging Hill Rd, 1764 gla, glaag 1008, 3 br, 1.0 baths, 2 car att, 1.0 acres, Sold \$204,900 9/22/17.



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LAND None Report

Note: gla =Gross Living Area, glaag =Gross Living Area AboveGrade)

These statistics are for all Bow Sales for the period 09-1-17 thru 09-30-17, based on information from the New England Real Estate Network, Inc; deemed reliable but not guaranteed.

Provided by LINDA HUTTON. Linda has been selling homes & property in Bow for over 24 years & has sold more homes in BOW than anyone. SHEKNOWSREALESTATE!!

Real Estate Consumers: Please click on the link and read this document, which I am required to present to you BEFORE we look at or discuss any specific real estate. <http://bit.ly/KOLvyG>

Comments, questions, Contact Linda at: Cell 731-2202 (preferred)

**Linda Hutton, Broker Associate**  
**Berkshire Hathaway HomeServices Verani Realty**  
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Concord, NH 03301

CELL: 731-2202 [lshutton@aol.com](mailto:lshutton@aol.com) [www.lindahutton.com](http://www.lindahutton.com)

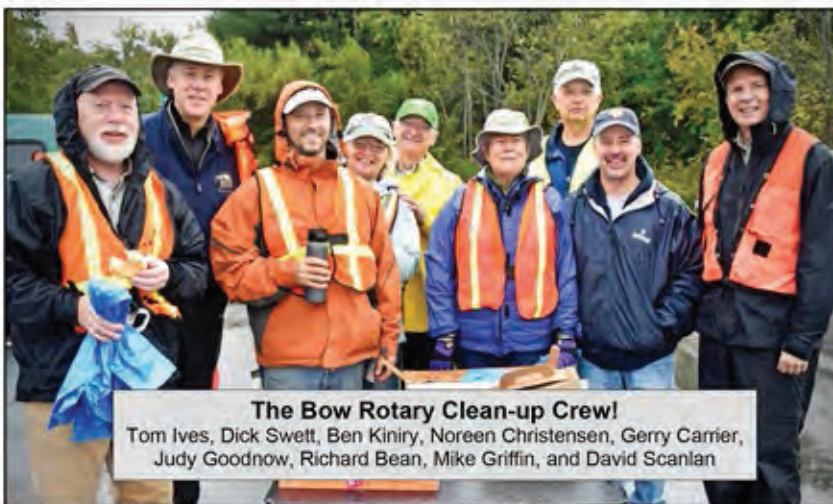
## Less Trash in Bow



Tom Ives and Ben Kiniry Pick-up trash along Route 3a



Ben Kiniry and Tom Ives display two of the more than 39 bags of trash the Bow Rotary Crew members picked-up along Route 3a, Saturday morning, September 30, 2017



**The Bow Rotary Clean-up Crew!**  
Tom Ives, Dick Swett, Ben Kiniry, Noreen Christensen, Gerry Carrier, Judy Goodnow, Richard Bean, Mike Griffin, and David Scanlan



Rotarian Mike Griffin, 2017-18 Road-side Clean-up Chair, picks up a partial bottle of Nestles Pure Life, in addition to other trash, at the I-89 / Route 3a Park & Ride

Every year the Bow Rotary Club helps keep our community clean! On an annual basis, the Rotary Club performs their Road Side Pick Up each spring and fall.

The designated route is along the 5.2 mile Route 3A corridor between the Bow town line at the local Park and Ride and the Hooksett town line. This has been a long standing tradition for the club.

The Club most recently performed their Fall Road Side Pick Up on Saturday, September 30th. A total of ten members picked up a total of 39 bags of trash.

This is just one of many ways that the Bow Rotary Club has a positive impact on our local community.

By Mike Griffin



# Reasonable Expectations

By Donna Deos

I was speaking to a caregiver's support group recently and reached the point in my talk about Reasonable Expectations – boy did that hit home.

Very often as caregivers, and people in general, we take on more and more and never stop to think of what is a reasonable amount. We just do it because we know it needs to be done. Often we feel like there is no one else who can or would do it if we do not. We frequently operate on auto pilot just doing and doing and doing until we reach a point of overwhelm and eventually burn out.

I realize when the world around you is crumbling and shifting it is hard to stop and evaluate. We love the people who need our help so we drop everything and make it happen. This plan works for the short term, but for the long term it's a plan for disaster.

So, what are reasonable expectations? How much can we expect of ourselves and those around us? Our version of reasonable could be very different from that of others. People who are full of energy and have high expectations can have a very different perception of what is reasonable to expect from others. Folks with a full plate already could have a much lower impression of the word reasonable.

To find your comfort level with reasonable you really need to look at the whole picture. How much is already on your plate? How much more is facing you with the new scenario? How long will you need to keep going to fill this need? Is it a short term thing – one week? Is it long term and possibly endless in timeframe? How do you really feel about all of that?

When looking at what reasonable means you also need to look at what will it take in terms of finances, physical work, worry, stress and so on. Sometimes a simple task of helping out for a particular crisis comes with much more than you think.

This is why it's easy at first to just jump in and do. It's after a while of the doing, without a certain end in sight that we end up starting to say "OMG! What have I gotten myself into? How much longer can I keep this up? What is my plan and who can help me?!"



This is where having someone to help you with a plan comes in! You need to have an overall plan that explains the goals you are trying to achieve. In this plan you need to know the various components of the plan (steps or projects within it), then you need to break the steps and projects into manageable pieces. You also need to look at who can help you and with what. We also need to look at other things on our plate that could go away so that we can add the new items. It's okay to let go of other things.

This is the step we usually don't take. Instead we try to do it all ourselves piling on more and more. There is nothing wrong with wanting or needing help or letting other things go. Actually, it's wise to get the help. The hardest part is asking for it, I know. We never want to think we aren't capable of all we feel should be done. Realizing you want or need help and then asking for it is not an admission of inadequacy. It does not deem you incapable, it merely shows that you get it. You see the bigger picture here. You have boundaries and care enough about yourself, the other person and your other commitments to know when and where to draw the line. Or even that a line needs to be drawn.

Being the sole supporting caregiver 24/7 is not fair to either of you. Everyone needs time to themselves, time to do things that bring them joy. "All work and no play makes Jack a dull boy." All work and no play makes you cranky and irritable too! It makes you no fun and downright difficult to be around sometimes.

We all end up taking out our frustrations on the person closest to

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us. Don't we?! Well, when you are a full time caregiver, you end up taking it out on the loved one you are caring for. They take their frustrations of needing care out on you as well. [That's right – almost nobody who requires caregiving wants to be in that situation.] It's unfortunate, but that is how it works, we take out our stresses on each other inadvertently. If you get away from each other for periods of time this will lessen. You will get along better and you will be better able to serve them in their time of need. They will be better able to receive your assistance too.

Also, you need to think about what is reasonable when asking others for help. If they say no it's okay to ask why. It could be that they aren't comfortable with what you asked, but could do something else that would help you just as much in

a different way. Or, they may have ideas of who else you could ask. Likewise, they may not be able to help out today, but next week could be better. Maybe they can only help one day, but once they do that they get the confidence to be able to do more. Take it in small, manageable pieces for all of you. At the end of the day, every little bit helps!

If there's anything I can do, let me know.

Oh, and I had some great feedback on last month's article on yard work help. High school students often have required volunteer hours they need to complete prior to graduation. Maybe you have one nearby who can help you with your fall clean up, or your electronics, or whatever!

Until next month, take good care.

Donna

## OCTOBER SURVEY

- Should the community building be torn down and replaced at a cost of up to \$4,000,000?
- Should the Community Building be brought up to code and reconfigured at a cost of less than \$1,000,000?

GO TO [www.thebowtimes.com](http://www.thebowtimes.com)

and select  
**OCTOBER SURVEY**

**Results are tabulated by the national internet survey company Survey Monkey, not by this paper.**

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# SCOUTING FOR FOOD

Boy Scout Troop 75

November 2017

### Foods Needed

Canned Meats  
Canned Fish  
100% Fruit Juice  
Soups  
Baby Formula  
Jello / Pudding Mix  
Pasta / Pasta Sauces  
& More

## Annual Food Drive

**Nov 4, 2017**

### Foods Needed

Canned Fruit  
Canned Vegetables  
Baby Cereal  
Powdered Milk  
Peanut Butter  
Hot or Cold Cereal  
Dried Fruit  
& More

*We Need Your Support – Every Can Will Help*

### We Cannot Accept

Expired Foods  
Perishable Items  
Glass Jars  
Opened Items

### Instructions for Pick Up

**Put your food donation in a bag by your mailbox by 8am on Sat. Nov 4. Scouts will collect it by noon.**

### Instructions for Drop Off

If you prefer, or if we miss your mailbox, you can drop off the food at the Bow Town Gazebo from 8am – 12 where the scouts will be camping that weekend.

### Food Stays Local to Help Neighbors In Need

The NH Food Bank,  
The Bow Food Pantry,  
Dunbarton First  
Congregational Church,  
& others.

**Last Year, With Your Help,  
Our Troop collected over  
10,000 Food Items**



*"A goal is just a wish without a plan."*

-Antoine de Saint-Exupéry

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## Should I Hold My Assets in Joint Tenancy?

BY BEN KINIRY, ESQ.

There are a number of ways to manage your assets should you become incompetent. Perhaps, in the past you may have read articles concerning setting up a Trust for lifetime management of your assets and for distribution of your assets at your death. You may have also read about the need to create Durable Powers of Attorneys for the management of your assets as well as most other aspects of your life.

Another way to manage assets in some instances is to set up assets in joint ownership (Joint Tenancy). There are pros and cons to having assets held in joint tenancy and I would like you to be aware of some of them. Following is a brief discussion on the topic, which was taken from a writing by the National Academy of Elder Law Attorneys, Inc. (NAELA).

**"The Issue"** Many persons own assets with someone else. Such assets may include their home, land, cars, bank accounts, stocks, bonds, credit union accounts or any other kinds of property. Safe deposit boxes often have more than one name listed as owner. When such assets are owned by two or more persons as "Joint Tenants with a Right of Survivorship," "Joint Tenants," "JTWROS," or simply have the word "or" between their names, some very specific legal rules apply. It is important that you understand the implications of these rules.

Often, persons will place some or all of their assets in joint tenancy to allow either named owner to be able to be a signer on the account. Older people will often do this to permit a son or daughter to take over management of assets if the parent becomes too disabled to do so himself. The use of joint tenancies is also used as a technique to avoid probate since the surviving



joint tenant automatically owns the assets at the death of the other. Such an ownership arrangement does have benefits but there are drawbacks as well.

**What You Need to Know.** While ownership of assets in joint tenancy can transfer assets at death without any type of probate proceedings, this type of arrangement can cause some risk and expenses as well. It is important to understand that the legal implications of joint tenancy are governed by state law and will vary from state to state.

In some states with community property law, property owned by spouses in joint tenancy will not receive the same tax treatment when one spouse dies. The joint tenancy property will often lose important benefits otherwise available to the survivor. The same problem may also apply to other joint tenants. This loss may be more costly than the expense of probate. A joint tenancy asset may be vulnerable to the debts or liabilities of either of the joint tenants. Thus, if one joint tenant is responsible for damages from an automobile accident, the joint tenancy account could be at risk. The other joint tenant may have to spend money to defend his interest, even though the other owner may have contributed nothing. Similarly,



if one joint owner has a business setback, runs up large debts or goes through a divorce, there may be claims that the joint account or part of it is subject to his or her creditors. Just defending such claims can be expensive.

Finally, because jointly-owned assets transfer directly to the survivor, they are not affected by the will or trust of the owner who died. A parent may unintentionally leave all of his or her assets to a "co-signer" instead of having them equally divided among all of the children.

**Where To Go For Help.** People often receive conflicting advice about joint ownership of assets. Bank personnel may recommend it for the convenience of multiple signers on the account. Real estate sellers may suggest it as a way of avoiding probate. Stock brokers may advise you that it makes transfers simpler. Joint tenancy has important legal implications, however, and your best advisor is your attorney who is familiar with all of the assets of this type of ownership. The attorney will need to completely review your assets and your desires for their transfer on your death. The attorney will also be able to advise you as to other techniques that may be available to assure continued management of your assets in the event of disability. Such options may include durable powers

of attorney or the use of trusts. The attorney, perhaps in concert with your accountant or tax advisor, can suggest a complete plan that protects your interests, carries out your wishes and saves substantial expense. This clearly is an area where you should not rely upon advice of persons not fully aware of your assets and not fully aware of the law. No matter how well-intentioned, improper advice can be very costly indeed.

**The Role of the Elder Law Attorney.** Planning for management of assets in the event of disability, protection of life savings and planning for distribution of assets upon death are major concerns of older persons and their families. Estate planning involves not only these matters but also includes the issues of health care planning, retirement questions and other special legal matters associated with aging. The Elder Law attorney is particularly sensitive to the special needs of the older client and will be able to respond to these needs with advice and suggestions designed to protect assets and assure personal choice."

**National Academy of Elder Law Attorneys, Inc.:** *Joint Tenancy* © Copyright (2008)(NAELA).

The information provided in this article does not constitute legal advice. If you want legal advice call me at 224-8700.

### Dick Stevens Travels with the Bow Times to Monticello, Virginia



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# Questions After the Equifax Data Breach

BY DOMINIC LUCENTE

**Consumers may be at risk for many years.**

**How long should you worry about identity theft in the wake of the Equifax hack?**

The correct answer might turn out to be “as long as you live.” If your personal data was copied in this cybercrime, you should at least scrutinize your credit, bank, and investment account statements in the near term. You may have to keep up that vigilance for years to come.

Cybercrooks are sophisticated in their assessment of consumer habits and consumer memories. They know that eventually, many Americans will forget about the severity and depth of this crime – and that could be the right time to strike. All those stolen Social Security and credit card numbers may be exploited in the 2020s rather than today. Or, perhaps these criminals will just wait until Equifax’s offer of free credit monitoring for consumers expires.

**Equifax actually had its data breached twice this year.**

On September 18, Equifax said that their databases had been entered in March, nearly five months before the well-publicized, late-July violation. Its spring security effort to prevent another hack failed. Bloomberg has reported that the same hackers may be responsible for both invasions.<sup>2</sup>

**Should you accept Equifax’s offer to try and protect your credit?**

Many consumers have, but with reservations. Some credit monitoring is better than none, but those who signed up for Equifax’s Trust-eID Premier protection agreed to some troubling fine print. By enrolling in the program, they may have waived their right to join any class action lawsuits against Equifax. Equifax claims this arbitration clause does not apply to consumers who sought protection in response to the hack, but lawyers are not so sure.<sup>1</sup>

**Should you freeze your credit?**

Some analysts recommend this move. You can request all three major credit agencies (Equifax, Experian, TransUnion) to do this for you. Freezing your credit accounts has no effect on your credit score. It stops a credit agency from giving your personal information to a creditor, which should lower your risk for identity theft. The only hassle here is that if you want to buy a home, rent an apartment, or get a

new credit card, you will have to pay a fee to each of the three firms to unfreeze your credit.<sup>1</sup>

**Three other steps may improve your level of protection.**

Change your account passwords; this simple measure could really strengthen your defenses. Choose two-factor authentication when it is offered to you – this is when an account requires not just a password, but a second code necessary for access, which is sent in a text message to the account holder’s mobile device. You can also ask for fraud alerts to be placed on your credit reports, but you must keep renewing them every 90 days.<sup>1</sup>

**What other tools can help watch over your statements?**

If your bank, credit union, or credit card issuer does not offer identity theft protection and credit monitoring, consider free apps such as Credit Karma, Credit Sesame, and Clarity Money. Apart from simply protecting your credit and bank accounts, programs like EverSafe, Identity Guard, and LifeLock have the capability to scan the “dark web” where personal information is sold in addition to monitoring your credit reports. (You may be able to take advantage of a free, 30-day trial.)<sup>1</sup>

When a pillar of worldwide credit reporting has its data stolen twice in five months, the trust of the public is shaken. The lesson for the consumer, as depressing as it may be, is not to be too trusting of the online avenues and vaults through which personal information passes.

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

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**Citations.**

1 - time.com/money/4947784/7-questions-you-must-keep-asking-about-the-equifax-hack/[9/20/17]

2 - bloomberg.com/news/articles/2017-09-18/equifax-is-said-to-suffer-a-hack-earlier-than-the-date-disclosed [9/18/17]

## WHAT'S NEXT?



Each year, nearly 150 million households file their federal tax returns: digging for receipts; gathering mortgage, retirement, and investment account statements; and trying to take advantage of every tax break the code permits.

**This tax season, why not make the most of all that effort?**

It's a perfect time to take a critical look at your financial situation. Let us help you analyze both where you are and where you'd like to be, and work with you to craft a plan to work towards financial well-being.



**Dominic M. Lucente**  
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## EQUIFAX CLASS ACTION FILED FOR NEW HAMPSHIRE

Douglas, Leonard and Garvey, P.C. announced that it has filed a class action federal suit against Equifax for the massive security breach that affects over 600,000 New Hampshire residents. The 36 page complaint is available for viewing at the law firm’s website [www.nhlawoffice.com](http://www.nhlawoffice.com). The initial plaintiffs are residents of Merrimack County who have gone on to the Equifax website and have been told that their information “may have been impacted by this incident.”

The class action is pending in the United States District Court in Concord and is civil case number 17-438. People who have been hacked and have had their credit directly affected by purchases or loans taken out in their name should definitely provide information to us by going onto our website and emailing the particulars of their hack. To participate in the case, a short email form may be accessed at the firm’s website and there is no cost or obligation on the part of any affected New Hampshire consumer.



## BOW POLICE NEWS

### Annual Crimeline Golf Tournament

A team of four officers, Sgt Phil Lamy, MPO Tyler Coady, MPO Matt Pratte and Officer Phil Goodacre, participated in the Annual Crimeline Golf Tournament on September 14th, which raises money for the Concord Regional Crimeline, a non-profit organization organized under the laws of the State of New Hampshire. The purpose of this organization is to promote community education and awareness of criminal activities in order to deter and prevent their occurrence. Crimeline funds rewards for anonymous information that leads to arrest(s) or indictment for crimes that have been committed. Currently The Concord Regional Crimeline is serving the following NH communities: Allenstown, Barnstead, Boscawen, Bow, Canterbury, Chichester, Concord, Deering, Dunbarton, Epsom, Franklin, Henniker, Hillsboro, Hopkinton, Loudon, Northfield, Pembroke, Pittsfield, Salisbury, Webster and the Merrimack County Sheriff's Department. Call (603) 226-3100 or visit [www.concordregionalcrimeline.com](http://www.concordregionalcrimeline.com) for tip information.

### Walk a Mile in Her Shoes



Members of the Police Department and Town Employee's (Bow Heel Walkers) participated in a community event: Walk A Mile in Her Shoes 2017 on Wednesday, October 4 to benefit the Merrimack County Task Force Against Domestic Violence. There's an old saying: "You can't really understand another person's experience until you've walked a mile in their shoes." "Walk a Mile in Her Shoes®" asked men to literally walk one mile in women's high-heeled shoes. They didn't have to wear high-heels, but it's part of the fun, and it gets the community to talk about something that's really difficult to talk about: domestic & sexual violence. W.A.M. 2017 is not just for men and boys. Everyone was invited and welcomed to raise awareness about these critical issues. FACT: An estimated 33.4% of women, and 24% of men in New Hampshire have experienced a physical assault by an intimate partner.

### Beards for Bucks

For the entire month of October, officers will join the movement sweeping across New Hampshire law enforcement! We will participate in Beards for Bucks - an exciting fundraiser where male officers grow facial hair for the month of October to support their local Child Advocacy Center. Female Officers will paint their nails and grow them out. This year marks the 2nd Year Bow has participated and the Third Annual Beards for Bucks campaign and it keeps growing... This year we will support the Merrimack County CAC with much needed security & safety improvements. Check out the Bow Police Facebook page or visit <http://www.cac-nh.org/beards-for-bucks/> for how you can donate to this cause.

## BOW POLICE LOG

### September 2017 Stats

Arrests - 22      Motor Vehicle Stops - 141  
 Warnings - 115      Citations - 26  
 Accidents - 8      Parking Tickets - 4  
 Restraining Orders - 1      Incident/Investigation Reports - 29

### Arrest Log

9/01 - Ryan O'Donnell, 35, Knox Road, Bow was arrested on a warrant.  
 Joseph Leblanc, 35, Concord St, Manchester, was arrested for driving after revocation/suspension subsequent offense.

9/02 - Tyler Valley, 25, Schurman Dr, Derry, received a summons for operating without a valid license.

9/03 - Christopher Humphreys, 32, Washington St, Penacook, was arrested for driving with suspended registrations.

Austin Evans, 20, South St, Concord, was arrested for transportation of an alcoholic beverage by a minor.

9/04 - Jason Hardy, 41, Warren St, Concord, received summonses for operating without a valid license, and suspended registrations.

9/05 - Dylan Ramos, 21, Ray Rd, Henniker, was arrested for driving after revocation/suspension, disobeying an officer, misuse/failure to display plates, and receiving stolen property.

9/06 - Joseph Pimental, 18, Cartier St, Manchester, was arrested for operating without a valid license and possession of a controlled drug.

9/13 - Austin Ayer, 20, Mechanic St, Laconia, was arrested for driving after revocation/suspension, and transporting drugs in a motor vehicle.

Amanda Bailey-Roberge, 31 River Rd, Weare, was arrested for possession of a controlled drug.

9/17 - Clint Depalmer, 36, Royal Ln, Londonderry, was arrested on a warrant.

Jonathan Bort, 30, Page Rd, Bow, was arrested for simple assault, and domestic violence; assault.

Michael Carter, 29, Hammond Rd, Gilford, was arrested for violation of a protective order, and stalking.

9/21 - David Neville, 80, Bow Center Rd, Bow, was arrested for domestic violence; assault, and simple assault.

9/22 - Stephanie Blaise, 30, Penacook St, Concord, received summonses for driving after revocation/suspension, and suspended registrations.

Konstantino Michaelopoulos, 70, South St, Concord, was arrested for driving while intoxicated.

9/23 - Tyler Lambert, 22, Allen Rd, Bow, was arrested for driving while intoxicated.

Joel Humphrey, 28, Knox Rd, Bow, was arrested for aggravated driving while intoxicated.

9/26 - Kevin Smith, 21, Checkerberry Ln, Hopkinton, was arrested for driving after revocation/suspension, and suspended registrations.

9/27 - Clint Depalmer, 36, Royal Ln, Londonderry, was arrested on a bench warrant.

9/29 - Nicole Picknell, 33, Bow Bog Rd, Bow was arrested on a warrant.

9/30 - Ana Whitehead, 23, Davis Rd, Bradford, was arrested for driving while intoxicated, and operating without a valid license.

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## GET OUT AND WALK DAY

**SUNDAY, NOVEMBER 5**

BOW HIGH SCHOOL 55 Falcon Way, Bow NH

Join the Bow & Dunbarton School District Wellness Committee in collaboration with Bow Parks & Recreation for the 1st "Get Out and Walk Day"

This two mile TRAIL route will begin and end at the Bow High School Track

**Check In Time: 1:30 pm**

**Start Time: 2:00 pm**

Our way to promote and emphasize the importance of healthy habits, physical activity and build a sense of community.

**REGISTRATION FORM (one per family)**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Emergency Contact Name & Phone: \_\_\_\_\_

By participating in the walk event, I assume the risk of such activity, and agree to hold harmless the sponsoring agencies and staff members conducting the event from any and all claims, suits, losses, or related causes of action for damages, including but not limited to, such claims that may result from my injury or death, accidental or otherwise, during, or arising in any way from, the event. In the event of an emergency and I cannot be reached by telephone, I hereby authorize transport and treatment by qualified personnel.

SIGNATURE OF PARTICIPANT / PARENT / GUARDIAN \_\_\_\_\_ DATE \_\_\_\_\_

## NH Federal Credit Union's Fall Festival at Beech Hill Farm Causes Rare Traffic Jam

By Polly Saltmarsh



New Hampshire Federal Credit Union's Fall Festival has become a staple in the community with people calling the credit union and the local dairy barn months in advance to clear their calendars. This year, the event exploded. "2016 was a record year for us with more than 500 ice creams served," explains Polly Saltmarsh, Vice President of Financial Education and Business Development. "We blew right by that 500 this year. We served more than 800 free ice cream sundaes, and Beech Hill reported sales of more than 2,000 corn maze passes in just three hours."

At one o'clock on the nose, traffic began to back up on Beech Hill Road in Hopkinton. Beech Hill Farm had expanded its parking for

the event, but still had to reach out to a neighbor to use his field for overflow parking. "Perhaps it was the weather forecast for the weekend that drew the crowd on Saturday," muses Saltmarsh. That, with a little help from social media and the family-friendly environments of both the credit union and Beech Hill Farm.

New Hampshire Federal Credit Union's Fall Festival is a grand community gathering and family tradition. The credit union hires a band and organizes activities for the children with their employees and community partners: face-painting, Kindness Rocks, and a contest to find hidden "Savings Rocks" in the corn mazes at Beech Hill Farm were just a few of the activities.

## DUNBARTON NEWS

By Nora LeDuc

### Odds Bodkins will be at the Dunbarton Library

Friday Oct 27 at 3pm.

Odds is a story teller, musician, author, musician and educator. Enjoy child-safe spooky tales with voices, sound effects and music on 6 and 12 string guitar and Celtic Harp. Free and family friendly.

### Dunbarton Elementary School Halloween Parade & Parties, Tuesday, October 31, 1:45pm to 2:15pm

Dunbarton town Halloween is Oct 31 5pm to 7pm. Trick or treat around the Common. Stop by the library and warm up and get a treat. Check out the Vestry for trick or treat too!

LEGO Build Parties at the Dunbarton Library on Early Release Day Friday Nov 9 from 2pm to 4pm. Create amazing buildings, boats or whatever you want to build with the new Legos at the library.

Save the date Nov 4, for the Harvest Moon Supper at the school 5pm to 7pm. Enjoy a dinner with all the fixings, live entertainment, prizes, and fun for all ages. Donate a canned good for discounted admission. FMI: 603-774-3181 or Website: <http://www.dunbarton.k12.nh.us/>

### No school for observed Veterans' Day Fri Nov 10<sup>th</sup>. Town Offices will be closed.

"Robert Rogers of the Rangers" will be presented at the Dunbarton Library on Nov 14 at 6:30pm. Presenter will be George Morrison. Thanks to a generous grant from the NH Humanities Council.

Spireside Coffee House will be Nov 19, 7:30pm to 10pm, at the Vestry 6 Stark Highway, Dunbarton, NH. Feature performer will be Chris George. Donation of \$5.00 includes snacks. Doors open around 7pm. FMI contact [Lizz@Dunbartonucc.org](mailto:Lizz@Dunbartonucc.org)

There are currently three homes in Dunbarton that started life as a school, and other homes contain parts of old schoolhouses. All were probably of frame construction and any photos, drawings or descriptions would be appreciated by the Historical Awareness Committee. Bailey School, once located on Robert Rogers Road near the intersection of County Road. (2) Wheeler School, once located on Twist Hill Road near the current power lines. (3) Ray School, once located on Mansion Road, halfway between Alexander & Everett Dam Roads (still standing in 1896.) (4) Stinson School, once located on Gorham Pond Road near the pond. One record indicates it was of brick construction, although that doesn't seem likely due to cost and ower issues, even though there was a brick-making operation in that area.

Information or questions can be directed to Donna Dunn, Chair, Dunbarton Historical Awareness Committee, 774-4567, [dunncottage@aol.com](mailto:dunncottage@aol.com).

## Bow Police Offers Free 12-Hour R.A.D. Basic Physical Defense Program



The Allenstown Police Department and the Bow Police Department will be co-hosting a 12-hour R.A.D. (Rape Aggression Defense) Basic Physical Defense Program.

The course will be held on the following four dates: Oct 30, Nov 1, Nov 6 & Nov 8 from 6:00 PM to 9:00 PM each night at the Allenstown Elementary School located at 30 Main St. in Allenstown, New Hampshire.

The Rape Aggression Defense (R.A.D.) system is a program that offers realistic tactics, techniques

and training designed solely for women. Students will learn awareness, prevention, risk reduction, and avoidance techniques. R.A.D. also teaches the basics of hands on defense training, but is not a martial arts program. The R.A.D. program is designed for the everyday woman, regardless of age or fitness level. The program is for ages 13 and older. This training is in great demand and space is limited. Enrollment will be filled on a first-come, first-serve basis and pre-registration is required. The Allenstown and Bow Police Departments offer this class FREE to all participants. **Participants must commit to attend all training dates to benefit from this intensive program.**

If you are interested in participating in the program, please contact Det. Sgt. Dawn Shea of the Allenstown Police Department at 603-485-9500 or [dshea@allenstownnh.gov](mailto:dshea@allenstownnh.gov) OR Det. Sgt. Stacey Blanchette of the Bow Police Department at 603-223-3950 or [sblanchette@bownh.gov](mailto:sblanchette@bownh.gov).





## Boys Varsity Football

**Falcons v. Merrimack Valley HS**

**Date: Oct. 13<sup>th</sup>**

**Score: Falcons: 41, Merrimack Valley 0**

Bow Varsity Football's final night game resulted in a huge win, propelling them to 5-1 at this point. A domineering defense, coupled with explosive offensive play and a total team effort provided the necessary gridiron prowess to reap another victory.

**Falcons v. Kennett High School**

**Date: Oct. 7**

**Score: Falcons 29, Kennett HS 19**

Victory #4 adds to the fun of a long October weekend. Congratulations to Bow Varsity Football, as the victor not come easily; our opposition played hard right to the end. Fortunately, the team bounced back and showed true determination, and hard hitting play on both sides of the ball.

**Falcons v. Plymouth Regional HS**

**Date: Sept. 23**

**Score: Falcons 26, Plymouth 42**

A tough loss to the defending state champions ends the winning streak that Bow Varsity Football had enjoyed for several weekends. Execution is a key component to success on the gridiron, and we simply did not play well enough. Though the team played significantly better in the second half, we came up short against very tough competition. Thank you to all the fans who came out on a hot early autumn Saturday to support us.

**Falcons v. Gilford HS**

**Date: Sept. 16**

**Score: Falcons 43, Gilford 0**

Another dominating win for Bow Varsity Football with an unyielding defense and balanced explosive offense.

## Girl's Varsity Field Hockey

**Falcons v. Pembroke Academy**

**Game date: Oct. 13**

**Score: Falcons: 0, Pembroke Academy: 2**

Girls drop last regular season game to Pembroke Academy

Key players: Emma Roberge, Bri Mullen, Courtney

# BOW HIGH SCHOOL SPORTS HIGHLIGHTS

**Falcons v. Hopkinton Middle/HS School**

**Date: Oct. 10**

**Score: Falcons: 1, Hopkinton 4**

Key players: Erin Boldwin (goal), Sonya Delorie (assist), Emma Roberge (defense)

**Falcons v. Monadnock Regional HS**

**Date: Oct. 6**

**Score: Falcons 1, Monadnock 2**

Key players: Brenna Novakoski (goal), Dillon Hicks (assist), Courtney Baer (20 saves).

**Highlights/key moments:** Monadnock scored two minutes into the game and rode that lead to final horn. Hicks set up Novakowski off a corner, cutting the lead to one. Bow held Monadnock scoreless in the second half but could not tie it up.

**Falcons v. Laconia HS**

**Date: Oct. 4**

**Score: Falcons: 4, Laconia 1**

Key players: Erin Boldwin, Jennie Ess (goal), Laura Hoeker, Sonya Delorie (goal), Savannah Speckman, Shannon Ford, Elizabeth Guertin (assist), Dillon Hicks, Bri Mullen, Emma Hilton (solid defense).

**Highlights/key moments:** Laconia took a 1-0 lead 12 minutes into the game, but the Falcons tied things up nine minutes and took a lead they wouldn't relinquish when Ess scored her first varsity goal with two minutes left in the first half.

**Falcons v. John Stark Regional HS**

**Date: Sept. 29**

**Score: Falcons: 5, John Stark Regional: 0**

Key players: Erin Boldwin (goal), Brenna Novakoski (goal), Sonya Delorie (3 goals), Jennie Ess (assist), Elizabeth Guertin (assist), Courtney Baer (10 saves).

**Highlights/key moments:** Bow dominated the first half and early parts of the second half to cruise to a 5-0 win.

## Boys Varsity Soccer

**Falcons v. John Stark Regional**

**Date: Oct. 13**

**Score: Falcons: 0, John Stark Regional: 1**

Boy's lose tough one to John Stark Regional

**Falcons v. Merrimack Valley**

**Date: Oct. 10**

**Score: Falcons 4, Merrimack Valley 2**

**Highlights/key moments:** The Falcons scored 12 minutes into the

game on counter attack and held the Pride to two goals despite several scoring chances.

**Falcons v. Plymouth Regional**

**Game Date: Sept. 28**

**Score: Falcons: 1, Plymouth: 0**

Key players: Will Russo (goal), Joseph Rychwalski (goalkeeper), Max Elsasser (assist).

**Highlights/key moments:** Russo gave the Falcons an early lift with his goal eight minutes into the game and Bow held on from there.

**Falcons v. Hollis-Brookline High School**

**Date: Sept. 26**

**Score: Falcons: 4, Hollis-Brookline: 1**

Key players: Joseph Rychwalski (goalie), Graham Weisberg (midfield defense) Brian Bushnell (midfield defense), Max Elsasser (3 goals), Chris Gallier (goal, assist).

**Highlights/key moments:** After Hollis-Brookline tied the game at 1-1 in the 15<sup>th</sup> minute, Bow scored three unanswered first-half goals to earn the road win.

## Girls Varsity Soccer

**Falcons v. John Stark Regional HS**

**Date: Oct. 12**

**Score: Falcons: 5, John Stark 0**

Key players: Madi Paul (goal), Miah Munro (2 goals, assist), Amanda Marshall (goal, assist), Lauren Goyette (goal), Anna Lafrenierre (goal), Gwen Molind (2 assists), Lea Crompton (assist), Bridget Ehrenberg (shutout), Kimberly Gosselin (midfield).

**Highlights/key moments:** Paul scored 2:03 into the game, Munro followed with a goal 15 minutes later, and Marshall scored with five minutes left in the first half for a 3-0 lead.

**Falcons v. Hanover**

**Date: Oct. 10**

**Score: Falcons: 2, Hanover: 0**

Key players: Miah Munro (goal), Taylor Burnham (assist), Kayleigh Marshall (goal), Lauren Goyette (assist), Bridget Ehrenberg (shutout).

**Highlights/key moments:** Munro headed in her goal just minutes into the game off a rebound and Marshall scored at the far post 2:26 into the second half.

## Boys Varsity Cross Country

**Boys Finish 4<sup>th</sup>!**

**Game Date: Oct. 13**

**Key players:** Sam Berube (8<sup>th</sup> overall in 18:27), Kirpal Demian (12<sup>th</sup> in 18:57), Gabe Neff (36<sup>th</sup>), Colin Lessard (37<sup>th</sup>), Calvin Carey (39<sup>th</sup>).

**Highlights/key moments:** Bow finished fourth out of nine teams at a race in plymouth.

**Boys Place 2<sup>nd</sup> in 4 Team Meet at NHTI**

**Game Date: Oct. 10**

BHS Boys Cross Country was second to D-III rival Winnisquam in a close finish. Nine Falcons were in the top 20 runners. Scoring members were Kirpal Demian, 2<sup>nd</sup>; Sam Berube, 3<sup>rd</sup>; Caleb Olson, 7<sup>th</sup>; Gabe Neff, 11<sup>th</sup>; and Colin Lessard, 13<sup>th</sup>.

**Boys Place 5<sup>th</sup> in 20 Team Meet**

**Game Date: Oct. 6**

The Belmont "Jeri Blair" meet was a 20-school meet. The boys team received the fifth place award, and two runners placed in the top 15: Kirpal Demian and Sam Berube. Other scoring team members were Caleb Olson, Calvin Carey and Gabe Neff.

## Girls Varsity Cross Country

**Girls Win 4 Team Meet at NHTI**

**Game Date: Oct. 10**

The girls team won its meet against Winnisquam and Bishop Brady, with 38 runners. Sarah Ciotti was 2<sup>nd</sup>, Libby Parker 5<sup>th</sup>, Inez Tarek 6<sup>th</sup>, Grace Maurer 7<sup>th</sup>, and Emma Conley 9<sup>th</sup>.

**Girls Varsity place 7<sup>th</sup> in 13 Team Meet**

**Game Date: Oct. 6**

The Belmont "Jeri Blair" meet was a 20-school meet. The girls placed 7<sup>th</sup> among 13 teams, with Sarah Ciotti, Libby Parker, Inez Tarek, Louisa Carey, and Sofia Darrell as top team scorers.

**Girls Win Homecoming Meet!**

**Game Date: Sept. 28**

Sarah Ciotti finished third in the girls' race in a season-best time of 22:01, leading the Division III Falcons to wins over D-II Stark, Pembroke and Manchester West.

Bow and John Stark tied for first with 28 points, but the Falcons had the faster sixth-runner to take the title. Bow was led by Ciotti, Ines Tarek (seventh, 23:17), Libby Parker (eighth, 23:19), Regan Irish (ninth, 23:27) and Juliette Doucet (11<sup>th</sup>, 24:35) with Grace Maurer (12<sup>th</sup>, 24:43) finishing as the deciding sixth-runner.



## BOW COMMUNITY CALENDAR

Oct 21 - 9 a.m. - 12:00 p.m. - "Keeping Our Children Safe Workshop  
Bow Mills United Methodist Church

Oct. 24 - 6 p.m. "Lighten Up - Develop Your Stress Resilience"  
Baker Free Library

Oct. 28 6 p.m. - 9 p.m. Bow Rotary Club Silent Auction

Oct. 30, Nov. 1, Nov. 6 and Nov. 8 - Bow Police RAD Program  
Allenstown Elementary School

Nov. 4. - Annual Food Drive - "Scouting for Food"

Nov. 5 - 1:30 p.m. "Get Out and Walk"  
Bow High School

Nov. 4 & 5, 9-10 a.m. Free Yoga Classes  
Baker Free Library

Nov. 13 - 6:00 p.m. - Bow Garden Club's Guest Speaker, Kevin Skarupa, Meteorologist  
Old Town Hall

## The Bow Times

can be picked up at these locations!

Alltown Gas & Store	Johnson Golden Harvest
Baker Free Library	Merrimack County Savings Bank
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Bow Mobil	Hooksett Northbound (93)
Bow Recreation Building	Patty Lee's Kitchen
Bow Town Offices	South St. Market
Chen Yang Lee	Sugar River Bank, Concord Hts.
Cimos	Tucker's Restaurant
Concord Chamber of Commerce	Veano's, Manchester St.
Crust and Crumb	Wellington's Marketplace
Dunbarton Town Office	White Rock Senior Center
Individual Fitness	



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- (603) 223-3950 Police *(Emergencies dial 911)*
- (603) 223-3960 Fire *(Emergencies dial 911)*
- (603) 223-3970 Community Development
- (603) 223-3980 Town Clerk / Tax Collector

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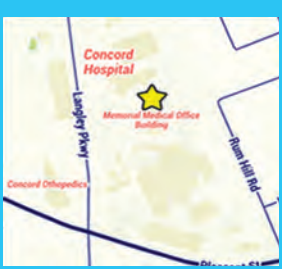
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