



The Bow Times

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FREE

BOW ATHLETES IN THE 65TH SHRINE MAPLE SUGAR BOWL GAME



(From Left) Rich Sullivan, Ben Kimball, and Matt Harkins

Rich Sullivan, Bishop Brady High School; Ben Kimball and Matt Harkins, Bow High School represented the New Hampshire team in the Shrine Maple Sugar Bowl Football Game played August 4th at Castleton University. The Shrine Maple Sugar Bowl Football Game is played between two all-star teams of graduated high school seniors from Vermont & New Hampshire.

Proceeds from this annual classic benefit the Shriners Hospital for Children in Springfield, MA, Montreal Quebec, and the Boston Burn Institute. The game has raised \$4,500,000 in the first 64 years.

The outcome of the game was Vermont 24 and New Hampshire 13. The real winner was the Shriners Children's Hospitals whose motto for this game is "Strong legs run so weak legs can walk."

DUNBARTON TAXPAYERS TO GET MILLION DOLLAR WINDFALL

by Kevin Landrigan

Those owning a home worth \$300,000 in Dunbarton will get a one-time, \$1,000 windfall this fall after a judge refused to let school officials hold a special meeting to place more than \$1 million of collected, but unspent money, into reserves.

Merrimack County Superior Court Judge Richard McNamara said school officials failed to show how it rose to a necessary "emergency" to justify a court ordering special school meeting session.

"The court is not persuaded that the supposed emergency was not foreseeable or avoidable and could not have been dealt with at the annual meeting," McNamara wrote in a decision issued late in July.

State Rep. J.R. Hoell, R-Dunbarton had brought a motion to dismiss the petition of school officials that were preparing to hold a special school district meeting on September 26.

A school audit completed earlier this year found \$1.06 million more available in Dunbarton's fund balance than previously believed, according to information provided by the school district last spring.

Lawyers for the school district maintained putting the money in reserves would cause the least disruption to taxpayers.

But Judge McNamara was not persuaded.

(con't. p. 3)

MAN WHO RAN OVER WIFE AT BOW IRVING GAS STATION GETS 6 TO 12 YEARS IN PRISON

Jason Alleyne of Laconia had a history of assaults on his wife that culminated in his using a car to run her down at the Irving Gas Station in Bow on Route 3-A. The August 21, 2017, crimes were preceded by the couple arguing and Jason then hitting and kicking his wife. When they were in Bow at the gas station Alleyne's wife ran from their car and Alleyne then drove towards her and ran her down pinning her under the car. She suffered a number of injuries, including a broken collarbone and broken vertebrae. Jason had been high on meth and fled the scene.

Unfortunately, but typically, the conflicted victim wife skipped the sentencing. Her victim advocate said she was "still struggling about how she feels about the situation."

Alleyne's 6-12 year sentence was for 6 assaults, two counts of criminal mischief and one count of criminal threatening.

SEE
HOPKINTON
CONTOOCOOK
ON PAGES 15-16

LIGHTNING DESTROYS HISTORIC CHURCH STEEPLE



On July 17, at 1:42 PM Bow Fire Department was dispatched to 6 Branch Londonderry at Crossroads Community Church for fire coming from the steeple and starting to spread to roof structure. The building is an active place of worship, but was not occupied at the time of the fire. Chief Harrington requested the 2nd alarm assignment upon arrival. Bow Engine 1 arrived and deluged the steeple with 1000 gallons of tank water, darkening the fire until a rural water supply could be established. Bow and other mutual crews gained interior access under the roof and steeple preventing the fire from spreading. The fire was under control at 2:17.

One firefighter suffered a minor hand injury. This fire was caused by a lightning strike and was one of many throughout the state.

BOW POLICE OFFICER CARRIES THE DAY

Bow police officer Tyler Coady was working the church fire scene with Branch Londonderry Turnpike East closed to traffic. A resident with groceries could not drive home to her house so Officer Coady pitched in and walked the ½ mile to her house with her and the groceries. Bow salutes his compassion and can do attitude!

Simple Survey Questions Ducked by Democratic House Candidates

By Chuck Douglas

In June, this newspaper sent an issue survey to the 9 candidates running for the N.H. House from Bow and Dunbarton in the upcoming party primaries on September 11. There were only 6 questions and they are simple, clear and unambiguous. Only three Republican candidates wanted your town newspaper to share their answers with you the voters. No Democrat chose to let you know what they support or oppose.

The survey that was sent in June is to the right. You decide if a candidate for your votes in an election should be afraid to answer just 6 topical important issues they will face if elected:

The Bow Times will share the results of this survey with its readers. Please fill it out, sign and return to the paper. Thank you for your cooperation. Please return this brief survey by July 1, 2018.

- 1 Should teachers trained in the proper use of firearms be able to bring guns to school (if properly secured) to defend against a shooter? ☐ YES ☐ NO
- 2 Do you favor adoption of a sales tax for New Hampshire? ☐ YES ☐ NO
- 3 Do you favor adoption of an income tax for New Hampshire? ☐ YES ☐ NO
- 4 Do you favor repeal of the current N.H. death penalty law? ☐ YES ☐ NO
- 5 Do you favor expanded school choice for parents, including education savings accounts? ☐ YES ☐ NO
- 6 Currently 28 states do not require an employee to join or pay a union to keep their job. Should New Hampshire become the 29th Right-to-Work state? ☐ YES ☐ NO

Answers and more details appear on page 2

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EDITORIAL

REPUBLICANS SHOULD VOTE FOR
LYNNE BLANKENBEKER FOR CONGRESS

As a former Congressman who knows what the job involves, I am happy to support Lynne Blankenbeker for Congress.

She is a Captain in the Navy Reserves who was an operating room and trauma flight nurse in support of Operations Desert Storm and Desert Shield. At the conclusion of Desert Storm, Lynne became an inactive reservist while raising her daughter and working as a nurse.

Following the terrorist attacks on 9/11, Lynne was deployed in support of Operation Iraqi Freedom in 2003. She is currently the commanding officer of the Navy Reserve Medical Unit assigned to the Navy Medical Center.

Along the way in 2007, she picked up a law degree and we wrote a Bar Journal article together when she interned with me a decade ago.

In 2009, she won a special election for the New Hampshire House of Representatives, beating the former Mayor of Concord in a heavily Democrat district.

Lynne won re-election in 2010, but was unable to run again in 2012 due to being recalled to active duty in 2011 to Kandahar, Afghanistan.

Lynne resides in Concord with her husband Dennis, and is the proud mother of her daughter Shannon who recently completed law school at Baylor University.

Her most recent recall to active duty was as a key healthcare policy adviser at the Pentagon and Defense Health Headquarters ensuring that our military medical teams are properly trained to deliver the best possible care to our wounded service members.

The number of service veterans in the U.S. House is at an all time low so her background in medicine and Defense Department health issues will be an asset to our State and Nation.

I heartily endorse her for the Second Congressional District.

Chuck Douglas

REPUBLICANS SHOULD VOTE FOR MARTIN,
JOHNSON AND KWIATKOWSKI

The survey results answered by Republican primary candidates John Martin, Dr. Richard Johnson and Phil Kwiatkowski reflect an open and honest discussion with you the voters. The two Republicans who refused to answer 6 simple issue questions are fake Republicans.

The first is Paul Brassard of Dunbarton who is a Manchester Fire Department union activist. His sole mission would be to vote against right-to-work bills.

The other shill is Chris Fox who posted on Facebook that “a vote for one of the conservative candidates would, in my view, be a hindrance to progress in 2018.” To put frosting on the cake, this “Republican” candidate also said: “As it stands, if Representative Mary Beth Walz (D-Bow) and Dr. Woods win their [Democrat] primary, I plan to vote for these two public servants and myself and I’d encourage other voters of Bow and Dunbarton to do the same.”

Republicans should go with the three who leveled with the voters: Martin, Johnson and Kwiatkowski. Their answers follow:

QUESTION	MARTIN	JOHNSON	KWIATKOWSKI
1 Should teachers trained in the proper use of firearms be able to bring guns to school (if properly secured) to defend against a shooter?	YES	UNDECIDED	NO
2 Do you favor adoption of a sales tax for New Hampshire?	NO	NO	NO
3 Do you favor adoption of an income tax for New Hampshire?	NO	NO	NO
4 Do you favor repeal of the current N.H. death penalty law?	NO	YES	NO
5 Do you favor expanded school choice for parents, including education savings accounts?	YES	YES	YES
6 Currently 28 states do not require an employee to join or pay a union to keep their job. Should New Hampshire become the 29th Right to Work state?	YES	YES	NO

NO GUTS-NO VOTE

Why vote for a candidate who won't tell you how they will vote on important issues?

Bow voters got strong armed by two Republicans and four Democrats who were afraid to tell you where they stand on issues like a sales or income tax, right to work or the death penalty.

Why are they hiding? Because they are stealth candidates without the guts to level with you. None of the 6 afraid to answer the questions should ever deserve your vote because they are not coming clean on their real agenda. If they aren't taxers they should tell you so. If they were against school choice they should tell you. If they want forced union dues they should tell you.

With thinking people wanting candidates to level with them, these 6 do not want to be honest about their views. They are:

Mary Beth Walz Bill Knapp
Christopher Fox GaryWoods
Samantha Fox Paul Brassard

(Dunbarton Taxpayers
cont'd. from p. 1)

"It is difficult to see how a reduction in tax rate can constitute an emergency," McNamara said.

"The court does not believe that the fact that the money may be returned to taxpayers requires prompt or immediate action to determine whether or not the money would be better utilized to, in substance, provide a rainy day fund to cover tuition in upcoming years."

TAXPAYERS LACK STANDING TO SUE

Ironically, Hoell got what he wanted but Judge McNamara refused to let him become part of the suit because he ruled Hoell lacked standing.

"A taxpayer must demonstrate that his or her rights are impaired or prejudiced by the action," McNamara said.

That could only come in this case if a special meeting was held and the money was put into reserves, he explained.

Executive Councilor David Wheeler, R-Milford, said this highlights a proposed amendment to the Constitution that will come before all voters this November as Question #1.

The amendment would give a taxpayer standing to sue in court over any state or local spending matter and not have to show their rights would be impaired.

Courtesy Union Leader

CHIEF HARRINGTON ANNOUNCES STAFF CHANGES



Captain/Paramedic Brandon Skoglund (Left) with Firefighter/AEMT John Bowler.
(Photo Eric Anderson)

Last month Firefighter/AEMT David Eastman resigned as he accepted a Fire Inspector position with the Derry Fire Department. David has been with the department for the past 7 years and will remain with Bow FD as a call firefighter. This month Captain/Paramedic James Beaudoin resigned as he accepted the Alton Fire Chief's position. James has served the department for the past 14 years. On 7/11/18 Firefighter/AEMT John Bowler was sworn in. John comes to us from Belmont where he served as a resident student while completing his Associates in Fire Science and also worked there temporary full-time after graduation. Also, Firefighter/Paramedic Brandon Skoglund was promoted to Captain/Paramedic. Brandon has served the Bow Fire Department for the past 8 years. I would like to wish David and James best of luck on their new endeavors and welcome John and Brandon to their new roles. Congratulations gentlemen we are all very proud of you!

OBITUARY

Leighton "Chum" Cleverly

Leighton "Chum" Cleverly, a United States Navy Veteran, age 75, of Canterbury, passed away peacefully in his sleep, surrounded by his family on August 8, 2018 at Hospice of New Hampshire.

Chum was born in Boston on November 24, 1942. Graduating Wellesley High School, he went on to attend Boston University. In 1962 Chum enlisted in the United States Navy to serve as an Aviation Structural Mechanic. After receiving an Honorable Discharge in 1968 Chum went on to continue his career as a public servant by successfully executing the role as the Road Agent for Putney, Vermont from 1968-1982. From 1985-2008 Chum served as the Director of Public Works for the Town of Bow where he will be remembered as the founding father of today's NH Public Works Mutual Aid Association.

Chum is survived by his loving wife of 34 years, Jean Cleverly, six children, Christopher Cleverly, Tracy Schneider, Kristi Dukat, Scot Cleverly, Tom Schneider, Eric Cleverly and 16 grandchildren.

In lieu of flowers it is Chum's wish that you keep your money in your wallet, and do something nice for someone in his memory instead.

STATE AND BOW TO BEGIN I-89 SAFETY REVIEW

A joint effort between Bow and the State Department of transportation was described on August 3 by William Oldenburg, Assistant Director of Project Development for D.O.T. He said that the "safety review would involve our Safety Engineer, State Traffic Engineer and District Maintenance staff. We would anticipate that the Town would be represented by Police, Fire, Planning and Administration. We will coordinate with Dave Stack on who will attend."

Oldenburg said the review "would basically start with a review of the existing conditions, crash history, issues/driver behavior observed that cause concern, etc. Then there will be a brainstorming of ideas that may mitigate or resolve some of the issues. These could involve modified signing, striping, tree trimming/clearing, etc. Really anything that raises driver awareness of the roadway, ramp and side road. Usually for this type of review the outcome is a series of short, medium, and long term solutions to the issue."

He said the goal would be "short term, low cost improvements that could be done immediately to help resolve the problem."



Birchdale Road Bridge
Opened 18-July-2018



Walz Photo

Anderson Photo

Anderson Photo

Anderson Photo

I LOVE TRUSTS, THEY ARE LIKE MAGIC!

BY BEN KINIRY, ESQ.

I was recently speaking to a group of other professionals at the Greater Concord Chamber of Commerce regarding the use of trusts, when the rather accurate title of this article flowed out of my mouth. It was then that I decided to educate you about the mysterious world of Trusts.

For simplicity sake, I would have you **think of the Trust as an extension of yourself** in that you want to block your assets from being utilized for things you don't agree with and would like your assets to be distributed for the better good of yourself and your loved ones, as dictated by you, even after you are incapacitated and in the eventuality of your death.

To understand trusts, we need to look back at the root of trusts. While attending the University of Connecticut School of Law, I assisted professor Robert Whitman, an expert in Trust law, with an article to be titled "Reducing the Need for Formal Trust & Estates Litigation," which discussed, in part, how trust law differs from contract law.

Professor Whitman's explanation to me at the outset of my research went something like this: Going back in time in Britain, if the husband/father/property owner had to go off to war, he would entrust his family and property to another man. This other man was *entrusted with the greatest of responsibilities and was expected to perform at the highest of standards*. In modern terms, the property would be said to be **HELD IN TRUST**. Professor Whitman's primary argument was, and likely still is, that Trusts are different from other contracts because the duty to the holder of the property is a significantly higher standard. In simplistic terms, compare a contract to paint your house with the facts state above.

Now at the risk of upsetting Professor Whitman, a trust looks very much like a contract in that it is a writing representing the terms of an agreement among various parties.

There are three basic parties to a trust. The person who transfers property into the trust (generally the person having the trust created) is known as the "**grantor**" or "**trustor**." The "**trustee**" holds legal title or interest and



is responsible for managing, investing, and distributing the assets or property of the trust. The Trustee holds the property for the benefit of the "**beneficiary**." The beneficiary holds an equitable or beneficial interest and is the person who ultimately benefits from the creation of the trust.

What is the purpose of a trust? Believe it or not potential clients sometimes say "I want a trust, my neighbor has one and I want one!" My response is "what do you want the trust to accomplish?" Then there is that moment of silence... What you need to know is that **a trust is designed to meet a goal or goals**. When clients inform me of their goal(s) or what they are most concerned about, often the solution involves setting up a trust with terms to meet the goals and concerns. You will also want to understand that the trust terms, dictated by your stated goals, may continue after your (grantor's) incapacity and death.

So what will a trust do for you and your family? Depending on your situation, there can be several goals accomplished by establishing a trust. The most well-known benefit is *avoiding the process known as probate*. Certain trusts can also result in *tax advantages* both for the grantor and/or the beneficiary like income or estate tax savings, gaining a *step-up in basis* and the *IRA Trusts* discussed in a previous article. Also, they may be used to *protect property from creditors*, to *help the grantor qualify for Medicaid*, or simply to provide for someone else to manage and invest property for the grantor and the named beneficiaries (**generally has to do with control**).

A **revocable** trust is sometimes referred to as a "living" or "inter vivos" trust. Such a trust is created during the life of the grantor rather than through

LABOE & TASKER PLLC

a will. With a revocable trust, the grantor maintains complete control over the trust and may amend, revoke, or terminate the trust at any time. So, the grantor is able to reap the benefits of the trust arrangement while maintaining the ability to change the trust at any time prior to death. The disadvantage of a revocable trust is that the trust assets are countable to the grantor for purposes of determining Medicaid eligibility and does not provide protection against creditors or in the event of a divorce. The typical living trust terminates upon the death of the grantor and any property in the trust prior to the grantor's death passes to the beneficiaries by the terms of the trust without requiring going through the probate court process. This can save time, money and stress for the beneficiaries.

An **irrevocable** trust is created during the life of the grantor, who thereafter may not change or amend the trust. Any property placed into the trust may only be distributed by the trustee as provided for in the trust instrument itself. For instance, the grantor can provide that he or she

will receive income earned on the trust property. An irrevocable trust that provides for the grantor to retain the right to income only is a popular tool for Medicaid planning.

A **special needs** trust can be created by the grantor during life or after death. Its purpose is to enable the grantor to provide for the continuing care of a disabled spouse, child, relative or friend. The beneficiary of a well-drafted special needs trust will have access to the trust assets for purposes other than those provided by public benefits programs. Thereby, the beneficiary will not likely lose eligibility for benefits such as supplemental security income, Medicaid, and low-income housing. As discussed in a

previous article there are various types of special needs trusts.

Some **other trusts** used to aid clients on a regular basis are: for a child who will spend his/her inheritance faster than you can say "I wish I had set up a trust" (**spendthrift trust**), purpose of taking care of an animal you love (**pet trust**), benefitting a child addicted to drugs and alcohol (**substance abuse trust**), setting aside money for your grandchildren's educational expenses (**education trust**), to hold and manage a treasured family property for the benefit of your loved ones (**family compound or water front property trust**) and many more.

I encourage you to **sit down with an Attorney at Laboe & Tasker** to inform us of your goals and concerns and as a result you may very well see how a trust may be able to help you and your loved ones. What you learn may feel a lot like magic.

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

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MERRIMACK COUNTY SAVINGS BANK FOUNDATION AWARDS GRANTS TO NONPROFITS

The Merrimack County Savings Bank Foundation recently granted \$4,000 to the YMCA of Greater Nashua to help fund Power Scholars Academy, the five-week learning loss prevention program for students in grades 1-8. The YMCA of Greater Nashua is operating Power Scholars Academy, an evidence-based summer curriculum developed by the YMCA and Building Educated Leaders for Life for more than 300 low-income youth who are behind in literacy and math levels.

The Merrimack County Savings Bank Foundation was funded by the bank in 1997 for grant-based contributions to not-for-profit organizations that enrich and improve the quality of life for residents living in the Bank's service areas. Five Trustees, selected among the Bank's Corporators and Board of Directors administer the Foundation and its activities, distributing a portion of the Foundation's endowment each year. While not focused on a particular category, the Foundation remains mindful of the receiving organization and its contribution to the quality of life in the communities served. Applications are due annually on October 1st.



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**The Tradesman's
Corner**

VACATION TIP

Before leaving, shut off your main pump breaker at your circuit panel. A burst washer hose can flow at up to 15 gallons per minute. Install no burst stainless steel washer hoses. Should the water heater or well tank let go in your absence, it will keep flowing until you return home!

General Maintenance Tips

- 1) Know where your emergency shut offs are before an emergency happens!
- 2) Before cold weather hits, disconnect all garden hoses and drain your outside silcocks or faucets to prevent your home's silcocks freezing and splitting.
- 3) Take a look at your heating system and equipment. Read the instruction and maintenance manual.
- 4) Check for leaks. Have your system cleaned and safety checked yearly by qualified, certified and/or licensed technician.
- 5) Check your programmable thermostat. If the low battery is lit, change the batteries. Without batteries, you have no heat.
- 6) Be Sure you have working smoke and carbon monoxide detectors in your home.

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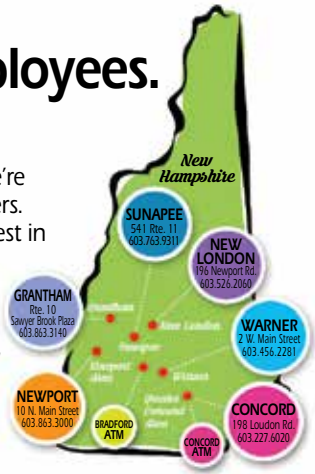
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10 MONEY MISTAKES COLLEGE FRESHMEN MAY SOON REGRET

As college freshmen begin arriving on campuses across the country, Sugar River Bank is highlighting common money mistakes many of their predecessors wish they had avoided.

"Most college freshmen are getting a taste of economic freedom for the first time, and they may not realize that small expenses can add up really quickly," said Corey Carlisle, executive director of the ABA Foundation. "It helps to approach your finances like a part of your course load. Draft a budget, study it and establish a lifestyle that will set you up for financial success."

To help college freshmen start out on strong financial footing, the ABA Foundation suggests avoiding these common money blunders:

Not creating a budget. You're an adult now and are responsible for managing your own finances. The first step is to create a realistic budget and plan to stick to it.

Losing track of expenses. Keep receipts and track spending in a notebook or mobile app. Know where your money is going and pace spending so that your money can last throughout the semester.

Living beyond your means. Limit your "hanging out" fund. There are lots of fun activities to keep you busy in college and many are free for students. Get the most from your student ID. Maximize your meal plan instead of eating out.

Abusing your credit card (and your parents' trust). Anyone under 21 is likely an authorized user on their parents' card, so congratulations on earning your parents' trust. Don't ruin that trust – and your parents' credit score – by spending way over budget or not making payments on time.

Not saving for emergencies. Have a financial plan for the unexpected. Things happen, and it's important that you are financially prepared when your car breaks down or your smartphone goes for a swim in the toilet.

Not finding a bank that works for you. Don't get stuck paying fees if you don't have to. It's easy to find a bank that offers free checking and saving accounts that are great for college students. Also consider whether or not a bank has convenient ATMs near campus or if they'll reimburse you for out-of-network ATM fees.

Not maximizing your bank's technology. Most banks offer online, mobile and text banking tools to manage your account night and day. Use these tools to check balances, make payments, deposit checks, set up alerts and monitor transaction history.

Overlooking 'free' money with your student ID. A lot of retailers and businesses offer significant discounts for students. Always carry your student ID and make it a habit to ask if there is a student discount before making a purchase.

Buying everything new. Consider buying used books or ordering them online. Buying books can become expensive and used books are just as good as new ones.

Being afraid to ask questions. This is a learning experience, so if you need help, ask. Your parents or your bank are a good place to start, and remember—the sooner the better.

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Simple Tips for CREATING YOUR TIME!

by Jim Olson



One of the biggest challenges people today face is time – no one ever seems to have enough of it!

And literally EVERYONE thinks they are the busiest person on the planet. Let me give you an example...

I was recently talking with a prospective client who was considering starting a program. She said to me – “I am just really busy. I don’t have a ton of free time like everybody else.” This was case in point.

The thing is that we all have 24 hours in a day. The difference between those who truly succeed in life, fitness, health, etc, and those who don’t is that successful people **OWN** their time – they control it rather than it controlling them.



Jim Olson

When you own your time, you say YES to the things that matter most and no to the things that don’t. To use an analogy, you put on your own oxygen mask first before helping others.

So here are my top 3 tips for **OWNING and CREATING YOUR TIME:**

Get clear on what’s important to you. When you have a precise goal with a deadline, you’re far

more likely to say no to the things that are less important.

1 Plan each week and each day in advance. Use a calendar and block off time for everything, prioritizing work, family obligations, and self-care.

2 Get accountability. This is something we provide here at **INDIVIDUAL FITNESS**, or it could be as simple as getting a workout buddy, someone to share meal prep with, or being part of a Facebook community.

3 I hope you can see how implementing these tips into your life can truly change everything. And if you think it can’t work for you, that there’s just no way, think again! We’ve helped busy business owners, moms of 6+ kids, and everyone else under the sun. Please call us today so my team and I can help you start creating **YOUR TIME TODAY!**

4 Have a fantastic day!

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BAKER FREE LIBRARY NEWS

by Lori Fisher



Theo Martey of the Akwaaba Ensemble will lead us in African Drumming at the Summer Reading End Party, Wednesday 8/22 starting at 5:30 pm.

SUMMER READING END CELEBRATION - 8/22

The Summer Reading End Celebration will occur on Wednesday 8/22, starting at 5:00 PM with ice cream, and continuing with an hour-long African drumming session beginning at 5:30 with **Akwaaba Ensemble** that all can join! Come celebrate your reading accomplishments with your friends and neighbors. No registration - just drop in!

CHANGES TO OUR LIBRARY SPACES

We've been making some changes to our library spaces, and just want to update our users on the reasons behind them. The first change was to the entrance New Books section, where we took apart the long shelf unit and made it into three separate "kiosks" for new materials. Not only did this give us more face-out book display space on the ends of the shelves, but it improved our staff sight lines from the desk to the bathroom/water fountain area. While many of our users were shocked at first with this change, it really is a better set up for our new materials. Just remember - fiction is in the center of the "U", so you'll see all of our juvenile, young adult, and adult fiction facing you as you walk in the doors. We are also working on separating our juvenile non-fiction from our adult non-fiction. The reasons for this are: to make it easier for our younger patrons to find non-fiction in the same area that all

of their other books are located; to free up space so that we can move adult biographies into adult non-fiction shelving; and to create additional seating/study space in the back portion of the library by South Street. This process will occur over the next two months, so please let us know if you are looking for something but can't find it. We appreciate your patience as we try to improve our services and resources for the community!

Book Donations No Longer Accepted Outside of Monthly Donation Day

Due to a prolonged and serious misuse of the book bin outside of the library, starting immediately we will no longer accept book donations outside of the Friend's Monthly Donation Day. This was not an easy decision to make, and unfortunately we just can't be the book recycling bin for the community if people do not adhere to the parameters set by the Friends. The donation bin purpose was to collect gently used, clean, saleable books for the Friends book sale. Instead, the majority of donations over the past two months have been old, moldy, and in a condition that no one would pay money for. If you have books that are appropriate for the Friends book sale, please visit their next donation day on Saturday 9/29 from 10 am to 2 pm here at the library. Otherwise, your book donations should go to any of the following entities: Bow Mills United Methodist Church (bin in parking lot); Salvation Army; Goodwill. Please do not leave boxes of books outside of our entrance. We simply cannot handle the recycling volume and the staff time to deal with disposing of materials that we cannot use in any way. For now, the Friends book sale will continue to be open every day that the library is open. Thank you in advance for respecting our decision and perspective.



FREE COMMUNITY

YOGA CLASSES START AGAIN ON 9/8

Our FREE monthly community yoga classes will begin again on Saturday 9/8 from 9 am to 10 am in the Library's Lower Level. Please register in advance by emailing lori@bakerfreelib.org, or calling 224-7113. If this is your first time attending our community classes, please arrive by 8:45 am so that you have time to fill out the liability waiver and get set up. Namaste!



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Learning for the fun of it!

WHAT’S HAPPENING IN OLLI?
by Jacki Fogarty

OLLI wrapped up summer vacation with an Ice Cream Social and Game Day. OLLI members invited staff of Granite State College to join them for ice cream as a thank you for the terrific support they provide to the OLLI program.

OLLI is a self-sustaining program within the college, but relies on the support of IT, Finance, Administration, Marketing, Safety and Facilities which GSC generously provides along with free classroom space. This support from the college is a key factor in OLLI’s ability to keep class prices low.



“Noncompetitive” King’s Corners players concentrating on their play.

After ice cream, toppings and good conversation were polished off, let the games begin. Bow members seem to have a special affinity for OLLI’s quarterly game days with seven in attendance. On this day, one table of five seemingly sweet senior ladies, playing an intense game of King’s Corners, filled the air with protestations that “I’m not a competitive person” while mock-slapping the hand of the player who dared draw a card out of turn. At another table, outrageous lies followed more outrageous lies in a spirited game of Balderdash.

Game Days are among the free events enjoyed as part of OLLI membership. Others include Special Interest Groups such as a Book Club which meets monthly and a Garden Friends group which visits both the gardens of members and commercial or public gardens in the area. A Book Exchange is planned for September 17.

But the meat and potatoes of OLLI are the classes. Registration for classes is open and the variety of courses available in the Concord site is exceptional. The first half of September will feature a number of fun experiences. Want to revert to your youth – attend Bug Catching, a short classroom intro followed by a walk along the Healy Park Heritage Trail to catch bugs! Visit Petals in the Pines to learn about and see Monarch butterflies. And tour Miles Smith Farm in Loudon on either of two days.

Too much nature for you? How about science and technology? We have a look into the future of technology and a course called Robotics and Automation in Modern Manufacturing. For a taste of history you can learn about the Cornish Colony or step back into the 1920s in Bootleggers and Bobbed Hair. Combine your interest in science and history to learn about The Great New England Hurricane of 1938. Indulge your artistic tendencies with Rachel’s View: Pastel Painting.

That’s a look at just two weeks of OLLI’s four month term. You can find all of the Concord courses as well as those offered in Manchester, Portsmouth, Rochester and Conway online at olli.granite.edu.

While OLLI focuses on nonacademic courses for adults over 50, Granite State College has a focus on all 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.

ENGRAVED BRICK
FUNDRAISER CONTINUES



Bow Public Safety Building
Engraved Brick Fundraiser Form

Don’t miss out! The Bow Public Safety Building Supporters are again having a brick fundraiser for continued Landscaping of the Public Safety Building. Your name or business will be engraved into a brick and will be permanently displayed at the Public Safety Building. What a way to leave a lasting impression! Bricks are available in two sizes, 4” X 8” for \$ 75.00 and 8” X 8” for \$ 125.00. The new bricks, engraved with your message, will be installed in the Spring of 2019.

Please place your order by December 31, 2018.

Name:

Telephone Number:

Your Address, Street:

Town or City:

State:

Zip:

E-Mail Address:

For all bricks, please utilize the boxes below for your message. Utilize only one letter/character per box. Not all boxes /rows need to be filled. All lettering will be centered on the bricks. Note, engraving will be in ALL CAPITAL LETTERS. Bricks will be randomly placed in the installation.

4 X 8

8 X 8

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BOW GARDEN CLUB

by Joyce Kimball

BOOKS IN BLOOM

The garden club's "Books In Bloom" exhibition, a coordinated effort with the Baker Free Library, made its debut on August 3-4 and it was enjoyed immensely by all who attended either on Friday evening or throughout the day on Saturday. The torrential downpours, tornado warnings and lightning flashes that began to occur just before the exhibition was to open at 5:30 most likely deterred some people from leaving their snug homes that evening, but definitely not all... Townspeople ducked into the Library (between rainstorms whenever possible) and were glad that they had made the effort to do so when they saw what was there for them to enjoy. 23 separate vignettes of books and blooms were beautifully displayed throughout the library's lower level for patrons to "ooh and ah" over and Bow Garden Club members were on hand to greet them and show them around the exhibition, answering their questions and giving them some background on the displays. Many of the books that the floral arrangers took their inspiration from came directly from the Baker Free Library shelves; others belonged to the floral arrangers, often their favorite books.

The floral arrangements ranged from beautiful traditional floral sprays, where in many cases, the blooms had been plucked from the member's garden, to an excellent interpretation of the book "The Tale of Peter Rabbit". The focus of the vignette was "Mr. McGregor's" garden and the book's namesake, Peter Rabbit was in residence. Peter had obviously been up to his usual mischief as one of the cabbages (a.k.a. "Brussels sprouts") had *definitely* been tampered with. Most of the floral arrangers used fresh flowers and other plant material for their designs, while others used dried flowers and other types of dried plant material for their arrangements, making for a wonderful variety of color and textures. Several components within the arrangers' vignettes were lit with either twinkle lights (think gnome and fairy gardens) and others acted as a beacon in a lighthouse, created shades of blue simulating a pond in one of Monet's water lily paintings, etc. Each and every floral display was not only unique but was a clear interpretation of the book the participant had chosen to interpret.

On Friday evening, a selection of hors d'oeuvres, crudité's, fruit, cheese and crackers and fresh fruit beverages were available for patrons' enjoyment while they viewed the exhibit which were provided by both the library and the garden club.

The exhibit reopened on Saturday, with the library staff offering children's activities upstairs in the library's activity room where they had the opportunity to make paper flowers and butterflies and watercolor flowers from paper plates. Several young families were able to enjoy both the children's activities and the "Books In Bloom" exhibit together--a great thing to do on yet another rainy day.

Please enjoy the photos here of some of floral arrangements from the "Books In Bloom" event, keeping in mind that like in many cases, you must really see them "in person" to fully appreciate them!

Thank you to all participants and patrons of our very first "Books In Bloom" event!



Amelia Holdsworth: A Magical Do-Nothing Day.



Janet Kuch: Iran.



Betsy Mahoney: My Life in Pink & Green.



Sue Johnson: The Frightened Frog.



Keryn Anderson: The Story of Edgar Sawtelle.



Joyce Kimball: MONET by himself.



Sue Johnson: Miss Spider's Tea Party.



Joyce Kimball: Fairy Gardening.



Beverly Gamlin: The Tale of Peter Rabbit. People's Choice Award.



Ginny Urdis: Alice in Wonderland.

The Power of Flowers

The Bow Garden will host David Nelson, free lance photographer and journalist from West Lebanon, NH as the featured speaker for their September 10th Members' Meeting. Nelson will present a Power Point program entitled "*The Power of Flowers... A Lifetime Collection*" representing his approximately five years of dedication photographing thousands of flowers, wildflowers and gardens. The program consists of over 300 of what he considers to be his best photos and a true labor of love. The meeting will be held at the Old Town Hall, 91 Bow Center Road in Bow and will begin at 6 p.m. with light refreshments and social time, followed by Nelson's program at 6:30 p.m. Guests and prospective members are always welcome at Bow Garden Club meetings. For additional information about the Bow Garden Club, please visit www.bowgardenclub.org or contact Club President Beverly Gamlin at bevnherbs@gmail.com.



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BOW REAL ESTATE SALES JULY 2018

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2 Lincoln Dr	3 BR/1 BA	1794	1.14	\$260,000
37 Putney Rd	3 BR/1 BA	1800	1.10	\$273,869
28 Bow Bog Rd	3 BR/2 BA	1125	1	\$285,000
3 Everett Ave	4 BR/3 BA	1791	1.0	\$289,500
12 Stoney Brook Rd	2 BR/2 BA	2016	2.12	\$302,500
21 Bela View Dr	4 BR/2 BA	1824	1.13	\$305,000
17 Essex Dr	3 BR/3 BA	2086	2.0	\$313,000
1 Arrowhead	4 BR/3 BA	1872	2.18	\$349,000
91 Bow Bog Rd	3 BR/2 BA	2247	1.01	\$360,000
25 Laurel Dr	4 BR/3 BA	2107	2.87	\$365,000
25 Kelso Dr	3 BR/3 BA	2577	1.4	\$370,000
3 Van Ger Dr	3 BR/2 BA	2016	3.78	\$370,000
37 White Rock Hill Rd	4 BR/3 BA	1976	4.30	\$404,900
7 Briarwood Dr	4 BR/3 BA	2448	3.0	\$405,900
21 Hampshire Hills Dr	3 BR/3 BA	2398	2.62	\$420,000
3 Audley Dr	4 BR/3 BA	3084	5.04	\$470,000
22 S. Bow Rd	4 BR/3 BA	2800	2.08	\$505,000
3 Shaw Divide	4 BR/4 BA	3160	2.42	\$585,000
3 Ogden Dr	4 BR/4 BA	3339	3.28	\$599,900
24 Summer Lane	4 BR/4 BA	3500	1.19	\$639,000
6 Dunbarton Center Rd	4 BR/3 BA	4453	4.9	\$766,475

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FISCAL YEAR ENDS WELL

by Geoff Ruggles
Bow Finance Director

The Town of Bow recently ended its fiscal June 30th on a positive note. Despite payouts to Eversource in excess of 7 million dollars, the Town's cash position remained strong ending the year at just over 16 million dollars, just 3.8 million dollars under the previous year. This will provide ample funds for both town and school operations for the coming year, still leaving funds available for any unexpected events that may arise. This positive position was due in part to expenses coming in under budget by \$175,000, revenues exceeding estimates by \$400,000, and the additional 1.5 million dollars raised in property taxes to cover a portion of the Eversource payments. Preliminary yearend financial reports will be posted on the Financial Transparency page of the Town's website within the next week or so.

KATHLEEN JENKINS HONORED Gets Red Sox Service Scholarship

Kathleen Jenkins of Bow was recognized as a recipient of the New Hampshire Red Sox Service Scholarship during a pre-game ceremony at Fenway Park before the Red Sox-Minnesota Twins game on July 26.



This program is awarded to students from public high schools across New Hampshire with \$1,000 scholarships towards their college education, based on academic performance, financial aid eligibility, and their demonstration of community service.



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10TH ANNUAL NATIONAL GAURD RETIREE LUNCHEON SEPTEMBER 20

The New Hampshire Army National Guard (NHARNG) 10th Annual Retiree Luncheon date has been set for Thursday, September 20, 2018 by the luncheon planning committee. The committee is made up of current and retired Army National Guard members. The immediate goal is to notify all retired NHARNG members about this upcoming event.

This year's luncheon will be at building 1, the Joint Force Headquarters building at the New Hampshire State Military Reservation in Concord. It will feature a briefing on the current status of the NHARNG as well as exhibits and displays of interest to retirees. A group photo is also planned.

Retirees who have not attended prior luncheons or have relocated are urged to contact Command Sergeant Major (Ret) David Follansbee via e-mail: dave_follansbee @ comcast.net or phone, (603) 623-7757.

If you know of someone who has retired from NHARNG pass this information along.

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Lessons Learned on a World Cruise

by Bruce and Lorraine Harris

HOME AT LAST!

by Chase Binder

A world cruise is a major excursion no matter how well-traveled you are. You meet a dizzying array of people and delve into cultures both near and far and exotic and familiar. It is an experience that can forever change your outlook and whet your appetite for more. Luckily for those of us who dream about such a trip – or are even seriously considering it – Bruce and Lorraine Harris have returned from 120 days “around the world” on the Viking Sun and have been sharing the lessons they learned as well as some of their striking photos. This month they are finishing their overall perspective on the journey. In addition, they are offering access to their personal and wonderfully detailed journals as they progressed through dozens of countries and scores of destinations and excursions. Please visit www.thebowtimes.com/news/travel-talk/travel-journals/ for more details and photos.

And if you can't resist signing up, visit www.vikingoceancruises.com to see current offerings or contact AAA on Fort Eddy Road in Concord (www.northernnewengland.aaa.com, 228-0301) where you'll find the staff who helped the Harris's negotiate the booking process.



Potro, Portugal has opened a dramatic new cruise ship terminal.

EXCURSIONS

Lecturers rotate on and off the ship and provide excellent background on every country and port. Viking includes one excursion in each port, but also offers more specialized and lengthy excursions—including some that leave the ship for 3-5 (at \$1500-5000 each) days for trips to the Great Wall of China, Taj Mahal, etc. This is about your goals. Is this a one-time trip of a lifetime where spending the extra time and money is no object? Are you a seasoned traveler revisiting countries to observe any changes? Or, are you visiting countries to determine which merit future exploration? We decided on the latter approach and have booked additional trips to explore China, Tibet and Egypt.



The beaches of Phuket Thailand are world renowned.

We also learned to moderate expectations. One country's definition of “magnificent” may be far from reality, especially in smaller countries with less developed tourism. At the same time, we were amazed at value of spending time in local markets, just talking with guides and residents. Across the board, people were very open about their living conditions, economy and politics. We discovered working class folks, students and children are much the same throughout the world. They work hard, are devoted to families, are often very religious, generally speak multiple languages (especially English), and are remarkably politically aware.

There are huge gaps between the political rhetoric in countries and the reality of everyday life. Every child, no matter how impoverished, smiled, wanted their picture taken and to practice their English. Women often were the shopkeepers and are playing a greater role politically in society and frankly, look to democracies for models of what their countries can be.

Attention to sanitation varied greatly. Progressive societies like Singapore had restrictive sanitation laws. Others seem unable to address even the daily garbage produced by populations in the tens of millions. Recycling is unknown in many countries where plastic refuse sits in mountains. Yet, a number of countries are excellent agricultural examples of composting and water/crop management.

Perhaps the most critical component of any excursion program are the guides. We found the best were fluent in English and had a driver to accompany them. Usually our guides were very knowledgeable, had backgrounds and degrees in the social sciences, and could easily handle questions. We found too that the guides were in some cases outspoken about their home political situations. We learned about housing shortages, cultural



The water in the Gulf of Thailand was 80 degrees at Koh Samui Nathon, Thailand.



Dried fish, veggies, spices—anything at the farmer's market at Kota Kinabalu, Malaysia

challenges (especially in India), and political issues (increasing refugee influxes which have stressed public services in struggling economies.) Energy needs and especially access to water were often raised.

Many people showed a high interest in and knowledge of the political situation in the US. We still carry great weight in the world, but our internal politics are daily discussion points in much of the world. If nothing else, it renews your understanding about how special the US really is compared to the rest of the world. And, frankly, we all generally trace our ancestry to other countries and should appreciate more what we have here that is too easy to take for granted.

SECURITY

Viking demonstrates a good grasp of security issues and planned accordingly. There is a fairly large security contingent permanently on staff and these personnel were augmented during our crossing from India to Oman and then into the Red Sea by additional former military personnel appropriately equipped to protect the ship, crew and passengers.

There has not been a pirate attack in the area in 2018, which proved a comfort to everyone, but traversing the Red Sea, the ship deployed concertina wire around the entire second deck and prepositioned water cannons at strategic locations. The ship essentially went “dark” at night with enforced light discipline and a noticeable increase in transit speed. The additional security departed the ship to escort a tanker after we were safely through the danger zone.

DETAILS: DOLLARS, DUDS AND VISAS

When you undertake a trip like this, the devil is in the details. You’ll need to have access to cash, credit cards, and ATM cards. Best to talk to your cruise company, your bank, your credit card company and make sure that they know where you’re going and when (see Travel Talk for June 2017 and September 2017 for details on credit cards, cash and travel).

Packing for four months is a bit daunting but using the message boards at cruisecritic.com can help. Pack for 10-12 days, use laundry facilities, and do research on expected temperatures in ports, and (for ladies) remember head scarves and long sleeves for visiting religious sites.

Any extensive itinerary requires visas which are best obtained through a third party via processing company like Generations Visas. Procedures and requirements vary greatly by country and one slip can mean disaster. Talk to your cruise company.



The terraced rice paddies in Bali are iconic.



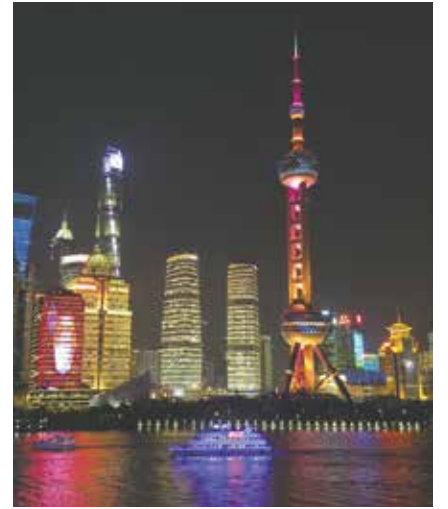
Residents of Kowloon light incense in Memorial Park.



The Marina Bay Sands Hotel and Casino in Singapore cost \$8 billion to build and features the unique SkyPark atop the three towers.



The Sultan Qaboos Grand Mosque in Muscat, Oman is one of the 10 largest mosques in the world. Note that women need to have their heads and arms covered.



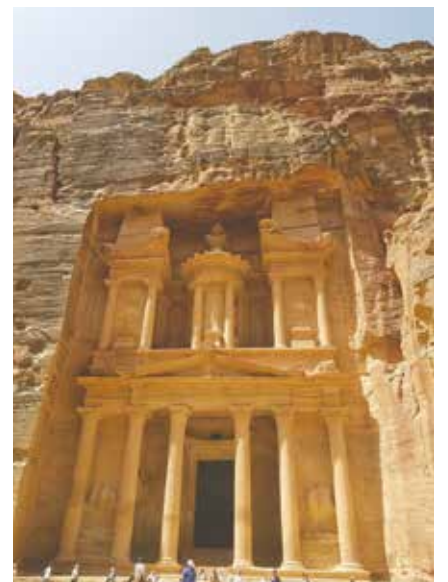
The stunning night skyline of Shanghai is full of electric color.

SUMMARY

Post 9/11 travel is fraught with security concerns that manifest themselves in longer lines, somewhat intrusive searches of person and personal effects and more. Thus, the idea of a single flight out, unpacking once, repacking and a single flight back is appealing. Many cruises leave from domestic ports on our East and West Coasts which makes for less air travel. Cruise travel is carefree, the ship is professionally managed and your days at sea or ashore will be equally rewarding if you keep an open mind.

We were pleasantly surprised by the relative calmness of the oceans and seas. Modern ships and stabilizer systems make a huge difference, but for this trip we had only three days out of 120 with precipitation.

In four months Lorraine gained nothing and I gained two pounds. A major victory! We exercised hard every sea day, took the stairs rather than elevators, and took almost all intermediate or challenging shore excursions. We ran into difficulty twice; once when snorkeling and once not hydrating enough in the heat. We learned quickly from both experiences. We certainly missed family and friends, but, faced with our typical New England winter, we would not hesitate to take on another cruise to exciting places to meet people, get a sense of their culture, and get to know fellow cruisers.



The Treasury, the most famous of 800 monuments in Petra, Jordan, was used in shooting the movie Raiders of the Lost Ark.

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 Rd. Members and guests should bring a brown bag lunch. Beverage and dessert will be provided. All seniors 55 and over are welcome. Annual dues are \$15 for residents and \$25 for non-residents.

UPCOMING EVENTS:

- August 22** Meeting at Beech Hill Farm
- August 23** Trip - Winnepesaukee Playhouse to see "Ghost the Musical" - Lunch at the Canoe
- September 12** Kevin Skarupa from WMUR Weather
- September 13** Trip - Foster's Clambake, York ME
- October 18** Trip - Conway Scenic Railroad - Lunch White Mtn Hotel



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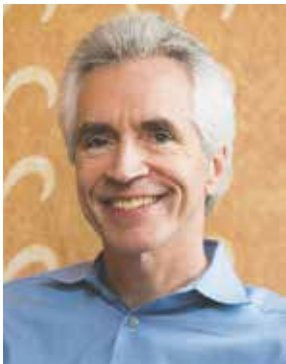
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362 Penacook Road	4 BR/2 BA	2,232	2.7	\$385,565
355 Little Tooky Road	2 BR/1 BA	1,033	0.31	\$174,900
402 River Grant Drive	2 BR/2 BA	1,376		\$182,000
78 Pinewood Drive	3 BR/1 BA	1,712	0.46	\$219,000
936 Jewett Road	2 BR/2 BA	1,682	5.17	\$222,000
537 Upper Straw Road	3 BR/1 BA	1,708	0.91	\$270,000
631 Main Street	3 BR/2 BA	1,937	0.56	\$275,000
108 Park Avenue	3 BR/2 BA	3,783	0.98	\$315,000
160 Woodland Drive	4 BR/3 BA	2,667	1.7	\$350,000
483 Briar Hill Road	4 BR/2 BA	2,232	2.7	\$385,000
268 Hopkins Green Road	4 BR/3 BA	4,024	2.8	\$474,000
247 Kast Hill Road	3 BR/5 BA	4,685	36.48	\$755,000

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Welcome to the Hopkinton - Contoocook TOWN CRIER!

by Kathleen Butcher

► Happy 95th Birthday to Sylvia Blanchette. Sylvia's celebrated her birthday on August 14th!

► An August 3 lightning strike caused the cupola on the Hopkinton Library to burn triggering the sprinkler system to go off. The library will be closed for cleanup and damage assessment. The Hopkinton Fire Depart. arrived quickly but an inch and a half of water was on the floor by the time the blaze was put out, and the books were smoke damaged. Area libraries have volunteered for residents to use their library while our library is closed. Please have your library card or proof of Hopkinton/Contoocook residency. The follow libraries have reached out; Concord, Henniker, Webster, and Hillsboro. All online resources are still available. Interlibrary loan is still available. For assistance call 746-3663 or email info@hopkintontownlibrary.org.

Donations are being accepted with a check made payable to Hopkinton Library Foundation, PO box 217, Contoocook NH 02339.



Photo courtesy of Bob Lapree, Contoocook

► Tom and Beverly Johnson are lifelong residents of Hopkinton. Both Tom and Bev have volunteered and served the community for many years. There was a fire in July that resulted in the loss of the home but also losing Beverly. They did hold insurance, but there are immediate costs that we can assist with. The "Thomas Johnson Fire Fund" has been set up at the Merrimack County Savings bank in Contoocook. You make a donation by dropping by the bank at 35 Kearsarge Avenue or at any of the eight Merrimack County Savings Bank locations. You also can mail a contribution to Merrimack County Savings Bank, Post Office Box 505, Contoocook, NH 03229.

► Senior lunch Wednesdays at 12 noon at the Slusser Senior Center. Suggested donation \$4. The menu changes each week. 8/15: Baked Ziti Casserole, Salad, Bread, & Dessert. 8/22: Chicken Primavera with Pasta Bake, Salad, Bread, & Dessert. Information available at 746-8264.

► Contoocook Farmers' Market, every Saturday 9-Noon on the lawn by the Gazebo in Contoocook Village. SNAP/EBT is accepted. For more information, visit [facebook.com/ContoocookFarmersMarket](https://www.facebook.com/ContoocookFarmersMarket).

► Join us for Adult Pickup Tennis on Monday nights in August. Bring a racket and have some fun! Join us for Pickup Adult Field Hockey on Sunday nights! sign up online at www.HopkintonRec.com.

► Back to school sales have started. That means Hopkinton's Back to School Program is also starting. Please contact Marilyn at Hopkinton Human Services if you are interested in shopping for an individual student or would like to purchase generic school supplies or would rather make a monetary donation toward this worthy project. Tel # 746-8244, e-mail at humanservices@hopkinton-nh.gov.

► Mr. Aaron Concert Celebrating 1000 Books Before Kindergarten August 26 at 4 PM. We will also be recognizing the children who recently completed listening to 1000 books, before they head off to Kindergarten. Due to our current circumstances, we will be giving them an IOU for a book to be redeemed once we get our feet on the ground. PARKING-park in the Slusser Center and library parking. Concert will be held upstairs in the Slusser Center. (con't. p. 16)

**(Hopkinton- Contoocook TOWN CRIER
cont'd. from p. 15)**

► Hopkinton Library Story Time and Lap Time will begin September 4th. Story Times are at a new time on Tuesdays at 1 PM and Wednesdays at 10:30 AM for children 3 (ish) -5 (ish) and a caregiver. Siblings are welcome to join the fun! PARKING-park in the library parking areas. Programs will be held upstairs in the Slusser Center.

► Hopkinton Library Lap Time will be held Fridays at 11 AM (note time change) for children from birth to 2½ (ish)/siblings welcome. PARKING-drive around the buildings and park on the grass near the Slusser Center. Program will be held downstairs in the Slusser Center.

► Harold Martin Ice Cream Socials are sponsored by the PTA and held at the playground at HMS. The Kindergarten social will be held Aug 22nd 5-6pm. 1st grade social will be held Aug 22nd 6-7pm. 2nd grade social will be held Aug 23rd from 5-6pm. 3rd grade social will be held Aug 23rd from 6-7pm. This is a great way to connect with families at the playground.

HOPKINTON POLICE LOG

TOWN OF HOPKINTON POLICE DEPARTMENT

JULY 2018 STATS

Arrests - 4 Accidents - 10 Traffic Stops -532

ARREST LOG

07/04 Samuel Chase, 19, 99 Pinewood Dr, Hopkinton was arrested for domestic violence; simple assault, criminal mischief and breach of bail.

06/07 Joshua Lariviere, 38, 18 Alexander Rd, Londonderry was arrested for simple assault.

07/24 Jeremy Wroblewski, 26, 1000 Upper Straw Rd, Hopkinton was arrested on a warrant.

07/25 Sean Frye, 31, 1134 Maple St, Hopkinton was arrested for conduct after accident and criminal mischief.

LAKEHOUSE TAVERN Restaurant Review

Debra Barnes, Chef & Food Editor - The Bow Times

Lakehouse Tavern, located at 157 Main Street in Hopkinton, opened this year in early spring. Years ago it was the old Horseshoe Tavern. The restaurant has multiple dining areas including a very large outdoor deck overlooking a stunning pond. And what a view it is! Owners Richard Ridinger and Nancy Hoffmann, locals in Hopkinton, bought the building and set out to open a casual place for locals to gather and enjoy the foods that Richard cooked for his family.

The Tavern employs a head chef and a nice staff who are attentive and friendly. Richard oversees the daily running of the business and makes the time to say "hi" to all of the customers.



Best Martini Ever!

My husband and I have visited the tavern four times since the opening. A few times with friends and once just the two of us. The restaurant offers a more upscale dining décor area on the top floor, but we love the bar downstairs with its natural wood bar tops, high top tables, casual feel and one of the best bartenders ever! Stephanie, a long-time talent from the Concord area, makes one of the best martinis I have ever had!



Much to my delight, they also have Moat Czech beer on tap. Ice cold! A few large screen TVs are in the bar for those wanting to catch a game and a well-made burger. Don't forget the hand-cut fries as they always come out hot and crispy with just the right amount of salt.

The Tavern's menu is reminiscent of the foods from your mother's kitchen. Prime Rib, Chicken Parmesan, Steak Tips, pasta dishes, sandwiches and salads with house made dressings. Check out the kid's menu for chicken fingers, mac & cheese or pig in a blanket for those nights when you just don't feel like cooking!

Our last visit, I had the Ruben. I asked if the corned beef was made in-house and was assured it was. It arrived with those perfect fries and

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about 5 to 6 ounces of meat onboard my bread. Thick cut, but I prefer mine thin as the thicker is hard to chew, was a little under seasoned but surely homemade.

On another visit, I had the beef tenderloin. Although very basic in presentation with side vegetable and potato, the result was very good, and I ate everything on my plate. O.K., I shared a few bites with my husband.

Nancy is the baker! From what I hear, all the desserts are homemade and quite delicious. I have yet to order a dessert in years, but I'm told if you do, order it first as they run out quickly!



Cesar Salad



Chicken Parmesan

My feeling is that the owners should test the current menu items and learn from their loyal customers what are the must haves and what dishes might be a nice addition. For me, a smaller menu with more seasonal specials, more inventive burger varieties and lighter dishes for the summer please!

Overall, the Lakehouse Tavern is a nice addition to the area and a must stop for anyone looking relax with friends, grab a bite to eat and enjoy one heck of a view of Kimball Lake!

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Additional Tips for Memory Impairments

By Donna Deos

Last month we began the discussion on some truths about memory impairments and how it is best to learn as much as you can as soon as possible.

This month I have some additional tips that should be of value to you.

1. Don't move things around on them. Their short term memory is most often what is lacking, so moving things doesn't help this. It adds to the confusion. In the big picture, this is why making the decision of where they will be off best for the long run is critical to make early on and get it right the first time. Every transition messes up the whole thing all over again.

Even moving something simple or seemingly insignificant, like something in the refrigerator, could cause them to open multiple items because it wasn't where they always keep it so they opened a new one figuring it was gone.

2. Don't get angry with them. They can't help what is happening and getting angry will only make things worse for both of you. Getting angry doesn't change the reality of the situation, it just makes you both feel worse.

3. What used to work and be fine is not how things will work now... and it could be different each and every day. You are going to need to learn to become very flexible. You will need to tuck and roll with just about everything.

4. If they get uncomfortable going out to unfamiliar places – or ones that used to be familiar but now make them uncomfortable, do not make them go. Their world is shrinking and life gets more and more overwhelming for them. Instead, find someone to stay home with them so you can go out.

You need to adjust you, because



trying to force them to do what they used to do simply won't go well.

5. Introduce other potential helpers and caregivers early. You are going to need more and more help as time progresses. They need to have these people in their long term memory for things to go more smoothly down the road. What I mean by this is enlist family or even in-home care givers for a short period of time weekly early on so as your need to have people coming in to help increases they are not unfamiliar with the concept of potential strangers in their house helping them.

6. Always be kind. I know it can be very frustrating, but what you say and do – or more so – how you made them feel when you said or did it, will eventually reach their long term memory. You may be thinking they have no idea who you are so it doesn't matter as they will not remember that you got really frustrated and became mean, but trust me, they will register it eventually.

Some wise person once said words to the effect of, "They may not remember exactly what you said or did, but they always remember how you made them feel." This is so true.

7. Sometimes you have to tell "fiblets". As they get stressed, confused, frustrated, or just repetitive to the point where they are driving

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you nuts, it is okay to find harmless ways to redirect them. Here's an example: for a person who is waiting for their mother to pick them up and continually asks you where she is, it is okay to tell them "she'll be here soon" and then find a way to redirect them to something else. Even if they are 85 and their mother has long been deceased, that is an okay thing to tell them in a nice way. It certainly beats the trauma you can bestow upon them if you do tell them the current day truth about their mother being gone.

Remember, most of the time they aren't mentally in the current day. Roll with that and life will be easier.

8. They will likely recognize you as somebody else and then talk about the real you to that person. For example, a friend of mine was taking his Dad for a drive and went past his old Prep School on the drive. His Dad got excited and started talking proudly about how his son went there, which was nice overall. However, saying it to that son and not recognizing him as his son was heartbreaking for my friend.

Be prepared for this to happen at some point. It is painful, but it is a very real situation that has happened to many.

9. There are good days and there are bad ones. Some days they may

know you, some days they won't. Some days they will make you feel awful for never coming to see them (even though you visit frequently). Some days they will beg you to take them home with you. Frequently at the CCRC I worked at the nurses would tell the families it was okay to leave and not feel bad. When the families are not there the person is just fine. This is very true as well. I have walked through the Memory Care unit many times and found it very peaceful and the residents calm and happy.

Our biggest fear is that they are crying and miserable the whole time we are gone. Rest assured in knowing that is not the case.

10. You are going to need time away and your own outlets to process your stress, frustration and heartache. Support groups are a wonderful thing. There are many around. Friends and hobbies are great therapy too. Start thinking now and establishing those routines. You will need them. Time away is always a necessity.

11. My final point is you don't have to do this all alone. There are so very many resources out there. Find them and use them!

With Love & Blessings,

Donna

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On The Water



With Ron



Reports from the ocean say the Striped Bass have slowed down, but are not completely done. The bottom fishing has been spotty for Haddock, some good, but mostly small fish.

On the big lake, fishing is still good. This year's class of three year old Salmon is very strong. Next season is not projected to be as good as the two year class of Salmon is reported to be in poor shape. The reason given for this is simply that the (2) year old fish were stocked at a small size. This unfortunately lead to a poor survival rate.

On the Trout scene, many of us fly fishers have noticed less and smaller fish. The reason I was

given is there were no surplus fish available. I also hear of some hatchery issues. I'm not sure if there are any fiscal problems?

A couple weeks ago at Willard pond in Hancock, I met a senior fly fisherman from Keene. I offered to help him with his boat and he respectfully declined. He said he had a certain way of loading this old beater. We then started fly fishing talk. He asked me if I had ever met the late, great fly tier, Ora Smith from Keene. I said that I had met Ora on two occasions. Ora Smith created more effective Salmon patterns than any-one.



Flies like the Pumpkin head, Canopache, Spotty and many more are still very popular to Salmon fisherman.

We then talked about Trout Flies and I showed him my favorite, the 88. He was not familiar with this fly. I asked him for his address and said that I would mail him some. I asked a question I always ask, do you have any Pintail? He replied that he did.

I offered to buy some and he said no, but I will give you some. I sent him some flies and a few days later I received a large package of Pintail. I felt like I had hit the fly tier's lottery! This feather is very rare and hard to find. Joe Sterling tied the "Joes Smelt" many years ago and he gave the wing feather the name Pintail.

He did this to hide the real name of this feather, which is actually a European Canvasback and is very hard to come by. I will send this gentleman some more flies this week.

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THOUGHT FOR THE DAY

"If you put the government in charge of the Sahara Desert, in 5 years there will be a shortage of sand."

Economist Milton Friedman

FINANCIAL FRAUDSTERS PREYING ON BOOMERS & ELDERS

by Dominic Lucente

If something sounds too good to be true, it probably is.

If you are in or near retirement, it is a safe bet that you would like more yield from your investments rather than less. That truth sometimes leads liars, scammers, and fraudsters to pitch any number of too-good-to-be-true “investment opportunities” to retirees. Given all that and the classic money scams perpetrated on elders, you have good reason to be financially skeptical as you get older.

Beware of unbelievable returns. Sometimes you hear radio commercials or see online ads that refer to “an investment” or “an investment opportunity” that is supposedly can’t miss. Its return beats the ones achieved by the best Wall Street money managers, only the richest Americans who know the “secrets” of wealth know about it, and so forth.

Claims like these are red flags, the stuff of late-night infomercials. Still, there are retirees who take the bait. Sometimes the return doesn’t match expectations (big surprise); sometimes their money vanishes in a Ponzi scheme or pyramid scheme of sorts. Any monthly or quarterly statements – if they are sent to the investor at all – should be taken with many grains of salt. If they seem to be manually prepared rather than sent from a custodian firm, that’s a hint of danger right there.

Beware of equity investments with “guaranteed” returns. On Wall Street, nothing is guaranteed.

Beware of unlicensed financial “professionals.” Yes, there are people operating as securities professionals and tax professionals without a valid license. If you or your friends or relatives have doubts about whether an individual is licensed or in good standing, you can go to finra.org, the website of the Financial Industry Regulatory Authority (formerly the National Association of Securities Dealers) and use their BrokerCheck feature.¹

Beware of the “pump and dump.” This is the one where someone sends you an email – maybe it goes straight to your spam folder, maybe not – telling you about this hot new microcap company about to burst. The shares are a penny each right now, but they will be worth a thousand times more in the next 30 days. The offer may be entirely fraudulent; it may even promise a guaranteed return. Chances are, you will simply say goodbye to whatever money you “invest” if you pursue it. Brokers pushing these stocks may not even be licensed.²

Watch out for elder scams. In addition to phony financial services professionals and exaggerated investment opportunities, we have fraudsters specifically trying to trick septuagenarians, octogenarians, and even folks aged 90 and above. They succeed too often. To varying degrees, all these ploys aim to exploit declining faculties or dementia. That makes them even uglier.

You still see stories about elders succumbing to the “grandparent scam,” a modern-day riff on the old “Spanish prisoner” tale. Someone claiming to be a grandson or granddaughter calls and says that they are in desperate financial straits – stranded without a car or return ticket in some remote or hazardous location, in jail, in an emergency room without health insurance, could you wire or transfer me some money, etc. A disguised voice and a touch of personal information gleaned from everyday Internet searches still make this one work.³

Would you believe some crooks prey on the grieving? Elders can be targeted by funeral scams, in which a criminal reads new obituaries, and then calls up widowers claiming that the deceased spouse or partner had an outstanding debt with them. Occasionally, the crook even attends the funeral and presents the bogus claim to the bereaved in person. Identity thieves may present themselves as official representatives of Medicare – they are calling from Washington D.C. or the local Medicare office, they have detected an error, and they need a senior’s personal information to make things right. In reality, they aim to do wrong.⁴

Everyone wants to look younger, and unsurprisingly, new scams have surfaced pitching bogus anti-aging products. One Arizona-based scam pushing fake Botox brought in \$1.5 million in just over a year before its masterminds were arrested. Expect to see more of this, with the cosmetics or medicines offered either amounting to snake oil or resulting in physical harm.⁴

A little healthy skepticism can’t hurt. If you are recently retired or approaching retirement age, be aware of these scams and schemes – and inform your elderly parents about them, too.

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BOW IN BLOOM

Throughout the summer, Bow Garden Club members braved the heat, the humidity and the rain at times, to fulfill their garden duties at the community park, known as Rotary Park. Garden club members take turns tending to the garden throughout the growing season by volunteering a week at a time to help care for the myriad of colorful plantings now in place at the garden. Members of the Garden Club definitely deserve the Town's appreciation for all that their members have done beautifying the Town year after year!

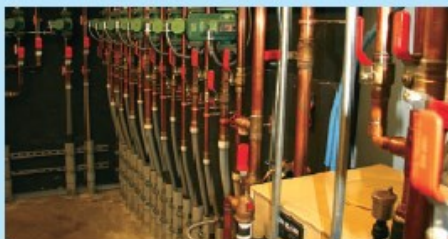
The garden club especially appreciated the Bow Rotary Club's recent \$200 donation enabling them to purchase a drip water system to provide water to some of the plantings not serviced by the existing irrigation system. Garden club members worked together to install it and the results have been amazing. Thank you Rotarians!

Photo Courtesy Eric Anderson



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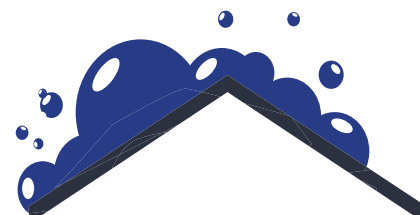


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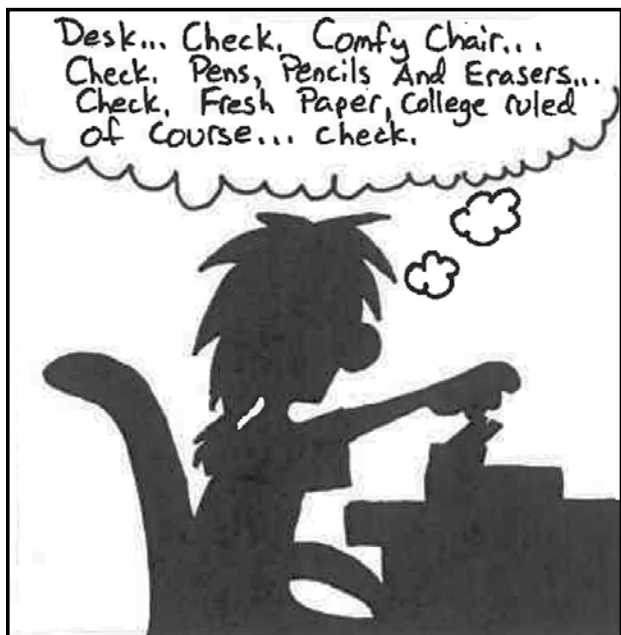
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Way Up North

Way Up North is contributed by Jay Martin, Bow Graphic Artist



DUNBARTON NEWS

By Nora LeDuc

FIRST DAY OF SCHOOL is Wednesday August 29. No school on Monday, September 3, Labor Day, Friday, October 5, NEA DAY and Monday, October 8, Columbus Day.

THE DUNBARTON SELECTMEN will resume weekly meetings Thurs. Sept 6, 2018. The meeting time will be 7pm. For weekly agenda specifics contact the Town Office on the Weds. prior to the meeting during normal business hours.

GENEALOGY GATHERING meets the First Thursday of the of the Month, 6:30 to 8pm at the library. Bring your materials and use the Library's Ancestry Library Edition. Check with the library to make sure event will go on as scheduled.

ENTICE WITH SPICE Thurs, Sept 7, 6:30 to 8pm, the library will present Entice with Spice. Spices are not only a great way to flavor your favorite foods, but studies show that many different herbs and spices offer health benefits as well. Brought to us by the Concord Hospital Center for Health Promotion.

COME TO THE SPIRESIDE COFFEEHOUSE. Sat, Sept 15 for an open stage night. Doors open at 7pm for the general public. The Coffeehouse is held in the intimate setting of the historic Congregational Church Vestry building situated on Dunbarton's picturesque village green. Performers can sign up starting at 6:30pm. Donation is \$5.00 for the evening. Snacks will be available. Sat. Oct 20th the Spireside Coffeehouse will have a featured band. Decatur Creek is a local favorite and will be having a release party to celebrate their new CD. Doug Farrell, Steve Dionne, and Jack Carlton are each accomplished NH musicians, singer songwriters, and performers who together are – Decatur Creek. Their diverse styles complement one another, and the group's evolving original acoustic sound will bring a smile to your face, rhythm to your feet, and leave you wanting more.

COMMUNITY EDUCATION WITH THE ALZHEIMER'S

ASSOCIATION will present at the library on Sept 26, noon to 1pm: Healthy Living for Your Brain and Body: New science is able to provide insight into how to optimize our physical and cognitive health as we age. Join us as we learn about diet, nutrition, exercise, cognitive activity and social engagement."

WATCH "RECOLLECTIONS OF DUNBARTON" videos presented by the Historical Awareness Committee. View our senior residents reflecting on how life used to be in Dunbarton. Go to <http://dunbartonnh.org/> and look for the listing under the calendar.

BOW POLICE LOG

BOW POLICE DEPARTMENT JULY STATISTICS

ARREST LOG

07/01 Alexa M. Dauphine, 27, Thornton, was arrested for resisting arrest/detention, false report to law enforcement and a warrant; Thomas Cantara, 52, Newport, was arrested for driving under the influence; Chansavet Suong, 30, Lynn, MA, was arrested for driving under the influence.

07/04 Travis K. Allard, 39, Manchester, was arrested for two counts of receiving stolen property, and driving after revocation/suspension; Dylan Foote, 33 Hooksett, received summonses for suspended registrations and driving after revocation/suspension; An adult received a summons for possession of marijuana; Jeffrey R. McCabe, 62, Poughkeepsie, NY, was arrested for driving under the influence; An adult received a summons for possession of marijuana.

07/05 Gary B. Sewell, 36, Enfield, was arrested for three counts of possession of a controlled drug and a warrant; Heather A. Dubeau, 34, Enfield, was arrested for hindering apprehension/prosecution, and three counts of possession of a controlled drug.

07/06 Gerald A. Marsh, 21, Warner, was arrested on a bench warrant; An adult received a summons for possession of marijuana.

07/07 Jeffrey Wood, 55, Henniker, received a summons for suspended registrations; Haleen A. Buonano, 41, Concord, received a summons for driving after revocation/suspension subsequent offense; Virginia A. Gilpatrick, 36, Epsom, was arrested on a bench warrant.

07/08 Kehley M. Smith, 28, Deerfield, was arrested on a warrant; Onyx Jomar Rivera, 23, Allentown, PA, received a summons for driving after revocation/suspension; Tracy Perley, 51, no fixed address, was arrested for possession of a controlled drug; Jessica M. Banville, 34, Manchester, was arrested for driving after revocation/suspension subsequent offense.

07/09 Tate A. Hrinchuk, 21, Salt lake City, UT, received a summons for driving after revocation/suspension; Frederick M. Hart, 67, Manchester, was arrested on a warrant.

07/11 Jeffrey J. Bogdanowicz, 20, Lancaster, was arrested for possession of a controlled drug, and misuse of plates; Tommi Lynn Allen, 38, Hooksett, was arrested for two counts of possession of a controlled drug; Anthony Elwell, 44, Manchester, was arrested for two counts of possession of a controlled drug.

07/12 Travis K. Allard, 39, Manchester, was arrested for possession of a controlled drug; Kristine M. Bourassa, 44, Pembroke, was arrested for aggravated driving under the influence, driving after revocation/suspension, and breach of bail.

07/13 Mathew C. Collins, 40, Manchester, received a summons for suspended registrations.

07/14 Shawn Berger, 27, Deering, was arrested on a warrant.

07/15 San B. Darjee, 43, Concord, received a summons for operating without a valid license; Matthew C. Gedney, 35, Goffstown, was arrested for theft by unauthorized taking.

07/19 Sarah Cherico, 22, Hudson, was arrested as a fugitive from justice; An adult received a summons for possession of marijuana.

07/20 Brian L. Pike, 29, Dunbarton, was arrested for stalking; Jade S. Temple, 19, Hillsboro, was arrested on a bench warrant; Paul R. Lacourse, 51, Bow, received a summons for driving after revocation/suspension; Carmen M. Turner, 38, Concord, was arrested for two counts of possession of a controlled drug and a warrant.

07/23 Richard J. Johnston, 38, Weare, received a summons for suspended registrations and driving after revocation/suspension.

07/25 Bryan M. Wright, 57, Bow, was arrested for two counts of domestic violence; simple assault.

07/26 Shawna M. Dutton, 33, Bow, was arrested for driving under the influence.

07/26 Timiah L. Wilkins, 21, Belmont, was arrested for receiving stolen property, two counts of possession of a controlled drug, and deal/possess prescription drugs without a prescription.



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GRADE 7 HIGH HONORS

Anna Abel
Aiva Berrigan
Benjamin Berube
Joshua Billow
Delia Brochu
Maya Brochu
Rachel Burkett
Sudeshna Chakraborty
Amelia Clark
Ayla Currier
Cameron Evans
Morgan Flynn
Mark Folsom
Logan Fox
Marissa Green
Brendan Griffin
Vincent Hassell-Higgins
Luke Insana
Dominik Jurcins
Julia Katz
Emily Kiah
Sage Konstantakos
Isabella LaPerle
Lyndsey LaPerle
Alexandra Larrabee
Sarah Lavigne
Jacob McDaniel
Courtney McKeen
Olivia Milbury
Rachel Pelletier
Brady Perkins
Eleanor Pingree
Anna Ros
Elena Roy
Paris Sadler
Michael Sardella
Alessandra Sargent
Anish Subbakaran
Anna Tsouros
Emily Vincent
Jake Westenberg
Luke Wilke
Catherine Windsor
Becky Zheng

GRADE 7 HONORS

Madison Allen
Katherine Anoli
Carter Aubrey
Theodore Barker
Josephine Bayer
Maciej Blaszcak
Finnegan Bonner-Gerber
Evan Cook
Noah Crear
Trista Day
Solange Doucet
Braden Dougherty
Jessica Fisher

Alyson Flaherty
Norah Garland
Caleb Gazaway
Nathan Greene
Vance Gula
Lydia Hartshorn
Alexander Kehas
Madison Kiniry
Megan Landcastle
Hannah Lawrence
Alex Magdziasz
Ava Maurer
Hannah McGonigle
Zachary Mckerley
Grace Neff
Matthew Pepin
Brian Pollock
Isabella Raisty
Joshua Rheau
Hannah Rondeau
Meghan Shippas
Amelia Smith
Sarah Vozzella
Owen Walton
Brody Wesler
Meghan Wray

GRADE 8 HIGH HONORS

Karl Anderson
Rose Anderson
Cailyn Benson
Connor Bernard
Savannah Betterley
Cole Billow
Kate Billow
Leah Boisvert
Cameron Cafasso
Jessica Chamberlin
Ethan Clark
Rorie Cochrane
Jack DesRuisseaux
Oliver Dolcino
Andrew Driscoll
Madeleine Ess
Liberty Furr
Bria Geddes
Stephanie Gosselin
Ethan Gray
Jenin Jarrar
Elena Jay
Kyra Johnson
Aurelia Kaufman
Grace Kirkpatrick
Mallory Knight
Molly Knight
Julia Krause
Madeleine Kropp
Honor Kula
Jackson Lalla
Tatum Laws

Katherine Lessard
Lucy Little
Kyle Martin
Sierra Mason
Mary McCarthy
Shawn Millerick
Cassie Murphy
Ashley Panzino
Madeleine Paul
Michael Pelletier
Catherine Rolla
Eva Rook
Lincoln Routhier
Amelia Soucy
Anne Stirewalt
Caleb Stonecipher
Rachel Towne
Clara Udelson
Trista Voisine
Hannah Waltz
Jocelyn Webber
Brayden Wesler
Ashley White

GRADE 8 HONORS

Alisha Anderson
Zachary Anderson
Alexander Boisvert
Alexandra Boone
Katerina Burke
Victoria Clancy
Rylee Constant
Mia Contreras
Sydney Ferland
Briana Fournier
Amy Gray
Sarah Guerrette
Kelly Harris
Ava Kehas
Delaney King
Matthew Lamy
Quinn Lewis
Hope Marcou
Ryan McSweeney
Thomas Nelson
Ava Noce
AnneMarie Penney
Owen Petretta
Theodore Pfeifle
Isabella Pontacoloni
Madison Roberge
John Salerno
Madison Speckman
Madeline Terrell
Ryan Thompson
Stephen Thorne
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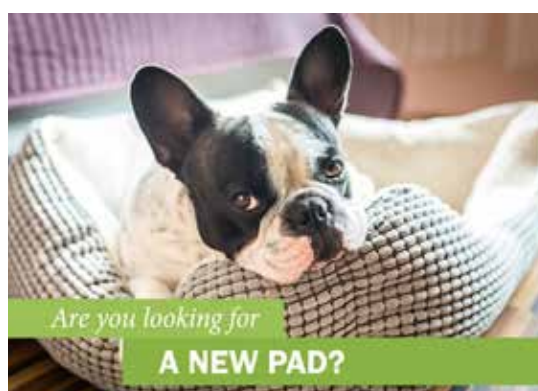
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