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SECOND TIF DISTRICT TO BE VOTED ON AT MARCH 13 TOWN MEETING

The area on Route 3-A at the south end of Bow will be considered as a tax increment finance district by the voters on March 13 at Town Meeting. Community Development Department Director Matt Taylor said mixed use zoning changes required for a TIF will be on the ballot for March 12 Election Day. The 3-ATIF is described by Director Taylor as follows:

“The Bow Selectmen approved a warrant article for voters to consider in March that would create a new tax increment finance (TIF) district in the southern part of town. The proposed district would be bound by River Road on the north, Interstate 93 on the west, the Merrimack River on the east, and the Hooksett town line to the south; the underlying goal for the district is to bring public water and sewer to the 284 acre area.”

(Continued to page 2)

ETHICS/CONFLICT OF INTEREST ORDINANCE TO BE CONSIDERED AT TOWN MEETING

Former Selectman Ben Kiniry thought he would need to obtain 25 signatures of voters to place the conflict of interest issue before the voters. A copy of his proposal ran on page two of this paper in January.

Since then Chairman Chris Nicolopoulos of the Board of Selectmen said the Board would “fine tune the proposal and get it before the town meeting on March 13 as an item of business.

Since 2003, the Board has had an ethics policy that mirrors Ben Kiniry’s proposal, but it lacks meaningful enforcement because the voters have never been asked to make it an ordinance. They will now be able to do so, said Chairman Nicolopoulos.

On January 22, the Board discussed the Petition Warrant Article written by former Selectman Kiniry, concerning a Code of Ethics Policy applicable to all officials of the Town of Bow, whether elected, appointed, full or part time, paid or volunteer.

There was a discussion at the meeting on the current Code of Ethics Policy. The Board said it would work with former Selectman Kiniry on creating a Code of Ethics Warrant Article and amending the current policy. The Board voted 5-0 to proceed.

HOPKINTON – CONTOOCCOOK NEWS ON PAGES 15-16

\$1,519,277 FOR 3-YEAR SCHOOL UNION CONTRACTS

The School Board has approved a three year contract that will be voted upon at the annual school meeting. The raises and benefits package increases the school budget by \$1,519,277 but is spread out over three years. The first year increase is \$341,210 for teachers in 2019-20 and \$91,762 for Educational Support Staff.

Future years are:

	TEACHERS	STAFF	TOTAL
2020-21	\$431,798	\$113,051	\$544,849
2021-22	\$436,364	\$105,092	\$541,456

The contracts will come before the voters at the annual school meeting on Friday, March 15 at 7 p.m. at the High School Auditorium.

A final budget committee hearing on February 12, follows two votes approving the three year pay and benefits contracts by the teachers and the support staff last week.

The schools budget will rise from last year’s \$28,206,625 appropriation to a proposed \$28,832,825 number for this year. The \$626,200 increase was \$200,000 less than the schools wanted but the Budget Committee’s lower number was agreed to by the Board.

The \$28,832,825 is Article #2 on the School District Warrant. Other articles, including the bargaining agreements, run the total request to \$29,750,172 or \$1,543,547 more than this year’s budget. Offsetting revenues brings the net number increase to \$1,048,992 or 79¢ per thousand dollars of assessed real estate when other adjustments are made.

Using the customary Bow benchmark of a typical \$300,000 home the tax increase is approximately \$240 according to Assistant Superintendent Duane Ford.



BOW’S OLDEST RESIDENT PRESENTED WITH BOSTON POST CANE

On January 22, 2019, the Board of Selectmen presented the Boston Post Cane to **Mary (May) Allquist, the Town of Bow’s oldest resident.** May recently celebrated her 97th birthday and she has been a resident of Bow for 40 years. The Town has presented the Boston Post Cane to the Town’s most senior resident since 1909. At that time, the now defunct Boston Post newspaper presented canes to communities in New Hampshire for this purpose. Bow residents are now awarded a replica cane, and the original cane is on display in the Board of Selectmen meeting room.

MONTHLY BOW TIMES IS DELIVERED TO 3,000 RESIDENTS AND BUSINESSES - FREE

LOW TAXES ARE THE RESULT OF LOW SPENDING

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Publisher - The Bow Times, LLC

Editor - Chuck Douglas 224-1988

Co-Editor - Debra Douglas 496-0265

Sales Manager - Gary Nylan
496- 5239 gary42bow@comcast.net

Staff Designer - Nadeane Mannion
nmannion1@comcast.net

Technical Editor - Denise Ehmling
dehmling@thebowtimes.com

Travel Talk Editor - Chase Binder

Food Editor - Debra Barnes

Wine Editor - Nicole Habif

Contributing Writers - Joyce Kimball,

Faye Johnson and Donna Deos

Photographs - Eric Anderson

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Mailing address for news or notices: 40 Stone Sled Lane, Bow
Email: info@thebowtimes.com

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EDITORIAL

The Wall and Private Property Rights - Don't Mess with Texas

by Chuck Douglas

First - a brief history lesson. The bulk of the border walls that already exist are along the California, Arizona and New Mexico borders for a very good reason. That area is dry desert so it is easy to construct walls from El Paso to San Diego. The cities of Tijuana and Juarez are heavily walled and controlled with the Rio Grande River becoming basically a concrete sided drainage ditch that can be controlled by crossing points of bridges. Go to Google photos to see what I mean. The states of Arizona and New Mexico had been federal territories and thus huge percentages of the land are federal lands.

The percentage of federal land in California is 46% and for Arizona and New Mexico the federal lands are 38% and 35%. But, when you head east along the Rio Grande River traveling the 1,200 mile Texas/Mexico borders, the world changes dramatically. Texas came into the union having been a Republic, not a federal territory, and thus the percentage of federal land is only 1.8%. Compare that to New Hampshire where 13.8% of our state is federal property.

Not only that but the Rio Grande runs well over 1,000 miles along privately owned land in Texas. Conservative Republican Congressman Will Hurd's Texas 23rd District alone contains 800 miles along that border. That portion of land can be viewed by going to Google and clicking on Getty photos of the river area. Parts of the river run through huge canyons high on each side of the river. Other areas are swampy lands that would be like building a wall in the Hampton Marsh. In other words, it can't be done.

Farmers and ranchers own the land on the American side and cattle graze at the banks of the meandering river.

Imagine a ranch facing south towards the Rio and instead of the farm or ranch owners looking out on a river they will soon look out at a steel or concrete wall. Access to the river for their livestock will be denied, to say nothing of sitting on your porch having a morning coffee while staring at a 20 foot wall across their privately owned land.

(Continues on pg.4)

WHY DID THE TYLER SHAW CASE TAKE HALF A YEAR BEFORE AN ARREST OCCURRED?

by Chuck Douglas

I posed that question to Commissioner of Safety, John Barthelmes, who was kind enough to refer me to the Executive Major Matthew Shapiro of the State Police. The State Police Collision Analysis and Reconstruction Unit is supervised by Major Shapiro, and while he was not able to give any specifics about any pending case, he explained why the department sometimes cannot make an immediate arrest.

He said that essentially the way they approach a fatal accident like the one at Exit 1 and Logging Hill Road is that it is a homicide, albeit a traffic homicide. The reconstruction unit can take up to 90 days to do a thorough investigation because their goal is to ultimately bring serious charges rather than to just charge with reckless operation or some lesser charge that is quick but not fair to the victim's family or to justice generally.

From there the report goes to a County Attorney's office and, once again, it has to be reviewed and witnesses may need to be interviewed and that can take 60 - 90 days before it gets presented to a Grand Jury.

Major Shapiro agreed that for families this time frame can be very frustrating so at some point toward the end of last year the Department of Safety was able to retain the services of a Victim Witness Coordinator for fatal crashes. The position is currently filled by a retired state trooper, Sgt. Cathy Murray, who served for 29 years on a full-time basis and is now assisting the department part-time. Hopefully she will be able to explain the process to the family and coordinate with them so that the frustration level does not get to be as upsetting as Tyler Shaw's mother was for half a year.

(TIF District cont'd. from pg. 1)

Taylor said the TIF district "is complemented by a proposed zoning change recommended by the Planning Board for a new mixed use district with the same boundaries; the zoning change would allow for higher building density with the addition of public water and sewer. Most of the land in the district is presently used to mine gravel."

"TIF districts are a way for towns to fund infrastructure needed for economic development without placing a burden on the existing tax base. Funding for improvements comes directly from property taxes collected for new development. Last year, the Town overwhelmingly approved a TIF District for Bow Junction and Bow Mills with a similar goal of expanding the tax base," concluded Director Taylor.

\$1,000 FOR YOUR THOUGHTS



The Rotary Club of Bow will host its annual public-speaking contest for high school students at 7:00 PM on March 28. To encourage robust competition, the first place winner in Bow will earn \$500, second place will earn \$300, and third place will earn \$200.

Contestants will speak for five to seven minutes on topics of their choosing and use Rotary's "Four-Way Test" to analyze a

personal decision or course of action.

Bow's winner will have an opportunity to compete at the District competition in Danvers, MA, on May 4th, where additional prize money will be awarded.

Bow Rotary's contest is open to students attending Bow High School and to residents of Bow and Dunbarton who are home schooled. The contest will be held in the Bow Rotary Community Room at Bow's Baker Free Library. The public is encouraged to attend.

The application form is available on our website at
www.bowrotary.org.

DOG REGISTRATIONS

The Town Clerk's Office has the new dog tags for 2019

You can register your dogs anytime between January 1, 2019
and April 30, 2019, to avoid late fees.

Dogs may be registered online, in person or by mail.
Please remember that in order to register your dog,
your dog's rabies vaccine must be current.

TURNER GROUP WELCOMES BOW MECHANICAL ENGINEER **TOM BETTERIDGE**



Turner Building Science and Design, LLC, a Mechanical Engineering firm based out of Harrison, ME, announces that **Tom Betteridge, P.E., NCEES** has joined their team in the Concord, NH office. Mr. Betteridge of Bow has over 11 years in the field of Mechanical Engineering for a wide array of clients and industries. His engineering skills include designs on a vast range of mechanical and plumbing systems for buildings of all types and sizes.

BOW ELEMENTARY SCHOOL & INVENTION CONVENTION NEEDS YOUR HELP

by Charlotte Orsmond

Bow Elementary School greatly appreciates the interest expressed by the Bow Men's Club in support of our annual Invention Convention. The Invention Convention is a popular event at BES and the participation of volunteers is an integral part of the process.

We are currently looking for interested Bow residents who have a vested interest in supporting the mission of BES, to serve as judges at our annual Invention Convention. While we appreciate all support, we do ask that parents of current BES students refrain from signing up as judges so that we can maintain an impartial pool of judges.

This year's convention will take place on March 7 in the BES cafeteria. Judges will be asked to arrive at 7:30 am for a short debriefing and opportunity to get settled. Judging of inventions with student interviews begins at 8 am and is finished by 10 AM. Afterwards, judges review their scoring sheets as a group and turn in all scoring sheets to the Invention Convention coordinators. Judges are usually finished by 11 AM.

Please call Charlotte Orsmond at (603) 715-6388 to be a judge.

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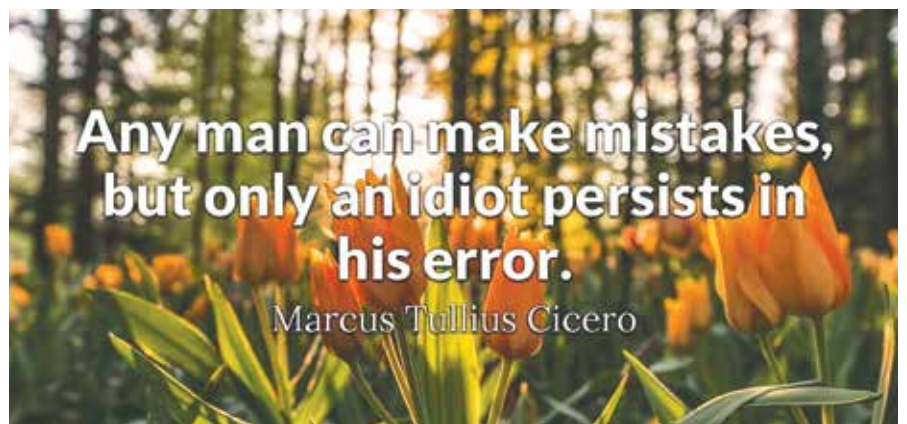
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WE'RE MOVING

COME & JOIN US AT OUR NEW LOCATION



(The Wall and Private Property Right cont'd. from pg. 2)

by families for 150 years. That land will have to be taken by eminent domain and will be fought over in the courts for years. Compensation will involve the negative result of a beautiful river expanse view being turned into an ugly view of a wall.

In many cases due to the flooding and receding of the Rio the fence will have to be built hundreds of feet in from the river. The Rio Grande is not a river that is nicely banked like the Connecticut or Merrimack Rivers. Just view scores and scores of Getty photos and you will see why a wall will not work with the Texas topography.

Congressman Hurd estimates that the 800 miles in his district in Texas will result in as much as 1,100,000 acres being effectively ceded back to Mexico, as that country will enjoy access to land on its side of the wall that will be denied to our farmers and ranchers.

Is there a plan for those 1,000 owners to each have gates manned by Border Patrol 24 hours a day so their livestock can graze and drink from the lush river-land? I doubt it.

Why should Mexico have an additional million acres accessible by its people but not our land-owners? It makes no sense. Furthermore, part of the 800 miles in the 23rd Congressional District includes Big Bend National Park created in 1944 where there are elevations up to 8,000 feet in the Chisos Mountains. Google photos of the park and you will see why no wall can be built there even though it is one small area of federal land along “an ever changing river”.

Big Bend is also a national park so an unnatural wall can't legally be constructed there anyway. The park protects 1,200 species of plants, 56 species of reptiles, and 75 species of animals with spectacular canyons along 118 miles of the Rio Grande. Big Bend's

801,000 acres of protected land is about the same size as our 751,000 acre White Mountain National Forest that was in my Congressional District. Imagine the blow back of a concrete wall through either protected area.

If you respect private property, as we do in New Hampshire, the wall can't be built. The cost of paying compensation to these 1,000 owners for the land-locking of their farms and ranches behind a wall will be in the billions once juries are done awarding damages years after Trump is gone.

Just as recently as 2006 our voters adopted Article 12-a of the State Constitution by 86% to protect private land. Texans are no less protective of their property rights. President Trump had no reluctance as builder Trump getting help from governments to take private land for some of his casino projects. But New Jersey's negative view of property rights is not shared by the descendants of the Republic of Texas.

Clearly other methods will have to be used on the Texas border where dry desert land is not federally owned, as in states like Arizona and New Mexico, nor for hundreds of miles where it is lush and green. If wall builder Trump would fly that 800 miles in Congressman Hurd's district he would understand that too. And, besides, Mexico is not going to pay for it nor pay the land damage verdicts to the conservative ranchers and farmers who will forever have wall-front property that was once riverfront property. While “Build the Wall from sea to sea” may sound great at a rally of coal miners in West Virginia it runs roughshod over those of us who respect private property rights whether in New Hampshire or Texas.

Chuck Douglas is a frequent visitor to the Southwest and a former Congressman from New Hampshire.

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

MVSB & the Merrimack Gathered
**MITTENS AND
DONATED OVER
\$4,200 TO THE
NH FOOD BANK**



Sister Banks, Meredith Village Savings Bank and Merrimack County Savings Bank are grateful for members of the community who donated cold weather items to their annual Mitten Tree drives. More than 2,100 mittens, gloves, hats and scarves were collected and distributed to local schools and non-profits. In keeping with the tradition of contributing \$2 for each item given, over \$4,200 was donated to the NH Food Bank for use at food pantries in the Greater Concord, Nashua, Sea-coast and Lakes Region areas.

“The Mitten Tree is a wonderful winter tradition we've been proud to uphold each year,” said Rick Wyman, President of MVSB. “We are thankful to the many community members and non-profits that make or purchase items and drop them off at our branches.”

“The NH Food Bank works with food pantries in all of the regions that both banks serve. Contributions aid in decreasing the risk of food insecurity throughout our communities. I'm proud we were able to help in any way possible,” added Linda Lorden, President of the Merrimack.

**CONCORD COALITION
TO END HOMELESSNESS**
Search Begins for Contestants
for Fall Talent Show

Attention Bow and Concord area performers: If you've dreamed of showcasing your special talent, the Concord Coalition to End Homelessness (CCEH) wants to shine a spotlight on you.

CCEH is recruiting performers of all types to participate in its first-ever Talent Show in October.

The fundraising event will showcase a variety of talents through a round of live auditions and the final show October 5th on the Capitol Center for the Arts' newly renovated Bank of New Hampshire Stage. Approximately 10 acts will compete in the October 5th Talent Show, where Judges Choice and a People's Choice winners will be selected. The public is invited to the auditions and final show.

Individuals interested in competing should visit <https://concord-homeless.org/talen-show-about/> to view the contest rules and submit an application to perform. Deadline for submitting is April 1st.

Entries will be screened in March, with the selected contestants invited to perform at a live audition in May or June. Auditioning performers will advance to the October 5th talent show based, partially on the number of audience votes they received and the judges opinions.

The October 5th evening event will include fundraising activities and food service provided by the theater's Main Street neighbors: Concord Food Co-op and O's Steak and Seafood.

CCEH's mission is to end homelessness in the greater Concord area. Working with our partners, our goal is to permanently house all chronically homeless individuals, and ensure there is a safety net and resources in place to quickly re-house people who have recently become homeless.

CCEH operates the Concord Emergency Winter Shelter and daytime Resource Center, which helps with guests' immediate needs, such as shower, laundry, computer access, and a place to receive mail. A caseworker helps guests connect with housing and other resources, and other agencies, including the Concord Hospital Downtown Clinic and Riverbend Community Mental Health. Equally important, the Winter Shelter and the Resource Center are both places where people experiencing homelessness are treated with dignity and respect.

TOWN & SCHOOL CANDIDATES FILE FOR MARCH ELECTIONS

OFFICE		CANDIDATE
Selectmen	VOTE FOR TWO	Bob Blanchette
Selectmen		Colleen Hunter
Selectmen		Christopher Nicolopoulos
Budget Committee	VOTE FOR TWO	Jeffrey Knight
Budget Committee		Kathy Garfield
School Board Member	VOTE FOR TWO	Eric Shulman
School Board Member		Jenna Reardon
Trustee of Trust Funds		Mary Beth Walz
Library Trustee		Eric Anderson

DON'T LET THIS HAPPEN TO YOU OR SOMEONE YOU LOVE!

BY BEN KINIRY, ESQ.

Well, it is February and Valentine's Day is upon us. A day for us to celebrate the person we most love in this world (or all the people you love most). This article is not necessarily about them, but this made for a good opening to this article (shameless I say).

There are many people we love. As a society, it goes without saying that we love the seniors in our lives we call grandparents. Also, we all would agree that our grandparents make up one segment of our society that is most vulnerable, in many ways. Additionally, we all agree we should be looking out for our grandparents' best interest as they become less able to fend for themselves, whether it is a health and safety concern or protecting them from those in the world who would abuse, neglect or exploit them.

Last month I took a course on Elder Abuse, Neglect and Exploitation. I have listened to talks on this topic in the past and have read on this topic. For some reason this time was different. Some of the statistics that were relayed were both staggering and shocking (for example, exploitation is a



billion dollar industry and about 90 percent of perpetrators of elder abuse are family members).

In an effort to play my part in being helpful in shedding light on those who would harm our senior population, I, in my everyday interactions with families, make an effort to spot such abuse. I am just one person, so the goal of this article is to get you to think about and spot abuse, neglect or exploitation of the seniors you know and to report what you see (kind of like the "if you see something, say something" campaign). If you see something or if you are a victim, please call the New Hampshire Bureau of Elderly and



Adult Services by calling 1-800-949-0470 or tell someone who will take action.

Following is a brief discussion on the topic, which was taken from a writing by the National Academy of Elder Law Attorneys, Inc. (NAELA).

THE ISSUES

With the aging of the American population, problems of the elderly have become more widespread. One unfortunate outgrowth of this development has been the increased frequency of abuse, neglect and exploitation of vulnerable adults.

Abuse, neglect and exploitation are usually defined by state

legislation, and the definitions may vary significantly. Typically, however, the terms may be defined as follows:

"Abuse" typically refers to physical, emotional, or sexual abuse.

"Neglect" means failure to provide necessities. In most states, it is necessary to show that the wrongdoer has a duty to provide for the victim.

"Exploitation" is usually defined as taking financial advantage of a disabled or elderly victim.

Because state law is much more important in preventing

(Continued to page 12)

BOW REAL ESTATE SALES JANUARY 2019

11-15 Morgan Drive	LAND	31.71 acres	LAND	\$207,000
21 Stack Drive	4 BR / 3 BA	2.73 acres	2916 sq ft	\$364,900
4 Fiddlehead	2 BR / 3 BA	CONDO	2702 sq ft	\$366,000
9 Windchime Drive	2 BR / 3 BA	CONDO	2061 sq ft	\$369,900
7 Deer Run	3 BR / 3 BA	3.95 acres	2319 sq ft	\$379,900
6 Melanie Lane	4 BR / 3 BA	5.90 acres	3227 sq ft	\$520,000

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SUGAR RIVER BANK ANNOUNCES ELLEN LESSARD NEW MORTGAGE LOAN ORIGINATOR IN CONCORD

Sugar River Bank is pleased to announce the recent hire of Ellen Lessard as Mortgage Loan Originator in the Concord area. Ms. Lessard received her Associates Degree from Elms College in Chicopee, MA and was previously a paralegal for 20 years. She was also a small business owner of a high-end women's clothing and furniture store in Concord for five years. Most recently she worked as a licensed Loan Officer at Residential Mortgage Servies for the past two years. She currently resides in Concord with her daughter.

Ms. Lessard will be working out of our Concord and Warner offices and is excited to work with those in the community. Mark Pitkin, President and CEO, stated "The Bank is pleased to have Ellen join the Bank. With her lending experience and knowledge of the local community, she is a great addition to our lending team."

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VOLUNTEERS PAINT THE KITCHEN AT THE OLD TOWN HALL

The weekend of January 12-13 the Garden Club, Men's Club and Rotary members pitched in to paint the kitchen at the Old Town Hall.
Photos courtesy of Eric Anderson



**Charlie Griswald (Men's Club), Janice Kuch (Garden Club)
and Gerry Carrier (Rotary Club)**



Judy Goodnow, Bob Cough, Bryant Stevener, Janice Kuch



Robert Louf and Judy Goodnow paint kitchen cabinet doors and drawers



Bryant Stevener paints cabinets at the Old Town Hall

REMEMBER YOUR WHY

by Jim Olson

Sticking to a healthy lifestyle of exercise, eating healthy, and making the right choices for your health and body is no easy challenge. However, there are a few simple steps you can start taking action on right away to ensure long-term success in reaching your goals. Implementing these steps will keep you motivated to stick to your plan even when it seems tough.

STEP 1: Write a list of ALL the goals you want to reach around your health and fitness.

It's important to have a destination to your journey so start by writing out all the goals and outcomes you'd like to reach for.

These goals could be physical such as fitting into smaller clothes, losing a few pounds, gaining muscle or getting more toned.

They could be health related such as lowering your cholesterol or blood pressure, being more energetic, or managing stress.

They could even be more psychological or emotional such as overcoming the sugar craving battle,



Jim Olson

feeling more confident, or having a more positive attitude.

Don't hold back here, brainstorm whatever comes to mind and think of as many outcomes you'd like from the hard work you're putting in. Write out all the things you want to achieve for your health and fitness in the future.

STEP 2: Discover WHY these outcomes are so important to you.

It's not enough to simply decide the goals you want to reach. Having a goal in mind will not always keep you motivated in the long run. Sometimes large goals can even be discouraging because they seem so far away.

So, rather than leave it at that try asking yourself WHY you want to achieve your goals. Now it is very important to dig deep here. The first few answers are likely not getting to the real motivation that's going to stick with you and keep you inspired for the long run.

Instead, keep going. Ask yourself WHY at least five or six times. Dig to get the real deep burning desire you have for achieving your goals. If you don't know the real reason why you want to achieve your goals it will be hard to maintain discipline when faced with challenges and obstacles.

Often when working toward goals we become unmotivated and quit, but having that WHY in front of you constantly reminding you why you want to make healthier choices will keep you inspired.

So, don't be afraid to really explore here and find your real and true reason WHY you want to achieve your goals that will keep you inspired!

Here's a great quote from Victor Frankl, "If you have the right WHY you can come up with almost any HOW."

So, if you can't find the WHY to your goals, it can be as simple as wanting to feel fabulous.

So, determine your WHY. Keep asking yourself WHY until you find the true reason you don't just want to succeed but the reason why you MUST succeed. It will help you keep going when you are faced with tough challenges that may often derail you.

If you're continuing to struggle with these steps by yourself then please call us, we can help get you started and stay on the right track.

Before you know it, you will have a healthier lifestyle!

Committed to Your Fitness, Jim

WHY NOT *Feel Fabulous* IN **FEBRUARY?**

THIS PROGRAM IS ONLY FOR 28 DAYS!

The Feeling Fabulous in February program starts Feb 1st, but you need to register NOW if you want to get one of our 10 spots. These spots will go fast since we are charging a reduced rate for 1st time and past clients only.

During the 28 days of February you will receive:

- 12 Private One-on-One personal training sessions
- Before/After pictures, weekly measurements, and weekly weigh-ins
- 4 weeks of PRESCRIBED cardio sessions
- 28-day Feeling Fabulous in February meal plan
- 28 days of accountability to keep you MOTIVATED every step of the way
- 4 weeks with our AMAZING coaches
- Huge IF community of supportive & inspiring people all working towards similar goals

CALL TODAY TO GET STARTED!

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I decided to start a program at IF because I was a faithful exerciser at home. My husband and I own a business and as our business grew, I found less time and discipline to exercise. I have lower back issues so I decided a personal trainer was what I needed in order to make sure that I was doing the correct exercises with the correct form.

Some results I've seen so far is right off I noticed a huge difference in my stamina, and my posture improved. My core is improving which is great for my lower back. I also have noticed I look more tone in certain areas.

I love the variety in my program. I love being corrected if my form is off, and I love hearing "great job Sue!"

If you are contemplating joining Individual Fitness get off the fence and join! The IF family is truly invested in their "family" (clients) health, happiness, and well-being. I truly feel like I am part of The IF Family.

-Sue Lindquist



268 N. Mammoth Rd. Manchester, NH • 603-836-5745
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individualfitnessllc.com

GOING FILTERLESS!

By Donna Deos

Joy number two of aging: going filterless, or saying things more truthfully and from a place of wisdom.

Okay, I know you're thinking – those are two very different things. They can be, but they can also be related. Here's how: the longer we live, the more we experience, learn and grow; and the more we have to draw from in helping and guiding others.

Likewise, the more we have seen, experienced and been influenced by has worn down our ability to be ultra-politically correct anymore. Or, in some cases even remotely! We simply don't have the time, patience, or willingness to coddle people anymore.

Now we have talked about Grandma losing her filter before and sometimes that can be very funny. Other times it can be very hurtful to the person caught off guard who ends up being in the line of fire. These are two very different things.

There is a way to use the truth and experience and the filterlessness together – it's called honesty.

Most of us spend most of our lives worrying too much about what everyone else thinks. We spend far too little time on what we really want and need; and how best to go about it. Instead, we base our words and actions on how others seem to want us to be.

Part of losing the filter is not giving a darn anymore what other people think. It's a place of freedom. It's a place where what you want and think can finally win out. Sure, they could have told you 40 years ago that they thought and felt a certain way, but then 40 years ago they were where you are – caring too much about what you thought and not wanting to hurt your feelings.



Now, let's realize, they don't want to hurt you now either. They simply have no more capacity for pandering to what everyone else feels, thinks and wants. Are you following me?

Believe me, when you get to the point where you no longer care about what everyone else thinks you will feel amazingly free. It is a beautiful thing!

So, here's where the honesty part comes in. You can find nice ways to let people know you don't agree with them. You can find nice ways to show you care while still being firm in your differing belief. One way is to lead by example. When someone says something you don't agree with, accept that as their belief. You don't have to change them, just like you don't want them changing you.

You can either let it go at that point, or you can say something like: "I see your point. Here's how I see things though that's different: and then give your example." This will hopefully lead to a nice open discussion where you can come to understand each others views without arguing. Plus it can lead you to know areas of discussion to avoid moving forward.

If for some reason it doesn't go that way and it starts getting ugly

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you can say something like, "well, I see we aren't going to agree on this and I value you in my life, so let's just change the subject." That's a very nice way to not back down, take the high ground and let them know this subject is now off limits. And, you're stating the value of the relationship which is always something people want to experience.

Unfortunately, most of the time, by the time the filter is gone, the filter losers are used to you not listening to them anyway (refer back to last month's article on listening to the aged) and so they let slip what really is going through their head versus the kinder gentler version. It just seems to happen. They figure you aren't listening to them anyway so what difference does it make. But then, "Shazam!" happens when you are listening and do react. They are just as shocked as you are. Most of the time they feel bad about it, however, the truth is now out – like it or not. It really is an honest mistake most of the time.

Here's what I'm suggesting: we listen to each other more now. We tell more kindly worded truths now. We stop being so judgmental toward those who don't think as we feel they

should now. What will happen is, when we all lose our filters, it should be kinder and gentler world because we've honestly spoken up about what we disagree about in an environment where it is okay to do so rather than bottling it up until it all flies out sideways and people get hurt.

Now, for the younger generations, who likely aren't reading this anyway, but here goes: I know you are all way more open than the older generations. This doesn't make you better than them. It means your generation is different and that is a good thing. In some ways it is much better because you are less judgmental of diversity and differences. However, you are very judgmental about those who are not open to the things you are. So, take that with a grain of salt and sit with it. If you truly want to be as great as you are aiming for, you need to respect your elders. Respect is something we should all have for each other and it is something that is earned. Let's use that for our topic for March!


Until then, try some truthful filterlessness that hopefully isn't hurtful!

All my best,
Donna


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COUNTDOWN TO COLLEGE

by Dominic Lucente

PREPARING FOR COLLEGE MEANS SETTING GOALS

Most parents want to give their children the best opportunity for success and getting into the right college may help open doors. According to the latest income-per-education-level data available from the Bureau of Labor Statistics, American adults who have a bachelor's degree had median weekly earnings of \$1,173 and a jobless rate of 2.5% in 2017, compared with median earnings of \$712 and unemployment of 4.6% for those with just a high school diploma.¹

Unfortunately, being accepted to the college of one's choice may not be as easy as it once was. These days, preparing for college means setting goals, staying focused, and tackling a few key milestones along the way.

Before High School. The road to college begins even before high school. As early as elementary and middle school foster your child's love for learning. Encourage good study habits and get them dreaming about college. A trip to a nearby university or your alma mater may help plant the seed in their minds. When your child reaches middle school, take the time to find out which prerequisite courses may set the right track for math and science in high school.

The earlier you consider how you expect to pay for college costs, the better. The average student loan borrower owes \$32,731 in education debt, which amounts to between 65-111% of first-year salary.²

Freshman Year. Before the school year begins, consider meeting with your child's guidance counselor. Discuss college goals and make sure your child is enrolled in classes that are structured to help them pursue those goals. Also, encourage your child to choose challenging classes. Many universities look for students who push themselves when it comes to learning. At the same time, keep a close eye on grades. Every year on the transcript counts. If your child is struggling in a subject, don't wait to get a tutor. One-on-one instruction can be a huge benefit when mastering difficult material.

In addition to academic performance, many colleges want prospective students to be well-rounded, so encourage your child to engage in extracurricular activities, such as sports, music, art, community service, and social clubs.

Sophomore Year. During their sophomore year, some students may have the opportunity to take a practice SAT. A practice exam is a good way to give your child a feel for what the test entails as well as any possible areas improvement they may have. If your child is enrolled in advanced placement (AP) courses, encourage good performance on AP exams. High exam scores show universities your child can succeed at a higher level of learning.

Sophomore year is also a good time to get some depth in extracurricular activities. Help your child identify passions and stick to them. Encourage your child to read as much as possible. Whether they read *Crime and Punishment* or *Sports Illustrated*, they will expand their vocabulary and critical thinking skills. Summer may be a good time for sophomores to get a job, do an internship, or travel to help fill their quiver of experiences.

Junior Year. Near the beginning of junior year, your child can take the Preliminary SAT (PSAT), also known as the National Merit Scholarship Qualifying Test (NMQST). Even if they won't need to take the SAT for college, taking the PSAT could open doors for scholarship money. Junior year may be the most challenging in terms of course load. It is also a critical year for showing good grades in difficult classes.

Top colleges look for applicants who are future leaders. Encourage your child to take a leadership role in an extracurricular activity. This doesn't mean they have to be drum major or captain of the football team. Leading may involve helping an organization with fundraising, marketing, or community outreach.

In the spring of junior year, your child will want to take the SAT or ACT. An early test date may allow time for taking the test again in senior year, if necessary. No matter how many times your child takes the test, colleges will only look at the best score.

Senior Year. For many students, senior year is the most exciting time of high school. They will finally begin to reap the benefits of all their efforts during the previous years. Once your child has decided to which schools they wish to apply, make sure you keep on top of deadlines. Applying early can increase your student's chance of acceptance.

Now is also the time to apply for scholarships. Your child's guidance counselor can help you identify scholarships within reach. Also, find out about financial aid and be thorough. According to research by

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NerdWallet.com, well over \$2 billion in free federal grant money is going unclaimed each year simply because students are failing to fill out the free application.³

Finally, talk to your child about living away from home. Help make sure they know how to manage money wisely and pay bills on time. You may also want to talk about social pressures some college freshmen face for the first time when they move away from home.

For many people, college sets the stage for life. Making sure your children have options when it comes to choosing a university can help shape their future. Work with them today to make goals and develop habits that will help ensure their success.

**Dominic Lucente may be reached at 603.867.3759
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Citations.

1 - <https://www.bls.gov/careeroutlook/2018/data-on-display/education-pays.htm> [4/18]

2 - <https://www.valuepenguin.com/average-student-loan-debt> [12/13/18]

3 - <https://www.azcentral.com/story/money/personalfinance/2018/10/17/free-college-money-unclaimed-fafsa/38172299/> [10/17/18]



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Travel Talk – Handling Jet Lag

by Chase Binder

Bud and I knew nothing about jet lag the first time we flew to Europe. It was back around 1990 and we thought it would be a snap to grab an overnight flight, arrive in Switzerland, hit the slopes shortly after arrival and then proceed to enjoy ourselves as if we had just traveled up to New Hampshire's own little Switzerland, The Balsams. After a week of fun, we planned to fly home from Zurich late Sunday then report for work bright eyed and bushy-tailed Monday morning.

It didn't go that way. While we did acclimate pretty well in Zermatt (the excitement of being there no doubt a factor), getting back into our work schedules once we got home was a challenge. We were grumpy, tired and generally out of sorts. Aha...jet lag! More technically, our sleep-wake cycles (circadian rhythms) were disrupted. We had traveled six time zones each way...gaining on the way east and losing on the way home. Sadly, our brains didn't just wind and unwind our internal clocks.

Over the past 30 years jet travel has increased exponentially. The number of people experiencing jet lag has skyrocketed. Scientific research has blossomed. Current theories combine knowledge of how the body reacts to being trapped in an aluminum tube flying 35,000 feet above earth at 500 mph for hours on end with knowledge of how to use the clock and light to scientifically adjust your circadian rhythms.

But let's start with human body in that aluminum tube. Aside from the general cleanliness of the surfaces you touch (tray tables and armrests are obviously not sanitized in between flights), the air you breathe whilst airborne is recirculated. Oh, it may be filtered and all that, but it is dry, dry, dry and there are all those people around you—breathing in, breathing out. So, start a day or two ahead of time and hydrate, hydrate, hydrate. Once you're on the plane, keep hydrating—and don't forget wipes to clean off the hard surfaces. Avoiding alcohol, caffeine and sleeping pills is also supposed to be on your checklist—all can impact your ability to sleep. These are all things you should do whether you're a 3-hour flight to Miami or an 8-10-hour flight to Europe.

Now to overlay the protocols about light and the clock. They



Chase Binder

say you should start by getting a good night's sleep before flying a long-haul flight. I always chuckle at this one. Do you know anyone...and I do mean anyone...who sleeps like a baby before flying off to another continent? I don't! So, let's set that one aside.

Research has shown that it takes about one day to fully adjust to each time zone traveling east and a day and a half for every time zone traveling west. Interesting! Also problematic for anyone going to Europe for a week or ten days, let alone Australia for two weeks. Your vacation evaporates!

How do you soften the blow? The Mayo Clinic (www.healthletter.MayoClinic.com) recommends using your clock to control light exposure, because circadian rhythms are all about light cycles. For eastward travel, go to bed 30-60 minutes earlier for 3 nights before flying, avoid light during the evening (including electronic devices) and get lots of light in the morning. For westward travel, do the opposite. Go to bed 30-60 minutes later, wake up later and avoid light for a couple of hours (they suggest wearing sunglasses). Stay off your phone or tablet. This may be science-based, but neither Bud nor I (nor anyone else we have ever met) have actually done this. Not to say it wouldn't work. If this type of scheduling appeals to you, try www.jetlagrooster.com for help.

What else can you do? The Mayo Clinic suggests "locking into the local time." Start by adjusting your watch to the time at your destination as soon as you're on the plane. Then, try and get some sleep—using whatever sleep aids you need. Your physician or pharmacist might be a help. Noise canceling headphones are great. Bud always travels with a sleep mask (though I don't). Think about pillows/blankets/

footrests. I always fly long hauls with a pashmina, a large, soft scarf that can be a blanket or a pillow roll and wraps around my shoulders to cover a crumpled shirt on arrival. The more comfortable you are, the better your chance of sleeping.

When you arrive in, say, London or Rome, go with the local time. If it's morning, have breakfast and go about your day. Fit in a quick nap if you can later, but otherwise stick to the local schedule. Have dinner when they have dinner. Go to sleep and wake up when they do. Honestly, after all the traveling we have done (99 countries and 6 continents), this works best for us. We often plan a somewhat light schedule the first 2 days or so of our trips (typically 3-4 weeks), but otherwise hit the ground running.

Most of this advice applies to your outbound journey. Coming home, whether flying eastward or westward, has different confounding variables—at least in our experience. The trip is over, work routines and endless paperwork loom ahead. Unpacking. Laundry. Is it any wonder that we're out of sorts, want to sleep a lot when we should be awake and are wide awake fretting at 3 AM? Best to just power through it!

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Bruce and Lorraine Harris showing off the December issue of The Bow Times in front of the iconic Christ the Redeemer statue in Rio de Janeiro, Brazil. The statue sits 2300 feet above Rio atop Corcovado Mountain and is 98 feet tall with outstretched arms spanning 92 feet. It took 9 years to build, weighs 635 metric tons and is covered with 6 million stone tiles.

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DUNBARTON NEWS

By Nora LeDuc



NO SCHOOL Monday February 25 through Friday, March 1 for Winter Break.

CHAIR YOGA meets Tuesday, February 26, and Tuesday, March 26 at 10:30 AM to 11:30 AM at the Dunbarton Library with Instructor Sherry Gamble. Please wear comfy clothes! A great workout for adults.

GENEALOGY GATHERING Thursday, March 7, at the Dunbarton Library scheduled for 6:30 PM to 8:00 PM. Bring your materials and use the Ancestry Library Edition.

THE DCC BOOK CLUB will read: *On A Pale Horse* by Piers Anthony. Discussion will be on Thursday, March 7 at the Vestry at 7:00 PM. The book, a fantasy novel, focuses on Zane, a photographer about to commit suicide who instead kills Death and must assume his office. Tina Bean will host. All are welcome.

KIDS READ TO DOGS at the library is scheduled for Thurs. March 7th and Thurs. March 21, 3:00 PM to 4:00 PM. Please call the library to register for your 15 min. block.

SCHOOL DISTRICT MEETING Saturday, March 9, at 3:30 PM at the elementary school.

VOTING DAY Tuesday, March 12, at the elementary school. No school will be held. Polls open 7am to 7pm. Town Meeting starts when voting ends around 7pm.

SPIRESIDE OPEN MIC NIGHT March 16th, in Dunbarton will feature Decatur Creek and celebrate the release of their second CD titled "RISING". Beth Eldridge, Doug Farrell, Jack Henry and Steve Dionne are each talented and skilled songwriters, musicians and singers. Their style may be described as folk-ish or home-grown but they don't play simple folk songs. They use well-blended harmonies and a variety of instrumentation to bring their stories to life in song and their lyrics are sometimes funny and sometimes touching, but never cliché. You can preview songs and get their CDs from several online sources or you can Email decaturcreek@gmail.com FMI.

THE DUNBARTON BOOK DISCUSSION of *The Alice Network* by Kate Quinn. Wednesday, March 20. Meet at the library at noon. Bring your lunch. Books are available the month prior to the discussion.

(Kiniry Article cont'd. from pg. 5)

abuse, neglect and exploitation than federal law, rules and protections will vary tremendously from state to state. A few generalizations can be made about the issue, but concerned individuals should consult local authorities or an attorney familiar with Elder Law issues for more detailed information.

WHAT YOU NEED TO KNOW

In many cases, the perpetrator is a family member or trusted, long-time friend. Frequently, older adults are financially exploited by in-home caregivers.

Remember to promptly remove all financial documents, i.e., checkbooks, bank statements, etc. When a caregiver is placed in the home, also remove family jewelry and items of value. Problems even arise in controlled settings such as nursing homes, adult care facilities, and congregate living arrangements.

It is frequently very difficult to detect abuse. Typically, abusive behavior occurs in private and victims may be unable to describe the attacks. When reports are made, they are frequently not believed.

A growing number of unscrupulous people prey consistently on vulnerable and incapacitated adults. Those familiar with the field report that the same individuals often appear as exploiters of multiple victims.

Experts note that there are some signs of abuse, neglect or exploitation which might alert family members, concerned friends or professionals to the possibility of problems. Among the signs to watch for:

- Withdrawal, particularly when the possible victim suddenly expresses a desire not to visit or receive visits with longtime friends or family. This is forced isolation. Often the abuser reports the older adult is not available to speak on the phone or have a visit.
- Fearfulness or anxiety on the part of the victim or frequent arguments or tension with the caregiver.
- Sudden, unexplained changes in living arrangements (such as a younger person moving in to "care for" an elderly person shortly after they have met).
- Financial exploitation and consumer scams may be different. The elderly are particularly vulnerable to financial abuse such as identity theft and abusive selling tactics. Look for new accounts, new credit cards, unusual investments or participation in sweepstakes.

Most states require professionals who observe signs of abuse, neglect or exploitation to report their suspicions to the appropriate authorities. Depending on state laws, it may be a criminal violation to fail to make such reports. Those required to report their suspicions may include: nurses (and aides), social workers, psychologists, accountants, lawyers, bankers and others."

National Academy of Elder Law Attorneys, Inc.: Elder Abuse, Neglect and Exploitation © Copyright (2016)(NAELA). The information provided in this article does not constitute legal advice.

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In The Woods



As of February 1st, cold weather has finally made safe ice in most areas. I would still be careful with the ice on the Broads at Winni. Be aware of pressure ridges as they can be very challenging.

At the Tackle Shop in Newbury, Dale reports that the Lake Trout fishing is excellent. One fisherman caught 15 trout in one day and one fish topped 8 pounds, "very fat." Most fish are being caught in 20 to 25 foot depth. A pink bucktail jig tipped with a piece of shiner seems to be the bait of choice.

At Winni, A.J.'s Sport's Store says the Lake Trout fishing is also excellent, with many trout being caught in the 18 to 24 inch bracket.



The Winter Rotary Ice derby takes place February 9th and 10th with many prizes awarded.

On Newfound Lake, the fish report from the Newfound Trading Post was that it was only fair. Locally, a large Brook Trout over 5 pounds was caught and released on Highland Lake in Andover.



I asked if there were any Shad still in our lakes. The answer was yes, but very limited. American Shad migrate into the Connecticut River in late March or April. They are counted and lifted over the Essex Dam in Lawrence. The Shad count in Lawrence in 2018 was 28,302. A favorite spot for Mass. and N.H. fishermen to harvest is the river swing and gravel bar. It is located in Rocks Village, a short drive South of Haverhill. The young Shad migrate to Florida and remain at sea for four to six years before returning to their native river to spawn.

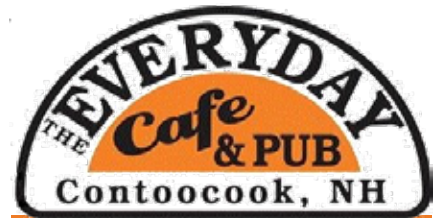


Someone introduced a bill to protect coyotes from April to August. The coyote is a very serious predator and can have a huge impact on our deer, as well as small game. We do not need more coyotes.

At this time, it appears that the recreational taking of Cod in the Gulf of Maine is again closed.

Oh! By the way, my favorite hunting seat was found and I'm glad it has reappeared thanks to a diligent hunter. You get used to having part of your past hunting experiences with you on each hunt.

**Be Safe,
RON**



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The MUSIC MAN

Congratulations to the BHS students and friends of the department who were involved in "The Music Man" at The Majestic!

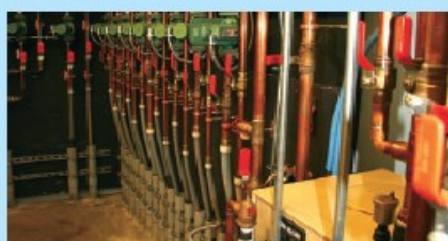
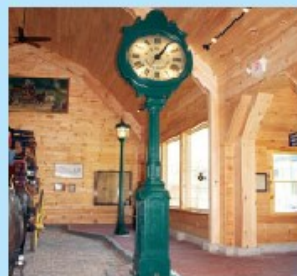


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Mikayla Wray, Latalya Adair and
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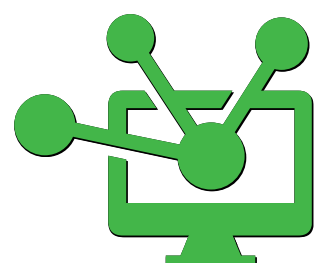
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BAKER FREE LIBRARY NEWS

by Lori Fisher

CANDIDATE'S NIGHT on Wednesday 2/20 at 6:30 PM our annual candidate's night, for all residents running for an elected office in the Town of Bow, will occur on Wednesday 2/20 at 6:30 PM (snow date Wednesday 3/6 at 6:30 pm) in the Lower Level of the Library. Anyone who files to run for office will be invited, and those who choose to participate will have 5 minutes each to talk about their background and candidacy. All Bow residents are encouraged to attend! We will be live streaming this and linking to a recording of the event that can be viewed later. The Candidate Information packets will be available for residents starting on 2/18.

FREE COMMUNITY YOGA CLASSES on Sunday 2/24, Sat 3/9, and Sun 3/10. Due to a collaboration with Yoga NH, the library is pleased to offer FREE 1-hour yoga classes each month to Bow residents and library card holders! These classes are suitable for all levels, and the classes for February will be held from 9 AM to 10 AM on Sunday 2/24, Saturday 3/9, and Sunday 3/10. New this year – non-Bow residents can attend for a fee of \$12 per class. Pre-registration and payment is required through <http://yoganh.com>. We CANNOT accommodate drop-ins for non-Bow residents, so registration and payment is required prior to the class through the web site. Bow peeps can now have their non-Bow yoga friends take a class with them!



Classes are held in the Library's Merrimack County Savings Bank Room in the Lower Level. Because these classes are being held outside of library operating hours, participants will need to enter through the Lower Level door near the handicapped parking and ramp. Bow residents, please register in advance by contacting Lori Fisher at 224-7113 or lori@bakerfreelib.org. Thank you to Yoga NH for giving back to the Bow community as part of their paid use of our facilities for events and workshops! 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!

ALL BOW CALENDARS IN ONE PLACE - BURBIO!

We're hearing good things from residents who are using Burbio to keep track of what is going on at the schools, in the town, and at the library! The best thing about this service is that it is free - you do not pay anything to sign up. Simply visit www.burbio.com, enter 03304 for our zip code, and then take a look at the calendars that come up. You choose which calendars to incorporate into your personal Burbio account - which you sign up for (free) with your email and a password you choose. We are all better off when we know what is going on in Bow!

LIBRARY CLASS/EVENT HIGHLIGHTS

Friends of Baker Free Library - The Friends of the Baker Free Library will hold their next donation day on Saturday 2/23/19, 10 AM to 2 PM. Questions? Email info@bakerfreelib.org.

Lego Lab for Kids - Wednesday 2/27, 2 PM - 3:30 PM. Join us for an afternoon of free-form building, using the Library's vast collection of Lego pieces, characters, and wheels. Registration is not required; this is a drop-in activity for all ages. Large Lego pieces will be available for younger children.

Upcoming Library Closures - The Library will be **CLOSED** on Monday 2/18/2019 for President's Day. We will re-open for our regular hours, 10 AM to 8 PM, on Tuesday 2/19/2019.



LORI FISHER HONORED BY THE AMERICAN LIBRARY ASSOCIATION

Bow's Librarian Lori Fisher was named one of the American Library Association Policy Corps members this month.

The Corps' goals include developing policy experts available to the library community and ALA, creating longevity in expertise and engagement in early to mid-career library and information professionals, and positively impacting national public policy priorities. The ALA Washington Office has partnered with the American Association of School Librarians (AASL), Association of College & Research Libraries (ACRL), Public Library Association (PLA) and United for Libraries (UNITED) to develop and support the program. A working group of ALA members and staff guide development of the program.

The Corps is grounded in the National Policy Agenda for Libraries that emerged out of the Policy Revolution initiative. Launched by ALA Past President Jim Neal in October 2017 as an extension of the Libraries Transform; Libraries Lead campaign, the Corps is designed to build on other ALA professional development programs.

More than 60 applications were reviewed by the selection subgroup of the ALA Policy Corps working group. Finalists were asked to complete a two-minute, prerecorded video presentation about a sample policy issue. In addition to cultivating issue expertise, the cohort will receive training in other skills such as public speaking and media engagement to be effective advocates. Corps members will begin their training via virtual sessions and come together for the first time at a workshop in Washington, D.C. during National Library Week.

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Hopkinton Real Estate Sales – December 2018

ADDRESS	BR / BA	SQ FT	ACRES	PRICE
1998 Hopkinton Road	3 / 3	2,434	.34	\$220,000
635 Dolly Road	3 / 3	2,532	4.23	\$289,900
18 Thain Road	3 / 3	2,776	3.4	\$385,000
285 Pleasant Pond	3 / 3	2,728	110.0	\$395,000

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Calvin Herst



Suzanne Zellers-Beck



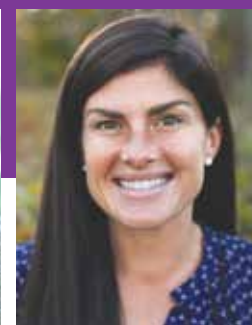
Sandy Heino



Molly Hardenbergh



Rolf Gesen



Dani Tarbell

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Rolf Gesen and Dani Sturbridge Tarbell bring new sales talent to Cowan & Zellers.

Cowan and Zellers is proud to announce that Rolf Gesen and Dani Tarbell joined Cowan and Zellers Real Estate Professionals in late 2018 as new Sales Associates. In 2018, Cowan & Zellers was the leading independent real estate company in Merrimack County (based on Merrimack County, MLS).



Rolf Gesen brings vast knowledge of the Concord area and its people. His family has been in Concord for 8+ generations and he is a currently the 4th generation resident of the family farm in Concord. Rolf has been very active in the community, serving on many non-profit boards and committees over the years. Currently, he is serving as Vice Chairman of the Board of Directors for YMCA Camp Coniston and as a committee member for various Concord Hospital Trust events.



and their four children.

Dani Sturbridge Tarbell has worked on a number of renovation projects with custom builders and designers, and has a great eye for design and attention to detail. She understands that buying and selling a home can be very personal and emotional, and as such has the highest regard for her clients' privacy. She is a lifelong New Hampshire resident, born and raised in Hopkinton and currently living in Concord with her husband Myles

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BEYOND THE BOOTS

Tuesday, March 26 | 5:30pm

Manchester Country Club, Bedford, NH

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\$40/person | \$500/VIP Seating*

*VIP Seating includes special seating for 6 guests, seats are limited.

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Welcome to the Hopkinton - Contoocook TOWN CRIER!

by Kathleen Butcher

► **COOKIESWITHCASS** A Q and A with the Town Administrator, Neal Cass, on Thursday February 14th at 1:30 in the Hopkinton Town Library Community Room.

► **SENIOR HEALTH CLINIC** The Concord Regional VNA is holding the clinic at Slusser Senior Center on Thursday, March 7 from 10 a.m. to 1 p.m. and Park Avenue Apartments on Monday, March 11 from 9 a.m. to 3 p.m.



All Senior Health Clinic services are provided for a suggested donation of \$10, however, services are provided regardless of a person's ability to pay. Services offered include foot care, blood pressure screening, B-12 injections, medication education, and nutritional education. Call (603) 224-4093 or (800) 924-8620, ext. 5815 for an appointment.

► **JOB OFFERS** The Hopkinton Recreation Dept is hiring camp and pond staff for the 2019 season. Job descriptions are online www.hopkintonrec.com or call 746-8263.

► **REGISTRATION FOR THE 2019-2020 SCHOOL YEAR** for children who will be 3yrs old and 4yrs old on or before September 30th are eligible to attend preschool at the Harold Martin School. Preschool is a tuition based program and enrollment is filled by lottery. Children who will be 5yrs old on or before September 30th are eligible to attend kindergarten at the Harold Martin School. Children who will be 6yrs old on or before September 30th are eligible to attend first grade at the Harold Martin School. Call the school office at 746-3473 or pick up a registration packet at Harold Martin School at 271 Main St.

► **CONTOOCCOOK FARMERS MARKET** Leigh Maynard, Hopkinton children's librarian, will be at the Farmers Market 2/16 with another project! Drop in and decorate a votive candle holder. For all ages. Contoocook Farmers Market - every Saturday, 10-1 at the Hopkinton Town Hall. SNAP/EBT accepted. For more information, visit facebook.com/ContoocookFarmersMarket

► **GRANITE STATE TRACK & FIELD** Registrations are open. Please visit www.HopkintonRec.com for details and to register.

► **SENIOR LUNCH** at the Slusser Center on Wednesdays at 12n at the Slusser Senior Center. Suggested donation \$4.

► **HOPKINTON TOWN LIBRARY PROGRAMS** Stay 'n' Play Cafe Thursday February 21 and March 21 from 10-2:30 PM. A time for parents and children to play! Coffee, tea, and hot cocoa provided. Come in out of the cold and have fun at the library! For all ages. This program will take place in the Community Room. Also the StoryWalk™ Enjoy The Listening Walk (by Paul Showers/illustrated by Alike) on the path behind the Slusser Center and playground.



The Lakehouse Tavern invites you to join us at 1
57 Main St., Hopkinton to experience food, drinks, and atmosphere.

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HOPKINTON EAGLE SCOUT GOING TO WEST POINT

COOPER OTIS, Senior Honor Society Student at Hopkinton High School was nominated to the United States Military Academy at West Point NY by both Senator Maggie Hassan and Congresswoman Annie Kuster, which he proudly accepted.

Along with receiving his BSA Eagle Scout award in July of 2018, he was chosen as Boy Scouts of America - Daniel Webster Council's Eagle Scout of the year in an award presented by the Rotary Club of Merrimack, NH.

HOPKINTON POLICE LOG

TOWN OF HOPKINTON POLICE DEPARTMENT

JANUARY 2019 STATS

Arrests - 3 Accidents - 15 Traffic Stops - 602

Arrest Log

- 01/05 Victoria Petricca, 19, 46 Peterson Circle, Concord, NH was arrested for Theft by Unauthorized Taking.
- 01/18 Anthony Peters, 21, 144 Lake Ave, Manchester, NH was arrested on a Warrant.
- 01/19 James Stratton, 58, 172 Clothespin Bridge Rd, Webster, NH was arrested on a Warrant.



NORTHEAST PLANNING ASSOCIATES CELEBRATES 60 YEARS IN BUSINESS

Bedford, NH – Northeast Planning Associates, Inc. (NPA), a New Hampshire-based financial planning and investment advisory firm founded in 1959, is celebrating 60 years of helping clients throughout Northern New England work toward their goals.

Headquartered in Bedford, NH, NPA currently partners with 60+ financial advisors in more than 40 offices across New England, who assist clients with financial planning, tax strategies, estate planning, and investment management. NPA provides support services to their advisors, including transition planning, coaching, compliance, marketing and planning services.

Chief Executive Officer, Ed Hiers, joined the firm in 1973 and assumed leadership in 1980, overseeing the name change to Northeast Planning Associates. Hiers commented, "When I joined NPA, I never would have dreamed that I would take over for my mentor, Jack Hartman, when he transitioned to retirement, and then have the opportunity to pass the reins to my son, Ben. This multigenerational transfer of business ensures our longevity and commitment to serving our clients for another 60 years."

Ben Hiers joined NPA in 2005 and is now President of the firm. He commented, "Over the years we have used our experience to assist advisors with their own business transitions, whether they are selling their practice, acquiring one or looking for a business partner or a younger advisor to mentor. It's really our specialty and it helps to be able to speak to our own transitions and continuity over the years."

VOTERS TO CONSIDER TIF & OTHER ZONING CHANGES ON MARCH 12

The Planning Board has placed the following amendments to the Zoning Ordinance for the March 12 ballot:

Are you in favor of the adoption of ZONING ORDINANCE AMENDMENTS presented below as proposed by the Planning Board?

Are you in favor of the adoption of ZONING AMENDMENT A as proposed by the Planning Board vote of January 10, 2019, to create a new zone district titled "South Bow Mixed Use District" which shall include the following parcels of land: Block 2, Lots 134-A, 134-B, 135, 137, 139, 140, 141-B, 141-B1, 146, 147, 148, 150, 150-A, 151 and 151-A? The amendment has been on file at the Municipal Building since Tuesday, January 15, 2019.

(Recommended by the Planning Board by a vote of 7-0)

Are you in favor of the adoption of ZONING AMENDMENT B as proposed by the Planning Board vote of January 10, 2019, to revise Section 14.03(A) and require a certified plot plan for all new residences? The amendment has been on file at the Municipal Building since Tuesday, January 15, 2019.

(Recommended by the Planning Board by a vote of 7-0)

Are you in favor of the adoption of ZONING AMENDMENT C as proposed by the Planning Board vote of January 10, 2019, to add Section 7.01(B)(5) to clarify access and road frontage requirements for Open Space Residential Developments? The amendment has been on file at the Municipal Building since Tuesday, January 15, 2019.

(Recommended by the Planning Board by a vote of 7-0)

Are you in favor of the adoption of ZONING AMENDMENT D as proposed by the Planning Board vote of January 10, 2019, to amend the definition of Vernal Pool in Section 3.02, to provide a current reference? The amendment has been on file at the Municipal Building since Tuesday, January 15, 2019.

(Recommended by the Planning Board by a vote of 7-0)

Are you in favor of the adoption of ZONING AMENDMENT D as proposed by the Planning Board vote of January 10, 2019, to add Section 12.04(H) to require a Natural Heritage Bureau report for all conditional use permits for wetland or wetland buffer impacts? The amendment has been on file at the Municipal Building since Tuesday, January 15, 2019.

(Recommended by the Planning Board by a vote of 7-0)

CASA DESCRIBED AT MEN'S CLUB

At the Men's Club meeting on January 24, Tessa Dyer, a 13 year member of Court Appointed Special Advocates, spoke about CASA volunteers.

A CASA volunteer advocate is a trained community volunteer appointed by a District or Family Court Judge to speak for the best interests of an abused or neglected child. A CASA volunteer advocate works as an official part of the judicial proceedings, working alongside attorneys and social workers. By handling only one or two cases at a time, the CASA volunteer advocate has time to thoroughly explore the history and circumstances of each assigned case.

Who can volunteer? The short answer – men and women who are at least 21 years old from all walks of life.

CASA volunteer advocates help make sure the child's best interests are represented while the court examines the parents' ability to properly care for their children.

A CASA volunteer has two main roles:

To attend court proceedings and write court reports. CASA volunteer advocates make recommendations in the child's best interest directly to the court. They make sure that the judge understands what the child needs and wants.

To visit the child and important people in the child's life. The volunteer visits the child, parents, foster parents, educators and other important people in the child's life. Their goal is to understand what the child needs and what the best outcome of the case would be for the child.

CASA volunteer advocates spend an average of 10 to 15 hours per month on each case. There is a 40-hour training required of all advocates before taking a case, but it is offered in a variety of formats that include day time hours and nights and weekends.


CASA volunteers are asked to make a commitment to stay with each case they assume until the case closes – typically, around 24 months. Sometimes cases close sooner; sometimes longer.

A Program Manager or Peer Coordinator will attend the first hearing with the CASA volunteer. Additionally, Program Managers or Peer Coordinators will accompany volunteers to hearings periodically throughout the case. Staff and volunteers with years of experience can answer questions to help make you feel as comfortable before stepping into the court room for the first time or every time.



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HIGHLIGHTS OF THE 2018 GARDEN CLUB YEAR

by Joyce Kimball

January – March

The garden club was on “hiatus” for the first three months of 2018, but we were by no means idle as the Program Committee was busy finalizing the roster of educational programs to be featured in the new garden club year and planning for the garden club year ahead.

March

Member Susan Johnson entered a creative floral design in the New England/Boston Flower Show, receiving a blue ribbon for her miniature design. Sue is a National Garden Clubs, Inc.-Accredited Flower Show Judge and competed against some of the best floral designers in New England.

April

“A Year in the Garden” with Ruth Axelrod, UNH Cooperative Extension Master Gardener. Ruth walked attendees through the changing seasons and advised on how to best care for our gardens along the way; She explained how the changing temperatures, amount of rainfall and the angle of the sun all contribute to our gardening successes.

May

“Container Planting 101” with Cori Belanger Cahow, owner and operator of “Organic Garden Girl, LLC.” Cori has a degree in horticulture, with a focus on garden design. She uses that knowledge and her passion for gardening and beautifying the landscape to provide year-round color, interest and texture to her clients’ gardens, all the while keeping our natural ecosystem in balance. Cori shared her knowledge and passion while assembling several gorgeous container plantings for us.

June

“Jamming It Up” with members Lorraine Dacko and Ginny Urdi. Lorraine and Ginny demonstrated how to make delicious fruit preserves using locally grown produce. Attendees were encouraged to join in the process of washing and hulling the strawberries, stirring the hot, fragrant mixture and then pouring it in its semi-liquid state into prepared jars. And everyone got a sample to take home!

July

We held our annual “Progressive Dinner” visiting the homes and gardens of three of our members, enjoying three courses of food and beverages along the way! The Urdi’s provided appetizers and liquid refreshments, The Richards served the main and side courses and The Andersons invited their guests to enjoy a wonderful selection of desserts and after-dinner drinks at their home. Garden club members contributed to the food selections.



August

“Books In Bloom”. We held our first “Books In Bloom” exhibition, in cooperation with the Baker Free Library. It was great fun and was enjoyed by many. Garden club members as well as Library employees selected books and then created floral designs to interpret them—by either picking up on the book’s title, subject, a particular character or the book jacket colors and/or design. Attendees meandered through the exhibits, enjoying the displays and the refreshments provided.

September

“The Power of Flowers” with David Nelson, a free-lance photographer and journalist from West Lebanon, NH. Nelson enthralled us with his beautiful photos of all the flowers and gardens he assimilated over the past five years—300 of his favorites which soon became ours.

October

“Diving In” with John Rockwood, a.k.a. “The Loon Man/NH”. A Common Loon expert, author, professional photographer, videographer and naturalist, John Rockwood has extensive knowledge and experience in capturing nature and presenting it to audiences with flair. He did just that as he narrated one of his many media nature productions for us. Fascinating!

November

“Creating Holiday Decorations for Wreaths, Swags & Trees” with members Margaret Leary and Catherine Wittliff. These talented members demonstrated how to make gorgeous bows to attach to our greenery, and how to utilize elements of nature, i.e., seed pods, birch bark, tree branches and more to make beautiful holiday decorations for our homes.

December

“BGC Holiday Brunch & Annual Meeting”. Each year we hold a very festive get-together to celebrate the successes of our garden club year as well as the arrival of the holidays! A sumptuous pot-luck brunch preceded the brief business meeting and this year’s was topped off with the installation of the new officers for the 2019-2020 term. The morning’s event concluded with a rousing “Yankee Swap” gift exchange.

**Another club year is over and
we can’t wait to do it all over again!**

SAVE A KILOWATT WITH KATE

CHOOSING AND USING AN ENERGY-EFFICIENT THERMOSTAT

For many of us, January in New England means trying to keep our homes at a comfortable temperature through these cold days and nights. Instead of battling with your thermostat all winter, consider changing it. In this month's blog, we're focusing on choosing the right type of thermostat for your home and programming it for maximum energy savings.

CHOOSING THE RIGHT THERMOSTAT

Depending on the age of your home, as well as the heating and cooling system, you might have an old-fashioned circular or non-programmable digital thermostat. Since these devices require hands-on adjustments, sometimes multiple times a day, they are not as user-friendly as their modern counterparts.

With a programmable thermostat, you can set schedules for any time or day of the week. The thermostat will automatically raise or lower the temperature according to your preferences, which means you stay comfortable without having to worry about constantly adjusting the thermostat.

If you're looking for something even more high-tech and hands-off, try a smart, Wi-Fi thermostat. With this technology you can manage and schedule your temperature settings directly on your smart phone. No need to worry if you forgot to adjust the temperature before you left for work or a weekend away.

Homeowners and renters can create a truly connected home by adding other smart devices, like lighting fixtures or a home assistant device, to their smart phone's network. You can monitor and schedule your home's heating, cooling and lighting, all from the palm of your hand.

PROGRAMMING FOR SAVINGS

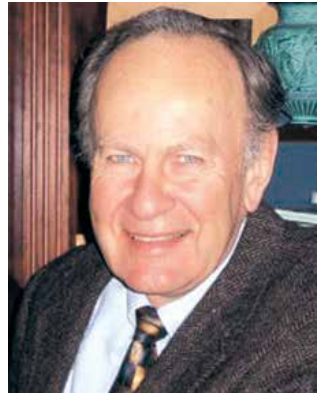
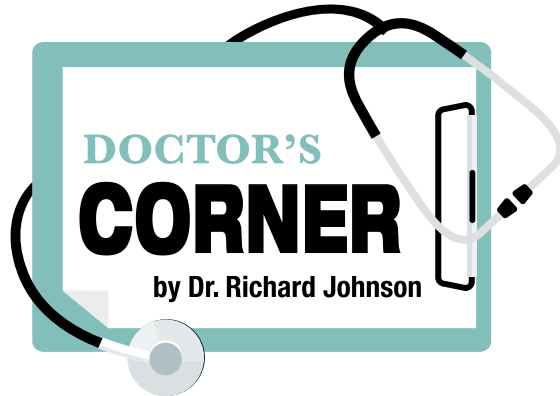
Once you've decided which thermostat is right for your home, make sure you're setting it for maximum energy savings. Did you know you can cut your annual heating bills by 10 percent a year when you lower your thermostat for eight hours a day? We recommend lowering it when you go to bed or are out of the house.

A Wi-Fi thermostat can make these changes for you automatically by using geofencing, a virtual boundary around your home. If your thermostat senses that you and your smart phone are out of the house, it will lower the temperature in response.

FINDING REBATES AND INCENTIVES

If you're ready to swap your thermostat for a new model, visit NHSaves.com. New Hampshire residents that participate in the home energy audit and weatherization program have the opportunity to upgrade their old model to a programmable thermostat.

To learn more ways to save energy at home, log in to your account on Eversource.com to access your Energy Savings Plan. This free online tool allows you to review past electric or gas use, see what equipment and appliances in your home use the most energy, and find custom energy-saving solutions for your home. You can refine your results by answering a few questions about your household.



DEALING WITH THE WINTER BLUES

In the January issue I introduced the idea that participating in outdoor winter sports can help ward off mild 'depression' that might set in as we go through our NH winter. I am not addressing clinical depression or what is commonly known as 'seasonal affective disorder' (SAD) in which the depressive symptoms (in up to 10% of the population) peak in the winter. SAD and clinical depression should be evaluated by your personal health care professional and treated appropriately.

I am thinking about the "winter blues" that do affect many people. The common symptoms, which are less severe than SAD, are difficulty sleeping, feeling less social, and finding it hard to take the initiative. I would now like to address the issue from the perspective of those who simply cannot get out into the snow. Our age, our lack of desire to be engaged in 'sports', limited finances and limited time, and even some disabilities could limit our participation in the 'outdoors'. So what can we do to keep our spirits up throughout the winter season?

Cognitive-behavioral therapy (which may be used to treat SAD) says that the way a person views the world affects their emotions and behavior. This idea can also be used to address the less severe 'winter blues'. One can simply begin thinking thoughts of thankfulness and how to be of help to another person.

Light therapy (another treatment for SAD) can also help with the 'winter blues'. Simply placing your chair next to a window and enjoying the birds (and squirrels) at your bird feeder is a great help.

Try to go to sleep and wake at the same time. Eat healthy foods and don't overindulge in carbohydrates. Keep connected with your family... electronically if necessary!

Engage in activities that you enjoy. If not outdoors, then join with your positive friends for game nights, book clubs, theatre or movie nights followed by a time of discussion.

Start a new project: learn to knit, build a bookshelf for your grandchild, start lessons on a musical instrument, take an art or woodworking class.

Maybe best of all, help out at one of the many organizations in NH whose goal is to help the less fortunate. Knowing that you have made a positive difference in someone's life is guaranteed to eliminate 'winter blues'.

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OBITUARIES

ANNABELLE (CRISS) BAILEY

Annabelle Criss Bailey, lately of Harris Hill Center in Concord, crossed the Great River on January 28, 2019, to be with Chip, all her kitties and loved ones gone before. Anna was born in Pocahontas, VA., on May 2, 1925, to Johnnie F. and Virginia Lee (Hays) Criss.

Anna has lived in Virginia, Tennessee and Largo, FL. Anna graduated from Largo High School in 1942-43. Later she lived in Franklin, Manchester and Bow, NH. Anna was an accomplished seamstress with the NH State Hospital before her retirement.

She was predeceased by her parents, husbands Joseph P. Aste, Horace (Chip) Bailey, brother Roy E. Criss, son Francis (Buddy) Aste and step-daughter Melissa Bailey.

She is survived by many family members. A detailed obituary may be found at phaneuf.net/obituaries.

Anna's family extends their deepest gratitude to the staff at the Harris Hill Center in Concord for their unwavering care and attention to Anna.

Please consider a donation in Anna's name to the Pope Memorial SPCA, 94 Silk Farm Rd, Concord, NH 03301, to an animal shelter of your choice, or to Alzheimer's Association, 166 S River Rd #210, Bedford, NH 03110



JOSEPH R. BRIGHAM, JR.

Joseph Ralph Brigham, Jr., died Saturday, January 19, 2019, at the age of 78, peacefully passing at the Merrimack County Nursing Home. He was born in Brockton, MA on September 29, 1940, as the eldest child of Joseph Ralph and Edith (Howard) Brigham.

Joe was a hard-working helicopter pilot, learning his trade in the Army and subsequently working for Wiggins Airways. Joe became a self-employed pilot in 1983, as owner and operator of what is now known as JBI Helicopters. Joe was in the Army National Guard for 25 years in CT, RI and NH. Joe also was a consultant and examiner with the Federal Aviation Association, working through his "retirement" in 1995 up until 2018.



Joe was a fun guy who loved to travel, to play dominoes, travel to Don Pedro Island by boat and most of all, loved to work. Joe was a man in charge and contributed to many community organizations - the Appalachian Mountain Club, the Bow Community Men's Club, Pelican Point Condo Association, Red Cross, Concord Hospital, Knights of Columbus, to name only a few.

He participated in countless other committees and volunteer opportunities wherever he lived. Joe loved family and to be able to provide his wife, children and grandchildren as many experiences and opportunities as possible. He was exceedingly proud of all of his family member's accomplishments, and might sometimes "embellish" stories with extras to paint us all in the very best light. Joe's smile and welcoming demeanor allowed him to make friends easily, and he was often considered a legacy in both the aviation industry as well as in his personal relationships.

Joe is survived by his wife of 54 years, Cathy (Benea) Brigham, two daughters, Terri Stutzman and husband, Paul of Scituate, MA, Leigh Ellen Watt and husband, Bob of Bow, NH, and son, Greg Brigham, of Norwich, CT. He leaves behind 4 beloved grandchildren, Dellene, Robert, Kate and Jessica. Joe was predeceased by his parents and leaves behind two brothers, Tom and Bobby.

Stories and kind words of sympathy can be shared on <https://www.caringbridge.org/visit/joebrigham/journal>, a website that has connected the many parts of Joe's world, and has been a profound resource to us on this journey.

ELIZABETH NICHOLSON

Elizabeth "Betty" Nicholson, 91, died January 30, 2019, in her home in Bow. She is survived by her husband Bill, daughter Jane, sons David, Richard and Andrew, and their spouses, as well as 5 grand children and 4 great grand children (soon to be 5).

Born September 2, 1927, in Woburn, MA, she was valedictorian of her high school class and attended Boston University for two years prior to her marriage to William Nicholson in 1948. Active in the local PTA and League of Women Voters, she returned to school to finish her bachelor degree, graduating in 1975. She then continued on for a Masters in social work, which she put to use as a family counselor in Lawrence, MA. She raised her family in Reading and Andover, MA then migrated north to Hampstead and Holderness NH before moving to Bow.

She loved gardening, bird watching, painting and music. She was a long-time pianist and member of the choir at the Starr King Unitarian Universalist church in Plymouth, NH, which she said was one of her most cherished accomplishments. She was an accomplished painter, adept in water colors, oils, acrylic and pastels. Several of her paintings received awards in local juried art shows. She was a member of the local garden clubs and enjoyed swapping plants and lore, nurturing and protecting the newly planted from marauding chipmunks. Multiple bird feeders brought myriad birds to the yard, where their colors and songs were enjoyed.

A Remembrance Service will be held in the spring when the gardens she so enjoyed are in bloom. In lieu of flowers, donations can be made to the Starr King Unitarian Universalist Fellowship in Plymouth, NH. To view an online Tribute, send condolences to the family, or for more information, visit www.csnh.com.

RICHARD G. RICE

Richard (Dick) Rice, 84, longtime resident of Bow and Gilmanton Ironworks peacefully passed on January 24, 2019, at the NH Veterans Home in Tilton. Dick will be dearly missed by his loving wife Barbara (Brown) of 62 years, his son Scott and his wife Karen (Hanson) Rice of Gilford, his daughter Lynn (Rice) and her husband Ronald Leland of Webster and his adored grandchildren Ian Rice and his wife Bristol (Whitcher) and Meghan Rice, as well as many nieces and nephews.

Born in Concord in 1934 he was raised on a farm in Loudon. Dick graduated from Concord High School in 1952 and then served in the United States Air Force where he was stationed in Germany from 1952-1954. He met and married Barbara, of Canterbury, in 1956. They built their home in Bow together in 1959 where they raised their children and resided for 57 years.

He owned and operated Sanborn Electric Motors for over 50 years, first in Concord and later in Bow. If you had a motor that needed repairing, Dick was your man. He was an active member of the Bow community including as a volunteer firefighter, scout volunteer and a long time member and volunteer of the Bow Pioneers Snowmobile Club and Bow Community Men's Club.

He was named citizen of the year in 1972. He built a summer cottage in Gilmanton Ironworks in 1967 where his family spent glorious summers on Crystal Lake, and where Barbara continues to spend sunlit days as soon as the snow disappears. Dick was well read, was quick to smile and laugh, had a sharp wit and a sarcastic edge that could surprise you. He and his wife enjoyed a lovely circle of friends in Bow and at Crystal Lake, who together danced, hunted, snowmobiled, boated, traveled, fished, played cribbage, croquet and celebrated with annual clam and lobsterfest.

Memorial donations may be made to the Medallion Fund, a scholarship fund of the New Hampshire Charitable Foundation that benefits students in traditional trades, such as electrical, plumbing, machining or other high need occupations. Checks should be made payable to the New Hampshire Charitable Foundation and mailed to 37 Pleasant Street, Concord, NH 03301. Please indicate on the check memo or cover note that the gift is in memory of Richard Rice.

BOW POLICE LOG

Bow Police JANUARY 2019 Arrest Log

01/01 Tyler Root, 30, Laconia, was arrested for possession of a controlled drug; Rhianna Frenette, 39, Contoocook, was arrested for possession of a controlled drug, and a bench warrant for possession of prescription drugs without a prescription.

01/02 An adult received a summons for possession of marijuana; Denise Major, 78, Bow, received a summons for driving after revocation/suspension.

01/06 Karla Kelly, 35, Concord, received summonses for operating without a valid license, and suspended registrations.

01/11 Lauren Donovan, 38, Laconia, was arrested for driving while intoxicated, open container, and driving after revocation/suspension.

01/12 Karen Gover, 37, no fixed address, was arrested for two counts of possession of a controlled drug, and possession of prescription drugs without a prescription.

01/1 Renata Oliveira De Lima, 42, Bow, was arrested for domestic violence; simple assault; Joseph Hamel, 36, no fixed address, was arrested on a bench warrant for driving after revocation/suspension.

01/14 Robert Hanright, 50, Manchester, was arrested for stalking.

01/15 Nicholas Civetti, 32, Bow, was arrested on a bench warrant for violation of probation; Virginia Gilpatrick, 36, Concord, was arrested for possession of a controlled drug.

01/25 Isadore Meunier, 61, Manchester, was arrested for driving while intoxicated; subsequent offense, and felon in possession of a dangerous weapon.



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- Employment assistance through a Job Fair with local healthcare employers
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UPCOMING CLASSES 2019

Concord Day:	2/18-3/26/2019	4/1-5/7/2019
Concord Evenings:	3/4-4/16/2019	4/22-6/5/2019



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Registration Training Coordinator
Office: 603-225-6697 Ext. 215
Work Cell: 603-573-0009
Tiffney.isabelle@redcross.org



SPIRESIDE OPEN MIC

Saturday March 16th, Spireside Open Mic in Dunbarton will feature Decatur Creek and celebrate the release of their second album/CD - "RISING." Steve Dionne, Beth Eldridge, Doug Farrell, and Jack Henry are each talented and skilled songwriters, musicians, and singers. Their style may be described as acoustic and home-grown drawing on multiple forms of roots music. They use well-blended harmonies and a variety of instruments to bring their stories to life in song with lyrics that are sometimes funny and sometimes touching, but never cliché. They'll bring a smile to your face, rhythm to your feet, and leave you wanting for more! You can preview, stream, and download songs and get their CDs from online sources such as CDBaby, Amazon, Apple Music/iTunes, Spotify, etc., their website at <https://www.reverbnation.com/decaturcreek> and at their Spireside feature.

Troop 75 Scouts Welcomes Girls

Troop 75 is excited to announce the addition of our Troop 75 Girls Unit to our program. Beginning February 1, we are now accepting girls ages 11-17 to our program. The Boys troop and Girls troop are separate entities but will both meet on Tuesday nights at the Bow Community Center. Each Troop will have its own PLC, who will design separate meeting plans. The two troops can have joint outings.

If you know of any kids interest in joining Scouting with Troop 75 Boys or Troop 75 Girls, please talk to the Scoutmasters so we can invite them to a meeting.

A press release from the BSA's Daniel Webster Council states that 284 girls in New Hampshire are now active Cub Scouts.

Across the nation, more than 77,000 girls have joined Cub Scouts. "Boy Scouts," will change its title to "Scouts BSA" to include both boys and girls between the ages of 11 and 17.

The national organization says it will welcome its first class of female Eagle Scouts in 2020, a status that can provide young people both academic and professional benefits later in their lives.

Yours in Scouting,

Liz Muller, Scoutmaster girls unit
sm.gu.bowtroop75@gmail.com

Jim Weber, Scoutmaster boys unit
sm.bowtroop75@gmail.com

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Learning for the fun of it!

What's Happening in OLLI?

By Jacki Fogarty

Five new members from Bow along with 21 other Concord area members joined OLLI at Granite State College in January. Wow, what's the attraction?

To start with, the new Spring term – the first day of classes is February 18 and a fabulous semester is in store. The first five weeks of Concord classes includes:

- Shakespeare Awaits YOU!!
- Designing a Perennial Garden
- Snowshoe the Broken Ground Trails
- Analytics, Social Media and Privacy
- Stress Busters
- We Promised You a Lawyer. We Didn't Promise He'd Be Any Good.
- Computers: Tips and Techniques: Using Microsoft Excel and Microsoft Word for Mailing Lists, Letters and Labels
- The Aging Brain
- Of Plants, Packets, Pots & Promise...The Buying and Selling of Seeds and Plants in America
- Weave a Muffin Basket
- Exploring the Universe: Includes Planetarium Show
- Computers: Tips and Techniques: Using Microsoft Excel and Microsoft Word for Mailing Lists, Letters and Labels
- Rogers Rangers - The Stark and Rogers Brothers in the French & Indian War
- Judaism - Home Traditions
- Curtain Up! The Concord Theatre's Next Act
- George Carlin: A Retrospective
- The White Family of Concord
- Tour of Federal Courthouse
- And Much Much More

You can find the list and registration information
online at olli.granite.edu.

Besides the courses, OLLI members enjoy several benefits at no additional cost. SIGs (Special Interest Groups) are groups of members who meet regularly outside of classes to enjoy a particular hobby or topic. In Concord there are two SIGs – a book club and a gardening group.

On March 28, the Concord site will be the first of the four sites to introduce a new program which, subject to the approval of the membership, will kick off in 2020 – a Senior Citizen Scientist program in partnership with the U.S. Forest Service and UNH. Renowned scientist, Dr. Barrett Rock, Professor Emeritus in the Institute for the Study of Earth, Oceans and Space (EOS) and the Department of Natural Resources and the Environment at UNH, a regular presenter of OLLI classes, will lead the Senior Citizen Scientist program.

OLLI, the Osher Lifelong Learning Institute, at Granite State College offers cost-effective, accessible, non-credit courses for adults over age 50 in four learning sites. Of the 1200 members of OLLI, 400 are in the Concord site and 50 of these are in the Bow/Hopkinton area. So join your neighbors! Check out what OLLI has to offer at olli.granite.edu or call the office for more information. Catalogs are available at the Baker Free Library, Hopkinton Town Library, various senior centers and town offices.



The Bow Heritage Commission is currently working on a map and a visual presentation that will depict what Bow Mills and Bow Junction looked like before the Interstate Highway was built in 1957.



Pretty obvious why they called it Logging Hill



Looking from South Street towards
the junction of Logging Hill & Grandview Road

If you or a family member, has photos or literature that would help us to preserve this moment-in-time, please contact **Gary Nylen 496-5239** or **Faye Johnson at 228-8149**.

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FALCON SPORTS

GIRLS' BASKETBALL SEASON ON TRACK FOR THE FALCONS

January 7 - Merrimack Valley 35, Bow 33 – Key players - Taylor Burham – 15 points, 4 steals, 2 assists; Lauren Goyette 8 points; Megan Remick – 4rbs. Bow came out strong and went into a lead, both teams came out aggressive and stayed intense thru the whole game. Even though Bow came back from a 10 pt. deficit, Bow came out on the short end of the stick.

January 11 - Bow 45, Stevens 30 – Key players – Lauren Goyette – 15 points, Taylor Burham – 8 points, 3 rebounds, 3 steals, Megan Remick – 8 points, 8 rebounds, 2 assists. Bow came out strong and kept the team's intensity. "Bow took the lead and never relinquished it. There was energy on the Bow team and it never wavered throughout the whole game." said Bow Assistant Coach Albert Douglas

January 22 - Spaulding 45, Bow 30 – Key players – Madeline Specman – 10 points, Jessica Chamberlain – 10 rebs, 1 assist, Taylor Burham - 5 rebs, 3 assist, 2 steals. Bow came out in the 1st half sluggish and no intensity. Spaulding came shooting and scored 17 pts in the 1st quarter. In the 2nd half both teams traded baskets and Bow came within 8 points but could not recover.

January 24 - Bow 58, Sanborn 44 – Key players – Lauren Goyette – 21 pts, 6 rebs, 5 assists, 4 steals; Taylor Burham – 15 pts, 6 rebs, 5 assist, 4 steals; Jessica Chamberlain – 10 pts, 9 rebs. Said Assistant Varsity Coach Al Douglas, "Bow came out in the 1st half with high energy and took the lead and in the 2nd half Sanborn came within 1 but Bow put defense pressure on Sanborn and increased the lead and came out on the winning end."

February 5 - Bow 45, Pembroke Academy 31 – Key players – Lauren Goyette – 27 pts; Megan Remick – 7 pts; Taylor Burham – 8 rbs, 5 assists; Lauren Goyette – 3 rbs, 3 assists. Bow took the lead in the 1st half and kept Pembroke in check, at end of the 1st half score was 19-10, in the second half Bow came out strong, kept the lead and played both ends of the court and came out on the winning side using good offense and defense.

BOW'S ALPINE SKI TEAM HAS STRONG D-II START

The Bow Alpine ski program is new to Division II, but the boys' team has already established itself as a contender for the title.

The Falcons, last year's Division III champions, remained undefeated through two meets in its inaugural D-II campaign, winning a five-team meet on Friday at Pat's Peak in Henniker by placing five skiers in the top 10.

Bow scored 382.5 points, narrowly topping Hanover (379) and defeating Portsmouth (366.5), Oyster River (347) and Pembroke (335).

Freshman Jackson Lalla finished second overall and was top Bow skier for the second time in this season, posting a combined time of 50.85 seconds from two giant slalom runs.

Lalla trailed only Portsmouth's Tristan Hamilton (50.06 seconds), who was also the faster skier in an eight-team meet on Dec. 20 at Crotched Mountain that Bow won.

Sophomore Connor Wachsmuth, junior Jonathan Cook and senior Benjamin Wachsmuth finished fourth, seventh and eighth, respectively, to round out Bow's scoring.

Kennett High School is the D-II defending champions. Bow races them on February 8.

BOW WRESTLING

January – In January at the 17 team Nashua South Invitational Bow wrestlers took on mostly Division I and out of state schools to finish 7 out of the 17. Key players – Wyatt Reinhardt (1st 106), Skylar Hattendorf (1st 120), Alex Boufford (4th 160), Alec Schultz (6th 132). Hattendorf came away with the Outstanding Wrestler award. Essex (VT) won with 163.5 points, while Salem (159) and Bishop Guertin (135) finished second and third. Bow scored 105 points, led by Hattendorf and Reinhardt's victories.

February 6 – Bow 54, Plymouth 22 – Plymouth as the two-time defending Division III champions were favored over Bow's wrestlers.

Coach Brock Hoffman said, "You try to get the team in position to peak at the end of the season, so sometimes things don't look like you want them to look. But it looks like we're starting to peak now, and the timing is perfect."

Bow junior Alec Schultz started the February 6 match with a pin in the 132 pound match. After Plymouth tied things with a win by forfeit, A.J. Bliss pulled out a double-overtime win at 152. Bow sophomore Daniel Scott, who was filling in at 170 in a varsity lineup, pulled off a surprise decision.

The wins kept coming as Ryan Nichols (195), William Zachistal (285), Wyatt Reinhardt (106), Skylar Hattendorf (120) and Zack Anderson (126) all won by pin. Bow also got a win by forfeit from Alex Boufford (160).

The Bow Times can be picked up at these locations!

Alltown Gas & Store	7 Eleven on 3A
Baker Free Library	Hampton Inn
Blue Seal Feeds	Hooksett Northbound (I-93)
Bow Mobil	Individual Fitness
Bow Recreation Building	Johnson Golden Harvest
Bow Town Offices	Lakehouse Tavern
Chen Yang Lee	Merrimack County Savings Bank
Cimos	Pages Corner Store
Colonial Village Supermarket	Patty Lee's Kitchen
Cracker Barrel-Hopkinton	South Street Market
Concord Chamber of Commerce	Sugar River Bank, Concord Hts.
Crust and Crumb	Tucker's Restaurant
Dimitri's Pizza	Veano's, Manchester St.
Dunbarton Town Office	White Rock Senior Center
Everyday Café	

“FOR THE LOVE OF MUSIC: A TRIBUTE TO JOHNNY MATHIS”

Submitted by “The Music Lady”

“Chances Are” that everyone reading this article has thrilled to the luscious vocals of Johnny Mathis at some point in their lives. It was his warm voice, his natural vibrato, his ability to sing all genres of music, combined with his timeless, boyish good looks, that made his music “Wonderful, Wonderful.”

Born in 1935, Johnny's career has spanned 60 years. At age 84, he is still performing year around. His career started with singing the standards, and over the years he branched out with romantic ballads, traditional pop, Brazilian and Spanish music, soul, rhythm and blues, show tunes, soft rock, country music and even disco! Ed Sullivan knew a talent when he heard one and he helped launch Johnny's career by featuring him on his show in 1967. After that appearance, his albums were smash hits. Johnny sold millions of recordings and albums that achieved platinum status. He became the 3rd biggest selling artist of the 20th century, and the longest running recording artist on Columbia records. He received a “Grammy Lifetime Achievement Award” and was inducted into the “Grammy Hall Of Fame” for three separate recordings. He was a millionaire by age 25, and now has a reported net worth of 400 million dollars. Currently he lives in the Hollywood Hills mansion that was once owned by billionaire Howard Hughes.

Mathis was also a star athlete in high school in San Francisco. His skills in high jumping, hurdling and basketball earned him a full athletic scholarship to San Francisco State College, where he set a high jump record of 6' 5&1/2," which still stands today. He has been referred to as “the best all around athlete to ever come out of the San Francisco Bay area.” He is an avid golfer and has achieved 9 holes in one. Even at age 84, his day begins with a work out with his personal trainer at 5:30am.

Barbara Streisand said, “there are a lot of good singers, a smaller handful of truly great singers, and then there's Johnny Mathis.” His music is a reminder of a time when love was the answer to life's problems. Listening to “Misty” while driving in a '57 Chevy could put us in an almost eerie trance.

Maybe Johnny Mathis is one of your favorite singers, but “It's Not For Me To Say.”

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