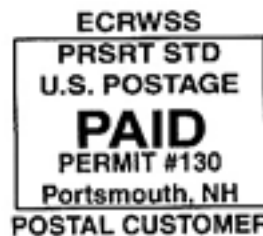




# The Bow Times

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



BOW, NH

VOL 25, NO. 7

July 2018

www.thebowtimes.com

FREE

SEE HOPKINTON-CONTOOCOOCOOK PAGES 15-16

## ANNUAL AWARDS NIGHT AT BOW ROTARY

This year's annual Awards Night was held on June 7th at the Baker Free Library. Awards were given to community members, teachers, town volunteers and employees as well as a few Rotarians. In all, 15 awards were presented.

Award recipients unable to attend were Jerry Kingwill, Amy Gregoire and Colony Barrett.

See all of the award photos in the 2018 Awards Photo Album on the [BowRotary.org](http://BowRotary.org) website.



Award recipients left to right: Eric Anderson, Chen Jiang, Cassandra Rathbone, Betsey Patten, Lee Kimball, Mitch Harrington, Bill McGonagle, Kurt Gergler, Nick Watson, Harry Judd, Gerry Carrier & Gale Kennison. (Photo by Eric Anderson)

## DRUG ARRESTS UP IN BOW

At a recent talk to the Bow-Dunbarton Republican Committee at the Old Town Hall, Sheriff Scott Hilliard shared some disappointing statistics. While crimes like simple assault were the same in Bow in 2016 and 2017 (at 11 each year), drug and narcotic violations doubled from 23 to 46 in just one year. The Sheriff called for both increased enforcement as well as treatment.

## GRAPPONE FORD IN MAJOR INITIATIVE FOR NH FOOD BANK

On June 19 at Grappone Ford on Route 3-A in Bow the auto dealer and Ford Motor Company kicked off a major initiative to help our children and families who don't know where their next meal will come from. Known as food insecure, 11% of our children and 9% of New Hampshire residents unfortunately fall into that category despite our strong economy.

As owner and a good corporate citizen, Amanda Grappone Osmer of Grappone Ford and Ford Motor have teamed up with the Food Bank to launch a first-of-its-kind, summer campaign in New Hampshire to deliver kid-friendly protein to children and families struggling with food insecurity. The summer is a challenging time of year for many children and families served by the New Hampshire Food Bank, as those who rely on free and reduced school meals do not have that option during summer months.

The New Hampshire Food Bank, a program of Catholic Charities of New Hampshire, has been working to relieve hunger in the Granite State since 1984. The New Hampshire Food Bank receives no federal or state funding for food distribution. In 2017, as the state's only Food Bank, the New Hampshire Food Bank distributed 13.7 million pounds of food to people in need through more than 425 non-profit registered agencies. To donate, visit [www.nhfoodbank.org](http://www.nhfoodbank.org).

## GOVERNOR SUNUNU'S SCHOOL FUNDING MEASURES AID BOW

Bow schools applied under the new public school infrastructure fund and were approved for just over \$50,000 for a total communication system upgrade for all Bow schools including a new repeater installation and hand held radios that are compatible with Town public safety departments. The grant is 80% of the total cost of any approved project. Currently the school system is an analog system and the public safety system is digital making them incompatible. The project is slated to take place this summer once school is out and will resolve the disconnect.

Bow schools are also looking at applying for more money now that there is \$10,000,000 in additional funding recently approved by the legislature and Governor Sununu. This proposal would be for additional security cameras at each of our three school buildings.

Dunbarton also received a grant for about \$30,000 for security enhancements to the front entrance at its elementary school. This is part of their larger, full school \$2.4 million renovation and addition project that was approved in March. The SAU is also looking at an additional grant application for security cameras for DES as well. They currently are lacking in this area and are far behind the school buildings in Bow when it comes to this type of security.

## D.O.T. TO DO ROAD SAFETY AUDIT OF EXIT 1

The Assistant Director of the Department of Transportation's Division of Project Development, William Oldenburg has confirmed that there will be a road safety audit of Exit 1 on I-89. Oldenburg, of Bow, says that D.O.T. cannot wait for the multi-million dollar new exchange but will look at rumble strips and different signage or warnings to address immediate safety issues.

The Division of Motor Vehicles has responded to a Right to Know Law request by this paper by reporting there were 10 crashes at Logging Hill Road and Exit 1 in 2016 and 4 for the first part of 2017. More recent data is not yet available.

State Police continue to investigate the collision that killed Tyler Shaw on April 30. The County Attorney's office said they hope to receive the file soon and then will need time to act on it, according to Attorney Carley Ahern of that office.



## TOWN VOLUNTEERS HONORED BY SELECTMEN & MEN'S CLUB

Scores of folks who volunteer to serve the town in many ways were honored by the Selectmen and treated to a dinner by the Bow Community Mens Club on June 27 at the Old Town Hall.

## LOW TAXES ARE THE RESULT OF LOW SPENDING

### The Bow Times

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## EDITORIAL

### PAUL HALVORSEN FOR COUNTY ATTORNEY

Paul Halvorsen has served over 15 years as a prosecutor and has been in thousands of judicial and administrative hearings.

He is a military leader with over 21 years of service including being a Special Operations Pilot. He directed hundreds of intelligence gathering missions in Central and South America countering the flow of cocaine to the USA.

Paul is a graduate of the Franklin Pierce Law Center and also has graduate degrees in Forensic Science and Public Administration. He attended Forensic Science training at the FBI academy, in Quantico, Virginia.

Paul was twice elected to the Concord City Council, and has experience you can count on and leadership you can trust.

He is focused in fighting the drug crisis and associated drug crimes. He believes in aggressive prosecution for drug dealers—especially in school zones and where children are at risk.

With Paul victims of domestic violence will always have a voice. Paul also believes in alternative sentencing—where appropriate—to rehabilitate, not just incarcerate those convicted of crimes in Merrimack County.

I urge you to vote for him in the Republican primary in September.

*Chuck Douglas  
For a free press, je suis  
Charlie*

## BOW SELECTMEN LAY OUT FISCAL YEAR GOALS

By Travis Morin

On June 19 the Bow Board of Selectmen held their biannual goals workshop and set out their objectives for the town for fiscal year 2018-19.

Within the first few minutes of the workshop guided by an agent from Primex, the town's insurance agency, Bow's legal dispute with Eversource took center stage.

"The outstanding issue, the elephant in the room, that's here," said board chairman Christopher Nicolopoulos.

Last January, the state Supreme Court ruled against the town in a high-profile court battle against Eversource over how much to value the utility company's Merrimack Station coal-fired power plant. The ruling saddled the town and its annual \$11.1 million budget with a possible \$14 million dollar payout to Eversource.

While the board of selectmen unanimously agreed on the desire not to raise the town's tax rate, there was also a consensus in favor of leveling the tax rate with an allowance for the unresolved litigation.

"We need to fiscally plan to build a reserve," Colleen Hunter, vice chairman, said of the board's fiscal goals. "We not only want to have a reserve, but we want to keep the tax rate level."

In addition to addressing the Eversource issue, the board also designated better communication practices with both residents and town employees as a goal. In particular, the board expressed its desire to use more social media.

The continued questions surrounding what will become of the Community Building also occupied the evening's discussions.

The board resolved to work with the town to come up with a concrete plan for the center.

"The ultimate goal is to develop, with the help of the town, a vision for the community building," Nicolopolous said. "It's about what the town wants, because my vision would be to bulldoze it."

Other goals put forward by the board included broadening the tax base, increasing commercial development, keeping up with maintenance on roads and other town property, increasing commercial development, and hiring a facilities manager for the town and school district.

Courtesy Union Leader

## LETTERS TO THE EDITOR

I agree that we are spending money on school salaries like Congress, which they cannot afford, either. I would like to offer this suggestion: rather than a fixed amount, make a Salary Cap percentage of a reference amount. With your example, 1<sup>2</sup>/<sub>3</sub>\*median income. Personally I would like to see a lower rate, such as 1.5. First, it doesn't need to be revisited and argued about every few years. Secondly (and most important), it would be much less of a burden on the town in lean times when the resident's pay goes down. Why do they get no worries?

Jason Greene  
Bow Center Road

## THOUGHT OF THE DAY

*"Live free  
or die:*

*Death is not the  
worst of evils."*

General John Stark,  
hero of the American  
Revolutionary War

## THE ARMED CITIZEN

Houston police were investigating a case in which a woman used a gun to fend off three attackers who ambushed her in her driveway. The resident arrived home in the overnight hours. Three masked men jumped her as soon as she exited her car. The woman's mother, who was in the house, noticed the scuffle and called 911. The victim somehow got away from her assailant and took refuge inside the house. That wasn't enough to deter the troublemakers, who tried to force their way into the home after her. Once inside, the woman grabbed a gun she kept in the home for defensive purposes. As the suspects pushed through the door, the woman fired, sending the men scurrying off.

([khou.com](http://khou.com), Houston, Texas,  
3/27/18)

READ THE BOW TIMES ONLINE  
GO TO [www.thebowtimes.com](http://www.thebowtimes.com)

## STATE SENATE CANDIDATES SPEAK OUT

### DAVE BOUTIN ANNOUNCES FOR SENATE BY DAVID BOUTIN

I have officially filed to run again for the State Senate in District 16. Public service has always been important to me, and I take it very seriously. That is why I am so concerned about Democrat Senator Kevin Cavanaugh's representation of our district. It's also why I'm running again—we need someone who is representing our concerns and priorities, not pushing the agenda of the far left Liberals and Spenders.

Kevin Cavanaugh's time in the State Senate has been short, but it has not been good for New Hampshire.

To begin with Sen. Cavanaugh cannot seem to find the time in his busy schedule to simply show up and vote. He has an abysmal attendance record, missing more than 1/6<sup>th</sup> of the Senate's votes! This includes missing key votes to lower taxes, making our schools safer, protecting women's rights, and he even skipped a vote on a bill that would help firefighters dying of cancer.

Bow residents deserve better than a part-time Senator who doesn't show up to support our state's first responders, small business owners, taxpayers, and our most vulnerable.

Unfortunately, when Kevin Cavanaugh has made it up to Concord to vote, the results have been even worse.

Cavanaugh has consistently supported higher spending, higher taxes, and higher fees. He voted against a conservative budget that tackles our opiod problem, addresses our mental health crisis, improves our state's infrastructure and prioritizes the developmentally disabled community all while imposing no new taxes or fees and growing the state's rainy day fund!

Cavanaugh is vehemently opposed to giving parents any choice of which school to send their children. Cavanaugh supported reducing penalties for drug dealers and voted to reduce the right of gun owners.

Kevin Cavanaugh is also in support of legalizing prostitution in New Hampshire. I didn't think even the most liberal of Democrats could support such a radical proposal, but Cavanaugh was one of only 3 Democratic Senators to support this ridiculous idea!

I think I can speak for all of us when I say that that vote is an embarrassment to everyone in District 16.

I was proud to stand up for New Hampshire's taxpayers and ensure that state spending was kept under control. I am proud of the work I did to stand up for New Hampshire's women and children, including tackling the problems that plagued DCYF. I am proud of my consistent "A" rating from the NRA for protecting our 2<sup>nd</sup> Amendment rights.

And I will proudly represent our conservative values if I am honored to be re-elected to serve you in the State Senate.

**Republican David Boutin is District 16's former Senator**

### WE NEED TO PROTECT NEW HAMPSHIRE PENSIONS BY: KEVIN CAVANAUGH

Ever since I was a young man, I've understood the value of a secure retirement. My mother was a nurse and my father a telephone worker. My father received a pension through his employer. My mother, after raising five kids, had to save enough money to get a chance to enjoy retirement. I have seen through my parents how different it is to either have a pension or not have one at all. Here in New Hampshire, we need to make sure that our police officers, firefighters, teachers, and all other public employees' retirements are respected and honored. Our state and economy rely on it.

I've been in the telephone industry for 32 years starting as a residential installer and eventually working with high speed fiber optic installations. With my job came union membership with the International Brotherhood of Electrical Workers (IBEW). As a union member, I've had the ability to participate in a pension system. Every paycheck I receive helps to support my pension. Although it's not a lot of money, I know that my family and I will be taken care of when it's time for me to retire after a long career.

New Hampshire Retirement System serves 48,069 active employees and 32,776 retired members and survivor beneficiaries. Those retired members are the backbone of our local economies, producing \$863.9 million in economic output from spending, supporting 6,026 jobs, and helping produce an additional \$142.3 million in federal, state, and local tax revenue. That's real money being spent and real jobs in our local economies. Although the average monthly benefit is a modest \$1,704, it can go a long way with helping retirees support their families and local communities. With that being said, it had been years since public employee retirees have received an increase in benefits.

This year, some public employee retirees were finally able to receive some relief. Public employees who receive less than \$30,000 a year in a pension, served at least 20 years in public service, and have been retired for 5 years will receive a one-time \$500 stipend. This stipend will support retirees, their families, and communities.

This is just the start, though. New Hampshire needs to give a cost-of-living increase to all of our retired public employees. As inflation, the cost of groceries, and gas prices increase, we need to make sure that those who served the public good their entire careers are taken care of. Next legislative session, let's take care of ALL of our retired public servants.

**Democrat Kevin Cavanaugh is District 16's current Senator**

### BILL KUCH RUNNING FOR NH SENATE

I'm honored to have represented Bow and Dunbarton in the NH House for the past 4 years. During this period we have enacted a fiscally responsible State budget; reduced business taxes to make NH more business friendly; increased election integrity by clarifying voter residency requirements; repealed energy taxes; preserved our second amendment with Constitutional carry and aided education, towns and many other positive changes to our government to make it more responsive to our citizens.

To keep the positive momentum going and with your help, I would like to represent District 16 in the New Hampshire Senate. My voting record defines me as proud conservative and my 100% attendance shows commitment to you, the voters.

As your new Republican Senator, I will continue my resistance to any new taxes and fees, and support legislation to eliminate or reduce those taxes we already have, where appropriate. I will give particular focus to our high energy costs. Having served on the House Science Technology and Energy Committee, I came to realize that there are hidden costs in our electric bills that are used to fund jobs programs and keep failing businesses going. I spoke vehemently against these bills on the House floor and will do so in the Senate and support legislation to eliminate current non-germane costs from our electric bills.

Finally, I support the Republican Party platform, I support our Governor and I support the President of The United States of America.

**Republican Bill Kuch is a Bow State Representative**



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# INCAPACITY AND HEALTH CARE DECISIONS

BY BEN KINIRY, ESQ.

## When Incapacitated, Who Will Make Your Health Care Decisions?

When I ask clients what an advance directive, health care proxy or living will is, a typical response is "it tells them to pull the plug." Well, there is some truth to that statement; however, following is a little more you will want to know about this topic.

### What is an advance directive?

An advance directive is a document executed by a competent person (the principal, you) giving another person (the agent; often a spouse, son or daughter) the authority to make health care decisions on your behalf if you are unable to communicate decisions for yourself (you are incapacitated). In New Hampshire this is referred to as a Durable Power of Attorney for Health Care.

### Why have an advance directive?

When you become incapacitated (and you will sometime), by executing an advance directive, the individual you appoint as agent steps into your shoes and thereby ensures that the instructions you have given him or her will be carried out. In the alternative, if you don't have an advance directive, those you trust most in the world may be shut out of the decisions regarding your medical care.

You may also want to know that if you have not appointed a decision maker, then your family may very well end up in a probate court proceeding to have an individual appointed. The person ultimately appointed may or may not be the person you would or could have picked. Think time, money, lack of control over your affairs and all it being completely avoidable.

I'm sure we can all agree, as a practical matter, having a trusted loved one directing and overseeing your medical treatment may very well result in a more positive outcome.

### Whom should I appoint as my agent?

It goes without saying - someone you trust who will follow your wishes. Before executing an advance directive, you should talk to the person whom you want to name as your agent about your wishes concerning medical decisions, especially life-sustaining treatment. If you want to avoid family conflict, you may want to inform all those concerned of your wishes.

I would also point out that not everyone is capable of act-



ing as an agent. For many people the idea of acting as an agent is simply deferring to the doctor's opinion (not saying this is a poor decision, after all he/she is a doctor) or stating to the doctor "please do everything you can to save my loved one." This is not the role of the agent. The agent should be someone who will ask good questions, direct the doctor in their actions and follow up. A "squeaky wheel" if you will.

Also, if you do decide to name an agent, don't name everyone (the first person named should be seen as the primary decision maker). Why? If you name everyone there is the opportunity for your agents to disagree about your medical treatment. Will they disagree? From my experience, yes they will disagree. I often say to clients, "your children can't agree on which restaurant to eat lunch, how are they going to agree on what type of action to take in regards to a serious health care matter involving your life?"

Perhaps a story will be instructive: Alycia was insistent her five children be named as co-decision makers. I told Alycia that at least one of her children would be unable to direct her medical care and went on to tell her my restaurant analogy, but she was unmoved. Almost two years later I received a call from a local hospital "are you Alycia's Attorney?" I could hear her children literally yelling in the background, in the intensive care unit. Apparently, they could not agree on a restaurant or the menu of items available in regards to Alycia's medical treatment (by the way, Alycia returned to good health and named her oldest son as her new agent).

### Health Insurance Portability and Accountability Act (HIPAA)

There is also the small matter of a Federal Law often referenced as HIPAA. In a nutshell healthcare professionals are not allowed to disclose your individual health information to your

family without being authorized by their patient (you), generally by signing a HIPPA release prior to becoming incapacitated.

Imagine, you have signed an advance directive naming your daughter, Tammy, as your agent with the authority to make medical decisions on your behalf. You fall ill. Tammy arrives at the hospital ready to do a great job for you. Tammy provides the doctor with your advance directive, including a living will. Clearly, Tammy has the authority as the agent to make medical decisions on your behalf. So far so good, right?

Tammy then asks a very important question "Doctor, what is wrong with my mother?" The doctor reviews the advance directive and then informs Tammy that he cannot disclose your medical information to Tammy as you failed to include a HIPAA release allowing the doctor to share your protected health information. I'm sure you can see the dilemma for both the family and the medical professionals involved.

### Living Will?

How do you want your last days, weeks or months on this planet to be? A living will provides your agent with instructions on what types of care you would like at the end of life. The living will includes specific instructions concerning the initiation or termination of life-sustaining treatment, to include your wishes regarding medically administered nutrition and hydration (note that these instructions should also be stated in your Durable Power of Attorney for Health Care).

If you don't have a living will what is the result? Perhaps some of you remember the Terri Schiavo case. Terri suffered massive brain damage and her husband wanted to remove life support and her parents did not. The court battle lasted seven years. If Terri had signed a living will then her family and doctors would have known her wishes.

**LABOE  
& TASKER PLLC**

You will also want to know that: If you become able to competently express your wishes at any time, the power under the Durable Power of Attorney for Health Care will no longer be effective.

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

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## The Bow Young at Heart Club



Bow Young at Heart Club meets the 2nd and 4th Wednesdays at 11:30 am at the Bow Community Building on Bow Center Road.

Members and guests should bring a brown bag lunch. Beverage and dessert will be provided.



On June 27 members celebrated summer with strawberry shortcake prepared by Ray Johnson, Bob Lougee and Roger and Natalie Lagasse. A special thanks to Betty Trexler for making the biscuits for our gluten free members.

### UPCOMING EVENTS:

- **Longview Flower Garden Visit** to be announced
- **July 25, 2018** Pizza Day
- **August 23, 2018** A trip to **Winnepesaukee Playhouse** to see "Ghost the Musical." With lunch at Canoe Restaurant & Tavern.



In June, Bow Young at Heart Club members enjoyed a cruise on the Mt. Washington with buffet lunch and live entertainment. The lake was smooth as glass and the skies cleared to provide excellent views of the Weirs.

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## BOW REAL ESTATE SALES JUNE 2018

27 Logging Hill Road	LAND	2 acres	\$75,000
73 Bow Center Road	LAND	2.01 acres (w/well, septic & foundation)	\$130,000
1 Bent Road	1 BR/2 BA	1176 sq ft 1 acre	\$250,500
105 White Rock Hill Rd	3 BR/1 BA	1442 sq ft 1.99 acres	\$262,500
3 Woodland Circle	4 BR/3 BA	3000 sq ft 1.34 acres	\$265,000
29 S Bow Dunbarton Rd	3 BR/2 BA	1894 sq ft 3.24 acres	\$275,000
4 Rand Road	3 BR/2 BA	1910 sq ft 1.07 acres	\$290,500
64 White Rock Hill Rd	3 BR/2 BA	1360 sq ft 1.6 acres	\$292,000
23 Jonathan Lane	3 BR/3 BA	1849 sq ft 1.13 acres	\$300,900
4 Laurel Drive	3 BR/3 BA	1890 sq ft 2.87 acres	\$320,000
6 Erin Drive	3 BR/3 BA	2174 sq ft 2.91 acres	\$320,000
48 Stone Sled Lane	3 BR/2 BA	1554 sq ft (shared aceage condo)	\$324,000
38 Putney Rd	3 BR/3 BA	2127 sq ft 2.2 acres	\$328,500
18 Knox Rd	3 BR/2 BA	1568 sq ft 4.4 acres	\$330,000
298 Page Rd	4 BR/3 BA	2143 sq ft 1.04 acres	\$332,000
48 Woodhill Hooksett Rd	3 BR/3 BA	1968 sq ft 2 acres	\$345,000
34 Clement Rd	4 BR/3 BA	2436 sq ft 1.07 acres	\$353,000
30 Stack Drive	4 BR/3 BA	2292 sq ft 3.09 acres	\$357,900
4 Hidden Forest Drive	4 BR/3 BA	2128 sq ft 3.11 acres	\$374,900
140 Bow Bog Rd	5 BR/3 BA	2643 sq ft 4.03 acres	\$379,900
1 Alexander Lane	4 BR/3 BA	2121 sq ft 2.6 acres	\$395,000
7 Fox Meadow Drive	3 BR/3 BA	2328 sq ft 1.23 acres	\$470,000
5 Whittier Drive	4 BR/3 BA	3518 sq ft 1.39 acres	\$502,000
6 Wilderness Lane	4 BR/4 BA	3707 sq ft 4.58 acres	\$523,000
13 Ogden Drive	5 BR/4 BA	2965 sq ft 2.4 acres	\$619,900

Ann Dippold, REALTOR®

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## NEW CUSTOMER BANK RULES IN EFFECT – BENEFICIAL OWNERSHIP, WHAT IS IT?

In today's highly regulated banking environment, it is the bank's responsibility to know their customers, commonly known as "Customer Due Diligence". In May 2016, the Treasury Department issued a ruling under the Bank Secrecy Act regarding the beneficial ownership of legal entity customers, which in turn strengthens Customer Due Diligence requirements. As of May 2018, it became mandatory for all financial institutions to identify beneficial owners and controlling persons of legal entity customers opening or making changes to any bank account.

The new mandates aide in combatting tax evasion, terrorism financing, sanction violations, fraud or other misappropriations of our nation's financial institutions. In essence, it enables the government to know the individual or individuals behind the business or legal entity.

So what does this mean for our business customers? It means that each time an individual goes into their financial institution to open a banking account; they will need to provide certification on behalf of the legal entity. In this case, a legal entity would be any Corporation, Limited Liability Company, Limited Liability Partnership, General or Limited Partnership, Trust or any entity that is created by the filing of a public document with a Secretary of State or similar office. The mandate does take on a two prong approach in identifying beneficial owners.

The ownership prong identifies any person, who directly or indirectly through any contract, arrangement, understanding or relationship that has 25% or greater ownership of the legal entity. It is not up to the bank to determine beneficial ownership; banks must simply rely on information provided to them by the customer. There may be instances where there is no beneficial owner because no one owns at least 25%, so there will be no beneficial owner listed under the ownership prong.

The second prong is the control prong. Banks will have to identify and connect with at least one individual for this prong. This individual will have significant responsibility in controlling, managing or directing the legal entity. The control prong may include, but is not limited to the President, CEO, CFO, COO, Treasurer or any individual who regularly performs similar functions. Banks are now required to obtain, verify and record the identities of the beneficial owners and controllers.

As with everything there are exemptions to the regulatory mandate. Sole proprietorships/DBA's, are all exempt. It is important to note that Charities, Non Profit Corporations, and IOLTA's are included for the control prong but not the ownership prong. When in doubt, reach out to your financial institution and verify if your legal entity needs to provide certification or if it is exempt.

So as a business owner, what is your best course of action regarding beneficial ownership? Be prepared, so before going into your financial institution gather the needed paperwork. This may include legal paperwork establishing the LLC, LLP, Partnership and Articles of Incorporation, and Employer Identification Number, also known as the Federal Employer Identification Number or the Federal Tax Identification Number. This would be in addition to any identification verification paperwork your financial institution requires. It is important to remember that this additional paperwork is not your financial institution being difficult; it is the federal government trying to minimize risk by tracking who is using our banking system.

Beth Mulleavey

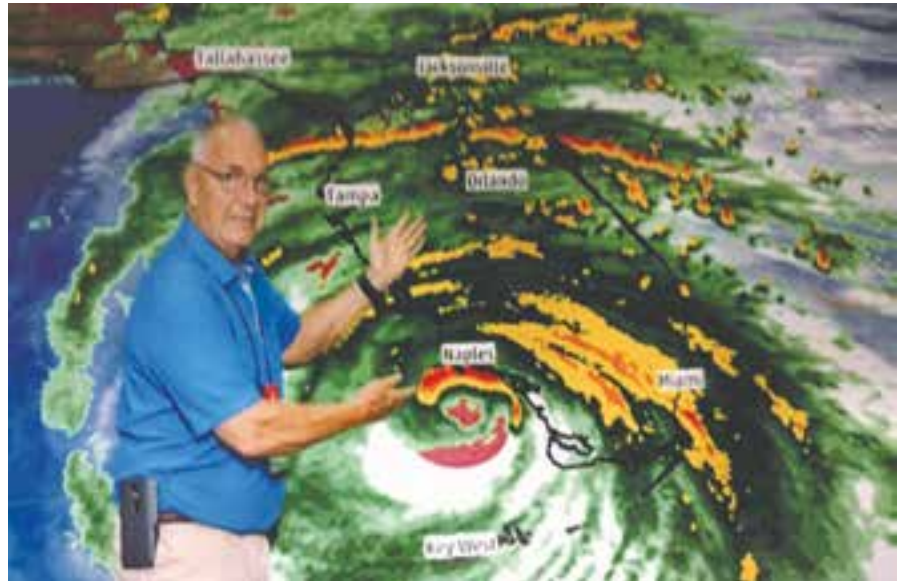
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## HURRICANE PREPAREDNESS

by Lee Kimball, Bow Emergency Management Director



Director Kimball at the Governor's Hurricane Conference

Did you know that hurricanes are one of nature's most powerful and destructive events that we face as a nation, and have caused eight of the ten costliest disasters in U.S. history? With the start of hurricane season upon us ( June 1 thru November 30),the Town of Bow Office of Emergency Management would like to remind all citizens and businesses that emergency preparedness starts at home and now is the time to be prepared.

It only takes one hurricane to change your life and your community. Hurricanes are not just a coastal problem as high winds, heavy rainfall, tornadoes, and flooding can be felt hundreds of miles inland, potentially causing loss of life and catastrophic damage to property.

The forecast is for a slightly above average season in the number of storms compared to the last thirty years. Forecasters are projecting 14 named storms this season with half becoming hurricanes and 3 of those developing into major hurricanes with 111 mph winds or greater.

Hurricane Irene and Sandy remind us that significant impacts can occur without it being a major hurricane at landfall. Take action now to be prepared for the hurricane season. As the storm approaches, it is often too late to get ready. Make sure your family has an evacuation plan, communications plan, an emergency supply kit, and evaluate your flood insurance needs.

For specific preparedness information visit the Town Web Site at [www.bownh.gov](http://www.bownh.gov) under departments and click on the office of emergency management to sign –up for emergency alerts, preparedness information, and access to the functional needs survey for individuals with special needs requirements. Director Kimball may be reached at 223-3940 or at [lkimball@bownh.gov](mailto:lkimball@bownh.gov).

## KATE MILLERICK COMPETES at NATIONAL INVENTION CONVENTION

Kate Millerick, a fifth grader at the Bow Memorial School, traveled to the Henry Ford Museum of American Innovation in Dearborn, Michigan to showcase "Hearings." Kate's invention is a rubber connecting device that attaches hearing aids to eyeglass



Kate is pictured on the National Convention floor with her display.

frames so that hearing aids will not get lost or fall off during sports or other physical activities. Each year, students from affiliate member youth invention and entrepreneurship competitions across the U.S. are invited to attend the national expo. The expo is the U.S. national finals competition of local, regional, and state invention competitions from across the U.S.

Kate earned an invitation to the finals by winning the Best in Grade award at the Northern New England Regional Invention Convention held at SNHU on March 25. The annual Regional Invention

Convention provides students the opportunity to share their creativity with their peers, to receive recognition and be awarded for their efforts.

# QUICK FIXES FOR SUMMER!

by Jim Olson

One interesting thing about working in the fitness industry is that no matter the time of year, there's always an excuse we can come up with as to why we can't stay on track with our nutrition and exercise.

Summer is obviously no different. So, here are my best tips to make sure you don't fall off the wagon this year!

## DRINK SMOOTHIES

It can be really tempting to grab quick, pre-packaged, fast, and unhealthy foods when you're on the go. Smoothies loaded with protein, good fats, and complex carbs are a perfect solution and take almost no time to prepare.

## KEEP QUALITY PROTEIN BARS ON YOU AT ALL TIMES

You want to look for bars that are high in protein and low in sugar.

## GRILL OUT

You can prepare an entire meal with almost no prep on your grill. And even better, you can prepare



Jim Olson

several meals at a time with no more effort and very little clean up!

## STICK TO A SCHEDULE

Treat your workouts like a job. You wouldn't no show and cancel an appointment on the job, and getting your training in is just as important.

## PRIORITIZE DAILY MOVEMENT

Even if and when you don't make it to the gym for some reason, you

can *always* get outside and *move*! Walking 10-20,000 steps per day will have a tremendous impact on how your body looks and your overall health.

If you find yourself buying into your summer excuses and falling into the summer trap, take a look back at these tips! If you implement them with consistency, you'll be amazed at what you can accomplish, even in the busiest times of the year!

## WOULD YOU LIKE SOME HELP WITH YOUR FITNESS?

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!

*Have a fantastic day!*  
Jim



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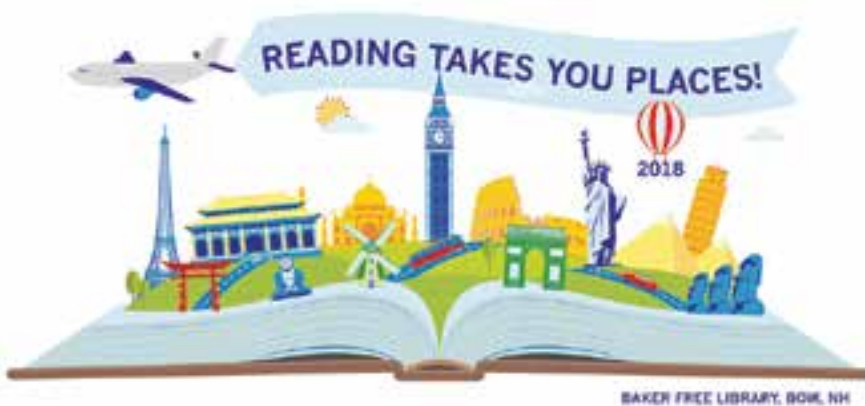
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# BAKER FREE LIBRARY NEWS

by Lori Fisher

## SUMMER READING FOR ALL AGES - THROUGH AUGUST 22

This year, participants of all ages will experience how Reading Takes You Places! Each reader no matter what age receives a passport book that is kept at the library and holds your reading log. For children grades 1-6, every three books read earns them a raffle ticket for a weekly prize drawing. For Grades 7 through adult, every book read earns one raffle ticket. New this year for kids: set your reading goal! How many books can you read this summer? Challenge yourself to read more than you normally would. You'll earn special prizes both when you reach your reading goal, and when you are halfway there. Last, we have many special classes and events happening this summer around the theme of traveling the world through reading - visit [www.bowbakerfreelibrary.org](http://www.bowbakerfreelibrary.org) for more details under the classes and events pages, or download the pdf Summer Calendar from the home page of the site. Final day to log books is Friday 8/17 by 7 pm. Save the Date: the Summer Reading End Celebration will occur on Wednesday 8/22 at 5:30 pm with ice cream and an African drumming session by Akwaaba Ensemble that all can join!



2018 Summer Reading logo designed by Liz Jackson, BHS graduate

## LOG YOUR SUMMER READING ONLINE

To make it easier for all ages to record their summer reading, we are allowing participants to log books online through ReaderZone this summer! The staff here at the library will be able to see when you have finished those books you log, and this will earn you raffle tickets as well as incentive prizes for kids! This is a great opportunity to log books while your family is away on vacation or kids are away at summer camp. To start logging books online, visit our home page [www.bowbakerfreelibrary.org](http://www.bowbakerfreelibrary.org) and download the pdf brochure to help you get started!



## PASSING THE GAVEL

June 29th, 2018 – President Judy Goodnow passes the gavel over to the Bow Rotary Club's incoming President Dr. Bryant Stevener for the 2018-19 Rotary year. (Photo by Eric Anderson)

## LIBRARY CLASS/EVENT HIGHLIGHTS

### FAMILY MOVIE MATINEES:

Mondays in July and August, 2 pm. Get out of the heat and enjoy family entertainment based on the country/continent of the week. 7/16: Coco; 7/23: Brave; 7/30: The Jungle Book (live action); 8/6: Ratatouille; 8/13: The Lion King.

### WEEKLY CRAFT TIME:

Wednesdays in July and August (through 8/15), 3 pm.

An all-ages, make-and-take craft session! Each week we'll work on a new project inspired by a different country or region. No registration required - just drop in!

### TASTE OF MEXICO:

Taco Tuesday Dinner: Tuesday 7/17 at 5:30 pm

Celebrate our summer reading travels with a Mexican potluck dinner! Food and activities for the family - come share some time with neighbors and friends. To register, visit the Library Calendar and click on the 🍴 symbol on 7/17 (this is so we have enough food for everyone attending!)

### TASTE OF INDIA:

Bengali Dance Group: Tuesday 7/31 at 5:30 pm.

Bengali Dance Group will showcase India and Bangladesh, sharing the rich history and culture of those areas through folk and classical dance performed by the kids. A sampling of Indian food will be available before the performance, starting at 5:30. Registration required; all ages welcome. To register, visit the Library Calendar and click on the 🍴 symbol on 7/31 (so we have enough food for everyone attending!)

### TASTE OF THE MIDDLE EAST:

Bashirah Belly Dancing & Dinner: Tuesday 8/7 at 5:30 pm.

Join Diane Nault to learn the basics of belly dancing! A sampling of Middle Eastern food will be available before the performance and interactive short workshop, starting at 5:30 pm. Registration required; all ages welcome. To register, visit the Library Calendar and click on the 🍴 symbol on 7/31 (this is so we have enough food for everyone attending!)

## FRIENDS OF BAKER FREE LIBRARY

on the last Saturday of the month. Next donation date is Saturday 7/28, from 10 am to 2 pm. Questions? Email [info@bakerfreelib.org](mailto:info@bakerfreelib.org).



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## COMMUNITY BUILDING COMPLIANCE PLAN UPDATE

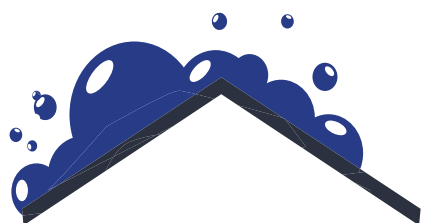
### Progress Report as of June 27

Earlier this year, Fire Chief Mitch Harrington developed a fire code compliance plan to allow continued, but limited, use of the Community Building. In his report, Chief Harrington noted that "The plan takes reasonable temporary measures while the entire building is brought into compliance over time." Also, "Abandoning non-compliant sections of the building should be considered temporary until a more permanent plan for the building is identified."

The Board of Selectmen reviewed the compliance plan and authorized the Town Manager to expend funds to address tasks 1 through 13 of the plan. The completion of these tasks will allow the assembly area on the recreation side of the building continued use, along with storage in the back bays.

Work completed to date includes: the installation of a fire alarm system; electrical repair and emergency light installation; removal of the wood storage areas behind the stage; removal of all items stored in the mezzanine area over the offices; and applying fire proof paint on the remainder of exposed wood (stage wall, mezzanine, etc.) on the recreation side of the building. The final items to be completed include the installation of two fire rated doors and completing the fire separation between the assembly area and the rear storage area. Also, a new flame-retardant stage curtain has been ordered.

David Stack  
Town Manager



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## THE BOW HERITAGE COMMISSION NEWS

June 2018 was a busy month for the members of the BHC. Arthur G. Cheney donated a granite wagon-wheel jig stone to the Heritage Commission. This stone jig came from the Edward A. Cheney blacksmith shop located on Woodhill Road. An Ariel photograph was also donated showing the jig stone setting beside the shop. Tim Sweeny Director of the Public Works Department coordinated the moving of the stone with Wayne Gould owner of Ariel Crane Service and his crew consisting of Clark "Chip" Craig, Kyle Gould, Noah Lacasse, Tylor Aborn. What a great job, well done. Thank you for donating your equipment, time and expert workers.



Ariel Crane Service moving the granite wheel-stone jig from Arthur G. Cheney's home to new Bow Heritage office on Robinson Road.



Gary Nylen and Art Cheney at the new location of the BHC at the old police station.



Bow's One Room School House



Former Students Arthur Cheney and Marilyn Hemphill



Capt. Benjamin Bean 1760 Homestead

The Bow Heritage Commission's History Day held on June 23, 2018 was a great success. Good food by the Bow Men's Club, with over (50) people touring the one room school house. (100) people visited the Captain Benjamin Bean 1760 home owned by the Emerson family. Great day of Bow History.

All photos by Eric Anderson.

### HURRICANE SAFETY TIP: Shut the Doors Inside Your Home During a Hurricane

Wind entering the home through an open or broken window creates strong upward pressure on the roof. Closing interior doors helps break up the pressure into smaller areas, reducing strain on the roof and lowering the chance that the roof will blow apart.

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# BOW GARDEN CLUB

by Joyce Kimball

## Books in Bloom

*A coordinated effort between the Baker Free Library and the Bow Garden Club for the public's enjoyment.*

**August 3<sup>rd</sup> and 4<sup>th</sup>  
(Friday & Saturday)  
at the Baker  
Free Library**

**Friday 5:30 – 8:00 PM.** Exhibit opens with complimentary cookies and lemonade available until 7:00 PM. Exhibit remains open until 8:00 PM.

**Saturday 10:00 AM – 4:00 PM** Exhibit re-opens and remains open throughout the Library's normal Saturday hours. Families with children are encouraged to visit the Library anytime on Saturday to view the displays and participate in special children's activities.

The exhibit will feature either fresh or dried floral arrangements designed to reflect a book chosen by the floral arranger. The intent is to interpret the book in some way – accenting its title, subject, a particular character, or the book jacket colors and/or design. The books and their accompanying floral arrangement will be arranged on small tables scattered throughout the library, creating small vignettes for viewing.

Come take it all in and if you would like to choose a book yourself and create a floral arrangement to accompany it for display, please contact:

**Joyce Kimball**  
[joyceakimball@comcast.net](mailto:joyceakimball@comcast.net)  
for more information.

## Petals 2 Paint

**Amherst** – The Bow Garden Club made quite an impact on this year's **Petals 2 Paint** floral exhibition with seven (7) members creating floral designs for the event—three for the very first time. **Petals 2 Paint** is sponsored by East Colony Fine Art, a consortium of local artists. The event was held at the LaBelle Winery for the third year in a row. In previous years it was held at East Colony's gallery, once located on Commercial Street in Manchester. 2018 marks Petals 2 Paint's fifteen year in existence and plans are already being made for next year. Garden club members as well as independent floral arrangers initially pre-select a painting, sculpture, stained glass piece, etc. several weeks prior to the exhibition from an array of East Colony Fine Art's 20+ artists' works; They then interpret their chosen art pieces by creating floral arrangements, often adding accent pieces and/or embellishments. Each art piece and its accompanying floral design are displayed as vignettes throughout the winery's beautiful function room over the two-days of the exhibition. This event is open to the public and there is wine tasting and light refreshments served on opening night. There is no fee for this event.

Floral designers also have the opportunity to meet the artists and fellow garden club members, friends, family and the general public have the opportunity to partake in the festivities on opening night and/or to view the exhibition the following day.

Designer: Lorraine Dacko



*Banana Tree*  
Artist by Aline Lotter

Designer: Keryn Anderson



*Christina's Geraniums*  
by Artist Judy McLean

Designer: Ginny Urdi



*Good Morning*  
by Artist Cheryl Vratsenes

Designer: Susan Johnson



*New Hampshire Bird*  
by Artist Marcia Blakeman

Designer: Joyce Kimball



*Monhegan Icon*  
by Artist Judy McKenna

Designer: Beverly Gamlin



*Kick*  
by Artist Susan Monty

Designer: Michelle Bailey



*Complements*  
by Artist Jackie Cunningham



## After School Group Leader & Assistant Group Leaders Bow Youth Center, Bow

Seeking energetic and motivated group leaders & assistant group leaders for our after school program beginning mid to end of August for the Fall afterschool program.

Monday through Friday 2:00 p.m. to 5:30 p.m. (additional hours during early release days, non-school days and summers are available). This is a great employment opportunity for high school or college students if your schedule allows you to be available at 2:00 p.m. If you would like a fun job and enjoy spending time with students grade Kindergarten through 8, please email Donna at [bowyouthcenter@comcast.net](mailto:bowyouthcenter@comcast.net) for more information.

## ALEX SORELL



### IS FIRST TO RECEIVE NHMB'S CIRCLE OF EXCELLENCE PEER AMONG PEERS AWARD

Nearly 300 employees of New Hampshire Mutual Bancorp (NMB) gathered earlier this month for their annual employee appreciation banquet. Alex Sorell, Deposit Operations Representative for NHMB, won the company's first-ever Circle of Excellence Peer among Peers award for regularly demonstrating excellence, respect and teamwork, core tenets of the organization's corporate values. NHMB includes Merrimack County Savings Bank, Meredith Village Savings Bank and Mill-River Wealth Management. In addition, the Savings Bank of Walpole recently announced that they will be joining the organization.

Sorell was voted 'Peer among Peers' from 44 Circle of Excellence winners in 2017. "Alex is incredibly positive and upbeat – it's always a pleasure to interact with him," read one of the entries recognizing Sorrell. "As a member of our front line, I appreciate Alex's help each time I've called with product or service questions. There is a lot of pressure that is placed on employees who are on the front line in banking, as face-to-face interaction with customers requires immediate problem-solving. Alex helps put our customers at ease with his patience and professionalism. I never feel that my calls to him are intrusive or bothersome, as he genuinely seems happy to help. He listens well and is always very considerate. Alex personifies our values and I'm honored to work with him!"

## 3 BOW RESIDENTS CYCLE TOWARD \$52 MILLION GOAL in the 2018 Pan-Mass Challenge

On Aug. 4 and 5, three riders from Bow will cycle up to 192 miles in the Pan-Mass Challenge (PMC) with the goal of topping last year's record and raising \$52 million for critical cancer research and patient care at Dana-Farber Cancer Institute.

During PMC weekend, over 6,200 cyclists from more than 40 states and seven countries will gather in Massachusetts to participate in the PMC. Riders include everyone from seasoned triathletes to weekend warriors and range in age from 15 to 84. Many ride to honor a family member or friend lost to, or being treated for cancer, and more than 850 riders and volunteers are cancer survivors or current patients themselves.

Designed to cater to all levels of cycling and fundraising ability, the PMC offers 12 different routes, varying in mileage and difficulty, that pass through 46 towns across the Commonwealth. Cyclists are required to raise between \$600 and \$8,000, depending on the chosen route, though the average cyclist raises more than \$7,000, which exemplifies the spirit of the PMC and its riders.

"After surpassing our goal and raising \$51 million for Dana-Farber last year, we are excited to keep the momentum going as we approach our 39<sup>th</sup> PMC ride weekend," said Billy Starr, founder and executive director of the PMC.

The PMC donates 100 percent of every rider-raised dollar directly to Dana-Farber through its fundraising arm, the Jimmy Fund, and is the institute's largest single contributor, raising more than 53 percent of the Jimmy Fund's annual revenue.

Good luck to the following participants from Bow:

**Nancy Lauricella, Tony Saco,  
and Eric Thum**

*Robert C. Kuepper, D.D.S.*

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## PRESCOTT OIL HAS CONCORD COACH ROUNDUP

More Concord Coaches made by Concord's Abbott & Downing in the 1800's were together on June 9 than any time since the demise of the company. The open house on Airport Road was a time for one and all to join Tom Prescott's collection with other coaches brought in for the public to enjoy.



Tom Prescott with 12-Passenger Concord Coach during his Open House  
(Photo by Eric Anderson)



Concord coach on display at the Prescott Museum (Photo by Eric Anderson)



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# Lessons Learned on a World Cruise

by Bruce and Lorraine Harris

## HOME AT LAST!

by Chase Binder

Bruce and Lorraine Harris rolled back into Bow at the beginning of May, four months after embarking on their world cruise on Viking's just-launched Viking Sun (see the January 2018 Travel Talk at [www.thebowtimes.com](http://www.thebowtimes.com) for their send-off).

How did they fare on the 120-day cruise from Los Angeles across the Pacific to ports in Oceania, Southeast Asia, the Middle East, the Mediterranean and ending with Portugal and London? Read on! This month they detail some practical considerations of such an extensive cruise. Next month they'll take a look at excursions, security concerns and answer the big question: thumbs up or down on the experience? There will be lots of photos and a link to their extensive journal highlighting each of the destinations.



The Harris's boarded the Viking Sun in Los Angeles in January for the east-to-west 120-day World Cruise. They finished in London in early May.

## PRACTICALITIES

January's Travel Talk detailed the thought process and planning approach behind our four-month, 25 country, 55 port world cruise. We're back and we can say that it certainly was the adventure that we hoped it would be – with a number of surprises along the way.

To catch you up, we started out by doing the math on separate land-based vacations to the destinations on *Viking Sun's* itinerary. We could do the whole cruise for what airfare alone would cost – add in Viking's booking incentives like free WiFi, laundry, gratuities and more and the cruise made solid financial sense.

Of course, four months is a long time. But not compared to spreading air/land trips out over 5 years or so. In fact, it's kind of like going to Florida for the winter.

At home, we had great neighbors to watch the house. Our daughter and her family live nearby and the Bow Police Department offers a vacation house check program. With free WiFi we never felt isolated or out of touch. We suspended our cable, phone and internet, turned off data in our phones and put our automobiles into "storage". We emptied our refrigerator and lowered the heat in the house. It worked!

## THE SHIP

We didn't choose the *Viking Sun* by accident. We enjoyed a Viking River Cruise from Amsterdam to Budapest in 2015 and were extremely impressed with their ship, crew, cabin, meals and excursions. The *Viking Sun* is the fourth "ocean-going" ship of a planned expansion to 15 small ships of 500 to 1,500 passengers and 46,000 tons – less than half of the capacity and tonnage of the latest cruise ships. The smaller ship can access smaller ports and be configured for specific target audiences. For Viking, it is about the journey and the learning experience more than the "city afloat" model designed to appeal to a wider range of passengers.

As a new ship, it is state of the art in terms of design, propulsion systems, stabilizers, water production, cooking facilities and certainly, from the

inside, has all the features of a five-star resort. There are lots of dining options, including specialty restaurants, a spa/salon, two pools and the sport facilities run from table games, shuffleboard, and miniature golf to a fully-equipped gym and a ¼ mile walking track. It is so well designed that individuals or small groups could occupy places and simply enjoy solitude.



Cuisine on the Viking Sun was outstanding. Nothing like crepes!

## FOOD AND ENTERTAINMENT

We learned early on that one really needs to pay attention to portion control when cruising. The menus and meals were beyond exceptional. In addition to a set menu of favorites, specialty items like lobster thermidor and chateaubriand were available as well as gluten free and other options. All baked goods were fresh daily, along with exotic sorbets and gelatos. Most interestingly, Viking would fly in different chefs along the journey – no food boredom!

While major cruise lines with large capacity ships offer major productions and a lot of physical entertainment (think climbing walls, water slides, etc.), Viking takes a different approach. Since the focus is on cultural appreciation, many of the entertainers reflected our specific location. We had local singers, dancers and musicians playing traditional music, dressed in native wear and representing local history and culture. Viking also rotated on and off the ship a wide assortment of entertainers, ranging from young performers who had won national and international talent contests to veterans of Broadway and London stages.

## MEDICAL & PHYSICAL FITNESS

Not surprisingly, fellow passengers were primarily retirees with an average age in the low 70's. We had two doctors and three nurses onboard, a lab and pharmacy, but no scanning/x-ray equipment. Serious issues required evacuation. Indeed, there were two heart attacks, a stroke, several broken legs and ankles and more. This reinforces the absolute necessity for purchasing comprehensive travel insurance that addresses trip interruption, medical evacuation, and reimbursement for expenses. Don't forget to have dental work done before you embark.

In terms of physical fitness, the excursions and simply getting around a large ship require certain strength and balance. We were blessed with calm to moderate seas throughout the trip but even so we saw some passengers struggle.

The excursions are reviewed in detail for the level of physical activity required and are generally classified as easy, intermediate, or challenging. Excursion descriptions are subjective, though, and sometimes minimize the difficulties of negotiating steps, cobble stone roads or getting in and out of local transport. Add the high temperatures and humidity, and accidents can happen. It's really about individual responsibility to be in good physical and mental shape and be honest with a self-appraisal before committing to a long voyage.

The excursions can be stressful in terms of crowds, noise and in some cases the visual shock of living conditions. Consider these factors before booking.

(To be continued)



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Remote pond stockings take place around the first week of June. About 50 ponds are stocked with fingerling Brook Trout via helicopter. In 2 or 3 years these fish will become catchable size. These ponds are all very different and unique. Some produce small to medium Trout, while others produce some very big Trout. Many are marginal Trout ponds. This means that they are shallow, but with enough cold water to hold Trout in the hot summer. Many have large food producing areas which can result in great growth rates.

June and July produce some of the best hatches for fly fisherman. Caddis flies start around mid-June on a warm, hazy afternoon. They zig-zag on the surface and the Trout chase them with reckless strikes. I like to use a Henryville Special or Elkhair Caddis.

Green Drakes also hatch in some ponds in the afternoon and evening. The Trout go crazy chasing this great Mayfly.

Also around the fourth of July we have the Hex hatch. This large, creamy white fly hatches at dusk and continues after dark. A large modified yellow Hornburg works well on this hatch.

On the Stripers, Captain Matt Groves reports the fishing is excellent. On his boat a giant 50 inch, 48 lb. striper was landed. "Wow" this is the largest he has ever taken!



On the big lake, some very nice Salmon are showing up in deep water spots at a depth of 28 feet or more. The lake is full of smelt, the fish don't have to go far to find them. Hardware seems to be producing the best results right now. Later, in mid-summer, flies come back as the bait.

On the big lake, some very nice Salmon are showing up in deep water spots at a depth of 28 feet or more. The lake is full of smelt, the fish don't have to go far to find them. Hardware seems to be producing the best results right now. Later, in mid-summer, flies come back as the bait.

Over at the Tackle Shack, near Lake Sunapee, Craig reports fishing has slowed some as the fish are retreating to deeper water. He also sent a photo of a Salmon that he caught in May on Pleasant Lake. The monster was 29 inches, and weighed 7-1/2 pounds. He said it was an especially good day and he was fishing with his Dad. "Nice Job!" I got a lot of satisfaction on his catch, as he caught it on a fly I tied.



**Be Safe and Have a  
Great Day Fishing  
RON**

## BOW YOUTH FOOTBALL REGISTRATION



2018 Registration is now open for Bow Youth Football! New this year, registration is now done all ONLINE on BYF's new and improved website. Open to anyone entering grades 3 through 8 in the fall.

### BYF Dates to Remember:

8/9 Parent Information Night  
8/11 Equipment Handout  
8/13 First day of practice

**Spread the word!**

**GO BULLDOGS!**

**www.bowyouthfootball.org**



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**Annual Membership -- \$40 (makes a great retirement gift!)**

**Pick up a catalog at the Baker Free Library or Town Office**

**Information and course catalog available online at  
<http://OLLI.granite.edu> or call 603-513-1377 for a copy**

*Learning for the fun of it!*

## WHAT'S HAPPENING IN OLLI?

by Jacki Fogarty

Summertime in OLLI, the Osher Lifelong Learning Institute, means that your Bow, Dunbarton and Hopkinton neighbors over age 50 are planning the classes and field trips they will be taking in the next term which runs from August 13 through December 13.

The ten classes that start before Labor Day include such varied experiences as a narrated Sunapee Cruise and a tour of Globe Manufacturing. In the classroom on the Concord campus of Granite State College, you can learn to color with eye shadow (yes, that's a thing!), learn about traveling in Italy (with some basic language tips), and learn about how the human brain ages (like a fine wine, no less).



John Greabe



Sebastian Lockwood



Jeff Ryan

You may already be familiar with some of the experts presenting our courses. John Greabe of Hopkinton, professor at the UNH School of Law, will discuss the Supreme Court decisions from the 2017-18 term. Acclaimed storyteller, professor and anthropologist Sebastian Lockwood will regale his class with the epic story of *Sinbad the Seaman*. Maine author Jeff Ryan will tell both the story of the creation of the Appalachian Trail and his 28-year hike on the 2,181 miles of it.

Historic preservation of obsolete buildings in New Hampshire communities and the philosophical legacies of playwrights round out courses featured in August.

Sixty-five additional courses will run in the Concord area during the ensuing 3½ months along with 79 offerings in the Greater Manchester area, 53 in the Greater Seacoast area and 26 in Conway. These non-academic courses are taught by volunteer presenters, many of whom have or are actively still teaching college courses as a profession. They often comment that they love teaching OLLI courses because the students *want* to be there, engage fully and often share life experiences that add to the course content.

Affiliated with Granite State College, OLLI is a volunteer-driven organization which creates and sources its own courses specifically for the over-50 population. Courses may run from a single session to as many as 10 weekly sessions, generally at 2 hours per session. Information about courses can be found on the OLLI website: [olli.granite.edu](http://olli.granite.edu).

Apart from OLLI, with a focus on adult students, as well as other individuals who seek a flexible learning environment, Granite State College is the largest public provider of online courses in New Hampshire. With associate, bachelor's and master's degrees, post-baccalaureate programs for teachers, credit for prior learning, and a variety of transfer opportunities, Granite State emphasizes practical and relevant areas of study that are responsive to the workforce development needs of New Hampshire.

**For more information, visit [granite.edu](http://granite.edu).**

## TOWN EMPLOYEE SERVICE RECOGNITION

The Town recently hosted a Thank You BBQ for all Town employees. During lunch, a ceremony was held to recognize employees who achieved an anniversary milestone between January 1, 2017 and June 30, 2018. Thank you all for your service to the Town of Bow.

### 5 Years:

Alicia David, Celebrating Children  
Michelle Lover, Celebrating Children  
Kevin Marquis, Fire Dept.  
David J. Eastman Jr., Fire Dept.  
Gregory Brown, Fire Dept.  
Stephanie Vogel, Police Dept.  
Michael Carpenter, Police Dept.  
Michael Aborn, Public Works

### 10 Years:

Nicholas Cutting, Police Dept.  
Jessica Ralston, Celebrating Children  
Dale Parker Moore, Fire Dept.  
Patrick Nysten, Public Works  
Lori Fisher, Baker Free Library  
Robert Garland, Baker Free Library  
Julie Guerrette

### 15 Years:

Joy Van Wyck, Celebrating Children  
Kathy Lagos, Celebrating Children  
Emily St. Hillaire, Parks & Recreation Dept.

### 20 Years:

Cindy Greenwood-Young, Celebrating Children

### 25 Years:

Mark Mattice, Fire Dept.  
Timothy Sweeney, Public Works Dept.

### 30 Years:

Michele Vecchione, Parks & Recreation

## Dog Adoption Fees Reduced by 50%

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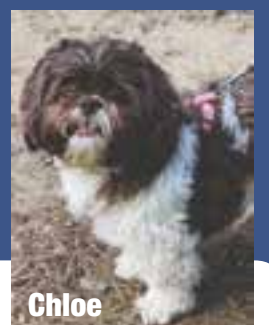
Scout



Spot



Hank



Chloe

### Visiting Hours:

Tuesday and Thursday 12:00-7:00 PM

Wednesday, Friday and Saturday 12:00-5:00 PM

(Closed on Sunday and Monday)

View adoptable pets at: [popememorialsPCA.org](http://popememorialsPCA.org)



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HOPKINTON-CONTOOCOOK NEWS



Welcome to the  
Hopkinton - Contoocook  
TOWN CRIER!  
by Kathleen Butcher

- Congratulations to Lily Butcher, Maggie Cooper, Jake Gelinas and Maddy Hamel from the Easy Riders 4H Club. They qualified as Delegates, joining the Merrimack County Team at the State 4H Horse Show on July 13-15th in Deerfield. Easy Riders 4H Club is lead by Marcia Evans of Hopkinton. She is available at 746-3884 or 545-5213.
- The Food Pantry is looking for volunteer to make deliveries on 4<sup>th</sup>Wednesday of each month. This entails about 1 1/2 hours of volunteer work. Interested? Please call Marilyn for details 746-8244
- Saturday, July 21 from 10-12, join Hopkinton artist Byron Carr and sketch scenes of beautiful Hopkinton Village. The session begins with a quick demo by Byron, after which he will provide “over the shoulder” suggestions to participants as they sketch. Pencils and drawing paper provided, or bring your own art supplies. Free and open to the public. This program is part of Hopkinton Historical Society’s summer exhibit, “Summer Residents Come to Hopkinton,” on display until September 1st. For more information, go to [www.HopkintonHistory.org](http://www.HopkintonHistory.org).
- Hopkinton Recreation Department Programs: Music Camp August 13-16 8 am- noon; Boys Lax Camp Mondays, July 23, 5-8 pm; Men’s Pickup Basketball Sundays, July 15-August 26 5-7 pm, Science Camp August 13-17 full or half day, Rec Soccer and Fitness Camp July 30 - Aug 3 for 4-8th grade full or half day, Basketball Open Gym Saturday AM for grades 4-12. Register online at [www.HopkintonRec.com](http://www.HopkintonRec.com).
- Slusser Center activities for adults 50yrs and older: Zentangle and Mindful Art (bring own projects or borrow some provided) 1st & 3rd

- Monday of the month, Crocheting Group (lessons available) Every Thursday 1:30. More information is online at [www.HopkintonRec.com](http://www.HopkintonRec.com). Senior lunch every Wednesday at 12n. Donation \$4. Information at 746-8265.
- Please help send a Hopkinton youth to summer camp. We have a number of families that would greatly benefit from camp scholarships this summer season. The cost for one week is \$ 125.00, which is a reasonable price but out of reach for so many families. We also have several sports camps and swimming lessons. I you wish to contribute please make checks payable to Town of Hopkinton Human Services and mail to 330 Main street, Hopkinton NH, 03229. Thank you for your support of this worthy program.
  - The Contoocook Farmers’ Market, every Saturday behind the Train Depot by the Gazebo in Contoocook Village. Join us for another great season of food and fun every week, 9:00 to 12:00, through October. Featuring spring veggies, meat, jams, maple syrup, breads, pies and other baked goodies, granola, botanical products. There is live music most Saturdays. SNAP/EBT is accepted, . For more information, visit [facebook.com/ContoocookFarmersMarket](https://facebook.com/ContoocookFarmersMarket).
  - The Sixth Annual Summer Institute for Young Writers is happening at Maple Street School for students entering grade 3 through high school. The camp is running August 20 from 9:00 AM to 3:00 PM, with extended hours available before and after camp. Please email Trish Walton at [trishwalton65@gmail.com](mailto:trishwalton65@gmail.com) or Joan Follansbee at [joanfollansbee@yahoo.com](mailto:joanfollansbee@yahoo.com) for more information and a registration form.
  - HYSA Summer Tennis program will be on Tuesday and Thursday evenings for three weeks starting July 17th. This will allow everyone (including the coaches) to enjoy their summer vacation weekends. Days will be 7/17 and 7/19, 7/24, 7/26, 7/31 and 8/2. Time will be 6-8 pm. HYSA Sports Registration forms can be found here: [www.hysasportsnh.com](http://www.hysasportsnh.com)

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



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Mary Cowan



Calvin Herst



Suzanne Zellers-Beck



Sandy Heino



Molly Hardenbergh

HOPKINTON  
REAL ESTATE SALES JUNE 2018

ADDRESS	BR/BA	SQFT	ACRES	PRICE
Lots 1/2 Crowell Road	Land		39.71	\$147,000
34 Prospect Street	3BR/3BA	2,305	0.46	\$160,000
405 River Grant Drive	2BR/1BA	1,596	Condo	\$190,000
946 Gould Hill Road	4BR/4BA	4,691	1.88	\$739,000
93 High Pond Road	4BR/3BA	4,100	4.5	\$555,000
1401 Maple Street	3BR/1BA	1,595	3.25	\$197,747
356 East Penacook Road	3BR/3BA	3,171	5	\$425,000
247 Stumpfield Road	3BR/2BA	1,604	7	\$301,000
121 Peaked Hill Road	2BR/2BA	1,862	0.63	\$271,000
25 Barton Corner Road	3BR/2BA	2,186	0.5	\$370,000
364 Briar Hill Road	4BR/4BA	2,572	6.5	\$352,000
464 Pine Street	3BR/1BA	2,227	1	\$270,000

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## HOPKINTON ROTARY ANNUAL SCHOLARSHIP GOLF TOURNAMENT A SUCCESS

Each year Hopkinton Rotary gives \$10,000 as scholarships to Hopkinton High School students. The sole objective of the annual Scholarship golf Tournament is to raise those funds. A very successful golf outing was on Friday June 29<sup>th</sup> at Stonebridge Country Club. Their gracious support for the tournament provided expert coordination for the 88 golfers in the event. The course was in great condition, and the event moved smoothly, and everyone had fun. Said Rotary's Gerry Youngman, "Many thanks to Tracy Banks GMC/Chevrolet, for whom a specific scholarship is named, LakeHouse Tavern of Hopkinton, Delta Dental, Bill Siff Construction, DR Carlson Investments of Concord, our lunch sponsor, Pat's Peak Ski Mtn., as well as our Hole-In-One sponsors State Motors Lincoln of Manchester, and Dixon Golf. Lastly, we need to thank our golfers. Hopkinton Rotary is so very appreciative of the annual support we receive for this important scholarship program."

## NEW DRESSAGE BARN IN HOPKINTON



Michelle Routhier Schurman with Falbo. (Photo courtesy of Chase Binder)

Owner Michelle Routhier Schurman of MRF Dressage at Harvest Moon Farm in Hopkinton is all smiles as she leads Falbo out of the new barn at their training, boarding and instruction facility on Hatfield Road. Built by Center Hill Barns of Chichester, the barn adds 6 state-of-the-art stalls to the property, expanding Routhier's capacity for boarding as well as professional training in dressage, all levels of instruction, clinics and shows. Routhier herself has 25+ years experience in riding, training and competing and is known for her high standards and supportive atmosphere. For upcoming show schedule and more information visit [MRFDressage.com](http://MRFDressage.com), find them on Facebook, or call Routhier directly at 603 490-8958.

## HOPKINTON POLICE LOG

### TOWN OF HOPKINTON POLICE DEPARTMENT

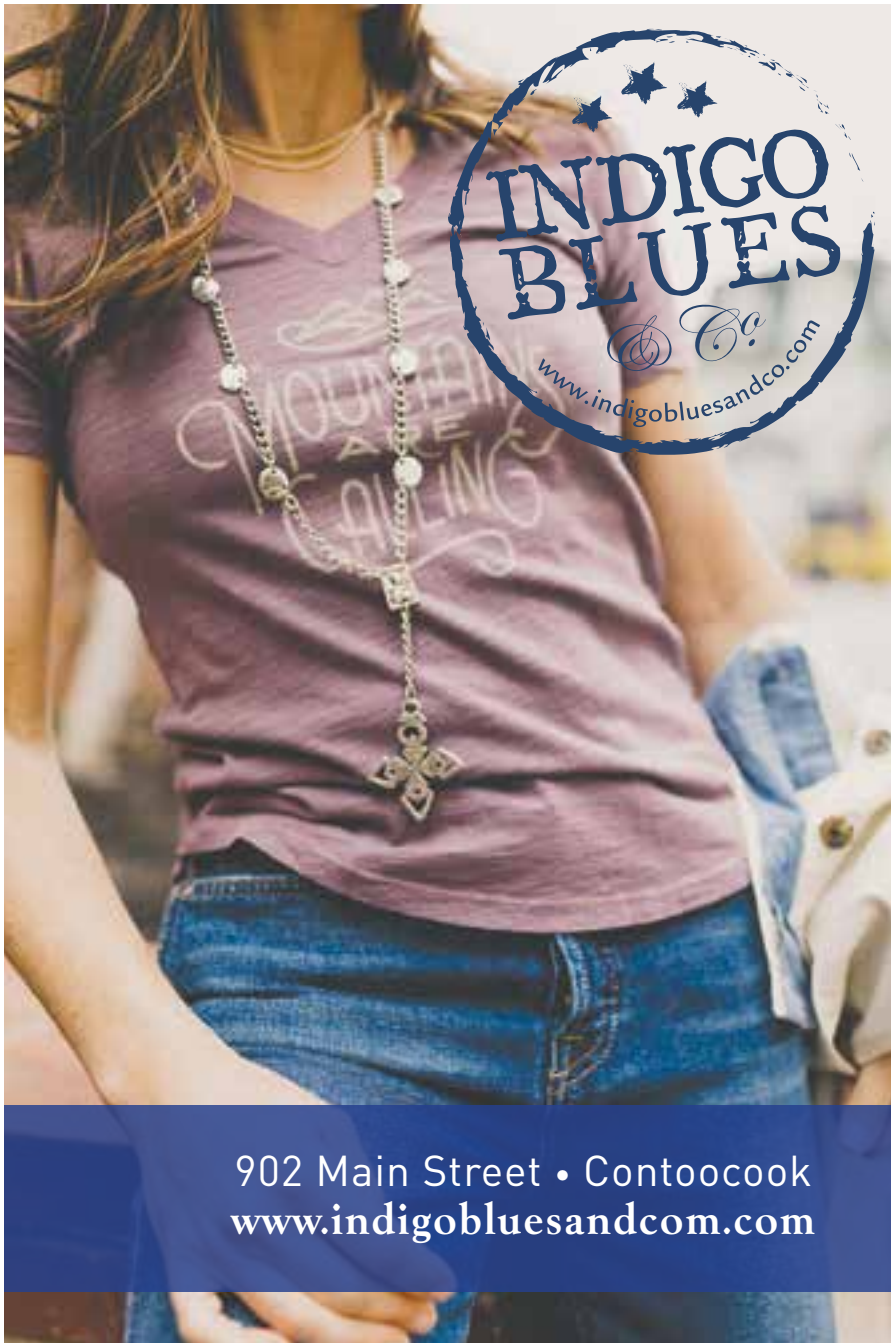
#### JUNE 2018 STATS

Arrests - 6 Accidents - 8 Traffic Stops -522

#### ARREST

#### LOG

- 06/09 Yolanda Da Rocha, 41, 136 Lower Bay Rd, Sanbornton was arrested for aggravated driving under the influence and endangering welfare of child.
- 06/14 James Bicknell, 52, 843 Western Ave, Henniker was arrested for simple assault and domestic violence simple assault.
- 06/22 Shawn White, 40, 158 Church St, Keene was arrested for driving after suspension/revocation - 2<sup>nd</sup> and suspension of vehicle registration.
- 06/25 Elliot Case, 35, 53 Hope Rd, Henniker was arrested for conduct after an accident.
- 06/26 Meghan Noyes, 32, 849 Main St, Contoocook was arrested for driving after suspension/revocation and suspension of vehicle registration.
- 06/28 Morgan Farnsworth, 29, 30 Walnut Place, Swanzey was arrested on a warrant.



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## HOPKINTON HAWKS WIN LACROSSE CHAMPIONSHIP

After going undefeated en route to the Division III title last year, the Hawks did it again and capped a perfect season with a convincing 13-6 win over Laconia. The win was Hopkinton's third state championship (2011).

The win was also Hopkinton's 35<sup>th</sup> in a row.

The win caps a season in which Hopkinton took apart Division III for the second straight year. Last year the Hawks outscored their opponents 261-67 and followed it this year by outscoring them 222-68.

# Difficult Truths about Memory Impairments

By Donna Deos

You know by now that I tend to write to you based on what I hear to be recurring themes in people's lives at the time. Well, lately I've been hearing a lot about the challenges of memory impairments. Please keep in mind that I am writing this from my heart to yours. I know what this says is not what you will want to hear and I send you love and kind thoughts as you deal with this.

A big question that people have when a loved one starts to show struggles with memory issues, is where should they live? People often look in to communities (sometimes referred to as facilities – although it is a less appealing word, but tends to be used more for the folks with higher needs than those in the independent living and continuing care options). They also tend to get sticker shock at the cost of the various options. Plus, they get protective of the family nest egg/fortune and find it undesirable to think it could all be spent on care needs. However, whichever route you go this is still likely to be the end result – I am sorry to say. This is because people with memory impairments tend to be pretty okay physically and can therefore live a long time while requiring lots of assistance.

I completely understand the fear of losing the person's entire life savings as my own Grandmother spent 5 years in a nursing home, paying privately for the care she received and our inheritance possibilities all suffered as a result. Conversely, she had care that we could not provide for her which was given by trained/skilled nursing professionals and she was safe and well cared for. There are tradeoffs for everything



So, what is the best solution when it comes to memory impairments? This too will vary from person to person; from different diagnoses; and the opinions of various physicians. General practitioners tend to be more "oh that's just age related forgetfulness." Whereas those who specialize in and work with folks with advanced memory issues will tell you exactly what it is and how best to deal with it. That is not a stab at GP's as they have quite a bit to deal with not being focused on one specialized area. Instead they have to look at everything, and all in 15 minutes or less, but don't get me started on that!

There are many types of memory issues such as dementia, Alzheimer's, vascular dementia and many, many more. Each one requires different help, shows different signs and symptoms; and each one progresses differently. This is why consulting a specialist sooner rather than later is the key. You want to know as best as you can exactly what you are dealing with.

The common end result is that eventually the individual's world gets very small. As does their ability to function without direction and to be safe in much more than a very small space.

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"Out of sight, out of mind." Becomes very dangerous, and the larger the available options, the more risks there are. This is one of many reasons why keeping them in their own home or adding on to your home is not the wisest of choices for the long run.

I know I just hit a nerve in a lot of you. If you think I'm nuts or don't know what I'm talking about, let me share with you about the day I came home from work and my mother had put a plastic plate in the toaster oven. When I asked her about it, she said, "Oh, I've done it before. It's fine if you take it out in time." True story! Shocking, but true.

To make the story even better she carried the hot oven rack with the melted plate on it up an entire flight a stairs to get from her kitchen to mine so she could try to pull the plate off with pliers. This was done by a woman recovering from a fractured hip that was not supposed to be going up the stairs without both hands on the rails. Now, do you see the issues and how quickly this can spiral from bad to worse? Mom didn't even have a memory impairment diagnosis at the time. Actually, she never did. I was given the "oh that's just age related forgetfulness" line when I in-

quired about it. In hindsight and after talking with another physician he said it was likely vascular dementia where a series of little explosions go off in their brain affecting random parts and abilities. All of a sudden they cannot do some random act that they always could do before.

When we initially receive the news of a diagnosis it is very scary. The person is likely very aware that they can't do things like they used to. It is hardest on them during this period because they want to be a competent and independent as they always have been. Sadly though, this is not the reality. They are declining and it will only get worse.

If you have a loved one with memory issues, go to the free information events offered by all of the memory care communities in the area. Read books, watch videos, and learn however best you can. You and your loved ones will all benefit from taking the time to find out from those of us who learned by our own mistakes how not to make them on your own.

And, as always, if there is anything I can do to help you. Please don't hesitate to reach out!

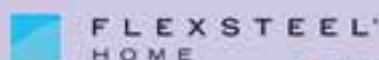
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## The Tradesman's Corner



### Choosing a Contractor

After much debate between you and your spouse, you've decided to do an addition, renovate your kitchen, or build that well-deserved deck, now, how do you go about finding a contractor? You've taken recommendations from friends, searched google, and the local BBB for contractors you can trust, now comes time to meet them. 3 basic criteria should apply to how you select the right company:

1. Presentation – Contractors can show up in dress slacks, or be covered in dirt from working that day. They may both be equally qualified, but what should matter more is how they lay out a proposal. After some chit chat and making notes about your project. He or she will take time to digest it, and get back to you. You should be seeing computer (CAD) drawings (if possible) and a clear, concise estimate of the project value. Estimates should be finite, not broad scope. He should have a list of Sub Contractors readily accessible, and pictures to prove his work.
2. Paperwork – A good contractor should help you set a budget, and work diligently towards holding you to task as product decisions are made. When that shiny new fridge that's \$1000.00 over budget starts calling, he should be right there to reel you in. As contractors, we all want to make money, but business ethics, and a sense of what's best for the client, have to come first. Weekly updates as the project progresses are critical, and change orders should be noted so there are no surprises in the end. Your contract paperwork should cover all aspects of the project and leave no stone unturned as far as what to expect, long before work commences.
3. Communication – Busy contractors may take up to 3 weeks to get paperwork back to you, it's just the nature of the business. They want to be thorough, and estimate, not guesstimate. You should always budget a small contingency for things that pop up more often than not, like the hidden plumbing line in a wall where a window is to be installed. Your contractor should be forthright with you about the fact that he can't see through walls. If your max budget is 50 thousand, and his proposal comes in at the mark with no room for error, then it's time to rethink the project. Keep a reserve contingency – 99 times out of 100, you'll need it.

On larger projects covering many weeks, you may see your contractor more than your own family. The phone calls, emails, and questions are all part of the deal. Living through a renovation is hard enough, but living through it if you and your contractor stop seeing eye to eye can be a nightmare. Be honest, be truthful, and keep the communication lines open, as a mutual respect level is the only way everyone will be happy. It's a privilege for anyone in the trades to be in your home, and we're all here for you, not the other way around. Choosing the right contractor is important, the more prepared you and he are prior to the first swing of a hammer, the better the end result will be.

Off: 603.715.2024 Cell: 603.724.1312



Greg Baier Owner  
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# WHO IS YOUR TRUSTED CONTACT?

by Dominic Lucente

***This vital investment account question should be answered sooner rather than later.***

Investment firms have a new client service requirement. They must now ask you if you want to provide the name and information of a trusted contact.<sup>1</sup>

You do not have to supply this information, but it is certainly welcomed. The request is being made, with your best interest in mind, to lower the risk that someone crooked might someday make investment decisions on your behalf.<sup>1</sup>

**Financial scams rob U.S. seniors of more than \$36 billion per year.** As a CNBC article notes, 27% of these frauds represent abuse or exploitation committed by third parties; 23% are wrongdoings committed by family members or trustees.<sup>1</sup>

**The trusted contact request is a response to this reality.** The Financial Industry Regulatory Authority (FINRA) now demands that investment firms “make reasonable efforts” to acquire the name and contact info of a “trusted person,” who they can get in touch with if they feel fraud or financial exploitation is occurring or if they suspect the investor is suffering notable cognitive decline.<sup>2</sup>

Investment firms may now put a hold on disbursements of cash or securities from accounts if they suspect the withdrawals or transactions amount to financial exploitation. In such circumstances, they are asked to get in touch with the investor, the trusted contact, and adult protective services agencies or law enforcement agencies if necessary.<sup>2</sup>

**Who should your trusted contact be?** At first thought, the answer seems obvious: the person you trust the most. Yes, that individual is probably the best choice – but keep some factors in mind.

**Ideally, your trusted contact is financially savvy, or at least financially literate.** You may trust your spouse, your sibling, or one of your children more than you trust anyone else; how much does that person know about investing and financial matters?

The trusted contact should behave ethically and respect your privacy. This person could be given confidential information about your investments. Is there any chance that, in receipt of such information, they might behave in an unprincipled way?

**Your family members should know who the trusted contact is.** That way, any family member who might be tempted to take financial advantage of you knows another family member is looking out for you, which may be an effective deterrent to elder financial abuse. The trusted contact can optionally be an attorney, a financial advisor, or a CPA.<sup>1</sup>

**Your trusted contact is your ally.** If you are being exploited financially, or seem at risk of such exploitation, that person will be alerted and called to action.

An old saying states that money never builds character, it only reveals it. The character and morality of your trusted contact should not waver upon assuming this responsibility. If given sensitive information about your brokerage accounts, that person should not sense an opportunity.

**Now is the perfect time to name your trusted contact.** You want to make this decision while you are still of sound body and mind. Choose your contact wisely.

Dominic Lucente may be reached at 603.645.8131  
or [dominic.lucente@lpl.com](mailto:dominic.lucente@lpl.com).  
[Dlucente.com](http://Dlucente.com)

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#### CITATIONS.

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## A NIGHT AT THE OPERA!

On Friday, July 20<sup>th</sup> and Saturday, July 21<sup>st</sup>, Piccola Opera will present, "Operatastic," an evening of opera scenes and arias featuring selections from La Traviata, Cosi Fan Tutte, Faust, The Magic Flute, Le Nozze Di Figaro and more! Performances will be at 7:00 pm at the Concord City Auditorium and will feature the company's 3 tiers of singers: emerging professionals, community singers and youth singers. With dresses, dances, divas and dazzle, this one-of-a-kind program will provide a memorable evening of entertainment that is truly "Operatastic." Tickets are \$18 for adults and \$15 for seniors and children under 10. Tickets can be purchased at [piccolaopera.net](http://piccolaopera.net).

## ALZHEIMER'S 5K RUN/WALK RAISER JULY 22


Senior Ana Milano to Host  
Run/Walk at Bow High School,  
July 22 from 10:00 to 11:30 AM.

For senior project, Ana Milano is hosting a 5k run/1k walk at Bow High School to raise money and awareness for a cure for Alzheimer's Disease. You can register by going to [alz.org](http://alz.org). Find a blue "Find your walk" button. Select New Hampshire in the drop box and an orange "1" will appear between Manchester and Concord. After you select it, an orange "register" button will appear. Select the option that tells whether or not you have participated in a walk before. Then, select "Join A Team," and where it says "Team Name" find in "Bow High School" near the bottom of the drop box. For team captain, put "Ana" "Milano." When asked if you will join the Alzheimer's Association on Walk day, select no, because we will not be participating in the Manchester walk but the run/walk at BHS. Type your fundraising goal in the box and make a self donation. That donation will count as your registration fee. Your donation can count for your whole family as well. You can call Ana at 268-2609.

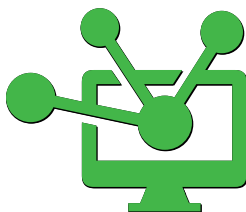
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# DUNBARTON NEWS

By Nora LeDuc

## MICHELLE’S AFRICAN MENAGERIE ANIMAL SHOW

July 24, 2:00 pm at the library.

**LEGO PARTIES** at the library will be on July 25 and Aug 1 at 1:00 pm. Please call the library to let them know you’re coming so they’ll have enough supplies.

**KIDS READ TO DOGS** Summer Reading Sessions will be held on July 26, 2018, and August 2, 2018, from 3:00-4:00 PM. Please call the library to schedule your session. Thank you! Reading to Dogs is a reading program designed to improve children’s reading skills. Read aloud to a registered/certified therapy dog from Therapy Dogs International, Chapter 205. You must register to participate! Kids in Grade K-4 who register will have a 15 minute session with a dog of their choice. Bring your own book or pick out one of ours to read.

**SUMMER READING PROGRAMS FOR ADULTS** at the library will be: Tales from the Home of the World’s Worst Weather: July 26, 6:30 pm. Hosted by Will Broussard of the Mt. Washington Observatory. An infamous place of extremes, 6,288 foot Mount Washington, has been captivating audiences for hundreds of years.

**WALKING BOOK DISCUSSIONS:** August 15, Noon. Start and end at the library. Get moving with other readers! It’s time to take our meeting outside and walk while we discuss books. This is meant to be a fun outing to get you moving and socializing with other readers. Start and end at the library. Wear comfy clothes, and bring water, sunscreen and bug spray! These programs are just for adults!

**JOIN THE DISCUSSION** on Aug 2 at the Dunbarton Congregational Church’s Book Club. This month everyone will be reading and talking about *The Great Emergence: How Christianity is Changing and Why* by Phyllis Tickle. Meet in the 1800’s Vestry at 7 pm. All are Welcome!! 228-9298 FMI.

**DAN’S AWESOME BALLOONS** will be at the library on Aug 3 at 1:30 pm.

**FRESH START FARMS HAS ADDED A CSA** (Community Supported Agriculture) pick-up location at the Dunbarton Congregational Church, 6 Stark Hwy. North, Dunbarton on Saturdays from 2 to 4 p.m. Orders will be available for pick-up throughout the summer/fall harvest until Saturday, Oct. 13th. A farm stand will also be open at these scheduled times. Please stop by to meet your new neighborhood farmers and enjoy fresh, local produce. For more information and to purchase a CSA, please contact (603) 296-0443 or freshstartfarmsnh.com.

**CONGRATULATIONS! TOWN OF DUNBARTON RECEIVES EMS IN THE WARM ZONE GRANT**–The Dunbarton Police Department applied for an Emergency Medical Services (EMS) in the Warm Zone grant on behalf of the Dunbarton Volunteer Fire Department and was awarded \$6,000 to purchase medical equipment and ballistic protection for Dunbarton fire and rescue personnel. Some of the equipment includes tourniquets, bandages, hemostatic dressings, ballistic helmets, and ballistic vests rated for rifle protection. The EMS in the Warm Zone initiative is a partnership between fire and rescue personnel and law enforcement to render immediate lifesaving medical care during an active shooter event or other mass casualty incident. The grant is 100% funded by the United States Department of Homeland Security (DHS) and the New Hampshire Department of Safety’s Division of Homeland Security and Emergency Management (HSEM).

**MORE GREAT NEWS!** The 12th Annual Dunbarton Arts On The Common (DAOTC), held on Mother’s Day weekend donated \$10,000 to the Dunbarton Town Hall Restoration Project this year. Over the past three years the DAOTC has raised more than \$24,500, thanks to our juried exhibitors, hard working volunteers and our supporting corporate sponsors. This year’s Arts On the Common featured 63 juried exhibitors for the two-day outdoor festival which was well attended by art lovers and families treating mom to a day of fun in Historic Dunbarton. Thank you one and all for your support.

# BOW POLICE LOG

## BOW POLICE DEPARTMENT JUNE STATISTICS

Arrest 32 Animal Complaint 21 Assist Fire Dept 53 Burglar Alarm 30  
Citizen Assist 26 Directed Patrol 94 Disturbance 0 Domestic Disturbance 1  
Domestic Violence Service 2 Fatal Motor Vehicle Accident 0 Follow-up to Cases 17  
Incident Reports 40 Motorist Assist 2 Motor Vehicle Complaint 26  
Motor Vehicle Collision 9 Motor Vehicle Stops 446 Motor Vehicle Lockout 1  
Ohrv Complaint 1 Pistol Permits 3 Suspicious Activity 4  
Sex Offender Registration 3 Suspicious Person 18 Suspicious Vehcile 40  
Theft Report 3 Walk and Talk 54 Vacant House Check 34  
Vin Verification 3 Welfare Check 7 911 Calls 11

## ARREST LOG

06/02 Glen Rockwell, 68, Milford, received summonses for operating without a valid license and suspended registrations.  
06/03 Angus MacIver, 35, Bow, was arrested on a bench warrant; Ashleigh Middlemiss, 31, Franklin, received summonses for operating without a valid license and suspended registrations  
06/04 A juvenile was arrested for theft by unauthorized taking  
06/07 Mark Dooley, 28, Manchester, received a summons for operating without a valid license.  
06/08 John Blezinski, 61, Hooksett, was arrested for criminal trespass.  
06/09 Tommy Frost, 50, Warner, was arrested for driving after revocation/suspension.  
06/10 Jordan St.Amand, 20, Manchester, was arrested for driving after revocation/suspension, transportation of alcoholic beverages by a minor, and possession of false identification.  
06/11 An adult received summonses for possession of marijuana, and open container; Alice Robbins, 41, Concord, was arrested for driving under the influence, subsequent offense.  
06/12 Virginia Gilpatrick, 36, Epsom, was arrested on a bench warrant; David Gentile, 29, Longmeadow, MA, was arrested for possession of a controlled drug Travis Allard, 39, Boscawen, was arrested for violation of probation or parole; An adult was taken into protective custody for an involuntary emergency admission.  
06/13 A juvenile received a summons for possession/use of tobacco products by a minor.  
06/17 Ryan Harnum. 30, Auburn, was arrested for driving under the influence. Jillian Rollins, 27, Northfield, was arrested for possession of a controlled drug.  
06/19 Jayce Kruger, 26, Belmont, was arrested for domestic violence; simple assault, domestic violence; criminal threatening, and simple assault; Amelia Gonyea, 23, Clinton, MA, was arrested for violation of a protective order, simple assault, and resisting arrest or detention.  
06/21 Richard Hewey, 27, Concord, received a summons for reckless operation; Benjamin Benoit, 33, Boscawen, was arrested for driving under the influence and possession of a controlled drug  
06/23 Dennis Boucher, 39, Concord, was arrested for driving under the influence and yellow/solid line violation; Casey Murphy, 25, Concord, was arrested on a warrant; Kamon Seace, 24, Franklin, received a summons for operating without a valid license.  
06/24 Eric Creekmore, 35, Woburn, MA, received a summons for driving after revocation/suspension; John Pickering, 42, Epsom, was arrested for driving after revocation/suspension subsequent offense; An adult was taken into protective custody for an involuntary emergency admission.  
06/25 Melissa Mooney, 33, Concord, was arrested for escape  
06/26 Marie Borges, 46, Franklin, received a summons for suspended registrations; Zachary Goulet, 27, Manchester, received a summons for driving after revocation/suspension.  
6/27 Richard Boulanger, 25, Manchester, received a summons for suspended registrations; Kevin Meacock, 34, Bow, was arrested on a warrant.  
06/28 Haley Flood, 25, Bradford, was arrested for driving after revocation/suspension, and suspended registrations.  
6/29 Joshua Kuhn, 29, Manchester, was arrested for possession of a controlled drug; Patrick Nysten, 50, Bow, was arrested on two counts of sexual assault.

BOW HIGH SCHOOL SENIORS GRADUATE



The class officers and graduates are as follows:

*John Robert Rolla	President
*Shannon Elizabeth Murray	Vice-president
*Susannah Claire Budd	Secretary
*Samuel William Selleck	Treasurer
*Mark Borak Jr.	Historian
*Sonya Riley Delorie	Senate
*Benjamin Conor Guertin	Senate
*Gwen Dorothy Molind	Senate
*Emma Roberge	Senate

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Emily Sarah Amsden  
George Hilden Anderson III  
Joseph Henry Anderson  
Ryan Christopher Andrews  
William James Angarella  
\*Claire Nicole Aurilio  
Kamal Saiid Baalouky  
Emory Suzanne Bayer  
Kayla Renae Beane  
\*Allison Lyn Beaudette  
Grady Robert Beaulieu  
Daniel Alexander Belair  
\*Miranda J. Benoit  
Alicia Rosalynn Bernardi  
Christopher Besho  
Abigail L. Bezio  
\*Brayden Thomas Binder  
Erin Margaret Sullivan Boldwin  
Anthony L. Botelho  
Emily Melissa Buczala  
\*Brian Arthur Bushnell  
Brody Harrison Call  
Tanner Jacob Cammett  
Walter I. Chacon  
\*Abigail Coe  
James Ryan Cohen  
Abigail Brianne Connor  
Joshua William Connor  
Jack Corriveau  
Lea Yan Crompton  
Matthew Cronan  
Nicholas D’Allesandro  
Kyleigh Aine Daley  
Patrick Finn Danahy  
Austin Nicholas Daniels  
Mats Connor Dartnell  
Tyler Dilibero  
Kylie J. Donovan  
Desiree Eve Doucet  
Jade Dowling  
James Randall Drew  
Bridget Meta Ehrenberg  
Karly Mackenzie Elliott  
Nicole Ashley Epstein  
Jennifer Kathryn Ess  
Tyler Robert Estabrook  
Breton P. Etheredge  
\*Nolan Paul Filteau  
Haley Grace Fleury  
\*Shannon Mae Ford  
Brendan Glenwood Fournier  
Benjamin Tyler Gage  
Matthew Eric Gagné  
Thomas James Gagné  
Christopher Paul Gallier  
Lexus M. Glew  
Mikayla Lynn Gobis  
Justin Michael Goley  
Chase Edward Graham  
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Gillian Delaney Ladd  
\*Alison Rose Lambert  
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Sean Patrick Leary  
\*Rebecca Sara Lessard  
Lea E. Levy  
Molly Rossmann Litt  
Rebekah Lyn Lull Plummer  
Alexander James Mangini  
Cody James Marcou  
\*Gillian Lauraine Martin  
Sarah Elizabeth Martin  
Kyle James Mason  
Alistair Gareth Mayo  
Briana Ashley McCranie  
Katherine Grace McCully  
\*Christian Mark McDonald  
Cody Allen McJuary  
Caleb Sebastian Mercier  
Mariana Kristine Mielcarz  
\*Joseph Alexander Milano  
Sydney Marie Mills  
Brianna Renee Mullen  
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Alex Robert Nagy  
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Cody McJuary - US Army  
(Active Duty)  
Joe Milano - Navy ROTC  
Nathan Murphy - Marine Corps  
(Reserves)  
Justin Porath - Marine Corps  
(Reserves)  
Jonathan Scott - Marine Corps  
(Active Duty)  
Jack Tellifson - Army ROTC



TYLER BENNETT  
NAMED TRACK AND  
FIELD ROOKIE  
OF THE YEAR

Tyler Bennett, 17, a junior from Bow High School, was named Rookie of the Year for this Track and Field season. Tyler previously attended Conant High School prior to coming to Bow. While at Bow he qualified in States for 5 events and went on to the Meet of Champions regionally. Following those meets he entered the Men’s 2018 Decathlon held at Nashua South High School in June where all divisions competed with each other. The boys tackled the 100 meter, long jump, shot put, high jump, 110 meter hurdles, discus, pole vault, javelin and 1500 meters on Sunday. Tyler was the only Bow High School competitor. He finished 21st which was improved from his previous year and is looking to be in the top 10 next year.

BOW’S HARKINS  
IN LACROSSE ALL  
STAR GAME WIN WITH  
A HAWKS COACH

Matt Harkins of Bow was among four players from the Capital area selected to represent New Hampshire at the 26th annual Hanover Lions Byrne Cup Twin State All-Star boys’ lacrosse game, where the Granite State captured a 19-7 win over Vermont in Hanover. He will also play at the Shrine Maple Sugar Bowl, pitting some of New Hampshire’s top football players against their counterparts from Vermont. Being selected to All-Star games in both football and lacrosse is something Harkins didn’t expect. “I never knew I would get this for lacrosse because football is my main sport, so I was very surprised,” he said. “I feel very proud, but I couldn’t have made it without my teammates and the Bow lacrosse system.” The team had little time to prepare and practice for this game, but that didn’t worry coach Deacon Blue, whose Hopkinton Hawks recently captured their second straight Division III title with back-to-back perfect seasons. “All the guys on the team have a lot of experience, so we were able to just run some basic sets and they were able to get creative with it and it turned out well for us,” said Blue.

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(From a boating website called Soundings Online)






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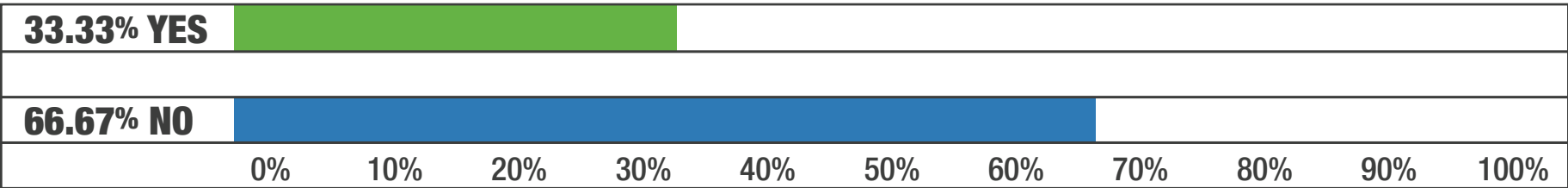
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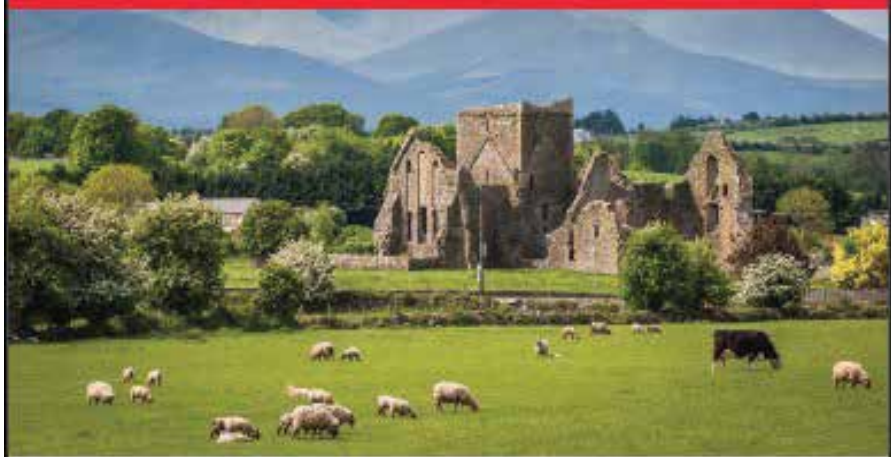
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