



# The Bow Times

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## SPEECH CONTEST WINNERS



**Top 3 winners. Left to Right: Ana Milano of Dunbarton (2<sup>nd</sup> place), Elise Lowne of Bow (1<sup>st</sup> place), and Evelyn Hatem of Bow (3<sup>rd</sup> place).**

**Photo Courtesy of Eric Anderson.**

The Bow Rotary Club held its annual “4 Way Test Speech Contest” on Thursday, March 28th at the Baker Free Library in Bow. There were 5 contestants from Bow and Dunbarton who chose fascinating topics for their 5-7 minute speeches. The topics were keenly tied in to the Rotary International Code of Ethics that is the basis for the contest. It states “of all the things we think, say or do: Is it the Truth? Is it fair to all concerned? Will it build good will and better friendships? Will it be beneficial to all concerned?”

Winning first place, and the chance to go on and compete at the regional competition in Henniker NH on Sunday, April 7th, is Elise Lowne of Bow. In second place is Ana Milano of Dunbarton and in third place is Evelyn Hatem of Bow.

## BOW'S UTILITY EXPERT FACING ALLEGED FALSE TESTIMONY SANCTIONS IN OHIO CASE

**By Chuck Douglas**

Last year the Ohio Board of Tax Appeals heard seven days of testimony from George E. Sansoucy (known as “Skip”) of New Hampshire in a utility tax appeal. On day 6 Mr. Sansoucy suddenly changed his testimony about what he saw – or didn't see – when he valued Utica East Ohio Midstream LLC's natural gas facility in Ohio's poorest county, Adams County.

He was paid over \$400,000 for his testimony by the Board of Education of the United Local School District in Ohio BTA Case No. 2016-828.

The utility moved for censure and sanctions in a November 14, 2018, Motion that is 68 pages long. At page 2 of the motion Utica East said:

“Mr. George Sansoucy, P.E., has, in the guise of an ‘expert witness,’ engaged in behavior most pernicious:

He claimed to have performed work and analysis that he did not do, and for which he later admitted he was incapable of doing.

He claimed expertise he does not possess.

He made up testimony to cover his lack of study of the subject site and its natural gas processing equipment.

He contrived testimony to support objectively insupportable conclusions.

**(Continued to page 5)**

## HOPKINTON – CONTOOCOOK NEWS ON PAGES 15-16

### 34 HOUSE LOTS AND IMPACT ON WETLANDS AT ISSUE IN PLANNING BOARD

An open space residential subdivision plan is working its way through the Bow Planning Board's approval process. This subdivision plan covers 130 environmentally sensitive acres of land located at 23-27 Bow Bog Road that runs through to Robinson Road. The land has large areas of wetlands, valuable natural resources, and many wild-life habitats and corridors. The land connects to the Town Forest and abuts the Town's Boulder Trail.

The subdivision plan proposes that 34 house lots be built on the property, 32 in two clusters on  $\frac{3}{4}$  acre lots and 2 on standard 2-acre lots. (A revision to the plan is in process that will change this mix somewhat by increasing the number of 2-acre lots to comply with the Zoning Ordinance).

This subdivision plan is not like other open space residential subdivisions in Bow. It is the largest of its type to have been proposed in the Town, both as to the number of proposed house lots and acreage. This is the only open space subdivision plan that will directly impact an entire established neighborhood of homes built on 2+ acres (other open space subdivision either had no abutter impact or impacted one or two homes at most).

**(Continued to page 13 )**

### WEAPONS THREAT LEADS TO ARRESTS IN BOW



On Friday, March 29, 2019, the Bow Police Department in conjunction with the Central New Hampshire Special Operations Unit (SWAT), executed a search warrant on #3 Branch Londonderry Turnpike West.

Bow Police arrested resident Paul Lacourse, age 51, on two felony warrants for Criminal Threatening with a deadly weapon and a misdemeanor charge of Receiving Stolen Property.

Also arrested: Michelle Milbury, age 30, on two felony warrants for Criminal Threatening with a deadly weapon.

Both were taken into custody without incident. Lacourse and Milbury were transported to the Merrimack County House of Corrections on preventative detention. After the arrest, Bow Police searched the house and found evidence that corroborated the intent of the warrant. See photo above.

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



## LOW TAXES ARE THE RESULT OF LOW SPENDING

### The Bow Times

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## EDITORIALS

### SANSOUCY MUST GO – AND FAST

This writer has long been critical of “Skip” Sansoucy being Bow’s appraisal expert in the Public Service/Eversource powerplant tax case that will be tried in June.

Judge Richard McNamara three years ago ruled against Bow saying repeatedly that our expert lacked credibility. He may be Harry Judd’s guy but Skip has to go.

The exposé in today’s paper should be enough to let him go and get our money back too.

A key question for town counsel should be did our “expert” voluntarily disclose the Utica utility case sanctions pending against him to counsel? I seriously doubt it.

It is time for the town to sue Sansoucy for a full refund of his fees and our lawyer time in the last train wreck that cost \$5,800,000.

The taxpayers are owed that money and the selectmen should go get it.

Skip’s gravy train is now off the rails for good.

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

## BOW RANKED THE #15 SAFEST CITY IN THE STATE IN 2019!

SafeWise just released its annual report of the 20 Safest Cities in New Hampshire. Bow ranked as the #15 safest city in the state in 2019. Congrats!

Check out the full report to see how each city in New Hampshire compares: <https://www.safewise.com/blog/safest-cities-new-hampshire>

## SAVE THE DATE!

### 23<sup>rd</sup> ANNUAL GOLF TOURNAMENT

Monday, June 24, 2019

Start Time 9:00 AM

Join us for the Bow Falcons  
Booster Club outing at:

**Stonebridge Country Club**

161 Gorham Pond Road - Goffstown

We look forward to seeing you there!

**Registration available at [bowboosterclub.com](http://bowboosterclub.com)**

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## LETTER TO THE EDITOR

### THANK YOU BOW!

This is something we feel is long overdue... We’re extremely grateful to be a part of the Bow community, thank you ALL for coming together in our time of need. The generous donations of clothing, gift cards, household items and the food train were all greatly appreciated. To the firemen and surrounding towns that helped with the fire, the red cross for all their assistance and resources, our neighbors that made sure we were warm, brought hot cocoa and shoes, Grappone for replacing the vehicle lost, George Naughton for the donated lumber and dumpsters for cleanup, the staff at Bow elementary, Cooper Christopher for being such a good friend, she was an instrumental part of getting Isabelle comfortable to return to school, Kathy Thibodeau for fostering the rabbits until we made room, NHMS for kitchen cabinets and furniture, everyone who donated to the fire funds, Douglas Hodgman for giving us an open ended place to lay our heads, our late neighbor and her nephew for their generous donation and to all our friends, relatives, coworkers, classmates and strangers alike we are humbled and thank you from the bottom of our hearts. God bless you all.

Sincerely,  
Hodgman/Clement Family  
42 Birchdale Rd, Bow

## PERMA-LINER TO CELEBRATE OPENING OF DISTRIBUTION WAREHOUSE.

There is a new distribution warehouse coming to Bow for Perma-Liner certified installers in need of onsite materials and assistance. Located at 7 Tallwood Drive in units 5, 6 and 7, the New Hampshire warehouse will support Perma-Liner’s four other distribution warehouses located in Clearwater, Florida, Anaheim, California, New Castle, Delaware. And Plainfield, Illinois.

Perma-Liner’s newest warehouse will offer full stocking of cured-in-place-pipe (“CIPP”) materials and equipment and direct 24-hour assistance for all certified Perma-Liner installers. With the continuous growing demand for Perma-Liner’s technology, this location will allow for the convenience of onsite pick-up and local delivery, as well as prompt next day service for all Northeast and Mid-Atlantic regions of the U.S.



## GRAPPONE CONFERENCE CENTER TO HOST EASTER BRUNCH



Easter Brunch at Grappone Conference Center will feature a petting zoo, an easter egg hunt, live music and the large buffet.

On April 21, Grappone Conference Center will host an Easter brunch benefiting the Friends Program. This will be the first Easter brunch held at the Award-Winning conference center but they are well versed in hosting public community events. In December 2018, the conference center hosted the Concord Holiday Dinner on Christmas Day, which was open to anyone who needed a warm meal and community. A week later, they hosted the largest New Year's Eve party in Concord with delicious and local farm to table food, a live band and fireworks entertaining a crowd of nearly 300. In the course of a year, the Grappone Conference Center hosts upwards of one thousand events.

For Easter brunch, Executive Chef Trish Taylor will be preparing enough food to make this the largest buffet in Concord. The menu will include soups, salads and breads, baked frittata and spiced candied bacon, a waffle station, a carving station with honey baked ham and rosemary crusted lamb and a dessert display with a variety of delicious treats.

Chef Taylor sources her food from local farms such as Miles Smith Farm (Loudon), Granite State Greens (Sanbornton), Krebs Farm (Sanbornton) and Crust and Crumb (Concord) to name a few.

Miles Smith Farm will be bringing some of their animals for a family friendly petting zoo; think bunnies, cows and a donkey! "We love working with the Grappone Conference Center and are excited to bring our loving animals for this event. Our animals are very used

to meeting new friends and they absolutely love to be snuggled. So we welcome anyone who wants to come cuddle a cow or snuggle a bunny!" says Carol Soule, co-owner of Miles Smith Farm.

A portion of the proceeds will go to the Friends Program, a non-profit agency that recruits, trains and manages volunteers to meet community needs based in Concord. "We were excited to learn of the Grappone Conference Center's Easter Brunch and knowing that the proceeds will benefit the Friends Program brought it to another level for us. The funds we receive from the ticket proceeds will be put to immediate use meeting community needs. We extend a huge thank you to Duprey Hospitality, LLC! We appreciate the chance to collaborate with them to strengthen our community."

The brunch will have two seatings: one at 10am and the other at 12pm. Tickets are \$35 for adults and \$17.50 for kids under 10. Tickets can be purchased at <http://grapponeeasterbrunch.eventbrite.com> or call 603-225-0303

The Friends Program is a Concord-based non-profit agency that offers programs and services to meet community needs. Through their network of volunteers, dedicated staff, and community partners - such as Duprey Hospitality, LLC - they are focused on strengthening the communities by building relationships that empower people through a youth mentoring program, transitional housing for homeless families, and senior programs that foster volunteerism and fulfill the needs of older adults.

For more information, contact Kate Fleming, Communications and Marketing Director of Duprey Companies, [kflemingduprehotels.com](mailto:kflemingduprehotels.com).

**PROCEEDS TO BENEFIT THE FRIENDS PROGRAM**



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## BOYS AND GIRLS STATE 2019 FOR RISING JUNIORS AT BOW HIGH SCHOOL



The American Legion Auxiliary Granite Girls State program is based on New Hampshire state government at town, city, county, and state levels. Each girl has a chance to learn that government is just what she makes it. She learns the duties, privileges, rights and responsibilities of good citizenship. During the week, girls are afforded the opportunity to run for various offices and by the end of the week, elect one citizen to serve as Governor. If you are interested stop by school counseling for an application.

Boys State is a non-partisan program that is now in its eighth decade of providing classroom and practical instruction in civics to New Hampshire's high school students. Each year, over seventy young men who have just finished their junior year assemble from around the state to learn about New Hampshire's system of self-government. In the process, they interact with municipal officials, lawmakers, elected office-holders, law-enforcement personnel, veterans, and their high-performing peers. Two of the students who attend the New Hampshire program will be among the 100 national-level finalists – selected from the more than 20,000 Boys State delegates nationwide – who will travel to Boys Nation and represent New Hampshire in Washington, DC, all at the expense of the American Legion.

Our 2019 program will take place from Sunday, June 23 through Friday, June 28 on the campus of Saint Anselm College in Manchester. Much more information about the program, as well as application materials, are available on our website at [www.nhboysstate.org](http://www.nhboysstate.org).

**We are seeking** compassionate, dependable individuals to provide personal care in the Merrimack County area to assist consumers in their homes for various shifts located in Bow, Concord, Hooksett, & Pembroke. **Please contact Ashley at (603) 568-4930 or at [atruong@gsil.org](mailto:atruong@gsil.org)**

## BOW'S RECYCLING PROGRAM THREATENED BY COST

by the Town of Bow Solid Waste and Recycling Committee

Similar to many communities throughout the United States, the future of the recycling program in our town is currently being reviewed. Over the last two years, China has imposed restrictions over the acceptance of recycling loads that are deemed to be contaminated. The market for recycling has seen a downturn, and many contractors are having a hard time finding a home for our recyclables. The cost to process recycling now often exceeds the cost to send trash to the incinerator or landfill. For those materials that are sorted at recycling centers, stockpiles are frequently exploding as contractors try to find a home for them.

In July 2017, Pinard (the trash and recycling collector for the Town) was charged \$20/ton to deliver single stream recyclables to the Casella recycling facility in Allentown. This fee steadily increased to over \$100/ton by April 2018, but the current contract protected residents from those costs. Under the town's current contract, Pinard "owns" the recyclables and is responsible for paying their disposal. Bow residents are not charged for recycling disposal while trash is charged at \$69.05/ton.

The contract expires on June 30, 2019, and the town administration and selectmen are currently reviewing options. Possible options being reviewed include: (1) extending the current contract and allowing Pinard to dispose of the recyclables at the incinerator or a landfill in the event that the price exceeds the cost of recycling; (2) putting the contract out to bid (note: an extension of the Pinard contract will probably be necessary due to bid time requirements); and (3) modification of the current approach to recycling by, for example, moving to dual stream recycling or abandoning recycling glass because it is costly (due to the weight of glass), as well as because it can contaminate other recyclables if it breaks.

In the short term, the Town administration has allowed Pinard the flexibility to respond to the market pressures that have pushed recyclable processing costs significantly higher than trash disposal. This flexibility currently allows Pinard to dispose of recyclables as solid waste when the processing fee for recyclables is excessive (i.e. more than the cost of processing solid waste.) Other towns such as Hooksett and Franklin have had to take similar actions.

For the long term, the Bow Solid Waste and Recycling Committee has recommended to the town manager that the contract with Pinard be extended to allow sufficient time for exploration of the available options and that the town should go out to bid for a long-term contract to fully evaluate the cost and best approach for the handling of trash and recyclables.

At this point in time, the best way to ensure the success of our recycling program is to avoid contamination in our curbside recycling totes. Many of us are "aspirational recyclers" and will include items in our recycling tote hoping that they can be recycled. However, this often creates more harm than good.

The avoidance of contamination is important because a load of recyclables will only be accepted with a 2-3% contamination rate. All other loads will be rejected and will go to the landfill. **The most frequent items that contaminate recycling loads are plastic bags and Styrofoam. Those items should not be placed in the recycling bin, even if they have a recycling number on them. Styrofoam should be placed in the trash. Plastic bags can be recycled at several local supermarkets, otherwise they should be reused or placed in the trash.**

Pinard Waste has created a new flyer called "Can I Recycle This? Know When It's a NO!" The flyer helps identify the types of items that should not be recycled. The new flyer is also posted at the website at <https://bownh.gov/289/Trash-Recycling-Services>.

## Travel with The Bow Times



David and Nancy West of Bow and grandson, Jacob Manning traveled with The Bow Times to Playa Del Carmen, Mexico. The modern "Portal Maya" sculpture is raised right on the city's main Caribbean beach by Parque Fundadores and the Cozumel ferry dock just behind it.

Send us your picture with a Bow Times and we will share it with all of Bow!



**(Utility Expert Facing Alleged False Testimony Sanctions  
cont'd. from pg.1)**

He trespassed beyond his role as an expert hired to offer an opinion of value and has engaged in outright and unabashed legal advocacy.

He has demonstrated a pathological inability to be forthright in his testimony.

In short, Mr. Sansoucy fails the standards of basic integrity, competency, and reliability to serve as an expert witness.”

The harm to the fair hearing process was then summarized as follows:

“The parties to these proceedings also have been damaged. Utica has had to expend hundreds of thousands of dollars uncovering the misrepresentations made by Mr. Sansoucy. The Board of Education itself not only discovered at hearing that its own witness had misled it, but also, it paid over \$400,000 to Mr. Sansoucy for an appraisal that was shown to be intentionally misleading and objectively unsupportable. In all, over a million dollars has been expended in litigating this case as a direct result of Mr. Sansoucy’s unprofessional and deceitful behavior. Mr. Sansoucy’s failed testimony is a principle reason this appeal settled after nearly two weeks of litigation.”

The utility motion to sanction then turned to earlier Sansoucy cases. In a 2002 Ohio case, Newman v. Zaino BTA No. 2002-P-171, 171 and 172 the utility memo of law said that “Sansoucy made claims of expertise in thermodynamics and other subjects he knew nothing about. He hid evidence that contradicted his opinion. He was repeatedly caught in untruths and repeatedly made up new testimony to try to explain away those deceptions. The hearing examiner was so appalled by Sansoucy’s behavior that he questioned Sansoucy on the final day of that eleven-day proceeding for sixty pages of transcript on the subject of whether Sansoucy was testifying truthfully.”

Two New Hampshire cases were also cited for his alleged misconduct “Sprague Energy Corp. v. Town of Newington (May 30, 1996), N.H. Superior Court No. 94-E-161 found a) that Sansoucy’s valuation formula was “pure speculation” and “a real crap shoot,” b) that a “thorough reading of [his appraisal] is ugly. It bears no relationship to any reasonable assessment of fair market value,” c) that his approach “is nothing more than a walk through the Twilight Zone,” and d) that “If one compartmentalizes [Sansoucy’s] testimony, it may sound logical, but not when taken together”]; and EnergyNorth Natural Gas, Inc. v. City of Nashua, [Feb. 14, 1995], N.H. Superior Court

No. 93-E-348 (finding that Sansoucy engaged in “disingenuous” testimony and demonstrated an “inability or unwillingness” to engage in independent analyses). Motion pages 7-8.

One of the issues in the recent Ohio case was the value of 56 piping systems according to Sansoucy. He recanted after several days of testimony and admitted 30 of the systems did not even exist.

The Motion says that the “foregoing day five testimony about the 56 piping systems is entirely made up from Sansoucy’s fertile imagination. He offered this testimony to mislead the Board and counsel into believing the extent of his work, his expertise, and to support the conclusions of value in his report. But, this testimony was false, and Sansoucy knew it was made up when he offered it. There is no other conclusion possible.” (Memo page 45).

The county auditor in Ohio, through its Assistant Prosecuting Attorney, joined in the motion to sanction Sansoucy, pointing out that on the 6th day of his testimony Sansoucy had to admit “more than half of the piping systems Mr. Sansoucy spent days testifying were present on the property did not actually exist.”

The prosecutor in her allegations said:

“Mr. Sansoucy’s conduct goes well beyond that due to the fact that he deliberately lied about viewing all 56 piping systems, only coming clean when it became apparent that his deceit was known by Utica. Such conduct constitutes perjury.”

After reading the onslaught against Sansoucy his client school board only filed a cursory two paragraph response expressing “no opposition to Utica’s Motion” to sanction the board’s own expert.

Before the recent two day sanctions hearing in Ohio, Mr. Sansoucy on February 6, 2019, filed a 56 page memorandum claiming his errors or mistakes were not meant to be lies. At the two day Ohio hearing Mr. Sansoucy did not appear nor did he testify to refute the utility’s charges against him.

After the sanctions hearing the utility filed an 87 page brief in which it summarized his position on the piping system as follows:

“At hearing, Mr. Sansoucy was forced to admit he was unable to read the piping specifications set forth in the plant drawings.... He was unable to decipher the material the pipe was made of and the pressure the pipe operated at.

**(Continued to page 19)**

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## BOW COMMUNITY MEN’S CLUB

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### 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:  
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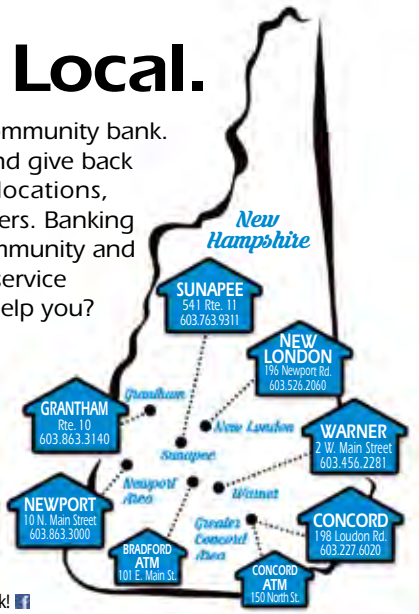
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## 5 IMPORTANT QUESTIONS WHEN CHOOSING YOUR FIRST HOME

Moving into your own place can be exciting and frightening at the same time. Sugar River Bank suggests considering the following questions when choosing your own home.

### 1. HOW MUCH MONEY DO YOU HAVE SAVED UP?

Start with an evaluation of your financial health. Figure out how much money you have for a down payment or deposit on a rental. Down payments are typically 5 to 20 percent of the price of the home. Security deposits on rentals are usually about one month of rent and more if you have a pet. But be sure to keep enough in savings for an emergency fund. It's a good idea to have three to six months of living expenses to cover unexpected costs.

### 2. HOW MUCH DEBT DO YOU HAVE?

Consider all of your current and expected financial obligations like your car payment and insurance, credit card debt and student loans. Make sure you will be able to make all the payments in addition to the cost of your new home. Aim to keep total rent or mortgage payments plus utilities to less than 25 to 30 percent of your gross monthly income. Recent regulatory changes limit debt to income (DTI) ratio on most loans to 43 percent.

### 3. WHAT IS YOUR CREDIT SCORE?

A high credit score indicates strong creditworthiness. Both renters and homebuyers can expect to have their credit history examined. A low credit score can keep you from qualifying for the rental you want or a low interest rate on your mortgage loan. If your credit score is low, you may want to delay moving into a new home and take steps to raise your score. For tips on improving your credit score, visit [aba.com/consumers](http://aba.com/consumers).

### 4. HAVE YOU FACTORED IN ALL THE COSTS?

Create a hypothetical budget for your new home. Find the average cost of utilities in your area, factor in gas, electricity, water and cable. Find out if you will have to pay for parking or trash pickup. Consider the cost of yard maintenance and other basic maintenance costs like replacing the air filter every three months. If you are planning to buy a home, factor in real estate taxes, mortgage insurance and possibly a home owner association fee. Renters should consider the cost of rental insurance.

### 5. HOW LONG WILL YOU STAY?

Generally, the longer you plan to live someplace, the more it makes sense to buy. Over time, you can build equity in your home. On the other hand, renters have greater flexibility to move and fewer maintenance costs. Carefully consider your current life and work situation and think about how long you want to stay in your new home.

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## MITCH HARRINGTON Chosen One of Union Leaders 40 Under 40

Bow's 39 year old Fire Chief was chosen by the Union Leader for his professional and volunteer accomplishments as one of 40 men and women under the age of 40 who stand out in the Granite State.

Mitch Harrington was born in Lincoln, he and wife Amy have three children. He has an Associate's in Fire Science and a Bachelor's in Business Management.

Some of the questions he was asked were:

What is the best career advice you ever received? Players win games and coaches lose games. Starting out in any career you will accomplish more as a team player. Contribute to, complement, and learn from the team. If you are fortunate to fill a leadership role, either formally or informally, own it. If the team fails, you failed the team.

Why did you choose your profession? My father and older brothers served as volunteer firefighters. I was "that kid" always hanging around the firehouse. A high school teacher suggested I pursue a firefighting career, as he recognized my passion and aptitude. Most intriguing was the diverse skills and knowledge needed to do the job. You are always learning something new, challenging, and exciting.

What motivates you to give back to your community? Growing up in a small northern New Hampshire town, being engaged in the tight knit community part of life. Whether on the town ski slope, Independence Day celebrations, helping a struggling family, or haunted hayrides to fund the local fire department – strong work ethic, compassion, integrity, and cooperation were ever-present. I believe we have a civic responsibility to prepare our youth and I am hopeful to project these values onto the next generation.

The award was presented on March 13 at the Grappone Conference Center in Concord.



Chief Mitchell Harrington



*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

April 24	Pot Luck Luncheon
May 8	Wings of the Dawn Bird Rehabilitation Sanctuary



May 22	Game Day
June 12	TBA
June 26	Kevin Scarua WMUR Weather

### 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

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## A MARATHON – NOT A SPRINT!

by Jim Olson

It's commonly talked about that reducing stress is a crucial part of achieving or maintaining your health.

But what if I told you there's a kind of stress that's actually beneficial?

It's self-imposed stress – stress that you choose to undergo by putting yourself outside of your comfort zone. It's growth-based stress.

For example, let's say you're highly introverted and you choose to do a public speaking engagement. That's going to cause you significant amounts of stress, but the growth you will experience from it is absolutely beneficial.

It is an essential part of one's growth to choose to put yourself in those types of situations that force you to overcome your fear and move toward discomfort.

For many people, that walk through our doors here at Individual Fitness it's a scary experience. Particularly for those who haven't been consistent with their training. It can be intimidating, but the growth experience of choosing to step outside of their comfort zone is second to none.



Jim Olson

Can you think of an experience in your life you've been avoiding because it's uncomfortable?

Now, imagine how you'll grow and how your life can change if you embrace that self-imposed stress.

When we decide we want something big in life, such as body transformation, we often WANT IT NOW.

Frequently here at Individual Fitness we have to remind clients that health and fitness, like any-

thing important and worthwhile in life, are a marathon effort and not a sprint or a race.

Patience, persistence, and perseverance will get you everywhere when approaching big life changes or goals. Urgency, impatience, and inconsistency will get you nowhere.

Can you lose 20 pounds in a month? Probably. But 2-3 months down the line things won't look or feel very good.

More importantly, things like pain management, habit change, and improvement of health require a longer effort.

It is completely unreasonable to have speedy expectations of goals around transformation.

Always be honest with yourself. Do you give up when the results don't come RIGHT NOW or are you in for the long haul when it comes to your health?

To have the body you want and a body that will stay strong for decades, you cannot race to the finish line...because there isn't one.

So, the next time you feel frustrated by slow progress or find yourself slipping, remember you're running a never-ending marathon.

Learning to love every moment, even those moments of struggle where we grow the most, is essential to staying on your path.

We're here to support your marathon and growth-based stress.

If you are struggling or need a little direction, I would love to set up a complimentary consultation to get you going on the right path.

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## PART II : 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 provide you with a good sense of the topic. If you did not read Part I (March 2019), it can be found online at: thebowtimes.com (along with all my other articles on Elder Law).

For the purposes of your edification (not a word I get to use often), let me provide you with an example. Pretend we have Beth Smith, whose health has declined and she needs some level of daily assistance to get through her daily routine, but does not require long-term care (note that the amount of assistance needed will determine the cost of care under the contract, see below). Beth chooses to move in with her daughter, Debbie. Beth could hire a stranger (at some expense to Beth, likely a higher expense) to assist her, but would rather spend this part of her life with Debbie. Also, Beth has \$2,000 of monthly income and \$100,000 in investments.

No contract, lots of problems: As a starting point, I think we can agree that Beth is going to want to provide some kind of monetary compensation to Debbie. She may provide Debbie with a monthly



check to help pay for food and some of the household expenses. Also, Beth no doubt sees how much Debbie is doing for her on a daily basis, is very appreciative for the help, is well aware she would otherwise be paying a stranger for assistance and therefore provides some additional funds to Debbie. At some point, Beth needs so much of Debbie's time, that Debbie leaves her position of employment. Now Beth has increased the monthly contribution to Debbie yet again. Another issue, is that Debbie is no longer contributing to Social Security, does not have health insurance and if she is injured while assisting Beth, she does not have worker compensation.

Some questions that I would concern myself with: Are the pay-

ments to Debbie gifts? Is any of it taxable income? Reimbursement for food or for the cost of running the household? Is Debbie receiving calls from her siblings regarding how she is stealing mom's money? These questions lead to THE BIG QUESTION: What happens if Beth needs long-term care and she applies for Medicaid in a year or two? In short, they will face both a legal issue that the family is not prepared for and a denial of Medicaid benefits, at least until Debbie pays back all those gifts she received or proves they were not gifts (the chances of accomplishing this are slim to none, or just a little less than that).

Caregiver Agreement, no problems: Same basic facts as above, however, as a starting point Beth

and Debbie agreed, in writing, that \$800,000 per month would be paid to Debbie for room and board costs for Beth's proportional share of utilities, mortgage, insurance and property taxes, as well as food. These funds are not payment for services and therefore are not taxed. Also, Beth has agreed to pay Debbie \$1,500 per month for her services (compensation must be reasonable given the services provided). Also, of key importance, is that Debbie contracted with an agency specializing in these exact types of contracts and the agency has taken care of all aspects of taxation (Social Security withholding and Medicare) as well as the annual necessary filings (w-2), and guided her through

(Continued to page 18)

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# YES, YOUNG, GROWING FAMILIES CAN SAVE AND INVEST!

by Dominic Lucente

*It may seem like a tall order, but it can be accomplished.*

**Put yourself steps ahead of your peers.** If you have a young, growing family, no doubt your to-do list is pretty long on any given day. Beyond today, you are probably working on another kind of to-do list for the long term. Where does “saving and investing” rank on that list?

For some families, it never quite ranks high enough – and it never becomes the priority it should become. Assorted financial pressures, sudden shifts in household needs, bad luck – they can all move “saving and investing” down the list. Even so, young families have strategized to build wealth in the face of such stresses. You can follow their example.

**First step: put it into numbers.** How much money will you need to save by 65 to promote enough retirement income and to live comfortably? Are you on pace to build a retirement nest egg that large? How much risk do you feel comfortable tolerating as you invest?

A financial professional can help you arrive at answers to these questions and others. They can help you define long-range retirement savings goals and project the amount of savings and income you may need to sustain your lifestyle as retirees. At that point, “the future” will seem more tangible, and your wealth-building effort, even more purposeful.

**Second step: start today & never stop.** If you have already started, congratulations! In getting an early start, you have taken advantage of a young investor’s greatest financial asset: time.

If you haven’t started saving and investing, you can do so now. It doesn’t take a huge lump sum to begin. Even if you defer \$100 worth of salary into a retirement account per month, you are putting a foot forward. See if you can allocate much more. If you begin when you are young and keep at it, you may witness the awesome power of compounding as you build your retirement savings and net worth through the years.

Of course, this may not be enough, and you may find that you need to devote more than \$100 per month to your effort. If you strategize and escalate your savings over time, you may very well generate enough money for a very comfortable retirement.

Merely socking away money may not be enough, either. There are a wide variety of choices you can make – perhaps alongside a trusted financial professional –

that may help position you and your household for a comfortable future, provided you keep good financial habits along the way.

**How do you find the balance?** This is worth addressing – how do you balance saving and investing with attending to your family’s immediate financial needs?

Bottom line, you should consider finding money to save and invest for your family’s near-term and long-term goals. Are you spending a lot of money on goods and services you want rather than need? Cut back on that kind of spending. Is credit card debt siphoning away dollars you should assign to saving and investing? Fix that financial leak and avoid paying with plastic whenever you can.

Vow to keep “paying yourself first” – maintain the consistency of your saving and investing effort. What is more important: saving for your child’s college education or buying those season tickets? Who comes first in your life: your family or your luxuries? You know the answer.

**It has been done; it should be done.** There are people who came to this country with little more than the clothes on their backs who have found prosperity. It all starts with belief – the belief that you can do it. Complement that belief with a strategy and regular saving and investing, and you may find yourself much better off much sooner than you think.

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

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5 Grandview Road	5 BR	3 BA	.95 acres	2254 square feet	\$365,000
24 Brown Hill Road	4 BR	3 BA	1.20 acres	2640 square feet	\$390,000
5 Old Coach Road	5 BR	4 BA	1.05 acres	6274 square feet	\$450,000
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1139 Montalona Road	4 BR	BA	5.02 acres	2465 square feet	\$235,000
76 Stinson Drive	3 BR	3 BA	3.52 acres	2570 square feet	\$375,000
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# TRY PACKING LIGHT

by Chase Binder

Bud and I were chatting about travel with some new Florida friends the other day and were totally amazed at how they pack for trips and tours. They never check luggage! They are big fans of Rick Steeves tours and head out for adventures with just a backpack each, even for trips of 28 days. In all our travels, we've only encountered one other couple with this approach—a very put-together Californian couple who were our table mates on a cruise down the Irrawaddy River in Myanmar. They were on their second month of international travel with just a carry-on each.

Jaw-dropping efficiency, and not something we have ever seriously contemplated despite the numerous advantages. The Californians pointed out that they never had lost luggage and (even better) were able to make quick connections and accept last-minute alternate flights with no wayward luggage issues at all—including an unexpected upgrade to first class seats on a flight from Bangkok to Tokyo.

This got me thinking about packing for an upcoming road trip through Scotland with a stopover in Iceland. True, it's a road trip, and our itinerary calls for very few flights (and all on a single carrier, Icelandair). We'll have a comfy van with plenty of room for luggage for the four of us, whether navigating the M3, the country lanes or the ferries to and from the Outer Hebrides islands. But we'll be exploring city life in Edinburgh and Glasgow as well as the more remote northern stretches of the Isles of Lewis and Harris. It will be the end of May and the first half of June, so weather will be unpredictable—except for the near certainty of cold rain and wind at least part of the time.

So... the ideal would be to think about efficiency and flexibility, but be prepared for being jostled in city streets, enjoying a night or two on the town, making sure our feet are always happy, and being confident



Chase Binder

of keeping warm and dry when we need to. All while trying not to look like American tourists.

Of course, much has been written (including by me) about what to pack and how to pack it, especially for European trips. Stay within one or two color families—black is always appropriate, and pick another compatible neutral like tan, white or gray. Everything should “go” with everything else. Dress up or down with a selection of colorful scarves (including a larger pashmina which can double as a blanket while flying) and lightweight costume jewelry. Think layers, and make sure that your sweaters, vests or fleeces fit under your windbreaker. Never, ever bring shoes that aren't comfortable—but pack moleskin just in case cobblestone streets or hiking the moors are a bit too much. Go for wrinkle-free fabric whenever possible—except, of course for jeans. I simply won't travel anywhere without my favorite pair of jeans.

No doubt you've heard all this before—Bud and I can certainly recite this in our sleep. But I got to wondering what might be new out there, especially for clothing that helps keep us (and our stuff) safe from pickpockets. I already have my travel pocketbook (a cross-body quilted bag by lug called Wings with an RFID compartment for ID and

credit cards, a water bottle holder, and insulated section for snacks, and enough space for my phone, tablet and much more—\$70 at [www.luglife.com](http://www.luglife.com)). It is teal, not black, so I know it's mine and it stands out against black backgrounds.

And just recently I found a company called Clothing Arts ([www.clothingsarts.com](http://www.clothingsarts.com)) which produces travel clothing specifically designed to protect against pickpockets. The company was conceived in 2007 by a couple of guys travelling through Cambodia (right around the time Bud and I were there!). They wanted lightweight travel garments that would work for business and adventure and that also had a way to stymie the extremely skilled pickpockets of Southeast Asia. They started with pants and shirts for men and have expanded with several ingenious designs that rely on invisible zippers hidden within pockets, long seams and inside flaps. The fabric takes advantage of new technology for lightweight, breathable and slightly stretchy garments and I am especially taken with their jeans (\$124.95) and a very good-looking waterproof jacket (priced at \$380, but I bet you wouldn't ever regret it). They do have a few women's items (shirt, skirt, pants, dress) that look serviceable and get excellent reviews—just hoping they find a women's designer with as much flair as their men's designer!

You have options, of course. TravelSmith ([www.travelsmith.com](http://www.travelsmith.com)) has been around for decades and is constantly upgrading their travel gear and clothing. Columbia ([www.columbia.com](http://www.columbia.com)) is beginning to edge from strictly athletic, sports-oriented clothing to light-weight, comfortable designs that can work in urban settings. Sales at EMS (Fort Eddy Road in Concord) are a great place to shop for Columbia clothes. Last, don't forget Target. You might be surprised at the flexible, comfy designs they have.

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# BAKER FREE LIBRARY NEWS

by Lori Fisher



## NEW STREAMING VIDEO RESOURCES!

We've added a few new streaming video resources for your use: Kanopy and rbDigital (which includes Acorn TV, IndieFlix, Stingray Quello, Great Courses, and Method Test Prep)! Access these resources using your library card through the Library's Catalog Page, or through our web site. There is a limit of six downloads per month for Kanopy, and 1 checkout per week for rbDigital (with a seven day pass to view that specific series/resource for that week's time). Note that for rbDigital, you'll need to use the first 13 digits of your library card to register. For more instructions on how to access these new services as well as our longstanding Hoopla and NH Downloadable Books services, please visit our Downloadables web page.

## MOBILE HOTSPOTS AVAILABLE TO BORROW!

Thanks to a grant obtained by SAU 67, both our library and the Dunbarton library have mobile hotspots for our patrons to borrow (must be 18 years old and up, but parents can borrow them for their child's use)! 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, call the library at 224-7113 or email [info@bakerfreelib.org](mailto:info@bakerfreelib.org).

## IMPACT GYMNASTICS IN JUNIOR OLYMPICS COMPETITION

The top Junior Olympic gymnasts from across New England competed in the annual Level 8-10 Regional Championships meet on April 5-7 in Springfield, Massachusetts. This event is a qualifying event to the Junior Olympic National Championships, which will be held April 30<sup>th</sup>-May 5<sup>th</sup> in Reno, Nevada. Impact Gymnastics Academy of Bow sent seven (7) athletes to the Regional Championships this year: Jakob Murray of Manchester, Mathieu Champagne of Hooksett, Tyler Beekman of Bedford, Jacob Harmon of Hooksett, Jacob Laher of Londonderry, Owen Clemans of Bow and Ben Koelb of Auburn. Many impact athletes had success atop the podium and thus qualified to represent Impact Gymnastics at the National Championship. These impact Gymnastics Academy athletes are coached by Craig Thibaudeau.

## FREE COMMUNITY YOGA CLASSES

on Sun 4/28, Sat 5/4, and Sun 5/19. 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 next classes will be held 9 am to 10 am on Sunday 4/28, Saturday 5/4, and Sunday 5/19. 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 Yoga NH 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](mailto:lori@bakerfreelib.org). Thank you to Yoga NH for giving back to the Bow community as part of their paid use of our facilities for events and workshops! If this is your first time attending our community classes, please arrive by 8:45 am so that you have time to fill out the liability waiver and get set up. Namaste!

## FRIENDS OF BAKER FREE LIBRARY

The Friends of the Baker Free Library will hold their next donation day on Saturday 4/27/19, 10 am to 2 pm. Questions? Email [info@bakerfreelib.org](mailto:info@bakerfreelib.org).

## BAKER FREE LIBRARY FOUNDATION DIRECTOR VACANCY

The Baker Free Library Foundation has one director vacancy to fill. The Foundation raises and manages capital funds for the library's long-term stability in our community, as well as for special larger projects. Directors serve 3 year terms, and meet quarterly. If you are interested in helping your community through service on the Baker Free Library Foundation Board, please contact Mike Griffin, Foundation Treasurer, at [mgriffin@crossagency.com](mailto:mgriffin@crossagency.com), or Tom Ives, Foundation Director, at [tei@nhbindery.com](mailto:tei@nhbindery.com).

## LIBRARY CLOSING EARLY SATURDAY 5/25

The Library will close EARLY at 2 pm on Saturday 5/25 due to the annual carpet cleaning. Also, please note that the meeting spaces in the Lower Level and the Friends Book Sale will not be available from Saturday 5/25 through Monday 5/27, also due to carpet cleaning and drying. Thank you for your understanding!

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## TIME – the 4th JOY OF AGING

By Donna Deos



The 4th Joy of Aging is TIME.

We all think throughout our lives of all the things we wish to do when we retire and have the time to do them. When you are older, you get to retire (hopefully!). That is when having time is such a beautiful thing.

The dilemma then becomes: what to do with that time? Many folks spend more time with family and friends. Some volunteer, some teach, some travel, some help their church more, and some do all of the above. Some even get part time jobs so they have a purpose to get to – and so they remember what day it is! Oh, to have that problem...

I remember my father going to the store every day to buy the newspaper. I didn't see the point in that and suggested we have it delivered so he wouldn't have to go get it and it would save money too. Well, what a fool was I to suggest that! His response was to the effect of: then what would he have to look forward to each day?

He liked his routine. He wanted a reason to get out of the house and

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see people. He enjoyed his chats with the clerks. This is also why he frequented the grocery store to pick up another item or two. He had his patterns and his people that he liked to interact with. Plus, they were pressureless things to do. If he didn't actually do them, he would only be disappointing himself. So, life was better for him that way and he had the time to do it.

When you have the time what will you do with it? What routines and patterns will you establish?

One recommendation I have is to spend time with your grandchildren or great grandchildren. I find some of the most amazing bonds come between grandparents and grandchildren. Why? Because we finally have the time and patience for them. Plus, we love them unconditionally, as they do us, and we can be more laid back in what we do and how we interact with them. We, as the elders, listen to them. We patiently teach them. And in doing so, they learn from us, whether they know it or not. We begin working on developing that respect of elders that we talked about last month. After all, if

they don't experience elders how can they come to learn the value of them in their lives?

Plus, seeing the world through the eyes of the child again is fascinating and fun.

I also suggest you find the time to do those things you always wanted to. Take the painting class or the trip you wanted to. Pick up that hobby you thought you'd like – or better yet, take up the one you just found out about and do that.

The key is to make the most of the time we all have. Human interactions can be some of the most rewarding places to spend time.

When my brother-in-law retired his favorite line was "every day is Saturday."

Here's hoping you have all the time in the world and that you cherish each and every moment of it to the best of your abilities! May every day be Saturday for you too!



All my best, Donna

**(34 House Lots and Impact on Wetlands at Issue in Planning Board pg. 1)**

This neighborhood's streets (Nesbitt Drive, Smokey Road and Ogden Drive) will become collector roads for the majority of the proposed house lots and forever change the character of this quiet neighborhood, and Bow Bog Road traffic will increase as a result.

The Bow Times covered the proposed subdivision plan this past summer when it was in its conceptual stage. The formal application was filed on December 20, 2018, by G. Gardner Contracting, who does not yet own the land but has it under contract for purchase.

Since the December 20 filing date, the Planning Board has heard testimony of many abutters and other Bow residents opposing the plan. Two notable requests recommended by the Conservation Commission and raised by abutters at public hearings are the need for independent peer review confirmation of wetland boundaries and full independent study of the site's hydrology and the effects proposed construction will have on it.

The Planning Board is authorized to require these independent studies be carried out at the expense of the developer but, to date, has not done so. More details can be found in the Planning Board Minutes for January 24, 2019, and February 21, 2019.



Hours of Operation

Monday 6:03am–3:00pm

Tuesday 6:03am–9:07pm

Taco & Tequila Tuesday

Wednesday 6:03am–9:07 pm

Trivia Night Wednesday

Thursday 6:03am–9:07pm

Take-out Night Thursday

Friday 6:03am–9:07pm

Burger & Beer Night Friday

Saturday 6:03am 9:07pm

Sunday 6:03–we close at 3pm

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**WHITE ROCK NEWS**



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Tuesday's  
At White Rock**

**T**

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# BOW GARDEN CLUB

by Joyce Kimball

## JOHNSON FAMILY Takes Home Blue Ribbons

The Johnson Family of Bow reigned supreme in the Boston Flower & Garden Show's "Island Getaway" themed floral design classes offered at the Seaport World Trade Center March 13-17. Susan Johnson, a member of the Bow Garden Club, not only garnered a Blue Ribbon in the Underwater Design Class, , themed "Let's Go Diving" but also received the "Ruth A. Wallack Design Award" that "Recognizes a design of outstanding beauty and creativity in the Design Division" for her efforts. This award is presented only once throughout the entire show. Johnson's 8-year old granddaughter Ella Kanter entered the Youth Division's Fairy Garden Class, themed "Mini Vacation". Her innovative Fairy Garden entry also received a Blue Ribbon.



Susan Johnson and her multi-award winning Underwater Design featuring Cymbidium orchids.



Ella Kanter, 8 years old poses with her Blue Ribbon-winning Fairy Garden.

## CONCORD CREW TEAM WINS TROPHY!

In our first competition of the season, Concord Crew brought home the McCormick Cup from the **Queen City Ergatta** in Manchester on March 23<sup>rd</sup>. The event, hosted by Manchester Central, is an indoor rowing competition drawing many of the local crew teams. 20% of the rowers are from Bow. The cup is awarded to the crew team that earns the most points through racing at the Ergatta.

**WHAT A GREAT WAY TO START THE SEASON!**

## MAY 6TH GARDEN CLUB MEETING & PROGRAM BOW OLD TOWN HALL at 6:30 PM (Social time begins at 6:00 p.m.)

### "DAYLILIES ... A LOVE AFFAIR"

with Fiona McKenna, Daylily Hybridizer

Fiona McKenna's urban garden in Manchester is designed in the English cottage style, meaning it is informal in design, made with traditional materials, and is a mixture of dense plantings. Her English garden exudes grace and charm and captivates visitors with its approximately 200 different cultivars of daylilies alone, their names beginning with letters from "A" and continuing all the way through "Z." She is a member of the American Hemerocallis Society and recently has been experimenting with hybridization enabling her to develop new daylily hybrids. Fiona has been gardening since the late 80's beginning with vegetables, eventually changing to perennials with an emphasis on Daylilies.



May Speaker Fiona McKenna

Fiona is a member of the Manchester Garden Club as well as a former president. She currently serves as the New Hampshire Federation of Garden Club's District 2 Director representing the individual garden clubs of Bow, Goffstown, Hooksett and Manchester at the state level.

Fiona will provide us with a beautifully photographed and descriptive Power Point presentation of her daylily collection, which will also include some "how to's" and a few touches of "gardening humor."

Come join us and bring a friend!

### The Merrimack County Stamp Collectors

The Merrimack County Stamp Collectors will hold its monthly meeting at the Bow Mills United Methodist Church, 505 South St., Bow, on April 16, 2019 beginning at 1 pm. We invite all who are interested in stamp collecting to attend, share their interest, buy,

sell and trade. Meet other collectors and learn more about their hobby and enjoy the fellowship of others with varied interests in Philatelic resources and issues. Gain new insight and knowledge, sharing news articles and stories about stamp collecting. For more information call Dan Day at 603-228-1154.

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## Hopkinton Real Estate Sales – First Quarter 2019

ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
1998 Hopkinton Road	3 Bedrooms / 3 Baths	2,434 square feet	0.34 acre	\$220,000
635 Dolly Road	3 Bedrooms / 3 Baths	2,532 square feet	4.23 acres	\$289,900
18 Thain Road	3 Bedrooms / 3 Baths	2,776 square feet	3.40 acres	\$385,000
285 Pleasant Pond	3 Bedrooms / 3 Baths	2,728 square feet	110.00 acres	\$395,000
22 Stumpfield Road	3 Bedrooms / 2 Baths	2,364 square feet	30.60 acres	\$309,500
111 Stacey Drive	3 Bedrooms / 2 Baths	1,716 square feet	Mobile Home	\$65,000
144 Brookwood Lane	3 Bedrooms / 2 Baths	2,170 square feet	1.69 acre	\$315,000
210 Amesbury Road	4 Bedrooms / 2 Baths	3,286 square feet	0.85 acre	\$295,000
69 Woodland Drive	3 Bedrooms / 4 Baths	2,496 square feet	0.91 acre	\$281,500

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Welcome to the  
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**TOWN CRIER!**  
by Kathleen Butcher

### ► THE HOPKINTON TOWN LIBRARY

is looking for students (entering 6<sup>th</sup> grade and up) to apply for internships for the Summer Reading Program. The program runs from July 2nd-August 8th. There will be a mandatory orientation meeting of all interns on Friday, June 7th from 5:30-7:30 PM. A commitment of at least five days is required. This experience will count toward experiential credit at the high school. We will provide you with a letter of recommendation upon request, after successful completion of the program. We'll need interns during the following time slots: Tuesdays from 9:30 AM-11:45 PM, Thursdays from 9:30 AM-11:45 PM, and Fridays from 9:30-11 AM (Friday programs are held for 4 of the weeks of the program.) Interested? Please obtain a form from Leigh Maynard at the Hopkinton Town Library. The completed form is due on or before April 30th. Please call **746-3663** or email [lmaynard@hopkintontownlibrary.org](mailto:lmaynard@hopkintontownlibrary.org).

### ► 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.

### ► SENIOR LUNCH AT THE SLUSSER CENTER

Wednesdays at 12:00 pm 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, you can ask for a new visitor gift certificate at the front desk, for a free lunch.

### ► PROGRAMS FOR SENIORS AGE 50+

At the Slusser Senior Center - Knitting Group: Tuesdays, 1:30-3:30 pm. Bring your own project and materials, and share ideas. Program is free.

### ► FARMERS MARKET

Every Saturday from 10:00 am-1:00 pm at the Hopkinton Town Hall. SNAP/ EBT accepted. You can find organic products at this market. Make sure you check the date and the times before you head out the door. This farmers market has many products to offer.

### ► SENIOR HEALTH CLINIC

Held by the Concord Regional VNA at Slusser Senior Center on Thursday, May 2 from 10:00 a.m. to 1:00 p.m. and Park Avenue Apartments on Monday, May 13 from 9:00 a.m. to 3:00 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.

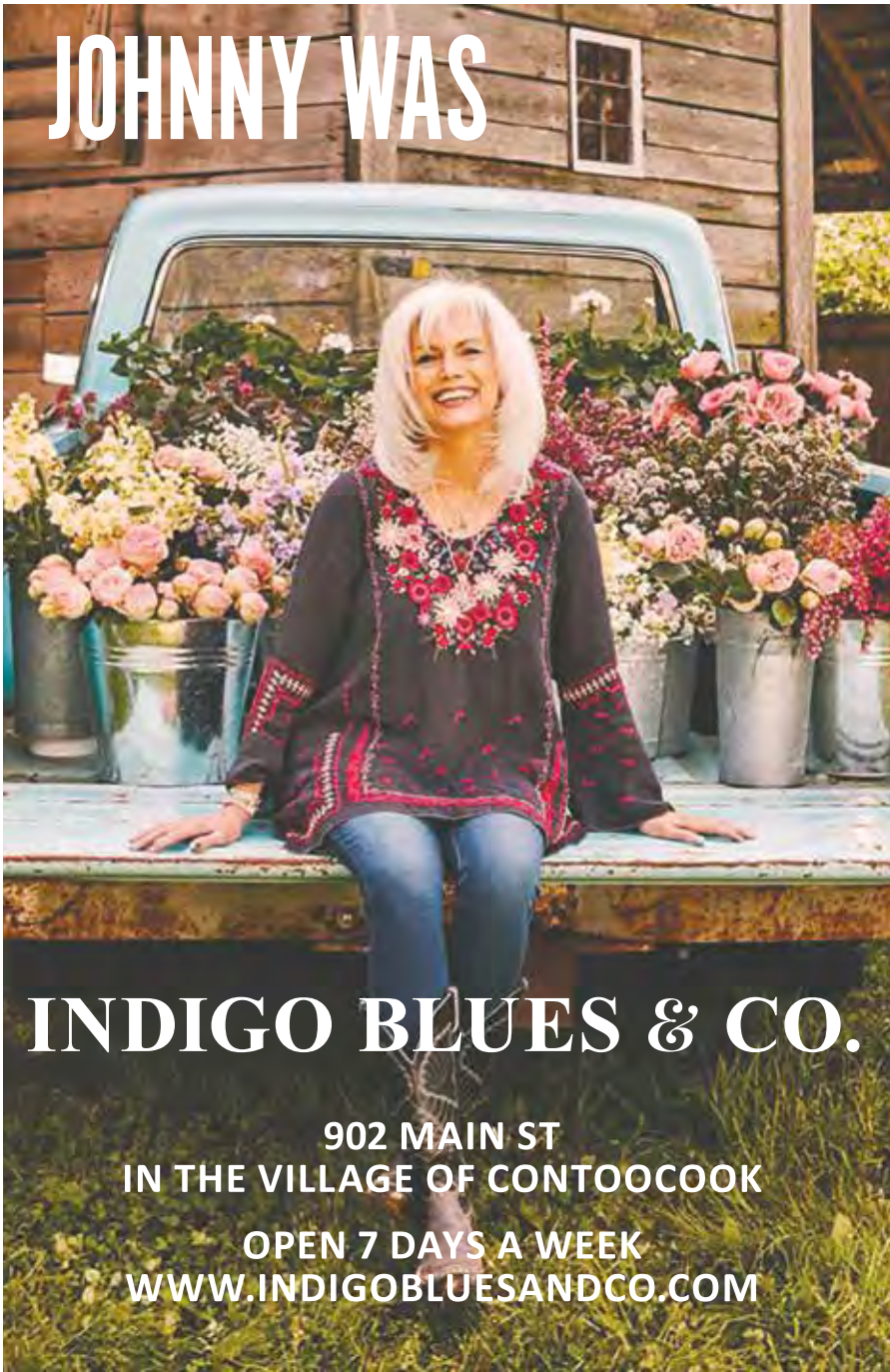
### ► 7<sup>th</sup> ANNUAL SUMMER INSTITUTE

Summer Institute for Young Writers is happening the weeks of June 24 and August 12. Camp takes place at Maple Street School and runs Monday through Friday 9:00 am to 3:00 pm with Friday camp ending at noon.

Students entering grades 3 through high school are welcome. For more information please contact Trish Walton [trishwalton65@gmail.com](mailto:trishwalton65@gmail.com) or Joan Follansbee at [joanfollansbee@yahoo.com](mailto:joanfollansbee@yahoo.com).



# JOHNNY WAS



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## HOPKINTON POLICE LOG

### TOWN OF HOPKINTON POLICE DEPARTMENT

#### MARCH 2019 STATS

Arrest Log

03/02	Samuel Chase, 20, 99 Pinewood Drive, Hopkinton, NH was arrested on a Warrant.
03/07	Sue Ellen Herrick, 31, 384 Burnham Intervale Road, Hopkinton, NH was arrested for Negligent Driving.
03/08	Zachary Savage, 30, 3725 Lincoln Ave, Steamboat Springs, CO was arrested for Domestic Violence, Simple Assault.
03/17	Richard Matthews, 36, 2398 Hopkinton Road, Hopkinton, NH was arrested for Driving After Revocation/Suspension and Suspension of Vehicle Registration.
03/28	Jacob Farrell, 41, 285 Main Street, Alton, NH was arrested on a Warrant.
03/29	Kristin Card, 39, 14 Kearsarge Ave, Hopkinton, NH was arrested for Driving After Revocation/Suspension and Suspension of Vehicle Registration-subsequent.
03/30	Dayna Cadiero, 22, 62 North Main Street, Boscawen, NH was arrested on Warrants, Driving After Revocation/Suspension and Suspension of Vehicle Registration.

## START RIGHT TENNIS INITIATIVE

### FREE TENNIS INSTRUCTION FOR GRADE SCHOOL STUDENTS



Future tennis star, 7-year- old Gus Rogers.

The first “Start Right Tennis Initiative” was held last November at the Chandronnait Tennis Academy in Bow. It was a free four-week beginner tennis instructional program which offered one hour of tennis instruction per week. Alan Chandronnait, owner and coach at the academy, felt that it was a great opportunity for people to learn the basics of how to play tennis.

Due to the success of the first “Start Right” session, Chandronnait has decided to offer an after school “Start Right” to grade school students. “Developing good fundamentals is so important” he explains “I was lucky that my father taught me sound strokes when I first started playing tennis. So many kids start off hacking around the court and developing bad habits that later are so hard to break.”

The “Start Right Tennis Initiative” will begin Monday, April 29 and run for four weeks. It will be free to all grade school students. Racquets, balls, court time, and water will be supplied. Students will need non-marking athletic shoes. Chandronnait, who has 38 years of coaching experience and has coached 68 New Hampshire high school tennis champions, will be coaching all the sessions.

To sign-up your child for the “Start Right Tennis Initiative” contact Alan Chandronnait at [achandronnait@comcast.net](mailto:achandronnait@comcast.net) or call 774-3839. Spaces are limited. Deadline to sign-up is Thursday, April 25. To learn more about the Chandronnait Tennis Academy go to [ctatennis.net](http://ctatennis.net).



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# MY TABLE TO YOUR TABLE

by Debra Barnes

## A Taste of Thai

It's Sunday and the sun is finally out! The dishes are done, my little dog Havana is snoring at my feet, so it's time for me to sit and crack open a cookbook. My Christmas wish list included lots of Asian themed books. I love hot, spicy and bold flavors. I don't know about you, but when I read, I also have the food channel on... it's a foodie thing!

I love Thai food so when an Andrew Zimmern food show was on that showcased a restaurant making a dish called "Larb", also known as Laap and Laab, I knew I had to try it.



If you don't have the time to search through cookbooks, the internet is a perfect vehicle to search for a good recipe. I found an excellent site highlighting just Thai food. EATINGTHAIFOOD.COM is simple, well written and doesn't overwhelm. If you go to the site, there is also a you-tube video to watch. The recipe below is for his Pork Larb.

Thai larb made with minced pork (larb moo) is one of the most popular Thai streets foods. It's a wonderful combination of minced pork, lime juice, chili flakes, fish sauce, and herbs to give it a refreshing touch.

Author: Mark Wiens (eatingthaifood.com)

Serves: 1 - 2

### INGREDIENTS

#### PRE-INGREDIENT

- About 5 tablespoons of uncooked Thai sticky rice (but for the actual dish I used about 1 heaping tablespoon after we made it into powder - see directions)

#### MAIN INGREDIENTS

- 1-pound minced pork
- ½ - 1 tablespoon of chili flakes, NOT pizza red pepper flakes (prik bon)
- ⅛ tablespoon of sugar (just a pinch)
- ½ tablespoon of fish sauce (use a good quality!)
- 1 - 2 limes (juiced)
- 3 - 4 small Thai shallots or 2 large regular sliced thin
- A few leaves of Culantro ( tastes like a mild cilantro)
- 3 - 5 spring onions (green onions)
- About 20 leaves or so of fresh mint

### INSTRUCTIONS

#### Toasted Sticky Rice (khao kua)

1. First step is to make the toasted rice.
2. Heat a frying pan on low heat, toss in the uncooked Thai sticky rice (no oil). Stir continuously, kind of like you're roasting peanuts or coffee. Toast the rice until it turns from white to golden yellow, almost to the point where it looks like brown wheat. It will also be very fragrant and smell almost like popcorn. It took me about 15 minutes or so.
3. Once the rice is finished toasting, and has cooled off a bit, put it into your stone mortar and pestle. Pound the rice until it turns into a coarse powder (a blender or food processor will also work fine). Put your toasted sticky rice powder in a bowl aside.

#### LARB RECIPE

1. Add minced pork to a small sized saucepan with a handle. Fry the pork, breaking it into small minced pieces, until it's fully cooked all the way through. For best flavor, leave all the oils that come out (but if you want to be healthier, you can also drain the pork oil, and add in a splash of water instead). Take the pork off the heat.
2. Leaving the pork in the same pot, add 1 heaping tablespoon of the toasted rice powder into the pork. Also toss in ½ - 1 tablespoon of chili flakes.
3. Add a pinch of sugar, ½ tablespoon of fish sauce, add the juice from 1 - 2 limes (I used about 1 ½ full limes, but I like it quite sour).

4. Give the pork and the seasoning a quick stir.
5. Peel and slice the shallots, finely mince about 3-5 green onions and a few culantro leaves (if you have them), and just pluck about 20 or so mint leaves off the stem. Throw everything into the saucepan with the pork.
6. Give the larb moo a good mix, making sure all the spices and dressing coats the pork.
7. Taste test. See if it needs more fish sauce for saltiness, lime juice, or chili flakes. Get it the way you want it.
8. Dish it out onto a plate and garnish with more mint leaves, Thai sweet basil, and culantro.

This dish can be served hot or room temp.



Photos from the [eatingthaifood.com](http://eatingthaifood.com) website



My finished dish.

### NOTES FROM DEBRA:

There is a store in Manchester call Saigon Market. They have many unusual ingredients you need for this recipe and about a million more to check out. Additionally, most of the grocery stores are now carrying unique Asian ingredients too. The nice part is that they are staple ingredients and will last a long time in the fridge or shelf.

I used regular shallots as I found that they are not quite as pungent as the Thai. I also added some bean sprouts to mine for added crunch.

I made about a cup of the toasted rice. It has a great shelf life and it saved me a step the next time I made this dish.

If you can't find Culantro, regular Cilantro works perfectly. We at the Barnes' house can't ever have enough Cilantro!

I used Boston lettuce leaves to scoop up the rice and then spooned on some of the Larb.

#### Kitchen Tip:

About every three months I go through plastic container drawer and inevitably find covers that don't have a mate. Solution! Use them in between your non-stick pans and delicate platters. This will help alleviate scratches to your pans and nicks or breakage for your platters.

*Debra Barnes lives in Bow with her husband Randy. She is a graduate of the Cambridge School of Culinary Arts. Check out what Debra is cooking on Instagram – #eat603*



### (Caregiver Agreement cont'd. from pg.8)

arranging for workers compensation insurance through her homeowners insurance, as well as taking care of the payroll so that Debbie gets paid seamlessly.

Under this scenario what happens when Beth applies for Medicaid? Well, my response is short and sweet, Beth is approved! Why the difference in the two scenarios? The law has a presumption which states that a child who is taking care of a parent is doing it out of "love and affection" for them. We all hope that this presumption is correct, however, in order to overcome this presumption in regards to any monies transferred from Beth to Debbie, you have to have evidence to the contrary.

In the second case the legal arrangement created by the Caregiver Agreement clearly shows that the parties entered into an arms-length business arrangement (employer-employee relationship), which in turn assist them in demonstrating that Beth was not making gifts and Debbie was not helping her mother solely out of "love and affection." The presumption will no doubt be overcome (unless there are other factors on the table).

**Who Doesn't Love a Win-Win:** First and foremost, Beth and Debbie were able to spend more time together, which we can all agree is pretty great all by itself. Another benefit is that Beth saved a significant amount of money by hiring Debbie to help her. It would not be necessary for Debbie to work two "jobs" in order to pay for her cost of living, as she would be receiving a paycheck from her mother and sharing the cost of running the household as well. Additionally, she would not be worrying about a visit from the Internal Revenue Service

and would still be paying into the social security system in regards to her own future retirement benefits (side bar I: years ago a client's daughter-in-law was eight credits shy of qualifying for Social Security benefits and we set up a Caregiver Agreement which provided those additional credits). Also, if Debbie were to be injured on the job, she would be covered by workers compensation to protect herself (side bar II: this came in handy for one of my Connecticut clients, who was not on board with the whole "lawyer contract thing," until she hurt her back, then she treated me like I was her best friend to include having me assist her with her estate plan. True story!). As stated above in this article, creating a Caregiver Agreement is a win-win.

**Odds and Ends** you may want to know: Given the information provided above, and the additional tidbits below, one can start to imagine scenarios that may benefit you or someone you love.

**Gifts:** In cases in which the parent has a significant amount of funds, it may be possible (if done correctly) for the parent to pay to have modification done to their child's home in order to make it a more suitable for parent to reside there.

**Transfer of Home to Caregiver Child Exception:** There is a federal law that allows for the transfer of a parent's home to a caregiver child, without a Medicaid penalty. The caregiver child must reside in their parent's home for at least two years prior to the parent's admittance to a nursing home and during that period must have provided a level of care that allowed their parent to reside in the home rather than in a nursing home.

As a practicing Attorney, I am compelled to inform you that the information provided in this article does not constitute legal advice.

## BOW MEN'S CLUB ANNUAL CHILI COOK OFF



On 25 April we will compete for the prestigious title of best Chili in the entire Men's Club. Who knows, maybe someone will finally defeat Dave Rolla. Let the smack talk begin!

Along with the Chili, we will sample the latest round of Men's Club Brew.

Right now I know of 2 entries. We are looking for at least 7 more. Please let me know if you are entering the competition.

**SOCIAL HOUR STARTS AT 6:00  
DINNER AT 7:00**

Contest open to club members only. Men from the community who are interested in seeing what the Men's club is about and potentially joining are welcome to attend.

## BOW HERITAGE COMMISSION

### REMEMBERING BOW MILLS



The Bow Mills Schoolhouse built in 1878 and abandoned in 1927. Photo courtesy of Millie White.



Charter members of Bow's all volunteer Fire Department organized in 1945. Photo courtesy of Philip Sargent.

Bow Heritage Commission announces new Thursday hours for the Baker Heritage Room. The second Thursday (April 11) will be open 3:00 to 7:00 pm to accommodate students. The 3rd Saturday (April 20) will remain 10:00 am to 2:00 pm. The Heritage Commission appreciates input regarding hours of operation, and staffing volunteers are always welcome. Contact Faye Johnson 603-228-8149.

Bow Heritage Commission Chairman Gary D. Nylen recently attended a seminar Genealogy of Scots-Irish Immigrants in New England held at the NH Historical Society.

Sue Wheeler of the Bow Heritage Commission recently attended a seminar in Manchester at the Nackey S. Loeb School of Communications: Telling Your Family Story.

Visit with Gary and Sue at the Baker Heritage Room and Discuss your families genealogy.



Never believe that a few caring people can't change the world.

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It is very nice to have no snow on the ground around here. The deer seem to be doing well with many sightings. However, in the North country it is a very different story. A deep snow pack and late meltdown have wildlife officials concerned. At this time of the year the deer are hungry and weak and this can result in some mortality.

In Conway a friend told me of some people feeding deer. In doing so, a total of seven deer were killed by vehicles as they crossed the main road to get to their feeding station. "What was your first clue that this was not working well?" There is a law on the books that states if a person is causing a risk to the health of deer, they can be warned to stop. If they continue, they can be fined.



A few weeks ago, as the ice was breaking up on the Merrimack River, I observed something on the edge of the ice. I turned the truck around and found a spot with a better view. What I saw were four eagles perched on the ice feeding on something. That was the first time I ever saw four eagles together.



All eyes are now waiting for ice out. It looks like it will be late. Expectations are for Winnepesaukee to produce some big fish, however the numbers of fish will probably be down substantially. Sunapee Lake should produce some very nice fish. Squam Lake will have a good number of Salmon and will be a prime target for this year.

For some reason Winnepesaukee fishes very good on ice out. Sunapee and Squam fish better a couple weeks after ice out.

Top producing flies include the Blood and Guts invented by my friend Ken Welch. Also my Mickey Marvel, Pumpkin Head, Canopache and Manard Marvel work well. George's Smelt is also a good one to use. It is a local variation of Joe Sterling's famous Joe's Smelt. I have seen this fly decimated by foraging Landlock Salmon. The sparse fly will always out fish one that has been tied too full.

Be aware that bear's are out and about and they are very hungry. There was limited food available for them last fall.



**BE SAFE  
RON**

## (Utility Expert Facing Alleged False Testimony Sanctions cont'd. from page 5)

He was unable to determine the pressure the pipe would be required to withstand.

He was unable to assess the corrosion allowance for the pipe and any coating that would be required for the piping. Indeed, Mr. Sansoucy did not even know where to look in the Kensington documents to determine what kind of piping he was dealing with."

The conclusion of the utility was that "Mr. Sansoucy showed up at hearing with little or no preparation. His report was missing virtually all relevant facts on the classification question for all assets he claimed to have analyzed. He had no notes to refer to and he demonstrated such complete ignorance that it became clear he could not have done the work he claimed (i.e., one does not do hundreds of hours of study, and then forget everything even to the point of forgetting the products made by the facility). Likewise, even if he once knew it and then forgot it, that would not excuse making up testimony to fill in the holes in his memory. Mr. Sansoucy did not even know the products the facility made."

A decision in a few weeks will be forthcoming from the Ohio Board of Tax Appeals.

In June Mr. Sansoucy testifies before Judge McNamara again in Bow cases for tax years 2014, 2015 and 2016.

That same judge ruled against Bow in 2016 and found Sansoucy not to be credible. Sansoucy testified that a probable purchaser of the plant would replace it with a new coal-fired plant despite the fact that no coal-fired plant had been built in New England in decades and natural gas has become an increasingly large share of the region's power plant mix replacing coal.

In another part of his opinion the judge found Sansoucy lacked credibility when he claimed coal prices could be competitive sometime in the future: It is based on pure supposition and it flies in the face of compelling evidence regarding changes in the fuel market said the judge.

At several other points in his opinion Judge McNamara found Sansoucy not credible, thus making Bow's appeal a loser. Which it was.

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## OBITUARIES

### PAULINE ALLEN

Pauline Mary (Marteka) Allen, 83 passed away Sunday March 31, 2019, with her loving family by her side at her home in Bow.

Pauline was born in Whitinsville, Massachusetts to her loving parents the late Anthony and Mary (Novak) Marteka. Pauline had a wonderful childhood with her siblings Irene, Anthony, Edward, Patricia and Mania.

Pauline became a Nurse after graduating from Northbridge High School and that is when she met her husband Virgil. They were married for over 57 years and raised five daughters, Patricia, Anne, Donna, Lynda and Brenda. Her love for her daughters was endless and unselfish. Pauline later became a cherished "Nana" to nine beautiful grandchildren whom she made so many wonderful memories with as they were growing up. She adored and was so proud of each of them.

Pauline loved reading, cooking, traveling, shopping, going to plays and relaxing at the beach. Pauline would like everyone to celebrate her in their memories and to live life like she did... to the fullest. In lieu of flowers the family would like donations to be sent to Concord Regional Visiting Nurses Association Hospice Program in Concord.

### CAROL HOGAN

Carol Felicia Hogan, 78, formerly of Pembroke, passed away after a brief illness on Monday, April 8th, 2019.

Carol was born on April 7, 1941. in Milford, MA, daughter of the late Joseph and Mary (Vignone) Lombardi.

Carol was educated in the local schools in Franklin, MA and went on to attend Boston College where she received her Bachelor Degree of Science and continued on to the Framingham School of Nursing. After graduating she held several nursing positions as well as teaching at many facilities including working for the State of NH for 20 years. Carol was fortunate enough to be able to enjoy many careers over a lifetime from owning and operating The Staffordshire Inn and Restaurant to later owning Rumford Travel and Cruises by Carol. After retiring from the State of NH she worked side by side with her daughter Christine at First Choice for Children as Director and Nurse on site.

She was blessed with the love of her family first and foremost and enjoyed all the time she had with them. Reading, walking, going to church, swimming, listening to music and singing just because she could, were all a big part of her life as well.

Besides her parents, she was predeceased by her husband Richard E. Hogan in 2016.

She is survived by her daughters, Christine Brooks and Jeanine Hogan Pelletier of Bow.

In lieu of flowers, donations may be made in Carol's memory to the Alzheimer's Association or Payson Center of Concord. To share a memory or offer a condolence please visit [www.petitroan.com](http://www.petitroan.com).

### HENRY LADD, SR.

Henry R. Ladd, Sr., 91 passed away peacefully at home in Bow on March 30, 2019, after a long battle with heart disease.

Henry worked as a laborer at Concord Lumber Co. and Merrimack Farmers Exchange. In later years he carpentered for Hanson Builders, Guimond Construction and Johnson Builders.

His life's passions were family, hunting and fishing. He leaves his wife Rena of 66 years, two sisters Alberta Sweeney of Concord and Barbara McCauley of Bow, two daughters, Judy Dickey, Cynthia Prusia and husband David and son Henry Jr. Grandsons Jim Dickey, Chad Prusia and Luke Ladd.

### RONALD J. PROULX

Ronald J. Proulx, 62, of Bow, died unexpectedly in Concord Hospital on March 25, 2019, surrounded by his loving wife, family and friends.

Born in St. Paul, Minn., on Jan. 22, 1957, he was the son of the late Conrad and Myra Jean (Wallace) Proulx.

Ron graduated from high school in Long Beach, California, and had been a resident of New Hampshire for 36 years. He was employed by the State of New Hampshire for many years, most recently as a warehouse manager at the New Hampshire Veterans Home in Tilton.

Ron had a passion for bird hunting and fishing. He loved to laugh and to tell awkward jokes, usually at inappropriate times. He had a big heart, was very generous and brought fun, laughter and happiness to so many people's lives. He will be remembered as a caring and loving husband, brother, uncle and friend.

Family members include his wife of 30 years, Crystal A. (Pazdziorko) of Bow; three sisters, Joanne Morris and husband Paul of California, Deborah Proulx of Idaho, and Julie Proulx of Idaho; one brother, Edward Proulx and wife Suzie of Idaho; nieces and nephews; and the "Porch People" who truly were Ron's extended family. He was predeceased by both parents; a brother, Mike Proulx; and his beloved sidekick and best friend Charlie, the 120 lbs. German shepherd who sometimes allowed Crystal to share time with Ron in the passenger seat of his old pickup truck.

In lieu of flowers, memorial donations may be made to Christ the King Parish Food Pantry, 72 S. Main St., Concord, NH 03301, or Friends of the Manchester Animal Shelter, 490 Dunbarton Road, Manchester, NH 03102.

### ALFRED WALLACE – DUNBARTON

Alfred Wallace (Mitch) Michaud, 86, passed away April 3, 2019, surrounded by his loving family. He was born in Old Town, ME January 31, 1933, to Cyril Walter and Pauline Ouellette Michaud.

He proudly served in the U.S. Army as a Paratrooper. After receiving a CIB airborne division medal, a Korean Service medal, a UN service medal, a National Defense Service medal and a Bronze Service Star, he left the Army and moved to New Hampshire. There he married his beloved wife of 53 years, Doris (Palmer) Michaud and drove a truck for St. Johnsbury Trucking for 38 years. Mitch was an avid hunter, fisherman and poker player who enjoyed spending time with his family and friends.

Mitch and Dot had two children, Kathy (James) Soucy of Dunbarton NH and Laurie (Patrick) Balch of Sunapee NH. Mitch also had three children from a previous marriage, the late Alfred Michaud Jr. of Colorado Springs CO, Brenda (Robert) Howard of Hillsborough NH and Dennis (Kim) Michaud of Albuquerque NM. A Celebration of Life for family and friends will be held May 18, at the American Legion Post #81, located at 169 Bound Tree Road, Contoocook NH from 1p-4p. Memorial Donations can be made to the Concord Regional VNA Hospice House 240 Pleasant Street, Concord NH 03301.

### CATHY WYRENBECK

Cathy Wyrenbeck (Gagne), 59, of Bow peacefully passed away April 1, 2019, from a courageous, short, fight against cancer. She was born May 9, 1959 to Donna (Gagne) Patnaude and William Gagne in Concord, New Hampshire. Cathy was the beloved mother to her two daughters, Amy Palmer and Erica LeClair. She a devoted grandmother to her five grandchildren: Dustina Erwin, Jaysa Merrill, Braden LeClair, Maddox LeClair and Gage LeClair. In younger years, she had a career in banking.

Cathy had a passion for independence, antiques, and interior decorating. She loved the fall breeze and spending time with the love of her life, her cat, Mowee. She was known for her quick wit, infectious smile and compassionate spirit.



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### What's Happening in OLLI?

by Jacki Fogarty

Fifteen Bow residents have joined OLLI in the last 12 months and a warm welcome to them! That brings our current Bow membership to 47 members, including one from our very first year. What are they finding out about OLLI? Probably how much fun they can have and what a variety of cost-effective courses they can take at the Concord campus of Granite State College as well as in Manchester, Portsmouth and Conway. Let's take a look at what's available in Concord in the next month!

Halfway through the Spring Term, OLLI at Granite State College has a wonderful array of courses still available. The Osher Lifelong Learning Institute offers noncredit courses for adults 50+ years of age. You can register for a class right up to the date it starts, so if any of these pique your interest, just call the OLLI office (see the ad on this page).

During the last part of April you can join OLLI on a trip to the David Carroll Studio to see the wonderful natural history paintings by the renowned conservationist. Or, if great classical literature is more to your liking, a one-afternoon course on Homer is available as is a 4-week course on Shakespeare's Othello. The last week of April will feature a Primer in Representative Government, an exploration of Bruce Springsteen's early years and a presentation/performance by the popular local talent, Nice and Naughty.

Early May features more variety of available courses. A retired nurse midwife will regale her students with stories from her career. A retired high school English teacher will lead her class through discussion of Three Terrible Sports Novels. Would you believe there was "Villainy, Violence and Heroism in New Hampshire's North Country?" For a more contemporary look, learn about the Kairos Prison Ministry and how it affects recidivism. Or switch from human events to canine in a course on dog training.



**Ray Mercier will lead the Boscawen Town Forest hike in May.**

May also turns our interest to the outdoors. Learn about hiker fatalities in the White Mountains and how to avoid becoming one of them. Or get outside yourself with a guided hike in the Boscawen Town Forest or exploring vernal pools at Prescott Farm in Laconia. And taking the outdoors to its ultimate border, you can spend some time learning about Rocks from Space, handing and learning about meteorites that traveled to earth from outer space.

For more information about OLLI programs, visit the website at [olli.granite.edu](http://olli.granite.edu) or call the OLLI office at 603-513-1377.

## "FOR THE LOVE OF MUSIC" A TRIBUTE to the CLARK SISTERS

Submitted by "The Music Lady"

If this were a tribute to the Andrew Sisters or the Macguire Sisters, most of you would immediately recognize those famous, singing sister groups. But WHO were the Clark Sisters? Well, they may very well be one of the most under appreciated and overlooked close-harmony, precision singing sister groups of the big band era. But today, we salute them.

First, let's distinguish between the "original" Clark Sisters and the current "gospel" group of the same name. Let's go back in history to the 1940's to find Jean, Ann, Peggy and Mary Clark. The sisters, who were born in Grand Forks, ND, were a mere 17 - 23 years of age when their mother entered them in a talent contest in New York city. They didn't win, but they did get a contract to appear in several USO shows. As many of you know, the USO is a non-profit, charitable corporation that provides live entertainment to members of the Armed Forces and their families.

Tommy Dorsey took notice of the young Clark Sisters, and hired them to replace the famous Pied Pipers, who had been a sensational hit with audiences while singing with the Dorsey band. The Pied Pipers had walked out of the Dorsey band en masse because they believed Tommy Dorsey was under paying them and mistreating them. Dorsey was outraged that these singers left and took their famous name, and their popularity with them. The Pied Pipers went on to make many successful recordings and to sing with other bands. So when Tommy Dorsey hired the Clark Sisters to sing with the band, he named them "The Sentimentalists," and contractually forbid them to use their real surnames. He "owned" their new name "The Sentimentalists" and, if they were to walk out of the Dorsey band as the Pied Pipers did, they would not be allowed to take that name with them.

The "Sentimentalists" learned all the Pied Piper songs and were an instant hit with the Dorsey band audiences. Dorsey was inundated with letters and calls from the public who wanted to hear more from the singing sisters. As time went on, the girls began to develop a stylization of their own, with the help of band member and master arranger, Nelson Riddle. The combination of their precision vocal harmonies, their wholesome good looks and their bubbling personalities made them the star feature of the Dorsey band performances and of the band's successful recording sales. Still, the public never even knew who these famous singing sisters were, other than their trademarked name, "The Sentimentalists."

Probably the biggest hit song that the girls sang with the Dorsey band was their totally unique arrangement of "On The Sunny Side Of The Street." Other popular songs were "I Should Care," "On The Atchison, Topeka and Santa Fe," and "Why Do I Love You." But they never received any credit at performances or on record labels for their real identity.

felt that Dorsey refused to pay them what they felt they were worth. One of the sisters, Peggy, later opined that when they first became involved with Dorsey, they were "young and stupid" and needy for work, and they allowed Dorsey to "own" them. After leaving the band, the sisters began making their own albums under their real names, "The Clark Sisters," but most listeners didn't know they were the same, smash hit group that had sung all those years for Dorsey.

Although the Clark Sisters never achieved the fame and fortune of the Andrew Sisters or the Macguire Sisters, jazz aficionados recognize them for their talent, their ability to emulate instrumental sounds, and their vocal stylizing. At least their legacy is documented on Youtube. Watch the Youtube of "The Sentimentalists" singing "On The Sunny Side Of the Street" and you'll get a rare glimpse of the extraordinarily talented CLARK SISTERS who contributed to the success of the Dorsey band. Maybe the Clark Sisters were contractually prohibited by Tommy Dorsey from using their real names, but WE are free to honor them today for who they really were. Jean, Ann, Peggy and Mary Clark. The Clark Sisters.



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## DUNBARTON ELEMENTARY SCHOOL

*Honor Roll*

SECOND TRIMESTER 2018 -19

**GRADE 4 HIGH HONORS**

Grace Ayers  
Madelyn Hebert  
Cassidy Madigan  
Alexis Poitras  
Riley Raynes  
Joshua Roos  
William Thomas  
Vera Virta  
Timothy Wilson

**GRADE 4 HONORS**

Madelynn Bouch  
Isabella Blomgren  
Zachary Cannon  
Luke Darling  
Charlotte Duncan  
Bryce Goodreau  
Kaylee Jacques  
Elizabeth Jones  
Adam Lafferty  
Gabriella Lizotte  
Isabella Lizotte  
Estelle Piar  
Ava Sudsbury  
Skyla Thompson  
Gianna Trott  
Mason Vose  
Oliver Weiss  
Camden Wilson  
Kalyn Woodbury

**GRADE 5 HIGH HONORS**

Luke Andrews  
Dominic Catalfimo  
Chase Flagg  
Derek Baier  
Nora Cook  
Herbert Madden  
Eliana Mears  
Dirk van der Merwe  
Paxten Roberts

**GRADE 5 HONORS**

Luke Antonia  
Elijah Ayers  
Judson Cable  
Cameron Czarnosz  
Camilla Dahlberg  
Audrey Glennon  
Kailyn Gosselin  
Rachel Henderson  
Josephine Johnson  
Elijah Modzeleski  
Holton Morin  
Riley Pond  
Julia Preston  
Olivia Rapp  
Katherine Terrell  
Noah Zanella

**GRADE 6 HIGH HONORS**

Jaden Glace  
Molly Grant  
Ian Klements  
Vivian Madden  
Jonah Pinard  
Carter Weiss

**GRADE 6 HONORS**

Trevor Carter  
Anabelle Cattabriga  
Angelo Constant  
Gavin Currier  
James Green  
Jackson Hall  
Luke Hartshorn  
Nathan Kiah  
Zoe Krukowski  
Makaylie Laws  
Michael Magdziasz  
Grace Modzeleski  
Caly Poitras  
Benjamin Rondeau  
Gabriella Tarsa  
Bridget Wilson

**DUNBARTON NEWS**

By Nora LeDuc



**READ WITH DOGS** Call to schedule Kids Read with Dogs at the Library for Thursday, April 18 and May 2. Jake will be away during our next session on Thursday. He will be competing at Boykin Field Trials. During this time, only one dog will be on the schedule. Don't forget to reserve your spot.

**SPIRESIDE COFFEEHOUSE** will be held Sat. April 20, 7pm to 10:30 pm at the Congregational Church Vestry. Donation will be \$5 to enjoy an Open Stage night with no feature to provide each open-mic performer additional time. Come see our regular crew of local musicians. They usually have an eclectic mix of 8 to 12 local performers for your listening pleasure.

**CHAIR YOGA** will be held at the library on Tues. April 23, 10:30 am to 11:30am. Strengthen your body while practicing with the stability and security of a comfortable chair. We will use our breath to bring awareness to our movements and reduce our stress, creating a sense of calm to our mind and body. Please arrive before 10:30 AM so all can all start on time!

**THE DUNBARTON HISTORICAL AWARENESS COMMITTEE**

added a new item to the History Room at the Library, a transcription of an early Dunbarton Journal. Begun in 1815 by 17-year old Elijah Lyman Harris, it details his life until 1835 while traveling the world by land and sea, being tried for piracy, his various military careers and some of his life here in Dunbarton. It was transcribed by Aidan Westenberg and the material used to create a Ted Talk on Maritime Law, for which he received an A+ for his Senior Project at the Bow High School. There is documentation that another twenty years of journal existed at one time, but at present its whereabouts are unknown.

**NO SCHOOL** Monday, April 22 to Friday, April 26—spring vacation.

**DCC BOOK CLUB** During the month of April, the DCC Book Club will be reading Seeking Allah: Finding Jesus by Nabeel Qureshi and Lee Strobel. Meet and discuss the book on Thurs. May 2, 7pm to 8:30 pm. All are welcome. Hosted by Lynn Leslie.

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# BOW POLICE LOG

## Bow Police MARCH 2019 Arrest Log

03/01 - An adult received a summons for possession of marijuana  
03/02 - Michaela Boule, 21, Manchester, was arrested for conduct after an accident; Timothy Russell, 23, Concord, was arrested on a bench warrant for violation of probation/parole; Cheyenne Lee, 24, Concord, was arrested for driving while intoxicated  
03/03 - Richard Allie, 25, Warner, received summonses for driving after revocation/suspension, and suspended registrations; Christopher Rothkopf, 36, Concord, received a summons for driving after revocation/suspension  
03/05 - Harold King, 42, Pittsfield, was arrested for possession of a controlled drug, and operating without a valid license  
03/07 - Christian Cotter, 20, Raymond, was arrested on a bench warrant for criminal mischief; Rebecka Bean, 26, Pittsfield, was arrested on a warrant for possession of a controlled drug  
03/08 - Christopher Cronan, 21, Bow, was arrested for 3 counts of possession of a controlled drug, and a warrant for possession of a controlled drug  
03/09 - Tiffany Labonte, 27, Penacook, was arrested for disobeying an officer, and driving after revocation/suspension- subsequent offense; Brandon Alger, 22, Derry, received summonses for driving after revocation/suspension, and suspended registrations  
03/10 - Zachary Mullen, 17, Bow, received a summons for negligent driving  
03/12 - John Pickering, 43, Epsom, was arrested for driving after revocation/suspension- subsequent offense, and misuse of plates; Virginia Gilpatrick, 36, Epsom, was arrested on a bench warrant for driving after revocation/suspension  
Matthew Gedney, 36, Goffstown, was arrested for receiving stolen property  
03/13 - Heather Start, 35, Moultonborough, was arrested on a warrant for possession of a controlled drug, and a bench warrant for willful concealment  
03/14 - Shane Berube, 30, Hooksett, arrested on a bench warrant for negligent driving  
03/15 - Jason Pihl, 35, Hillsboro, was arrested for driving after revocation/suspension-subsequent offense, and suspended registrations; An adult was taken into protective custody for an involuntary emergency admission  
03/19 - David Richardson, 46, Manchester, received a summons for driving after revocation/suspension; Robert Ramalho, 26, Tilton, was arrested on warrants for a probation/parole violation, and possession of controlled drugs, and bench warrants for theft by unauthorized taking, and three counts of driving after revocation/suspension; Nicholas Ramalho, 22, Manchester, was arrested on a warrant for theft by unauthorized taking; Michael Nadeau, 40, Bow, was arrested on a bench warrant for driving while intoxicated  
03/20 - Thomas Mann, 20, Warner, was arrested for transportation of alcohol by a minor, and operating without a valid license  
03/21 - Matthew Gedney, 36, Goffstown, was arrested on a bench warrant for disobeying an officer - Jessica Evans, 33, Raymond, was arrested on a warrant for felon in possession of a dangerous weapon, and two bench warrants for theft by unauthorized taking  
03/22 - Kyle Litchfield, 22, Penacook, was arrested for domestic violence; simple assault  
03/23 - Deshon Stone-Davis, 24, Loudon, was arrested for possession of a controlled drug  
03/25 - An adult taken into protective custody for an involuntary emergency admission  
03/26 - An adult was taken into protective custody for intoxication; Nathan Preisendorfer, 40, Boscawen, was arrested for aggravated driving while intoxicated, open container, and speeding  
03/28 - Joseph Cusamano, 42, Concord, was arrested on a bench warrant for theft by unauthorized taking  
03/29 - Michelle Milbury, 30, Bow, was arrested for two counts of criminal threatening  
Paul Lacourse, 51, Bow, was arrested for two counts of criminal threatening, and receiving stolen property  
03/30 - An adult received a summons for possession of marijuana; Jason Marshall, 36, Dunbarton, was arrested for aggravated driving while intoxicated; Elizabeth Kincaid, 41, Dunbarton, was arrested for operating without a valid license  
03/31 - An adult was taken into protective custody for intoxication

# The Bow Times

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Lakehouse Tavern

Merrimack County Savings Bank

Pages Corner Store

Patty Lee's Kitchen

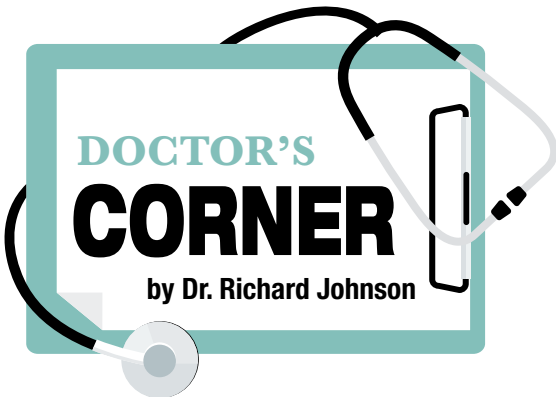
South Street Market

Sugar River Bank, Concord Hts.

Tucker's Restaurant

Veano's, Manchester St.

White Rock Senior Center



## THE COST OF ALCOHOL

My purpose in writing this column is to encourage you, the reader, to critique the status quo. I would like you to ask: Are things – the way they are – the way I want them to be? Could, or should, my thinking on this subject change? Do I use a different logic depending on the issue or what “I want”?

The topic for consideration is alcohol, its use and abuse and the consequences thereof. Since Alcohol Awareness Month began in 1987 and is celebrated in April, I thought it appropriate to look at some statistics. A CDC study in 2014 found that, in the US, approximately 88,000 lives were lost to excessive alcohol use from 2006-2010.

Every day, 29 people in the US die in motor vehicle crashes that involve an alcohol-impaired driver; this is one death every 50 minutes. The annual US cost of alcohol-related crashes totals more than \$44 billion. Excessive alcohol use cost the US over \$249 billion per year. The CDC broke that down and found that losses in workplace productivity was 72% of that cost, health care took 11%, criminal justice expenses were 10% and losses from auto crashes were 5%.

The data for 2010 showed that alcohol cost NH \$959,900,000. How are these costs covered? 40% is paid by federal, state and local governments, that is you and me, the taxpayer. If there is any good news, it is that in 2010 NH was the state with the lowest per drink cost to cover the damage.

The ‘bad news’, if you will, is that the tax benefit to the state of NH was in 2016 about \$156 million. However, as pointed out in a Concord Monitor editorial, the 2012 costs to NH were much more than that. (Property loss: \$940 million. Medical costs: \$285 million. Motor Vehicle: \$67 million. Judicial/Law enforcement: \$37 million).

And I have not even brought up the huge issue of ‘alcohol addiction’. But it did get discussed during Laura Knoy’s interview with Senator Hassan on April 1, 2019 when it was noted that people suffering from this addiction are showing up at the opioid treatment centers. Finally, many in medicine would say: “the safest level of drinking is none.”

So the obvious question to ask in the “Live Free or Die” state is this: Are we a people who are willing accept the ‘cost’ (financial as well as death) to have our ‘right’ to drink what we want? And let’s be consistent and ask the same question about smoking, marijuana, and guns. Maybe our real state motto should be: “Live Free and Possibly Die.” I trust I have stimulated some thought for discussion around your dinner table.

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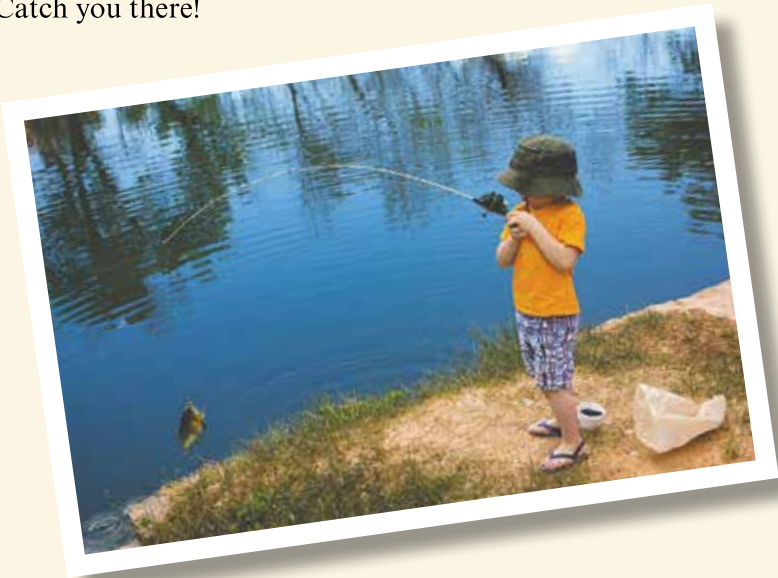
Saturday, May 11th 8:00 am – 12:00

## Bow Town Pond

Corner of Knox Hill and Bow Center Road

Bow-Dunbarton Cub Scouts invite boys and girls (up to age 13) to participate in a FREE Fishing Derby at the Bow Town Pond. Prized awarded for the largest fish of each species caught.

Bring your pole and plan to have fun and create memories. Catch you there!



Learn more about our Pack and how to join the Adventure of Cub Scouting at [www.Pack75Bow.org](http://www.Pack75Bow.org) or email [cubmasterpack75bow@gmail.com](mailto:cubmasterpack75bow@gmail.com). Cub Scouting is for boys and girls in Kindergarten through 5<sup>th</sup> grade.

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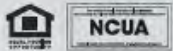
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