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FREE

BOW PROPOSES TAX SPLIT WITH CONCORD FOR EXPANSION OF WATERLINES

Bow Selectmen have drafted a proposal asking Concord to extend its water services to Bow Junction, an area where groundwater lacks quality. The plan includes incentives for the city that the Selectmen believe both municipalities can be happy with, including a 50-50 split of the increase in property tax assessments for properties hooked up to Concord's water system.

Bow also would pay a premium to Concord of up to 10% over the current water rates that Concord charges its commercial users. “There is a willingness to share that value with Concord,” Bow Select Board Chairman Chris Nicolopoulos said. “We’re trying to find a mechanism to make this a win-win.”

Concord has always declined to extend its waterline into Bow Junction, but the new proposal includes the two financial incentives that should benefit Concord.

The draft proposal follows page 3.

DUGAS CITIZEN OF THE YEAR

by Richard Oberman



Glenn Dugas and Men's Club President Richard Oberman

The Bow Community Men's Club chose to honor Glenn Dugas as Citizen of the Year at Town Meeting on March 13. For over twenty years, Glenn has been a volunteer soccer coach and when asked to serve as a volunteer baseball and softball coach he did seven years of additional coaching simply because he saw a need.

In addition to pitching in for the fun part of life in Bow, Glenn gave freely of his expertise as a contractor by serving on the Public Safety Building Committee, and was one of three members who reviewed all the proposals, interviewed bidders and recommended the finalist.

Glenn has served on the Capital Improvements Committee, where he often used his experience to guide the planning process. In addition, Glenn has stepped forward for other projects in Bow, whether it was addressing needs in the Community Building or looking ahead to the future needs of our school buildings.

Glenn is one who never says no when asked to serve, and always looks for ways to make Bow a better place.

HOPKINTON - CONTOOCOOK NEWS ON PAGES 15-16

BOW & DUNBARTON BUDGETS APPROVED

In record time of less than an hour the 122 voters at Bow's Town Meeting approved the \$11,782,324 budget and all warrant articles including the Code of Ethics and conflict of interest policy.

Meanwhile 89 voters in Dunbarton approved their budget of \$2,546,314 and all warrant articles.

No controversies made for low turnout in both towns.

2ND TIF DISTRICT IN BOW APPROVED 430 TO 63

At the election on March 12, the voters in Bow overwhelmingly approved zoning changes to create a South Bow Mixed Use District for a portion of Route 3-A.

By way of comparison a TIF district in Londonderry recently added \$67 million to the town's tax rolls. Tax increment financing districts are a common way municipalities subsidize public infrastructure projects related to major developments, by delaying property value increases and diverting new revenue from the district to pay off the subsidies.

All of the other four proposed zoning amendments were also heavily approved.

At the Town Meeting on March 13 the voters approved giving the Selectmen authority over the approved district.

The 3-A TIF goal is to create marketable land by running water and sewer lines south one more mile to the Hooksett line.

SCHOOL MEETING SPENDS OVER \$29 MILLION

At the March 15 Annual School Meeting the new 3 year teacher contract was approved by a vote of 99 to 17. The first year cost of \$341,210 was then added to the approved overall budget of \$28,832,825. The base (school) budget would add 2.33% to the tax rate. The hour and a half meeting was a low-key affair.



Boy Scouts and High School Band open the School Meeting.

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EDITORIALS

WHY DID MARY BETH WALZ DUCK THE CANDIDATE SURVEY?

Now we know why Bow State Representative, Mary Beth Walz, did not want to answer a simple candidate survey last summer on issues for this legislative session.

One of the questions asked if she supported school choice. She didn't want to tell you she did not and that Hopkinton Representative, David Luneau, as well as nine other Democratic Reps were to cosponsor House Bill 632 to eliminate parental choice by repealing the education tax credit (ETC) program set up in 2012.

The repeal of the ETC would help force students attending a non-public school or being home educated to attend public school.

As Bow's Dominic Lucente well observed:

"If this bill passes the sponsors will tear into low and moderate income families that are trying to do the best for their children's education. If this bill passes it will eliminate the tax education credit that helps fund this program. This wonderful program allows families that cannot afford private schooling to have that opportunity. Even more disturbing is the fact that 30% of the recipients of these funds are non-white families. It would be very hard to find another bill in New Hampshire that so blatantly attacks minorities."

With the ETC program many students have chosen to attend parochial or other Christian schools. But Matt McMenaman, admissions director for the Catholic Mount Royal Academy in Sunapee, estimated that 35 percent of the students who attend the school using an ETC scholarship aren't Catholic.

"Generally the reasons we get for coming are our educational experience and the whole environment we try to foster at the school," he said.

The proportion of students using the scholarships to attend religious schools has stayed the same between 2015 and 2017. During that time, the number of recipients has more than doubled.

During the first six years of the program, the response from parents on annual surveys has been overwhelmingly positive. The vast majority say that they "agree" or "strongly agree" that they are satisfied with the school their child is attending thanks to the scholarship and have observed improvement in academic achievement.

The average cost of a public school education is \$16,000 per student, but the average scholarship given to a low income child to attend a private school is \$2700. Sure, the state does not collect those scholarship funds in taxes but the taxpayers aren't paying \$16,000 for that student either.

To qualify the annual family household income is capped at three times the federal poverty rate so rich families cannot participate. Lower income families can now afford a private school education for their children, but Walz and the other liberal elitists want to deny low income families the choice they could not afford without the program.

Walz and the other liberals will add over \$1,000,000 to our state expenses to be collected through taxes if the 413 low income children in the program are forced to leave the school of their choice and go to more expensive public schools.

It is clear Walz doesn't want low income parents to have a shot at a better education. Just leave it to rich people to have that choice.

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



Outgoing School Board Member, Kathy Garfield on right.



Outgoing School Board Member Robert Louf. Photos: Eric Anderson

BEHIND THE SCENES: WHAT STATE POLICE DID IN THE TYLER SHAW CASE

by Chuck Douglas

The fatal collision at Exit 1 and Logging Hill Road occurred on Monday, April 30, 2018. After Joseph Leonard, Jr., of Derry who struck Tyler Shaw, was transported to Concord Hospital the Bow Police requested the assistance of the State Police Collision Analysis and Reconstruction Unit. Trooper First Class Bryan Plamondon became point of contact. The investigation involved determining speed, distraction and impairment.

The next day on May 1 Trooper Christopher Martineau, applied for a search warrant to the 6th Circuit Concord District Court for blood samples taken by and at Concord Hospital. Because alcohol and drug levels usually go down with time two samples taken one hour apart were requested to help go back in time to compute the "burn off" rate. Judge Kristen Spath approved the search warrant at 1:50 A.M. on the morning of May 1 just a few hours after the fatal crash.

A day later on May 2 the judge approved a warrant to obtain all blood samples or toxicology results obtained from Mr. Leonard during the normal course of his treatment at Concord Hospital. On May 2nd the judge also approved two warrants to obtain the airbag control modules, powertrain control modules and the roll over sensors from each of the automobiles involved.

Those modules or "black boxes" are triggered by a crash and capture speed, etc. going back several seconds prior to the collision freezing the data in place for later review.

Finally on June 13 a 5th warrant was obtained to search the defendant's 2017 Nissan Altima held at the State Police Impound lot. This would be for the purpose of looking for drugs or alcohol containers to be used as evidence.

While it took months to charge Mr. Leonard it is clear that the State Police were prompt in pursuing the evidence that lead to Mr. Leonard's three indictments.

A fourth charge of aggravated DWI was recently added, perhaps as a plea bargain chip.

ANNUAL TOWN ELECTION BOW, NEW HAMPSHIRE MARCH 12, 2019

OFFICE	VOTE FOR NOT MORE THAN:	YEAR TERM	CANDIDATE IN BALLOT ORDER	Results Winner*
Selectmen	Two	Three	Bob Blanchette	199
			Colleen Hunter	384*
			Christopher Nicolopoulos	312*
Budget Committee Member	Two	Three	Kathy Garfield	394*
			Jeffrey Knight	353*
Trustee of Trust Funds	One	Three	Mary Beth Walz	411*
Library Trustee	One	Five	Eric Anderson	469*

OFFICE	VOTE FOR NOT MORE THAN:	YEAR TERM	CANDIDATE IN BALLOT ORDER	Results Winner*
School Board Member	Two	Three	Jenna Reardon	435*
			Eric Shulman	418*

WARRANT ARTICLE #2 AMENDMENTS

YES NO

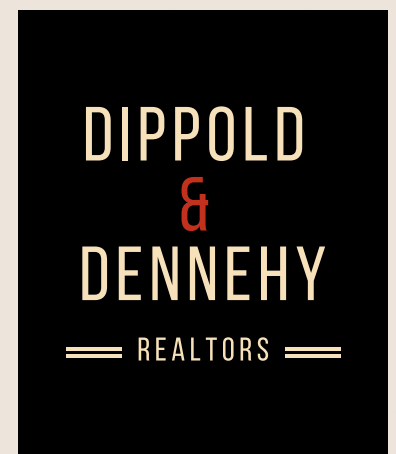
A. Are you in favor of the adoption of ZONING AMENDMENT A as proposed by the Planning Board vote of January 10, 2019 to create a new zone district titled "South Bow Mixed Use District" which shall include the following parcels of land: Block 2, Lots 134-A, 134-B, 135, 137, 139, 140, 141-B, 141-B1, 146, 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)	430	63
B. 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)	412	83
C. 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)	420	67
D. 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)	411	79
E. 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)	392	99



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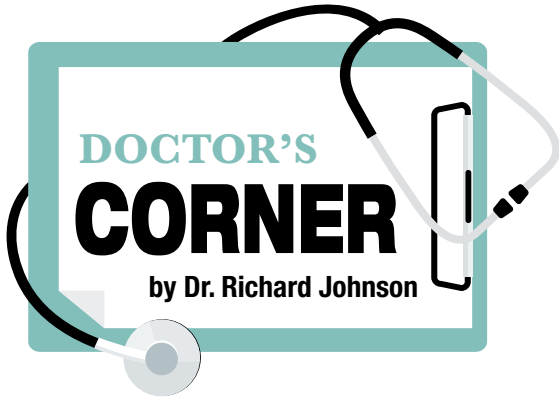
BOW REAL ESTATE SALES FEBRUARY 2019

55 White Rock Road	LAND	25 acres	LAND	\$150,000
550 Page Road	3 BR / 1 BA	1.10 acre	1182 sq ft	\$245,000
9 Evangelyn Drive	2 BR / 2 BA	CONDO	1423 sq ft	\$315,000
18 Kelso Drive	3 BR / 3 BA	1.00 acre	2660 sq ft	\$350,000
26 Tonga Drive	4 BR / 5 BA	2.86 acres	4585 sq ft	\$469,900



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COLON CANCER

In February of 2000, Former President Clinton dedicated March as **National Colorectal Cancer Awareness Month**. So let's hit the high-lights. Definition: Colorectal cancer is a cancer that occurs in either the colon (the large intestine) or the rectum. Who is at risk? We all are at risk. According to NIH statistics colorectal cancer is the second (after pulmonary cancer) leading cause of cancer related deaths in the US. It is estimated that in 2019 there will be over 100,000 new cases of colon cancer and over 40,000 new cases of rectal cancer. More than 50,000 people will die in 2019 from colon or rectal cancer.

What can increase my risk of developing colorectal cancer? According to the American Cancer Society there are the risk factors that you can control: Over weight or obesity; Lack of physical activity; Diet that is high in red meats & processed meats; Smoking; Moderate to heavy alcohol use. There are, of course, risk factors that you and I have no control over. They are: Aging; A personal or family history of colorectal cancer or polyps; Inflammatory bowel disease; Having a rare inherited syndrome; Type 2 diabetes; and being an African American or an Ashkenazi Jew.

What are the signs and symptoms of colorectal cancer? The most important thing to understand is that early colorectal cancer may have no signs or symptoms... you are unaware that anything bad is happening. Symptoms that can appear (and should not be ignored) include a change in bowel habits lasting longer than four weeks, blood with a bowel movement, persistent abdominal discomfort, constipation that you cannot correct, unexplained weight loss.

The U.S. Preventive Services Task Force and the Multi-Society Task Force on Colorectal Cancer recommend starting screening at age 50 and continuing until age 75 for people who are at average risk and asymptomatic. The American Cancer Society recommends starting screening at age 45. If you do not have an increased risk for colorectal cancer, screening should take place every 10 years. Individuals with a family history of colorectal cancer or advanced polyps in a first degree relative (parent, child, sibling) should be screened more frequently with screening starting 10 years before the age in which their family member was diagnosed, or at age 40 – whichever comes first. Screening after age 75 is an individual decision between you and your health care professional. It is estimated that 6 out of 10 deaths from colorectal cancer could be prevented if everyone over age 50 were screened. Most colorectal cancers begin as a benign polyp, which if found during screening and removed, will prevent a cancer from forming. Therein lies the real value of screening.

You have several screening options: Stool tests for blood and altered DNA; Endoscopic exams: Sigmoidoscopy and Colonoscopy; CT Colonography; Barium Enema. They each have their advantages and disadvantages. You can take the initiative and have a discussion with your health care professional about screening and which option would be best for you. Remember – many cases of colorectal cancer are preventable.

SCHOLARSHIPS AVAILABLE FOR BOW STUDENTS

.....

Sam Yarnold died in 1994 at the age of 86. His life personified a full realization of the American dream. The son of poor immigrant parents, he assumed family economic responsibilities at a young age. During his working years, Yarnold and his wife successfully cultivated and farmed large tracts of blueberry fields and cranberry bogs on his farm in Toms River, New Jersey.

Annual scholarships in the range of \$1,000 - \$5,000 are currently available for New Hampshire residents who are already in the process of post-secondary education and who are pursuing studies in the fields of nursing, medicine or social work. Applications for this year's scholarships are due May 20, 2019, and will be awarded in Fall 2019.

Post-secondary students interested in scholarships should immediately contact the Alice M. Yarnold and Samuel Yarnold Scholarship Trust, 127 Parrott Ave., Portsmouth, New Hampshire 03801 to request an application.

(WATERLINES cont'd. from pg. 1)

Draft Framework for Bow/City of Concord Water Agreement (Excerpts)

The agreement would last for up to 20 years, but the Town of Bow must have an alternative system in place before the end of the agreement. This agreement will cover properties in the Bow Junction area of the Town of Bow, down Hall Street and the Exit 1 area of town known as Bow Mills. It is understood that Bow will bear any and all costs related to running in maintaining the lines within the Town of Bow. The Town of Bow would compensate the City of Concord in two ways:

1. Pay a premium of up to 10% over the current water rates that the City of Concord charges its commercial users.
2. Agree to share the increase in property tax assessments for Bow properties that are hooked up to Concord water as detailed in the following paragraphs.

The Town of Bow and Concord agree to share any increase in the property tax assessment for any property within the Town of Bow that is hooked up to Concord water after this agreement is finalized and City of Concord water is accessible by Bow property owners.

The base period to measure the valuation increase would be the property tax assessment for any property that is hooked up to Concord water as of April 1 of the year prior to the installation of Concord water to any specific property in the Town of Bow.

Valuation increases would be shared 50/50 for as long as the City of Concord is supplying water to the subject properties. Based on the current Town of Bow tax rate of \$27.77 per \$1000 of valuation, the 50/50 sharing would result in the following incentive to the City of Concord based on potential increases in access to value/development of subject properties.

For \$100,000 increase in valuation: Gross Tax Increase is \$27,770 Concord Share at 50% 13,885.

For \$10,000,000 increase in valuation: Gross Tax Increase \$277,700 Concord Share at 50% \$138,850.

If the Town of Bow provides its own water system solution before the conclusion of the 20 year agreement to any properties that the City of Concord is providing water to in the, the Town will provide Concord with additional minimum "bonus" sharing.

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Meredith Village Savings Bank (MVS), Merrimack County Savings Bank (the Merrimack), MillRiver Wealth Management (MillRiver) and New Hampshire Mutual Bancorp (NHMB) employees pledged over \$56,000 to Granite United Way as part of their annual fundraising campaign. The Merrimack, MillRiver, MVS and NHMB matched the funds, for a total donation of over \$113,000.



Granite United Way Merrimack County (left to right): Gregg Tewksbury, NHMB President and CEO, Patrick Tufts, Scoop Welch, Linda Lorden, Merrimack County Savings Bank President, Philip Emma, NHMB Chief Operating Officer.



HOME ENERGY EXPO APRIL 6

The 5th annual NH Home Energy Expo is scheduled for Saturday, April 6, at the Dunbarton Elementary School Community Center from 9:00 AM to 3:30 PM. There is no charge to attend and everyone is welcome.

The Energy Expo will feature a gymnasium full of vendors and topical workshop sessions held throughout the event and educational games for children.

If you are considering an energy project and would like to learn more about various energy technologies, including solar panels, pellet fired boilers, domestic hot water alternatives, Geo-Thermal and air exchange heat pump systems, and financing opportunities, this is the place to come. Questions or by email at: energy@dunbarton-energy.org.

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April 15th is the last day to contribute to a qualified retirement account for the 2018 tax year.



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BOW COMMUNITY MEN'S CLUB

91 Bow Center Road
Bow, NH. 03304



Flags Across Bow Enrollment Form 2019

Members of the Bow Community Men's Club will place the "Stars & Stripes" on your property near the end of your driveway, two days prior to each of the following patriotic holidays of 2019: Memorial Day, Flag Day, Independence Day, Labor Day and Veterans Day. They will be removed two days after each holiday and reinstalled for the next upcoming holiday.

The US-made flags measure 3'x5' and are made of 2-ply spun polyester with sewn stripes and embroidered stars, and will be mounted on a 10 foot pole and inserted into a 10" high ground spike.

Your payment of \$40 will be used to support the Boy and Cub Scouts, Scholarships for Bow HS students, and charities within our community. Please make your check payable to the "Bow Community Men's Club." For this payment, you will share in our community's display of all our great Nation stands for.

Mail this form and payment to:
Dik Dagavarian 2 Bela View Drive Bow, NH 03304-4600

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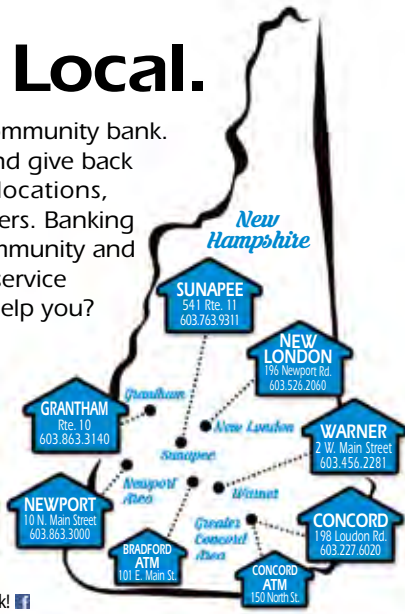
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BOW RESIDENT RUNNING IN THE 123RD BOSTON MARATHON

On April 15, Bow resident Chris Peters is running to conquer cancer as a member of the Dana-Farber Marathon Challenge team in the 123rd Boston Marathon®.

Along with more than 500 Dana-Farber Marathon Challenge teammates from across the United States and around the world, they will run Massachusetts' historic marathon route from Hopkinton to Boston to raise \$6 million for cancer research at Dana-Farber Cancer Institute.

This year marks the Dana-Farber Marathon Challenge (DFMC) team's 30th annual running in the Boston Marathon. One hundred percent of the money raised by DFMC goes to Dana-Farber's Claudia Adams Barr Program in Innovative Basic Cancer Research that supports promising science research in its earliest stages. The Dana-Farber Marathon Challenge has raised nearly \$93 million to date.

HOW TO TALK TO YOUR KIDS ABOUT MONEY

How soon is too soon to talk to your kids or grandkids about money?

If they are old enough to ask for a toy or a bike, they are old enough to start learning financial lessons that will last a lifetime.

The best financial lessons are part of everyday experience. Look for opportunities to talk about money, read books aloud and play games that center around spending money wisely. Be open and honest when you discuss your financial experiences—good or bad.

Here are some examples of teachable moments to help you get started:

AT THE BANK When you go to the bank, bring your children with you and show them how transactions work. Get the manager to explain how the bank operates, how money generates interest and how an ATM works. Ask the manager for a tour—be sure to ask to see the vault.

ON PAYDAY Discuss how your pay is budgeted to pay for housing, food and clothing, and how a portion is saved for future expenses such as college tuition and retirement.

AT THE MARKET It's easy to give clear examples of "needs" and "wants" using different kinds of foods at a grocery store. Milk (for strong bones) is a need; soft drinks are a want. Explain the benefits of comparison shopping, coupons and store brands.

CHORES AND ALLOWANCES Assign chores and give them a monetary value. Discuss ways to budget and divide allowances. Encourage children to set a financial goal, such as saving for a bike, and figure out how to achieve it.

PAYING BILLS Explain the many ways that bills can be paid: over the phone, paper or by check, electronic check or online check draft. Discuss how each method of bill pay takes money out of your account. Be sure to cover late penalties, emphasizing the importance of paying bills on time.

USING CREDIT CARDS Explain that credit cards are a loan and need to be repaid. Share how each month a credit card statement comes in the mail with a bill. Go over the features of different types of cards, such as ATM, debit and credit cards.

BROWSING THE INTERNET While online, explain to your children how valuable their personal information and privacy is to you, to them and to online predators. Discuss the risks and benefits of sharing certain information. Then, as a family, make a list of rules for keeping personal information safe online.

PLANNING A VACATION Whether you are planning an outing to a local amusement park or a once-in-a-lifetime trip, emphasize the value of saving as a family. Set a family savings goal that involves your children. Figure out the cost and discuss ways everyone can help to reach the goal.

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BOW HERITAGE COMMISSION

REMEMBERING BOW MILLS



This was the lumber mill that was located where the Bow Mobil now sits. In the background is the house that May Allquist, the holder of the Boston Post Cane, grew up in.



The Grist Mill that sat in the present location of the Chen Lang Li Restaurant. One of the many photographs of Bow donated to the Bow Heritage Commission that will soon be available on a new BHC Website under construction.

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CULTIVATING A MINDSET

by Jim Olson



Jim Olson

The perspective from which I want to discuss this topic today has to do with *cultivating a mindset* that allows you to reach your goals.

It's easy to get fed up with your current life-situation - your weight, job, finances, or relationships.

In a moment of inspiration you say to yourself "I'm done! Things *have to change!*" But unless you create a new mindset that will allow you to follow through, nothing will change!

Here are 5 steps can help you stay on track for positive change.

- 1 Identify your past mistakes. Chances are that this thing you want to change... well, it's not the first time you've thought of tackling it. So go back and take note of why you weren't successful in the past.
- 2 Create small goals to achieve along the way. If you've got a pretty big goal, it can feel like you're standing at the base of Mount Everest. Overwhelm will not be helpful in getting to your destination, so setting smaller goals to work toward that ultimately add up to the big goal is important for maintaining your motivation.
- 3 Stay flexible in your pursuit. Plans don't always work out like we want them to. Life throws us challenges. Most people quit as soon as things get in their way. You cannot! Be ready to adapt as you move forward.
- 4 Stay inspired. The initial burst of inspiration you get to take action won't last forever, so you have to find ways to keep the inspiration. Some suggestions can be creating a vision board, having an accountability circle of others who keep you on track, listening to or reading things that inspire you every day.
- 5 Engage in a daily routine. Whether it's journaling, reading, writing or saying affirmations, visualization, or a combination of all of them, having a daily routine centered around personal growth will absolutely keep you on track in pursuit of your goals.

This is a formula, not a pick-and-choose, so it's important that you do all of the above!

And if you're ready to take the next step and tackle your fitness and nutrition differently, please call or email us today so we can discuss your goals and how IF can help you achieve them! See you soon!

Committed to your fitness, Jim

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PART I : CAREGIVER AGREEMENT IS A WIN-WIN!

BY BEN KINIRY, ESQ.

Author's note: This is a two part article, hence the title. I didn't want to shorten the article as a shorter version would not give you enough detail to get a good sense of the topic. I hope you will read Part II next month.

Believe it or not, you, yes you, may eventually have a decline in health, and experience difficulty with things such as the activities of daily living, memory problems, falling and forgetting to take your medications. You may need some assistance, or perhaps you will need full-time care, or something in between.

But who will provide you with assistance? In many cases it will be someone close to you, such as an adult child. In my experience, your adult child and his or her spouse will team up to help you in your time of need. Perhaps they move in with you or you move in with them.

This caregiving child of yours may have a job and now they have a second job, assisting you. They may even be compelled to take a leave of absence from employment or quit their job in order to be the one who helps you. In



short, there is some type of sacrifice being made (after all you may not be the easiest person to deal with). There is a sense of duty to take care of ones parents and by taking on this task there is a significant time commitment and responsibility on behalf of your child.

What can and should be done to improve this situation, given basic family dynamics and the law? I would strongly suggest the creation of a contract often referenced as a Caregiver Agreement, which solidifies this type of relationship in many respects. This may seem totally unnecessary, and you may have even thought



to yourself "this is a private family matter, we don't need a written contract!" I can certainly appreciate this type of reaction, however, I would have you read to the end of this article to learn more on this topic and then decide.

A Caregiver Agreement may provide the caregiver child a sense of security in that they will not be harmed financially for their efforts (this may not concern your child, but it may concern your child's spouse and would likely concern you as well). At the same time, you as the person receiving the benefit of the care from a loved one, know that you will be well taken care of in comparison

to a complete stranger coming into your home. It is a win-win.

What is a Caregiver Agreement? As always, I'm so very glad you asked.

A Caregiver Agreement is a contract between a person in need of assistance and a person who is willing to provide the assistance (in the realm of Elder Law this is generally a parent and their adult child). The purpose of a Caregiver Agreement is multifaceted. In a simplistic sense, it describes what the caregiver child will be providing for services on behalf of his or her parent.

(Continued to page 17)

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MID-LIFE MONEY ERRORS

by Dominic Lucente

If you are between 40 and 60, beware of these financial blunders and assumptions.

Mistakes happen, even for people who have some life experience under their belt. That said, your retirement strategy is one area of life where you want to avoid having some fundamental misconceptions. These errors and suppositions are worth examining, as you do not want to succumb to them. See if you notice any of these behaviors or assumptions creeping into your financial life.

Do you think you need to invest with more risk?

If you are behind on retirement saving, you may find yourself wishing for a “silver bullet” investment or wishing you could allocate more of your portfolio to today’s hottest sectors or asset classes, so you can “catch up.” This impulse could backfire. The closer you get to retirement age, the fewer years you have to recoup investment losses. As you age, the argument for diversification and dialing down risk in your portfolio gets stronger and stronger. Diversification is an approach to help manage investment risk. It does not eliminate the risk of loss if security prices decline.

Have you made saving for retirement a secondary priority?

It should be a top priority, even if it becomes secondary for a while, due to fate or bad luck. Some families put saving for college first, saving for mom and dad’s retirement second. Remember that college students can apply for financial aid, but retirees cannot. Building college savings ahead of your own retirement savings may leave your young adult children well-funded for the near future, but you ill-prepared for your own.

Has paying off your home loan taken priority over paying off other debts?

Owning your home free and clear is a great goal, but if that is what being debt free means to you, you may end up saddled with crippling consumer debt on the way toward that long-term objective. In late 2018, the average American household carried more than \$6,900 in credit card debt alone. It is usually better to attack credit card debt first, thereby freeing up money you can use to invest, save for retirement, build a rainy day fund – and yes, pay the mortgage.¹

Have you taken a loan from your workplace retirement plan?

If you’ve taken this step, consider the following. One, you are drawing down your retirement savings – invested assets, which would otherwise have the capability to grow and compound. Two, you will probably repay the loan via

deductions from your paycheck, cutting into your take-home pay. Three, you will probably have to repay the full amount within five years – a term that may not be long as you would like. Four, if you are fired or quit, the entire loan amount will likely have to be paid back by a deadline specified in your plan. Five, if you cannot pay the entire amount back and you are younger than 59½, the I.R.S. will characterize the unsettled portion of the loan as a premature distribution from a qualified retirement plan – fully taxable income subject to early withdrawal penalties.²

Do you assume that your peak earning years are straight ahead?

Conventional wisdom says that your yearly earnings reach a peak sometime during your mid- to late-fifties, but this is not always the case. Those who work in physically rigorous occupations may see their earnings plateau after age 50 – or even, age 40.

Is your emergency fund now too small?

It should be growing gradually to suit your household, and nowadays your household may need much greater cash reserves in a crisis than it once did. If you have no real emergency fund, do what you can now to build one, so you don’t have to resort to a predatory lender for expensive money.

Watch out for these mid-life money errors and assumptions.

Some are all too casually made. A review of your investment and retirement savings efforts may help you recognize and steer clear of them.

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

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Citations.

1 - nerdwallet.com/blog/credit-card-data/average-credit-card-debt-household/ [12/10/18]

2 - businessnewsdaily.com/11286-borrowing-against-401k.html [2/15/19]

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Travel Talk – Tips on Tipping

by Chase Binder

Some aspects of travel cause more stress than others. Flying is high on the stress-o-meter. Losing your passport or credit card is also up there. But how about tipping? While it may not rank at the very top of potential disasters, the quandary of how much to tip and when hits just about the entire traveling public at one point or another. How much to tip...who to tip...when to tip... how to tip? These questions surface almost daily here in the US, but overlay different cultures, norms and currencies when you're traveling and the whole subject can be a headache.

First, a few rules of thumb. Tip directly to the service person when possible instead of leaving money on a table or a dresser. Tip in cash using local currency—get local cash in small bills from ATM's (often called Bancomats) to get the best exchange rates. Tip housekeepers daily—staff rotations can change daily. In restaurants we tip on the food/beverage amount, not the taxes. It also helps to learn the word for tip or gratuity before you travel.

Assuming you're flying somewhere, let's start with the airport arrival process, using a "park and fly" shuttle or even one of the convenient NH-to-Logan bus services. The drivers load and unload your bags and in the case of the bus drivers, they make sure your bags are tagged and loaded properly for your departure terminal. Bud and I feel this deserves a gratuity—say, \$5 for two larger bags and two carry-ons. Think ahead and tuck a fiver into an outside pocket so you can hand it over and be on your way quickly. Just tip once, of course, after you've arrived at the terminal.

Now you're at the airport and there are several porters waiting to whisk you through the check-in procedures. With today's super-easy rolling luggage, we generally don't use porters. The exception is if we are in a foreign country and trying to make a connection in an unfamiliar airport—as happened to us in Johannesburg, South Africa. Our flight from Dulles was late and our connection to Cape Town was very, very tight. We had been told to look for the fellows in the orange jumpsuits and have a \$20 bill ready. Trip-saving advice! The fellows got us to the right terminal and gate way ahead of the crowd. Again, Bud had a twenty in his hand and was ready to roll. How do you get info like this? Try Google, find a friend who knows the airport or ask



Chase Binder

your flight attendant—chances are he or she will know.

Once you've reached your destination, you'll have the same issue with porters. They can be useful or not, depending on how confident you are about your ground connections and your ability/willingness to move your luggage about. If you're traveling with another couple or a few kids, a \$10 bill might be a good investment to get all your bags to your rental car, onward bus or train.

How about accommodations? Larger hotels have bellboys who will bring your bags to your room. The better ones will walk you through the quirks of the room—how to adjust the HVAC, use the phone and internet, ask for extra towels or pillows, etc. We use our regular per-bag scale of \$5 for two large and two smaller bags. We also always tip the housekeeper, \$2-5/day depending on the service. Larger hotels will normally have a concierge who can be an enormous help getting dinner reservations, taxis and all sorts of things. They expect tips when doing something above and beyond, \$10-20—but also sometimes get kickbacks from restaurants or other places they recommend. We tend to look for advice from bellboys—like where they eat for special occasions or family celebrations. We had the best dinner ever in Rome using this method and the bellboy was thrilled to provide the advice and get the tip.

When we stay at small owner-run B & B's, we use the axiom of not tipping the owner of the establishment.

As for restaurants and bars, the US guidelines of 15-20% for sit down meals, 10% for buffets (for plate removal, drink delivery etc.) and \$1-2 per drink at the bar (or 15-20% for running a tab) works in Canada and much of Mexico.

But tipping is not common in Ireland, the UK and Australia. Tipping customs for food servers are largely based on local laws governing minimum wages, and establishments vary greatly in terms of tip sharing with other servers, busboys and hosts/hostesses. The key to tipping with confidence is to research customs and expectations before you travel. In Europe you will often see "service" as an extra charge—like US restaurants adding a pre-determined gratuity for larger parties. No need for extra tip.

Of course, technology has made the whole world of tipping easier. Many restaurants use digital ordering technology, so splitting bills is a snap. Some service establishments incorporate tip suggestions (percentage and dollar amounts) right on your bill. There are many apps to help as well. Google the subject or look at the Tip Calculator Free app by iHandy for iPhones or Tip N Split Tip Calculator for Android devices. Also, visit globaltippingapp.com for more iPhone options. If you have newer phones, a tipping app is probably pre-loaded – just check out the global component before you travel.

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BAKER FREE LIBRARY NEWS

by Lori Fisher

MOBILE HOTSPOTS AVAILABLE TO BORROW BY 4/1

Thanks to a grant obtained by SAU 67, both our library and the Dunbarton library will have mobile hotspots for our patrons to borrow (must be 14 years old and up)! These hotspots allow free Internet access from any location within the Sprint network, and there is no cost to borrow a hotspot. Because the funding for these hotspots came through an educational grant, there is filtering software and malware detection on them - no pornographic materials will be accessible. If you are interested in borrowing a hotspot when they are available, call the library at 224-7113 or email info@bakerfreelib.org to get on the wait list.

FREE COMMUNITY YOGA CLASSES on Sun 3/31, Thurs 4/4, and Fri 4/5. 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 late March/early April will be held on **Sunday 3/31 from 9 am to 10 am; Thursday 4/4 from 9 am to 10 am and 2:30 to 3:30 pm; and Friday 4/5 from 9 am to 10 am and 2:30 to 3:30 pm.** 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 15 minutes early 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 NEW - Baby Stay & Play on Mondays at 11 am, beginning 3/18.

A new, informal play group for infants from birth to 18 months, in the company of a parent or caregiver. Enjoy stories, rhymes, music, and movement with your little one! Includes plenty of open play time with our collection of toys of manipulatives, offering babies and their caregivers times to socialize and play. Registration is required - call 224-7113 or email amelia@bakerfreelib.org.

Beat the Librarians Trivia Night @ Litherman's Limited, 126 Hall Street, Concord: Thursday 3/28, 7 pm. The Concord, Bow and Hooksett librarians lost in the 3rd trivia night... and they are chomping at the bit to come back and win the title! Come try your hand at prevailing over a team of Concord and Bow librarians (don't worry - the prizes go to either the top public team, or the 2nd place public team if the librarians win). To make this fair for all, teams may be composed of up to six individuals, and no cell phone participation (by calling people for answers or looking at Google) is allowed. Questions? Call Lori at 224-7113 or email lori@bakerfreelib.org.

FRIENDS OF BAKER FREE LIBRARY

\$5/bag* sale in the Perpetual Book Sale is going on now through 3/31. *A bag means a standard plastic grocery bag. Please bring your own, since we may not have any on hand for you to use. Proceeds support the museum pass program at the Library.

The Friends of the Baker Free Library will hold their next donation day on Saturday 3/30/19, 10 am to 2 pm.

Questions? Email info@bakerfreelib.org.

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CONGRATULATIONS to JACK RICH!



JACK RICH OF BOW, has been named to the President's List (3.75 GPA or higher) for the fall semester at Merrimack College School of Science & Engineering, in North Andover, MA.

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In last month's discussion, we talked about going filterless and at the end it led us to this month's topic of respect. So, here we go.

Respect is typically thought of something that is earned. Nowadays it seems more like something that is hard to find. Back in the day we were taught to respect our elders. And so we did. We revered their knowledge, wisdom and life experience. We sought out their wisdom and wanted them to teach us.

In today's world of Google and Wikipedia it is very easy to have instant knowledge at your fingertips. I feel like this has detracted from our ability to respect our elders. We not only lack the time to seek their thoughts and input we also see less need to make the time for it since we can learn lots of things in mere seconds.

What is missing then? The human connection is missing; the life experience portion of the lesson; and the real life application of the scenario in question. The many different ways it could happen told to us by someone who has witnessed many different sides to the same scenario in their lifetime is missing. What we get is one flat answer or definition that on the surface seems like enough to go on. But when you think deeper, it's lackluster.

Back before today's quick pace and instant gratification, we had more time. We had more patience and we had fascinating stories to learn from. The people who held this knowledge were our elders. This is where the 3rd joy of aging should be Respect.

Elders were revered and respected. That is why the "respect your elders" lessons came in to play, because you could and would learn from them. You could and would rely on them and they would teach you because it was their legacy to do so. They wanted to share their knowledge and experience.

Here's the kicker, they still do. The shame is we have lost the time and desire to stick by the respect your elder's mantra. It is not that they do not deserve our respect; it is that we somewhere along the line disregarded them and neglected to teach our children this lesson. Not all of us, but unfortunately enough of us so that it has made a difference.

What do you want for yourself when you are considered the elder? Do you want to be cast aside, ignored and forgotten? Discredited? Or, do you want to be valued? Do you want your loved ones to wish to spend time with you, hear your stories and do fun things with you?

Parents and children – take note: this will be your place one day. We all get older. Today let's start remembering the Golden Rule: Do unto others as you would have them do unto you. Today, let us make the time to learn that respecting our elders is a wonderful thing that comes naturally when you make the time to see them for who they are, who they were and how they went from then until now. Believe me; you don't think of all the things you wish you had asked them until they are no long here to ask. Start being inquisitive today. Listen and learn. In this simple exercise you will see that they earned and deserved your respect long ago.

Here's hoping we all start thinking about respect more in all things we say and do, in all the people we cross paths with. Instead of trying to find ways to cut people down focus on ways to see the beauty in them and the lives they lead.

To the benefit of all of our futures, I respect you. You are worthy, you deserve respect; and so do the people all around you. One of the easiest ways to earn respect is to give it.

Until next month, take care!



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Way Up North

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



JUNIOR TENNIS JAMBOREE

Advantage Kids hosted the Second Annual U18 Concord Preseason Jamboree this past Saturday at the Health Club of Concord, showcasing talented kids from across the state in an exciting competition organizers are calling “a great success!”

Two dozen players brought their skills to the tournament, carrying banners from Bow, Kingswood, Oyster River, Keasarge, Concord, Bedford, and Derryfield High Schools. Advantage Kids is a nonprofit organization recognized by the National Junior Tennis & Learning Network for their work throughout the state of New Hampshire. Saturday’s Jamboree is just one of many engaging and accessible tennis and learning programs offered at no or low cost by Advantage Kids.

Focusing on giving all kids advantages in life, Advantage Kids draws inspiration from iconic Tennis Champion Billie Jean King, who once said, “Women’s sports is still in its infancy. The beginning of women’s sports in the United States started in 1972, with the passage of Title 9 for girls to finally get athletic scholarships.”

The boys’ tournament didn’t fail to excite the crowd, either. “Concord High junior Liam Grennon emerged victorious from a 15-player field to win the boys’ singles title at the event,” Killinger reported. She went on to say, “Top-seeded Grennon employed an attacking style to defeat Bow’s [senior] Caleb Olson, 6-2, in the final.”

Billie Jean King said, “Sports teaches you character, it teaches you to play by the rules, it teaches you to know what it feels like to win and lose-it teaches you about life.”

Sportsmanship awards were given to Bow’s Daniel Silva and Bedford’s Paige Muir.

The Second Annual U18 Preseason Junior Tennis Jamboree, held last Saturday, March 9, at the Health Center of Concord, was a success on and off the court, engaging nearly two dozen youth from across the state in what Advantage Kids Founder, Dr. Rob Rondstadt, calls, “a sport for life.”

Those interested in learning about Advantage Kids are encouraged to follow the organization on FaceBook and Instagram, and to take part in upcoming statewide events.



Advantage Kids hosted a Junior Tennis Preseason Jamboree last weekend in Concord. The boys bracket was tightly contested, with awards given as shown to: (left to right) Bedford’s Vidhur Narayan, winner consolation, Concord High School Coach Dave Page, Caleb Olsen, runner-up from Bow, Daniel Silva, also from Bow, awarded for sportsmanship, and overall winner, Concord’s own Liam Grennon.

FALCON’S BOOSTER CLUB ANNOUNCES TWO FUNDRAISERS

For the 2019 spring season The Bow Falcon’s Booster Club will be offering two golf themed fundraisers. Up first will be the first annual Bow Falcon Mini-Golf Tournament “Where Masters Get Their Start” that will be a community-wide event for all ages. This mini-golf tournament will be held on May 16th at Chucksters in Hooksett with a rain date of May 23rd.

The second event will consist of continuing the tradition of having our 23rd Annual Bow Falcons Booster Club Golf Tournament. This shotgun style tournament will be held on Monday, June 24th at the Stonebridge Country Club in Goffstown.

To help with success of these events and our fundraising plans we are looking for the support of local businesses.

All funds raised will go to support students at Bow High School. That is over six hundred participants in 20 different sports.

RECENT PURCHASES INCLUDE:

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- Swimming metronome
- Easy-up for track and cross country meets
- End zone camera for the football team
- State championship jackets
- \$5,000 in scholarships each spring to deserving graduate athletes

If you are interested in supporting in supporting the inaugural Mini-Golf tournament or our 23rd Annual Falcons Bow Booster Club Golf Tournament please complete the form(s) on our website, www.bowboosterclub.com. Any questions can be directed to the Booster Club email at bowfalconbooster@gmail.com

FALCON SPORTS NEWS

BOW WINS DIVISION III WRESTLING

Eight wrestlers earned top-three finishes to help Bow High School win it’s first ever NHIAA Division III Championship at Pelham High School in February. The Falcons finished runner-up to Plymouth both last year and in 2008.

Bow earned 165 points en route to the championship while Campbell High of Litchfield earned runner-up honors with 152 points. Pelham (114.5), White Mountains of Whitefield (104) and Plymouth (103) rounded out the top five finishers. Bow had two individual champions in Zachary Anderson (126 pounds) and Will Zachistal (285). Anderson defeated Lebanon’s Caiden Skakalski, 10 – 2 in the 126 pound final. Zachistal pinned White Mountains’ Brandon Arnesen 4:54 into the 285-pound championship match to earn his title. Wyatt Rheinhardt (106), Skylar Hattendorf (120) and Alex Boufford (160) all finished runner-up in their respective weight class for the Falcons.

BOYS’ BASKETBALL 2/13/19 SOUHEGAN 41, BOW 28

Key players: Souhegan- Jeff Boehm Bow- Matt Lamy (12 points)

Highlights: After three solid quarters with the lead, Bow struggled to score in the final frame. Souhegan’s pressure late in the game proved to be the difference as the Falcons fell short of the upset.

Coach’s quote: “We had a great game plan and played solid defense all game. We turned the ball over and couldn’t score in the fourth. Tough way to lose.” – Bow’s Frank Moreno. Records: Souhegan 10-4: Bow 3-11

BOYS’ ALPINE 2/7/19

Key players: Bow- Conner Waschsmuth (5th), Anthony Sampo (10th), Eli Gadbois (13th), Teddy Pfeifle (25th); Pembroke- Jackson Frazier (2nd), Owen Thomas (30th), Ben Sporic (33rd), Harry Army (40th).

Highlights: The Falcons finished second in a nine-team slalom meet at Crotched Mountain. Hanover won the meet with 361.5 points and Bow followed with 352.5.

GIRLS’ ALPINE SKIING

Key players: John Stark- Samantha Innerfield (5th slalom, 13th GS); Pembroke- Jessica Boyajian (16th GS, 36th slalom); Molly Keyes (32nd GS), Laci Grillo (41st slalom), Katherine Muise (43rd slalom), Hannah Brown (49th GS), Alyssa Merrill (50th GS), Lindsay Hawkins (51st slalom); Bow- Megan Lavigne (15th slalom, 61st GS), Carolyn Johnson (46th GS), Madeline Soucy (56th GS), Madison Amann (57th slalom 57th GS).

GIRLS’ BASKETBALL FEBRUARY 9 – BOW 36, MILFORD 11

Key players: Bow- Taylor Burham (6 rebounds, 5 assists), Lauren Goyette (6 rebounds, 5 assists, 5 steals)

Highlights: The entire Bow lineup saw plenty of minutes in a comfortable win over the Spartans.

Coach’s quote: “Bow stayed steady on offense and defense the entire game and kept their energy throughout the game.” –Bow assistant Al Douglas

GIRLS’ BASKETBALL, FEBRUARY 14 – BOW 39, SOUHEGAN 25

Key players: Taylor Burnham (9 points), Julia Landcastle (7 points), Megan Remick (8 points)

Highlights: The Falcons held the Sabers to single digits until the second half.

Coach’s quote: “Bow played strong in the first half. In the second half Bow was struggling on offense, but survived and came out (with the win).” –Bow assistant coach Al Douglas. Records: Bow 8-8; Souhegan 3-14

BOW HIGH SCHOOL PERFORMING ARTS



Congratulations to the entire cast and crew of Bow High School’s production of Shakespeare, *Will*, which recently competed at the regional level of the NH Educational Theatre Guild’s One Act Festival! Darby Hartford was recognized with an All Star Acting Award for her role as Cat, the stage manager.



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Hopkinton Real Estate Sales – First Quarter 2019

ADDRESS	BR / BA	SQ FT	ACRES	PRICE
115 Pine Street	2 BR / 4 BA	2,179	0.5	\$212,500
1141 Pine Street	4 BR / 3 BA	2,592	2.0	\$215,000
1030 Briar Hill Road	4 BR / 5 BA	4,700	45.0	\$945,000
1998 Hopkinton Road	3 BR / 3 BA	2,434	0.34	\$220,000
635 Dolly Road	3 BR / 3 BA	2,532	4.23	\$289,900
18 Thain Road	3 BR / 3 BA	2,776	3.40	\$385,000
285 Pleasant Pond	3 BR / 3 BA	2,728	110.0	\$395,000
22 Stumpfield Road	3 BR / 2 BA	2,364	30.60	\$309,500
111 Stacey Drive	3 BR / 2 BA	1,716	TBD	\$65,000

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Welcome to the Hopkinton - Contoocook TOWN CRIER!

by Kathleen Butcher

► **SENIOR HEALTH CLINIC** Concord Regional VNA is holding a Senior Health Clinic at Slusser Senior Center on Thursday, April 4 from 10 a.m. to 1 p.m. and Park Avenue Apartments on Monday, April 8 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 OPPORTUNITY** The Hopkinton Recreation Department is hiring camp and pond staff for the 2019 season. Job descriptions are online www.hopkintonrec.com or call 746-8263.

► **PRESCHOOL 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.

► **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 12 noon at the Slusser Senior Center (41 Houston Drive next to the Town Library). Suggested donation \$4. The first time a senior attends a Senior Lunch, he or she can ask for a new visitor gift certificate at the front desk, for a free lunch.

► **PROGRAMS FOR SENIORS AGE 50+** *Cribbage Group:* Tuesdays from 1:00-3:30 pm. Come and play cribbage, and socialize with other seniors! If you want to learn to play cribbage, call the Hopkinton Recreation Dept. at 746-8263, and a private lesson will be scheduled at the Slusser Center. *Knitting Group:* Tuesdays from 1:30-3:30 pm. Bring your own materials for the project you're working on, and share ideas with other seniors!

► **FARMERS MARKET** Saturday, 10-1 at the Hopkinton Town Hall. SNAP/EBT accepted. For more information, visit facebook.com/ContoocookFarmersMarket.

HOPKINTON POLICE LOG

TOWN OF HOPKINTON POLICE DEPARTMENT

FEBRUARY 2019 STATS

Arrests - 5 Accidents - 8 Traffic Stops - 475

- 02/01 Margaret Kennedy, 27, 5 Poverty Plains Road, Warner, NH was arrested for DUI.
- 02/0 Justin Ashford, 36, 13 Penacook Road, Hopkinton, NH was arrested for Domestic Violence, Simple Assault.
- 02/05 Jesse Lynch, 31, 155 Elm Street, Claremont, NH was arrested on a Warrant.
- 02/08 Tyler Prescott, 32, Homeless was arrested for Criminal Trespass.
- 02/13 Timothy Rochon, 24, 27 Franklin Street, Concord, NH was arrested for Driving After Revocation/Suspension and Suspension of Vehicle Registration.



BEYOND THE BOOTS

Tuesday, March 26 | 5:30pm

Manchester Country Club, Bedford, NH

Join us as our brave service men and women transition from fatigues to fabulous fashion. Hors d'oeuvres, cash bar, silent auction, and more!

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

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

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JOHN STARK – HOPKINTON D-11 BOYS HOCKEY CHAMPS!



JohnStark–Hopkinton Win 1-0as D-III Boys' Hockey Champs

“This was a different kind of game than we normally play,” John Stark-Hopkinton coach Denis Kolehmainen said after March 8th's Division III boys' hockey final.

They got great goaltending from Jameson Bourque, they got a timely goal from Paul Molnar, and they finished this season the

same way they finished the last one – as D-III champs.

It's awesome,” Molnar said as he touched the championship medal hanging around his neck. “Maybe not as great as last year because we weren't supposed to win it, but it's still awesome. It's awesome having another medal.”

THOUGHT FOR THE DAY

“In this world nothing can be said to be certain, except death and taxes.”

Benjamin Franklin



SPRING!

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Learning for the fun of it!

What's Happening in OLLI?

Jacki Fogarty and Jo Hendry

OLLI at Granite State College, the Osher Lifelong Learning Institute, is well-known in the area for high quality, affordable courses in a wide variety of topics, for fascinating field trips, for engaging social events and for stimulating service opportunities, all for adults age 50-plus. Celebrating its 15th anniversary this year, OLLI has these offerings down to a science.

And, speaking of science . . .

Every once in a while, something new pops up. To be considered by OLLI, any new idea must fit the organization's mission and values. As part of Granite State College, which is part of the University System of New Hampshire, it must be consistent with academic standards. And, because OLLI is a member-driven organization, it must be attractive to the members.

Enter the proposal for interested OLLI members to become Senior Citizen Scientists. Most people are familiar with the concept of citizen science, scientific research conducted, in whole or in part, by amateur (nonprofessional) scientists. Projects offer opportunities worldwide for people to contribute to new scientific discoveries.

Citizen science is usually done in collaboration with or under the direction of professional scientists and scientific institutions. These large volunteer networks allow scientists to accomplish tasks that would be too expensive or time-consuming to accomplish on their own. The US government oversees many projects which can be accessed at www.citizenscience.gov. And in New Hampshire there are many projects coordinated by the UNH Cooperative Extension, the Audubon Society and the Nature Conservancy.



Dr. Barry Rock

A long time OLLI presenter, Barry Rock, PhD, 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, has overseen one such project, Forest Watch, for the last 23 years. 350 K-12 schools across New England have participated in this ongoing effort to provide data to the US Forestry Service on the health of our forests. And now Dr. Rock has offered to oversee OLLI Senior Citizen Scientists who will collect data to monitor the health of the sugar maple and white pine trees which are extremely important economically, aesthetically and ecologically to our state.

On March 28, OLLI members are invited to a reception at Granite State College, Concord, to learn about this proposal. Dr. Isabel Munck, Plant Pathologist and Dr. Ryan Hanavan, Forest Entomologist, will join Dr. Rock to introduce the program, answer member questions and take the first step towards engaging OLLI in this gratifying and worthwhile pursuit. Over the next several months, informational receptions will be held in each of the other three OLLI sites, Manchester, Portsmouth and Conway to gauge member interest.

Educational? Check!

Targeted to engaged adults aged 50+? Check!

Meaningful and engaging? Check!

Collegial? Check!

Yes, this is a program that checks all the important OLLI boxes. Perhaps, by next year at this time, trees in Bow will be part of the national US Forestry Service database contributing to the health of our forest resources.

Caregiver Agreement cont'd. from pg.8)

Some of the typical services to be provided are personal care, grocery shopping, preparing meals, transportation, overseeing healthcare, housekeeping, financial management (utilizing the Durable Power of Attorney as needed), monitoring and managing medications, tracking changes in health, and acting as a liaison with healthcare practitioners (utilizing the Durable Power of Attorney for Health Care as needed). Of course, the Agreement will also spell out how much the Caregiver child will be compensated for their efforts (the contract would generally provide that the compensation may be adjusted upwards as more care is needed).

Writing a contract and then explaining how it works to the other members of the family, as well as what the contract accomplishes (very important in the context of a future Medicaid application for long-term care (keep reading), can assist in keeping the peace within the family (side bar: I'm a big fan of sharing the parties intentions and the actual planning (in most cases) with all members of the family. You may find this shocking, but when information is not shared with all the adult children, they will start creating scenarios in which their sibling is stealing or is otherwise taking the parent for a ride, financially speaking.

What is NOT evident, is the need to create an employer-employee relationship and to lay out the details, such as how taxation will be handled, whether workers compensation and health insurance will be provided, as well as the agreed upon vacation and sick time and who will be stepping in to take over the Caregiver's responsibilities in their absence. As you can imagine, there is a significant

amount of detail to be worked out in these types of Agreements.

You may just have thought, "Well hold on Ben, this seems extreme and unnecessary, paying taxes, workers compensation, you lawyers make everything more difficult than it needs to be!" (almost like I've heard this previously, isn't it?). This is a very normal reaction (for some), but we have to discuss the bigger picture here, which is the need for long-term care in the future and with it, an application for Medicaid to pay for that long-term care. This is where those who don't follow my advice will pay the price, quite literally.

How is that, you ask (wow, you really ask the right questions)? Eventually, as the parent's health declines, the child's ability to take care of their parent will fail. At that time, professionals will need to be hired. As you are aware, the cost of long-term care can eat up a person's life savings in a relatively short duration of time. When a person no longer has the ability to pay for those services, an application for Medicaid is the next logical step. The Medicaid program has many rules and if you don't abide by them, you will lose (You: "hey Ben, that sounds like a scare tactic" Me: "you have no idea what you are up against and for your sake, I hope you continue reading").

To be concluded in the next edition of the Bow Times.

The information provided in this article does not constitute legal advice. I don't believe for a second that you thought it did, but this is just what lawyers write at the end of articles. I hope you did not take offense to it, it certainly was not intended.

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DUNBARTON NEWS

By Nora LeDuc



READ WITH DOGS Call to schedule Kids Read with Dogs at the Library. Jake will be away March 21, April 4, April 18 and May 2. He will be competing at Boykin Field Trials, and then onward to vacation. During this time, only one dog will be on the schedule. Cali and Sherman will alternate weeks. Don't forget to reserve your spot.

VOLUNTEERS - WREATHS ACROSS DUNBARTON Mark your calendars for Sat. March 23 at 10am. You will meet at the Town offices/Center Cemetery to pickup the wreaths and wreath stands from the 4 town cemeteries. Bring wire cutters to separate the bows (they're saved and reused for next year) from the wreaths which will go to the Transfer Station. You should be all done by 11am. Any Questions, contact Don 774-3500

THE NEXT TOWN HALL RESTORATION CONCERT will feature singer Alisa Amador on Saturday, March 23 at 7 PM in the Town Hall foyer. Enjoy a variety of songs from rock, jazz to alternative folk. Suggested donation \$20 (that all goes to the artist). Check out the Town Hall Restoration website at www.tinyurl.com/DunTownHall.

CHAIR YOGA Tues. March 26, will be held at the library. Arrive in time to start at 10:30 am. Class is an hour. Wear Comfortable clothes.

DISCOVER THE OWLS OF NEW ENGLAND at the library on Tues, March 26 at 6:30pm. Peter Christoph's beautiful photography presentation will feature stunning photos of his favorite owls, combined with stories that will entertain, educate and inspire the audience. Learn secrets to find and photograph these same owls in the wild in their natural habitat.

PLANT-BASED EATING MADE EASY at the library on Thurs. March 28, 6:30pm to 7:30pm. Whether you are ready to go all in with plant-based eating, or take it slow and cut back on animal products, you will notice a dramatic change in your overall health and energy level! Presented by Michelle Smith, MS, RDN, LD Concord Center for Health Promotion

NEW HISTORICAL DUNBARTON VIDEO an interview with Bob Blackman has been posted by the Dunbarton Historical Awareness Committee and can be accessed through the video link posted on the town webpage, YouTube and FB.

NH PROJECT FIRST GRANT The Town of Dunbarton is one of five communities throughout the entire State of New Hampshire that applied for *and was awarded* the NH PROJECT FIRST GRANT in the amount of \$13,716. Thanks go to our Police Department, in partnership with our Fire Department. The grant is funded through the First Responders: Comprehensive Addiction and Recovery Act (FR-CARA) made possible by the Substance Abuse and Mental Health Services Administration (SAMHSA).

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BOW GARDEN CLUB

by Joyce Kimball

MEET OUR NEW CLUB PRESIDENT!

Lorraine Dacko



Lorraine (Mitchell) Dacko was raised in Bridgewater and Plymouth, NH and graduated from Plymouth High School. She then moved to Massachusetts to further her education and ended up staying there for the next 44 years! While living there, she met and married her husband Bob and raised two children, one who lives in Massachusetts and the other, Rhode Island. The Dackos lived in Bow briefly in the late 1970's, however moved back to Massachusetts to be closer to the family business. In 2005,

they retired to New Hampshire where they had old friends waiting for them and quickly made more.

Lorraine gained a love of gardening early on following her mother around as she tended her many perennial beds throughout the growing season and Lorraine remembers there always being something in bloom from April through October. Her Dad was an avid vegetable gardener who preserved his garden's bounty for the winter months which the family really appreciated.

Lorraine joined the Bow Garden Club shortly upon moving into her new home in Dunbarton. And at the urging of a Bow friend and because she was interested in learning more about gardening, now having a large yard to landscape, Lorraine joined the Bow Garden Club right away. We, the members of the Bow Garden Club, are so glad that Lorraine came back to the area, not only because she is a great person to be with, but because she has facilitated a number of projects for us and has served as our Membership Chairman, Treasurer and most recently Vice-President. Lorraine was installed as Bow Garden Club President for the 2019-2020 term at the club's December Annual Meeting. Welcome on board, Lorraine! She can be reached at 774-3596 or ldacko@gsinet.net



2019 Garden Club At A Glance

April 8th	"Insects in Your Landscape; Friend or Foe" <i>Rachel Maccini, Entomologist/UNH Cooperative Extension</i>
May 6th	"Daylilies... A Love Affair" <i>Fiona Mc Kenna, Daylily Hybridizer</i>
June 10th	"Art in the Garden" <i>Beverly Gamlin, Bow Garden Club</i>
July 8th	Annual Progressive Dinner & Garden Tour <i>BGC Members & Their Guests Only</i>
August	"Books in Bloom" Floral Exhibition <i>In conjunction with the Baker Free Library</i>
September 9th	"Seasonal Cooking Class" <i>Tracy Komorek, Licensed Dietician</i>
October 7th	"Viticulture Wine & Taste" <i>Nikki Habif, Viticulturist</i>
November 4th	"Green Thumbs in the White House" <i>Kevin Bragg, the former Coordinator of Historic Gardens & Agriculture at Canterbury Shaker Village, takes us on a horticultural journey of "the Executive Residence" from 1790 to present through images, accounts, diaries and historical references.</i>

APRIL 8th OLD TOWN HALL 6:30 PM

RACHEL MACCINI, Entomologist (A.K.A. Bug Expert) and educator with UNH Cooperative Extension (UNHCE), will open up the 2019 garden club year with her Power Point presentation "Insects in Your Landscape; Friend or Foe." Rachel's work day includes her using her entomology skills to help identify insects and/or arthropods that people like you and me send to the UNHCE's Education Center located in Goffstown. Identifying these pests is often the first crucial step towards solving a problem such as devastating infestations in our forests and private properties. Identifying the "culprit" early on allows for safe controls and/or treatment of the problem. Rachel also provides Master Gardener training in Entomology, Integrated Pest Management and other agriculture-related areas.



YOU ARE INVITED

The Bow Garden Club is about to embark on its 55th year as an organization and contributor to the community. We are proud to be members of the New Hampshire Federation of Garden Clubs, Inc., the New England Garden Clubs, Inc., and our National Garden Clubs, Inc. While we operate as the grass roots organization that we truly are, we enjoy the benefits of being part of the larger picture, affording us many opportunities, resources and contacts with fellow garden clubs all over the state where we all learn from each other, share ideas, educational programs, etc. all for the greater good.

We would like to invite Bow area residents to join as at a future meeting to take in the evening's education program, to enjoy socializing with our members and guests such as yourselves and if you are so inclined, to consider joining our group to share in all the activities, to learn more about all aspects of gardening, to possibly share some of your gardening experiences and learn from others. Oh—and to have fun and enjoy the evening's refreshments, neither one disappoints!


We represent all ages, as well as different vocations, past and present and we also have a "few good men" on our membership roster and we would love more. We generally hold our meetings on the 2nd Monday of the month April –June and September –November plus we have a "Members Only" Progressive Dinner and Garden Tour in July. Although we technically take August off, we began hosting a weekend event in early August in coordination with the Baker Free Library, called "Books In Bloom" which a number of our members participated in last year, creating floral designs inspired by books they selected. There is something for everyone at the Bow Garden Club/ Come find this out for yourself—no obligation. Just enjoy!

HIGH SCHOOL SCHOLARSHIP AVAILABLE

An \$800 Bow Garden Club scholarship is now available for a graduating Bow High School senior entering college who is in good academic standing and is planning to further their education within a college curriculum majoring in any of the following fields of interest: Horticulture; Conservation, Environmental Science, Forestry, Plant Science, Geo-Science, Hydrology, Atmospheric Science or Meteorology. Completed applications are due by April 1st. They should include an essay stating his/her educational goals and recounting any activities related to these goals; In addition, two letters of recommendation from current high school teachers/counselors and a copy of his/her high school transcript are required. The recipient of this scholarship will be notified at the annual Bow High School Senior Awards Night held prior to graduation. Please send applications to: Ruth Brack, BGC Scholarship Committee, 229 Elm Street, Penacook, NH 03303. Contact information: bracr@comcast.net / (603) 753-2470

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Presentation at the Annual School District meeting on March 15, 2019 at the Bow High School Auditorium.

Photo: Eric Anderson.

WHITE ROCK NEWS



**“Happy Hookers”
Knitting Club
Meets At 9:00 AM
Tuesday’s
At White Rock**

In The Woods



February is done. The sun is higher, the days are longer, but winter it seems is not ready to surrender.

Recently a friend asked me if I thought he should fish on the 1st day of the Winni Derby, February 9th. Normally I would never suggest that anyone should *not* go fishing and work instead. However, with the prospect of 50 mph winds on glare ice, I felt he could wait for a better day. The weather was very nasty and actually dangerous. A bob house was filmed blowing down the lake with the owner hanging on and a dog following.



This thing is moving!

The big \$15,000 winner was Daniel Desmarais from Milford, N. H. with a whopping 3.63 pound Rainbow Trout. Don Hall from Ashburnham, Ma. took home the 2nd prize of \$5,000 with a 4.73 pound Pickerel. Steve Thompson of Milton, N.H. took home \$3,000 with a 1.67 pound Yellow Perch. The Grand prize drawing of \$5,000 went to Tony Giamberardino of Medford, Ma. in the Black Crappie division. Josh Paine of Rochester, N.H. went home with \$500.00 for his Black Crappie weighing 2.31 pounds. Beau Chase of Sanborton, N.H. won \$500.00 in the Cusk division with a 8.63 pound fish. Matt Bickford had the biggest White Perch at 2.68 pounds for his \$500.00. Cory Fortier of Dover, N.H. was the winner in the Lake Trout division with a whopper at 8.45 pounds for his \$500.00 prize.

What are the first clues that ice fishing is slow?

#1 When you're still using the same container of worms that you bought in January and its now the end of February

#2 The only fish that you have taken home was from Market Basket.

These could represent a tough season!

I recently attended the 17th Annual Fly Fish N.H. Show. The show was dedicated to Ron Sowa. Ron was a class act with or without a fly rod in his hands.




Ron Sowa 1949 - 2018

The show had a very large crowd, however, I noticed only a few young people in attendance. It seems for the most part, that they are not participating in hunting and fishing sports.


On a positive note, the winter snowfall has been very minimal in our area. The deer seem to be doing fine. I recently saw seven deer together. I'm sure they will be happy to see things green up.

**Be Safe
Ron**




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OBITUARIES

BOW/DUNBARTON RESIDENTS

ALICE CHAMPAGNE

Mrs. Alice E. (Hammond) Champagne, 87, of Bow, passed away on March 2, 2019 at the Merrimack County Nursing Home after a period of declining health.

Born in Worcester, MA, Alice was the daughter of the late Oliver J. and Marion (Gagnon) Hammond. She resided in New Hampshire for most of her life.

Prior to her retirement, Alice was employed as a clerk for the Concord Group Insurance Company. She also worked as a Nurse's Assistant for the former Odd Fellows Home in Concord and also worked in the library at the Boscawen Elementary School. Her life revolved around taking care of children, especially infants.

In addition to her parents, she was predeceased by her son, Gary S. Champagne and her siblings: John Hammond, Louise Naumiec, Isabel Dunshee, Ida LaPointe, Thomas Hammond, James Hammond and Robert Hammond.

She is survived by her husband of 68 years, Gerard P. Champagne; her children, Steven G. Champagne and his wife Sharon of Franklin, Raymond L. Champagne and his wife Lydia of Oceanside, CA and Linda Carson and her husband Robert of Epsom. Grandmother of 12, Great grandmother to 15 and Great Great Grandmother to 6. She was the sister to Ernestine Johnson, David Hammond and Carol Sarkisian of Worcester.

WILLIAM LYONS

William passed away in February 2019. William was a resident of Bow, New Hampshire at the time of passing.

Bill attended St. John's and Concord High School, and attended Wentworth Institute in Boston, Mass.

In lieu of flowers, you may send a donation to Make-A-Wish-New Hampshire, 814 Elm Street, Suite 300, Manchester, NH 03101-2230.

BARRY MOLLER

Barry Moller, age 75, of Dunbarton, passed away on February 7, 2019 at CRVNA Hospice House.

Barry was born in Malden, MA, the son of the late Richard and Eunice McGinn Ciarla. He attended the NH School of Art and Design in Boston, MA and began his advertising career at Dawson Advertising Agency. He later became the Creative Director and Commercial Photographer for Orr, Pope & Moulton before starting his own advertising, design and photography business, Moller Advertising Studio, in 1982.

Barry loved spending time with his family, socializing with his friends, boating on Lake Winnepesaukee and working on the landscaping at his home. He also had a passion for music. In 1961, Barry co-founded, along with Howard "Bucky" Foley, Frank Clark, and Mike Foley Concord's first live rock and roll band "The Belvederes." He went on to play in many other bands with the last one being "Spice of Life." He was a member of the Concord Federation of Musicians, Local 374, serving as its President for over 25 years.

Barry is survived by his loving wife and daughter, Michele (LeBrun) Moller of Dunbarton and Jessica L. Moller of Merrimack; and his beloved cousin, Rebecca Hall of Atkinson, who he grew up with and always referred as more like a sister.

The family would like to thank the CRVNA Hospice House for the loving care provided to Barry during his stay there. In lieu of flowers, donations may be made to the CRVNA Hospice House, 30 Pillsbury Street, Concord, NH 03301.

HOPKINTON RESIDENTS

BEVERLY JOHNSON

Beverly passed away in February 2019. Beverly was a resident of Hopkinton, New Hampshire at the time of passing.

Bev graduated from Hopkinton High School in 1951 and went to work at First National Bank, then Mechanics Bank, in Concord.

JOHN KRANTZ

John passed away in February 2019. John was a resident of Hopkinton, New Hampshire at the time of passing.

During this period, Jack served in the Army in the Pacific Theater.

VIRGINIA PASTUSZCZAK

Virginia was born on December 24, 1949 and passed away on Saturday, February 16, 2019.

Virginia was a resident of Hopkinton, New Hampshire at the time of passing.

She was a graduate of Hopkinton High School, Class of 1967, and spent the majority of her life in the town she was raised in.

DANIEL PLUFF

Daniel was born on February 1, 1930 and passed away in February 2019. Daniel was a resident of Hopkinton, New Hampshire at the time of passing.

He served in the US Army, was a Hopkinton Police Officer, was a heavy equipment operator for Hopkinton Construction and Foster Materials, and spent most of his years as a Plant Superintendent at Brox Industries in Hudson, until retiring.

In lieu of flowers, donations may be made to Concord Regional VNA Hospice, 240 Pleasant St, Concord, NH 03301, in Dan's memory.



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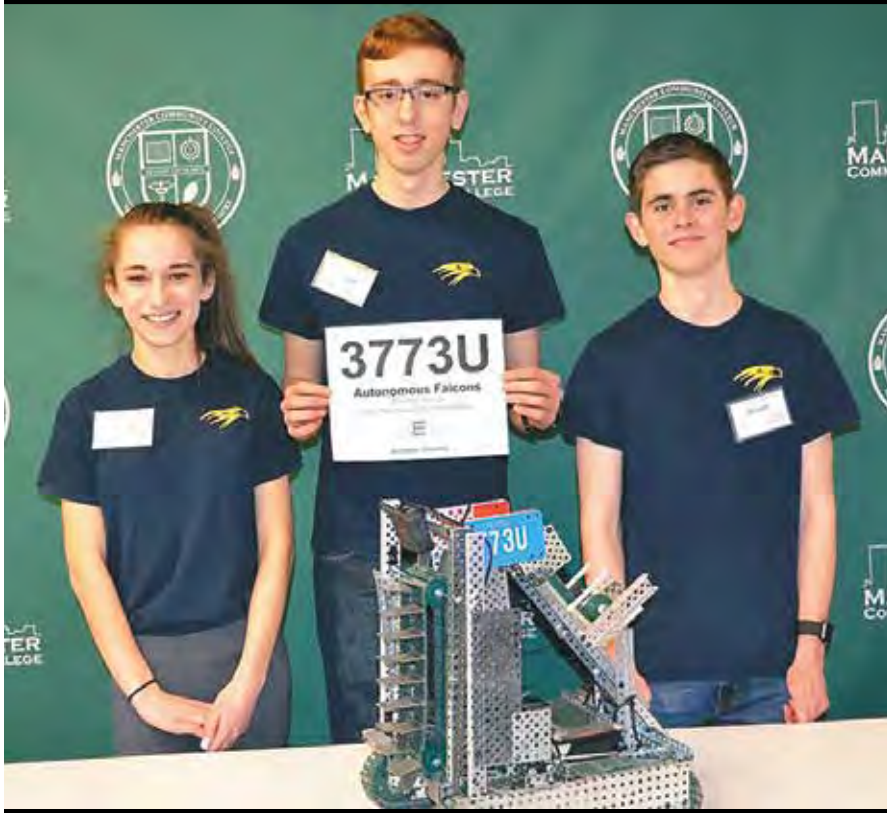
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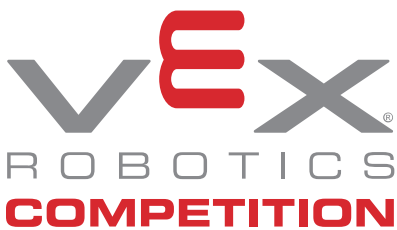
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BHS VEX ROBOTICS Needs Your Support!



On Saturday, February 16th at the NH/VT State VEX Robotics Championship, the Bow High School Robotics Team blew away the competition by placing 4th in the overall standings, and winning both the Skills

Competition and the coveted Excellence Award. The team has now qualified for the World Championship in Louisville, KY in April. However, we won't be able to afford the trip without the help and support of our Bow community. If you as an individual, or as a company, are able to help you can do so through our GoFundMe page at: <https://www.gofundme.com/bhs-vex-world-competition-in-louisville-kentucky> or contact Faculty Advisor Pamela Cafass at pcfassso@bownet.org.



Bow Young at Heart Club meets the 2nd and 4th Wednesdays at 11:30 am at Bow Community Building on Bow Center Road. Members should bring a brown bag lunch. Beverage and dessert will be provided. Annual dues are \$15 for residents and \$25 for non-residents. BYAH is open to all seniors.

UPCOMING PROGRAMS

March 27	AARP Fraud Watch Network
April 10	Visit with Bow's Police Dog Roxie
April 24	Pot Luck Luncheon
May 8	Wings of the Dawn Bird Rehabilitation Sanctuary
May 22	Game Day

2019 TRIPS - CAROL WALTER 753-8000

MARK YOUR CALENDAR

May 15	\$100 - Million Dollar Quartet at Greater Boston Stage Company with lunch at The Chateau
July 17	\$90 - "Lobster Luau" at Foster's in York, Me with entertainment by Jim Connors
August 15	\$89 Luncheon Buffet Cruise in Scenic Gloucester, MA with visit to Rockport MA
December 5	\$84 White Mountain Christmas with Joe Dudley at Indian Head Resort Faye Johnson, Publicity 603-228-8149

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GRADE 7 HONORS

Alexander Altman, Cole Ayers, Wyatt Barrett, Chloe Best, Jessica Birnbaum, Melanie Caro, Rizelle Cayabyab, Maya Clough, Kendall Conti, Addison Croscut, Wyatt Davenport, Shane Ess, Maiya Foley, Brianna Funchion, Levi Furr, Gracie Gorton, Emmett Hartford, Sean Hoey, Maia Kimball, Aidan Labrecque, Mason Marquis, Ryan McCabe, Oliver McCullough, John Monroe, Kendall Murray, Leah Nagy, Brodie O'Neil, Adeline Pfeifle, Joseph Place, Halley Reynolds, Tina Sarette, Sierra Speckman, Korbin Tassi, Joshua Trott, Jenna Van Dyke, Julie Vose, Roy Zahn.

GRADE 8 HIGH HONORS

Anna Abel, Theodore Barker, Benjamin Berube, Maciej Blaszcak, Delia Brochu, Maya Brochu, Rachel Burkett, Sudeshna Chakraborty, Amelia Clark, Ayla Currier, Cameron Evans, Morgan Flynn, Mark Folsom, Logan Fox, Ethan Gray, Marissa Green, Brendan Griffin, Vincent Hassell-Higgins, Julia Katz, Alexander Kehas, Emily Kiah, Sage Konstantakos, Isabella LaPerle, Lyndsey LaPerle, Alexandra Larrabee, Sarah Lavigne, Jacob McDaniel, Hannah McGonigle, Courtney McKeen, Olivia Milbury, Rachel Pelletier, Brady Perkins, Eleanor Pingree, Isabella Raisty, Anna Ros, Paris Sadler, Michael Sardella, Alessandra Sargent, Meghan Shippas, Anish Subbakaran, Anna Tsouros, Emily Vincent, Owen Walton, Luke Wilke, Becky Zheng.

GRADE 8 HONORS

Katherine Anoli, Carter Aubrey, Josephine Bayer, Aiva Berrigan, Joshua Billow, Finnegan Bonner-Gerber, Zachary Cross, Carlee Davis, Trista Day, Braden Dougherty, Hazel Fredette, Norah Garland, Piper Gilbert, Nathan Greene, Lydia Hartshorn, Vanessa Hood, Luke Insana Dominik Jurcins, Megan Landcastle, Alex Magdziasz, Ava Maurer, Cameron O'Rourke, Hannah Rondeau, Elena Roy, Amelia Smith, Calen Smith, Sarah Vozzella, Brody Wesler, Catherine Windsor.



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"FOR THE LOVE OF MUSIC" A TRIBUTE TO JASON ALEXANDER, JIM NABORS, & CLINT EASTWOOD

Submitted by "The Music Lady"

Wait! Isn't this article supposed to be about MUSIC? Everyone knows that Jason Alexander was an ACTOR who played the role of George on "Seinfeld," that Jim Nabors played the role of Gomer Pyle on "The Andy Griffith Show," and that Clint Eastwood is one of the most famous ACTORS of all time. So where's the MUSIC?

Actually this article IS about MUSIC, because these actors are just three examples of actors who are also outstanding musicians.

Let's start with Jason Alexander. We all love "George" and feel like we know him intimately after all the years on "Seinfeld." But Jason Alexander also happens to be an accomplished singer and dancer who has an extensive resume on Broadway and in movies. Listen to some YouTube's of Jason singing and you'll hear his powerful, trained voice. His acting skills, along with his dancing skills certainly add to his vocal performances. He was already a well established singer and dancer before landing the role as "George."

We've also come to love the character Gomer Pyle with his warm, kind, southern, Mayberry RFD charm. But Jim Nabors is also a singing superstar with a highly trained, rich, baritone voice. Besides starring in "The Andy Griffith Show," he also starred in the sequel show called "Gomer Pyle, USMC." It was on this show that he shocked the audience when he sang "The Impossible Dream" while in character as Gomer Pyle, with a full orchestra, demonstrating his spectacular singing ability. It was an unforgettable performance that is memorialized on YouTube.

Then there's Clint Eastwood, who is considered by many to be one of the greatest ACTORS of all time. But did you know that he is also a brilliant jazz pianist and composer? Check out any YouTube of Clint Eastwood playing the piano. It's hard to believe that MUSIC is not his number one claim to fame. He is THAT good a musician!

There are oh so many other famous actors who are also gifted musicians. Kelsey Grammer sings the theme song on his sitcom "Frasier." Kevin Bacon is a fabulous dancer and plays guitar and sings with his own band on the side. Steve Martin is a singer, song writer and exceptional banjo player. Bruce Willis plays guitar and sings with his band. Eddie Murphy can sing and dance every bit as well as James Brown himself! Hugh Laurie, who is the star of "House" is an outstanding pianist. And last, but certainly not least is John Travolta, whose acting career began with the role of Vinny Barbarino on "Welcome Back Cotter." John displayed his dancing and singing abilities in "Grease," "Saturday Night Fever," "Staying Alive," and "Pulp Fiction," to name just a few. Wow! Just Wow!

It's such a pleasant surprise when we get to see some of our favorite actors and actresses astonish us with their musical abilities. So, you see, this article really IS about MUSIC!



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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	

BOW POLICE LOG

Bow Police FEBRUARY 2019 Arrest Log

02/01 Demarcus C. Palmer, 25, Concord, was arrested for disobeying an officer, driving after revocation/suspension, and speeding; Corey Bruno, 22, Bow, was arrested on a warrant for simple assault

02/03 Anders Hanson, 24, Bow, was arrested for domestic violence; simple assault; Michael D. Gruette, 41, Center Barnstead, was arrested for criminal trespass

02/05 Brandon C. Ess, 29, Belmont, was arrested for driving after revocation/suspension and suspended registrations

02/06 Richard J. Johnston, 39, Manchester, was arrested for driving after revocation/suspension, and unregistered vehicle

02/07 Gwenyth A. Webber, 19, Wells ME, was arrested on a warrant as a fugitive from justice

02/08 Jivan Agoubi, 29, Allenstown, was arrested for resisting arrest/detention; Gregory A. Hood, 27, Manchester, was arrested for driving while intoxicated, and driving after revocation/suspension

02/10 Julio Caro, 42, Bow, received a summons for driving after revocation/suspension

02/11 Michael D. Gruette, 41, Center Barnstead, was arrested on four counts of receiving stolen property; Denise Major, 78, Bow, received a summons for misuse of 911 system

02/12 An adult was taken into protective custody for an involuntary emergency admission

02/14 Patricia Hardy-Bilodeau, 52, Suncook, was arrested for misuse of plates and a bench warrant for possession of drugs; Chelsea O'Connell, 32, Tilton, was arrested for resisting arrest/detention, and a warrant for possession of a controlled drug; Kingsley N. Boateng, 22, Bronx NY, received a summons for driving after revocation/suspension

02/15 Jessica Hutchinson, 26, Bow, was arrested for driving after revocation/suspension; subsequent offense, and two counts of possession of a controlled drug

02/18 Joseph J. Bissonnette, 41, Manchester, was arrested on warrants for operating after certified as a habitual offender, and disobeying an officer

02/20 Christopher L. Goodman, 44, Keene, was arrested for operating after certified as a habitual offender, disobeying an officer, resisting arrest/detention, and misuse of plates

02/21 An adult was taken into protective custody for an involuntary emergency admission

02/22 Konstantina E. Ortiz, 34, Thetford VT, was arrested on a bench warrant for allowing an improper person to operate

02/26 An adult was taken into protective custody for an involuntary emergency admission; Two adults received a summons for possession of marijuana



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