



The Bow Times

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BOW TIMES, MICHELE VECCHIONE HONORED BY PRESS AWARDS

At a banquet on May 29 at St. Anselm College, the New Hampshire Press Association announced the winners of the 2018 Distinguished Journalism Awards.

Over 500 entries were considered by a team of judges for various types of entrants ranging from large daily newspapers to small non-daily newspapers like The Bow Times. The Bow Times won 1st prize for general news stories.

For editorial writing, Chuck Douglas won a 2nd place based upon his “quality of writing and clarity of thought.”

For compelling coverage of a “vital community issue that performed a public service” The Bow Times coverage of Michele Vecchione and her support for the Community Building won her the Community Service Award as well as a First Place for the paper.

Third place for investigative journalism also went to the Bow Times.

HOPKINTON – CONTOOCOOK NEWS ON PAGES 15-16



EXIT 1 OFF RAMP SAFETY CHANGES ISSUED BY D.O.T.

After the fatal accident last April that killed Tyler Shaw on Logging Hill Road the State Department of Transportation began a safety audit of Exit 1 off of I-89. The project began in September of 2018 and ended with a report dated May 20, 2019, after Right to Know Law requests by this paper pushed the D.O.T. to act.

Excerpts from that 12 page report follow:

TRAFFIC DATA The posted speed limit on I89 southbound at exit 1 is 40 mph; however, operating speeds are commonly observed to be substantially higher. The posted speed limit on Logging Hill Road is 35 mph. The advisory speed limit on the off ramp is 35 mph. Turning movement counts for the intersection of the exit 1 southbound ramps with Logging Hill Road are not available.

CRASH ANALYSIS Crash data gathered from the NH Division of Motor Vehicles showed that 16 crashes occurred on the southbound off ramp in the period from 2007 through 2016, not including the fatal crash that occurred in April 2018.

Identified Safety Issues and Potential Countermeasures:

1. The Town participants of the team explained that the proximity of Exit 1 to I93 creates substantial driver confusion, and that it is very common for unfamiliar drivers to inadvertently depart I89 southbound at Exit 1, mistaking this exit as the ramp to I93 southbound. In fact, during the team’s brief site review, several vehicles were observed to (apparently) inadvertently leave the highway at Exit 1, and then make a u-turn at the end of the off ramp to return to I89 via the adjacent Exit 1 southbound on ramp.

(Continued to page 11)



Firefighters John Bowler and Greg Aucoin

LOADER FIRE AT RECYCLING CENTER

On May 21, the Bow Fire Department responded to the Bow Recycling Center on River Road for a loader fire in the building. Prior to the fire department’s arrival, employees had pulled the loader from the building with an excavator. The loader itself was a complete loss. However, the owner was extremely pleased the crew saved the tires as they each have a value of \$10,000. The fire was caused by a mechanical malfunction in the motor. No injuries resulted from this incident.

BOW STATION TAX CASE CONTINUED

The Eversource tax appeal cases for the alleged over assessment of the coal fired Plant in Bow were to be tried at the end of June, but the cases have been continued by Judge McNamara who is considering certain motions. No new trial dates have yet been assigned and the parties continue to discuss settlement.

The role of Bow’s controversial expert, Skip Sansoucy, was the subject of a motion by the town to recuse Judge McNamara.

Said the judge: “The town’s argument is premised solely upon the fact that in the prior lawsuit involving the valuation of the same power plant owned by Public Service, for the tax years 2012 and 2013, the Court accepted the testimony of Public Service’s expert witness, and rejected the testimony of the Town’s expert witness. Apparently the Town plans on using the same expert witness in this case either as a consultant to the Town or to provide testimony similar in substance to the 2012 and 2013 matters.”

The basis for a recusal must be more than an adverse ruling, but requires “deep-seated favoritism or antagonism.” Because no such allegation was made or could be made the judge denied the town’s motion for him to step aside.

CINDY ROSE RESIGNS AS DIRECTOR OF RECREATION DEPARTMENT

On June 5 a going away party was held for Cindy Rose who ran the Parks and Recreation Department for 15 years. Scores of people came out to thank her for the innovative and professional manner in which programs for young and old were developed.

We wish her well.

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LETTERS TO THE EDITOR

Town Development and Wetlands Concern

The discussion of when and how to expand a New England town and when to let it be, is a debate that will continue well past my time. However, I believe it is incumbent upon each generation to steward what was left for us to the best of our abilities, not just for current use but for future generations as well. I have now seen first hand the expansion and change in our town that I remember my Dad talking about when I was a kid.

I am writing this today because of the proposed sub-division on Bow Bog Road (as seen previously in the Bow Times). It is my understanding that If this project is allowed to proceed as currently proposed, it will permanently jeopardize various wetland resources we are lucky to have in the community. I am the first to admit that I have no delusions that progress and development such as this will continue to shape our community going forward. However, it is my sincerest hope that they are done only after due consideration to ALL negative effects, both direct and indirect, they may have on our natural resources. I would like to see the Conservation Commission or another outside entity provide an independent environmental study for this expansion project. I believe this is our obligation as the stewards of Bow.

As a long time resident of Bow, as my family has and will continue to be, it is with my strongest emphasis that my only motivation in this is that I care about our town's future.

Thank you
Ian Hanson, Bow

School Choice for New Hampshire

I would like to thank all state representatives and stake holders for their efforts to stop NH 632 from passing the New Hampshire House. HB 632 would undermine the ability of parents to have public school options for their children. Children born to parents who can afford private school are fortunate. Whether private school is the best fit for a particular child is another matter, but having options empowers a parent to decide which venue best suits their child. Keep up the good work!

Paul Alfano, Bow

Public Scrutiny Considered Unfair

Almost every issue of The Bow Times these days contains a personal attack on Selectman Harry Judd or his wife Representative Mary Beth Walz. I find these predictable attacks to be boring, unfair, highly partisan and not what I want in a community newspaper. The most recent one in the May 2019 issue questions Rep. Walz's House bill addressing the complex issue of School Choice, the voucher system that uses tax payer money for private education.

Rather than discuss the pros and cons of this contentious issue, the editor criticizes Judd and Walz personally. One can rationally and honorably use one's own private funds to send their children to private school and at the same time oppose using public funds desperately needed to support public education to pay for private education. Their private decision to use family funds a certain way is irrelevant to a public issue involving tax payer dollars. See Pro/Con.org for a discussion of the issue that would have been helpful in the editorial.

Mary Lee Sargent, Bow

Editor's Note: In the March issue of this paper on page two was a lengthy editorial about school choice and the need for low income families to have the same opportunities that limousine liberals have. Harry and Mary Beth hold public office and thus must expect public scrutiny that lesser mortals don't. I leave hypocrisy up to the voters to consider.

I-89 Exit 1

I want to pass on an experience I had recently involving Exit 1. About two months ago, a long tractor trailer truck was parked in front of the Mobil station and slightly past the entrance to I-89. At the time, I was in the Mobil Convenience store when the truck driver came in and requested to use the phone. He stated that somehow, he got turned around and missed the 93 South Exit. I spoke up and told him that he got off one exit too soon.

Since that time, I have seen other vehicles turning around to get back on I-89 after making the same mistake, so I wonder if the very terrible unfortunate accident that took a young man's life last year might have been avoided if the driver of the other vehicle had not made the same mistake by taking Exit 1 thinking it was the 93S exit.

Robert Aranosian
Bow

Editor's Note- Even the state safety auditors saw cars doing a U-turn off Exit 1. See story on page 1.

EDITORIAL

Bow's Three Representatives Vote to Repeal Death Penalty

By a single vote, the New Hampshire House of Representatives voted on May 23 to override Governor Chris Sununu's veto of a bill repealing the death penalty. Not surprisingly, Samantha Fox (D), Mary Beth Walz (D) and Gary Woods (D) voted to override.

The two-thirds requirement to override was met by the 247 to 123 vote so this means that any one of our three Representatives was the decider on ending our very limited death penalty.

When asked last summer what their position was on death penalty repeal, all three took a dive and would not answer the question. Now the three stealth candidates have spoken but too late for Bow voters to have been informed of their position.

Is this dodge ball game what Bow expects in their candidates?

How can voters make an informed choice if someone who wants to represent us will not give their views?

No wonder people feel many politicians are just con artists. Fox, Walz and Woods meet that test.

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



SPRING 2019 GRADUATES

The following Bow students
graduated during the
Spring 2019 term:

Bow NH

Zachary Allen

Nicole Bernard

Rebekah Cozzi

Dawn Curtis

Michael Darrach

Jessica Ebbs

Larkin Gause

Christopher Ketcham

Shae Mahoney

Amy Narkis

Kristen Sandiford

Jack Vachon

RILEY ELLIOT PLAYS HERO AS BOW WALKS OFF WITH DIVISION II BASEBALL TITLE



Bow High School Riley Elliott, center, celebrates his game-winning hit with teammates Benjamin Harris, left, and Connor Blandini to beat Hollis/Brookline, 5-4, in the state Division II Baseball Championship game at Northeast Delta Dental Stadium in Manchester. *Courtesy Union Leader.*

Earning the No. 1 seed in the NHIAA Division II tournament on June 10 came in handy for the Bow High baseball team. Three times, in fact.

The first two came in the Falcons' quarterfinal and semifinal wins against Coe-Brown and St. Thomas Aquinas of Dover. The last, and most important, came Monday at Northeast Delta Dental Stadium, where Bow once again capitalized on its right to speak the last word.

Trailing 4-3 with two outs and the bases loaded in the bottom of the seventh inning of the championship game, Riley Elliott took his turn playing hero,

sending a 3-2 pitch the other way and into right field that allowed Brian Carter and Evan Provost to score, giving Bow the 5-4 win over No. 2 Hollis/Brookline.

"I was really nervous," Elliott said when describing his emotions entering the batter's box. "I was just trying to put the ball in play and try to get one run in, at least. When I hit it, I wasn't sure if it was going to land in, but I saw how far over (to the left) the right fielder was and it fell in."

It was a proud moment for Elliott for many reasons, but he was most satisfied with how far he had come over the last year.

"I've really improved this year," the junior said. "In previous years like last year I didn't hit at all, really. I was just a pitch-only guy. But I really improved my bat and feel like I earned the sixth or seventh spot in the lineup."

He's earned the confidence of his coach, too.

"Nope," Bow coach Ben Forbes said when asked if he had any advice for Elliott before the at-bat. "I just let him go. Some of these guys, and Riley is one of them, some of these guys are just ballplayers. If you try to get (Riley) to be too cerebral and start guessing pitches and locations, it doesn't play to

his strengths. His strengths are see the ball, hit the ball. He made it happen."

After Nick Kiah flew out to center field to begin Bow's half of the seventh, Matt Hamilton singled up the middle into center field and moved to third when the next batter, Ben Harris, doubled deep down the left field line.

Brandon Hsu fanned Steven Guriette behind Harris, leaving runners at second and third with two down. Matt Lamy was intentionally walked to load the bases, leaving the game in the hands of Elliott.

"It's just clutch," Forbes said. "He had a little bit of ice water running through his veins in that situation. Luckily they played him to pull the ball and he has a tendency to hit the ball to the right side and that's what we needed."

Connor Blandini scored the first run of the game to put Bow up 1-0 in the third inning. He singled to left center field, advanced to second on a fielder's choice and scored on an error.

Hollis/Brookline retaliated in the next inning, scoring twice in the frame. Joe Messina plated Max Mello on a double to right field and came around on a Nik Dorenzo sacrifice fly.

Bow scored two more runs in its half of the fourth to jump back out in front, 3-2, as Lamy crossed home on a balk and Harris scored on Blandini's RBI triple to right center.

The Cavaliers put forth a last-ditch effort in the fifth with Grant Snyder and Mello each notching RBI singles.

"The way that they've played in this tournament coming from behind with two walk-off wins (to reach the championship) I knew we were capable of doing it (today)," Forbes said. "I knew they knew they could do it, it was just a matter of getting the right pitch in the right spot."



Summer CONCERT SERIES

The 2019 Bow Rotary FREE Summer Concert Series lineup.

All concerts, weather permitting, will be held at the Bow Town Bandstand from 6:00 - 8:00 PM.

Bring your chair or blanket and share these great free concerts with your friends and neighbors.

Mark your calendar!

DATE	BAND
July 14	High Range
July 21	Canyon Run Band
July 28	Concord Coachmen
August 4	Bow Junction
August 11	Bend the Ride
August 18	Honest Millie

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Learning for the fun of it!

What's Happening in OLLI?

By Jacki Fogarty

OLLI at Granite State College is experiencing the same thing as most of the local schools are experiencing – summer vacation! Unlike the local school experience, OLLI's students are not celebrating freedom from the classroom; they are looking for ways to continue the learning!

So OLLI is offering some summer school opportunities. OLLI, the Osher Lifelong Learning Institute, is the organization dedicated to "learning for the fun of it" for adults age 50 and above. Long past the age of being eager to get out of school, OLLI members relish the chance to experience a wide variety of courses, often with subject matter they never considered interesting. But, for a small investment in course fees, they usually find that some combination of the instructor's passion for the topic, freedom from tests and homework and, surprisingly, the topic turns out to be fascinating. Add to that, the company of fellow students who share life experiences and love of discussion and OLLI education fills a very special spot in the lives of OLLI members.

Two summer series will be available starting in July. The first will meet twice a week for two weeks in July – a production of the Smithsonian American Art Museum. The four classes will explore American history through the eyes of artists whose work is found in the museum. After an introductory class which covers analysis, interpretation and critique of art works, the remaining three classes will divide the view of American history into Early America, Wars at Home and Abroad and Contemporary America. The history course is limited to 30 and will be open to members only at a cost of \$35.

The second summer series is a six-week series of debates sponsored by Osher at Dartmouth. The debates are live-streamed to OLLI sites in Concord, Portsmouth and Conway. Both members and nonmembers are invited to attend the entire series for \$95 or choose individual debates for \$20 each. Entitled "Critical Thinking for the Preservation of Our Democracy," the format of this series is different from the last 22. Rather than presenting a lecture on each topic, each session will offer two international experts to speak on both sides of an issue, demonstrating critical thinking in action. The debate format will include a moderator for each. Topics to be covered include Freedom of Speech, Gun Rights, Affirmative Action, Freedom of the Press, Individual Privacy and Voting Rights.

Running Thursday mornings from July 11 through August 15, the debate series will lead right into the beginning of the Fall Term which promises 80 courses in Concord covering the full spectrum of OLLI subject areas: history, art, politics, science, performing arts, travel, health, law, personal enrichment, fitness and more. Courses are also available at OLLI's other sites: Manchester, Greater Seacoast area and Greater Conway. More information about OLLI and its course offerings is available on its website, olli.granite.edu or by calling the OLLI office at 603-513-1377.

Other happenings: In May, the Bow Men's Club welcomed OLLI members Ed McMonagle and Dan Fogarty to their meeting to learn about the OLLI program. OLLI's "Ambassador Program" furnishes speakers to organizations interested in educating their members about the Osher Lifelong Learning Institute. Speakers can be requested by calling the OLLI office at 603-513-1377.



The Summer Lecture Series is live-streamed from the Dartmouth College campus to OLLI at Granite State College. Members attending in Concord fully participate in the Q&A part of the program through an arrangement with Osher at Dartmouth.

"MINDFUL IMPROV" SHOWCASE

Bow Mills United Methodist Church, 505 South St., Bow NH will host a hands-on, audience-friendly, interactive "Mindful Improv" Showcase on Saturday, June 29th from 7 to 9 pm.

Be part of the audience and enjoy an evening of amusing, surprising, and thought provoking improvisational entertainment with Facilitators Jim Readey and Tyler Paterson.

Learn more about this sometimes silly, sometimes profound, but always liberating and enlivening opportunity called improv... and we want to make it easy for you to try!

You'll have a chance to see improv up close, and enjoy some laughs from your sea... plus, you can jump onstage with us for a game or two (or three or nine, or as much as you want!... it'll be entirely up to you! Relaxed and informal, there will be time for your questions and discussion!

Further information, please contact Jim at YogaPhile@yahoo.com.
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PROTECTING YOURSELF ONLINE

Though the internet has many advantages, it can also make users vulnerable to fraud, identity theft and other scams. According to a Norton Cybercrime Report, 143 million U.S. consumers were victims of cybercrime in 2017. June is "National Internet Safety Month" and Sugar River Bank recommends the following tips to keep you safe online:

KEEP YOUR COMPUTERS AND MOBILE DEVICES UP TO DATE.

Having the latest security software, web browser, and operating system are the best defenses against viruses, malware, and other online threats. Turn on automatic updates so you receive the newest fixes as they become available.

ESTABLISH PASSWORDS. A strong password is at least eight characters in length and includes a mix of upper and lowercase letters, numbers, and special characters.

WATCH OUT FOR PHISHING SCAMS. Phishing scams use fraudulent emails and websites to trick users into disclosing private account or login information. Do not click on links or open any attachments or pop-up screens from sources you are not familiar with.

Forward phishing emails to the Federal Trade Commission (FTC) at spam@uce.gov – and to the company, bank, or organization impersonated in the email.

RECOGNIZE AND AVOID BOGUS WEBSITE LINKS. Cybercriminals embed malicious links to download malware onto devices and/or route users to bogus websites. Hover over suspicious links to view the actual URL that you are being routed to. Fraudulent links are often disguised by simple changes in the URL. For example: www.ABC-Bank.com vs ABC_Bank.com

KEEP PERSONAL INFORMATION PERSONAL. Hackers can use social media profiles to figure out your passwords and answer those security questions in the password reset tools. Lock down your privacy settings and avoid posting things like birthdays, addresses, mother's maiden name, etc. Be wary of requests to connect from people you do not know.

SECURE YOUR INTERNET CONNECTION. Always protect your home wireless network with a password. When connecting to public Wi-Fi networks, be cautious about what information you are sending over it. Consider using a Virtual Private Network (VPN) app to secure and encrypt your communications when connecting to a public Wi-Fi network. (See the Federal Trade Commission's tips for selecting a VPN app.)

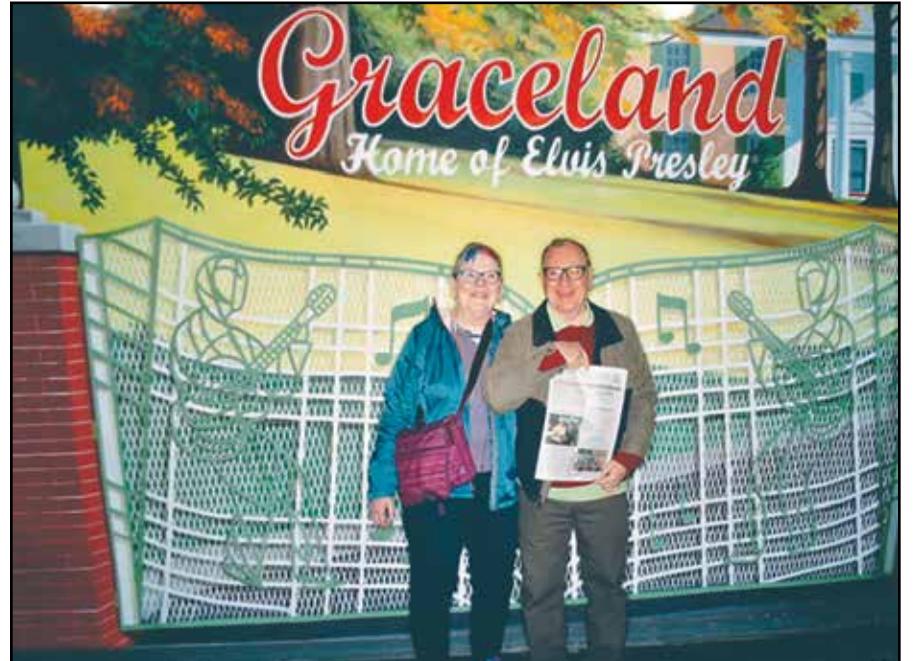
SHOP SAFELY. Before shopping online, make sure the website uses secure technology. When you are at the checkout screen, verify that the web address begins with https. Also, check to see if a tiny locked padlock symbol appears on the page.

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Travel with The Bow Times



Dick and Alna Stevens travelled to Memphis to visit Elvis, and heard his footsteps upstairs at Graceland, but, didn't have an actual sighting.

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

THOUGHT FOR THE DAY

"Achilles, without his heel, you wouldn't even know his name."

Stan Lee, Creator of Spider-Man

Life is Full Here!

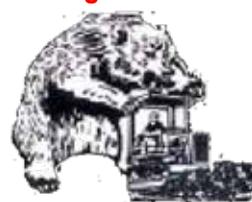
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YOU WANT RESULTS – WE HAVE YOUR SOLUTION!

by Jim Olson

You want results. That extra 15, 25, or even 50 pounds should have been gone... like yesterday, right?

You want to be pain-free but getting off the couch or out of the desk chair seems near impossible?

We all want a better body, to be healthier, to live longer. But we don't want to put in the work to get there. Even worse, CHANGE IS SCARY!

People are truly terrified of change and of the unknown.

In order to lose weight, manage pain, get stronger, perform better and alter your body/health in whatever way aligns with your goals, change must happen. And if you're not mentally ready for it, it's not the time to try to change. You must be mentally aware and focused if you are going to make life-altering changes.

We have an awesome program here at Individual Fitness, and people seek us out, ready to change and ready to join us.

Every now and then, I sit down with someone who just isn't ready. I know it in my heart when I see it. And sometimes I don't get it! Why wouldn't you want to look and feel better, have great health, live your best life, be vibrant, radiant, and strong, and be PROUD of yourself and your dedication? You can't put a



Jim Olson

price tag on that! But I have to reel it back in because while eating well and exercising aren't always the thing I feel like doing, I realize that those things are engrained into my life. They are habits. If people aren't willing to work on those habits, change can't happen.

Tony Robbins has an amazing way of putting perspective on things. One of his concepts regarding change that I love is that everything happens FOR you not TO you. It's the idea that everything in

your life serves a purpose, teaches you a lesson, propels you to grow. When we find ourselves overweight, in pain, and out of shape, it's easy to look back and list 100 reasons why.

We had to neglect ourselves because _____ (fill in the blank).

What if the reason, like being too busy in a job for example, was used to make us more efficient with our time so that we HAVE time to take care of ourselves? That busyness is happening FOR you to help you grow and make positive changes.

Is there a situation in your life right now you can look at where perhaps you've wondered "why is this happening to me!?" Can you re-frame it to see the purpose it serves? To see how it aided in a positive change happening in your life?

I'll say it again. Change is scary. It is normal to want to avoid discomfort at all costs. But, sometimes change isn't just uncomfortable for us. It is uncomfortable to others around us as well.

Here's the funny thing about change... sometimes friends and family often don't like it when YOU change! It makes THEM uncomfortable!

It's a bizarre concept that I see all the time. We've had members whose friends

and family members have become very negative about their transformation and positive habit. Sometimes it's just a look, other times it's a snide remark, some will even tell the successful person that they look SICK when they simply look fit and healthy.

Bringing down the successful person seems to make the other person feel better. But the truth is that the negative person wishes so badly that they were able to commit to change the way their friend has.

If you've committed to change or you're considering it, I think it's important to know what to expect. If you see this pop up in your life (and I truly hope it doesn't!), please remember this message. This is one of the reasons being part of our community here at Individual Fitness is so powerful.

If you're ready to embrace change, we'd love to chat. We love helping our clients in every way we possibly can.

Committed to Your Fitness,

Jim Olson
Individual Fitness, LLC

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BAKER FREE LIBRARY NEWS

by Juliana Gallo

Our summer reading programs for children, teens and adults begin on June 21! Register for *A Universe of Stories* (for students entering kindergarten through grade 6) or *Bookopoly* (for teens and adults) beginning at 4PM. Keep reading to learn more.



SUMMER READING KICKOFF PARTY

Our annual kickoff party will take place on Friday, June 21 from 4-7PM. Bring the whole family to register for the summer reading program, enjoy free dinner provided by the library, and take part in crafts and activities as part of our Astronaut Training Camp! This event is free and open to all ages.

Teens and Adults: This year, you have your own program! Diversify your reading by taking on Bookopoly, a game-board style program that will encourage you to read more broadly. Registration for this program will also begin at our kickoff party. For more information, visit our website or call 224-7113.

ESCAPE ROOM: LOST IN SPACE

You're an astronaut stranded aboard a damaged space shuttle, and you're running out of time for a rescue. Work together to decipher clues and solve puzzles in this space-themed escape room! Registration is required for this event; please sign-up for an available time slot. Recommended for ages 7 and up. July 11, 12 and 13, multiple time slots.



MR. AARON'S INTERGALACTIC MUSIC SPECTACULAR

Join New Hampshire Magazine's "Best Children's Performer of 2018" on a thrilling musical journey through a universe of music! This interactive concert will be a blast for families with children of all ages. Come early for a free dinner, too, provided by the library. Friday, July 19 at 5PM (concert begins at 5:30).

Our summer reading program will also include drop-in storytimes, weekly crafts, science explorations, a live animal program, and more. For a full schedule of events, visit our website!

IN THE LIBRARY NEW DVDS ON 7-DAY LOAN

In order to cut down on wait times, new movies, purchased by the library within the last six months, will now be loaned for 1 week beginning on June 1. All other DVDs will still have a 2-week loan time.

ADULT BOOK GROUPS

Monthly book talks are held on the second Tuesday of each month at the library, at 12:30 and 6:30PM, and on the third Tuesday of each month at 3:30PM at White Rock. Books are voted on annually by group members, and new members are always welcome. You can borrow a copy of this month's selected title at the circulation desk. This month, we're reading *Never Caught: The Washington's Relentless Pursuit of their Runaway Slave, Ona Judge* by Erica Armstrong Dunbar. Love mysteries? Try *Whodunits!* This mystery-exclusive book group meets at White Rock on the first Tuesday of each month at 3:30PM. This month's selection: *The Crossing* by Elly Griffiths.

BOOK DONATION DAY

The Friends of the Baker Free Library will hold their next donation day on Saturday, June 29, from 10AM-2PM.

If you have any questions about what we accept for donations, please email info@bakerfreelib.org.

FREE COMMUNITY YOGA CLASSES

In collaboration with Yoga NH, the library is pleased to offer FREE 1-hour yoga classes to Bow residents and library cardholders! June's classes will be held from 9-10AM on Saturday 6/1 and Sunday 6/30.

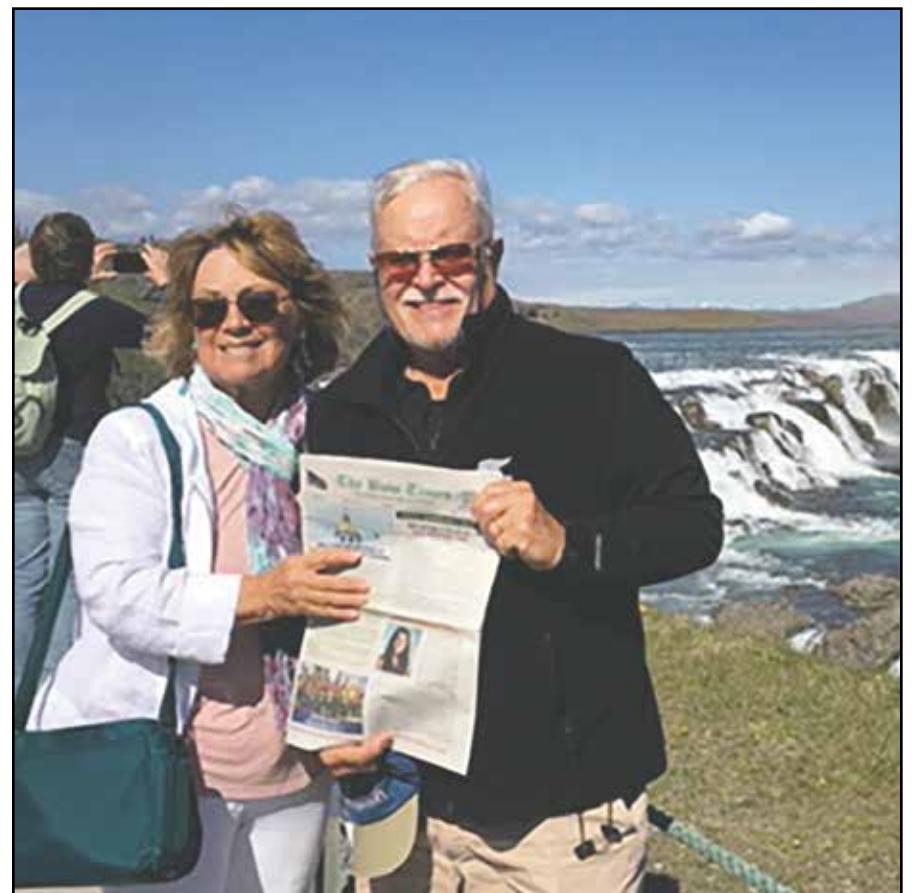
Bow residents, please register in advance by emailing info@bakerfreelib.org or calling 224-7113. If this is your first time attending our community classes, please arrive by 8:45AM to fill out the liability waiver. Non-Bow residents can attend for a fee of \$12 per class. Pre-registration and payment is required through <http://yoganh.com>. We cannot accommodate drop-ins for non-Bow residents, so registration and payment is required prior to class.

Classes are held in the Library's Merrimack County Savings Bank Room in the Lower Level. Because these classes are held outside of library operating hours, participants will need to enter through the Lower Level door near the handicapped parking ramp.

www.bowbakerfreelib.org

(603) 224-7113

Travel with **The Bow Times**



Chase and Bud Binder traveled with The Bow Times!
Here they are in Iceland – their 100th country to visit

SIGNS OF ELDER ABUSE

by Dominic Lucente

Physical, mental, and financial warning signals.

Is someone taking advantage of someone you love? June 15 is World Elder Abuse Prevention Day, a day to call attention to a crisis that may become even more common as baby boomers enter the “third acts” of their lives.¹

Elder abuse has increased in America. The Centers for Disease Control and Prevention says that the rate of assaults on men aged 60 and older rose 75% from 2002-2016; the murder rate for this demographic rose 7% during 2010-2016. Additionally, assaults on women aged 60 and up increased by 35% from 2007-2016.²

Many elders are afraid or unable to speak out about what is happening to them. In some cases, the abuse is limited to financial exploitation. In other cases, it may include neglect and physical or emotional cruelty.

What should you watch out for? Different varieties of elder abuse have different signals, some less obvious than others.

Neglect. This is commonly defined as withholding or failing to supply necessities of daily living to an elder, from food, water, and appropriate clothing to necessary hygiene and medicines. Signals are easily detectable and include physical signs such as bedsores, malnutrition and dehydration, and flawed living conditions (i.e., faulty electrical wiring, fleas or cockroaches, and inadequate heat or air conditioning).

Neglect may also take financial form. A relative may avoid paying for an elder’s assisted living, nursing home care, or at-home health care. Or, an in-home eldercare service provider may fail to provide a sufficient degree or frequency of care.

Abandonment. This occurs when a caregiver or responsible party flat-out deserts an elder – dropping him or her off at a nursing home, a hospital, or even a bus or train station with no plans to return. Hopefully, the elder has the presence of mind to call for help, but if not, a tragic situation will quickly worsen. When an elderly person seems to stay in one place for hours and appears confused or deserted, it is time to get to the bottom of what just happened for their safety.

Physical abuse. Bruises and lacerations are evident signals, but other indicators are less evident: sprains and dislocations, cracked eyeglass lenses, impressions on the arms or legs from restraints, too-much or too-little medication, or a strange reticence, silence, fearfulness, or other behavioral changes in the individual.

Emotional or psychological abuse. How do you know if an elder has

been verbally degraded, tormented, threatened in your absence, or left in isolation? If the elder is not willing or able to let you know about such wrongdoing, watch for signals, such as withdrawal from conversation or communication, agitation or distress, and repetitive or obsessive-compulsive actions linked to dementia, such as rocking, biting, or sucking.

Financial abuse. When an unscrupulous relative, friend, or other party uses an elder’s funds, property, or assets illegally or dishonestly, this is financial exploitation. It can take different forms, all the way from simply withdrawing an elder’s savings with his or her ATM card to forgery to improperly assuming conservatorship or power of attorney.

How do you spot it? Delve into the elder’s financial life and see if you detect things like strange ATM withdrawals or account activity, additional names on a bank signature card, changes to beneficiary forms, or the sudden absence of collectibles or valuables.

Examine signatures on financial transactions – on closer examination, do they appear to be authentic or studied forgeries? Have assets been inexplicably transferred to long-uninvolved heirs or relatives – or worse yet, apparent strangers? Have eldercare bills gone unpaid recently? Is the level of eldercare being provided oddly slipshod, given the financial resources being devoted to it?

Whether elder abuse is intentional or unintentional, the harm done can be shameful. So, talk to or check in on your parents, grandparents, siblings, or other elders you know to ensure they are free from mistreatment.

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

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Citations.

1 - un.org/en/events/elderabuse/ [5/9/19]

2 - usnews.com/news/health-news/articles/2019-04-04/elder-abuse-on-the-rise-in-america [4/4/19]

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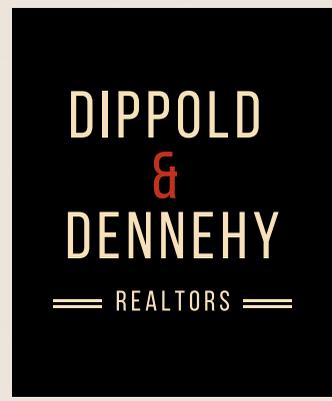
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REAL ESTATE SALES IN BOW

MAY 2019

526 Page Road	4 BR	1 BA	1.2 acres	2152 square feet	\$194,000
264 Page Road	3 BR	1 BA	1.13 acres	056 square feet	\$249,900
36 Bow Center Road	3 BR	1 BA	1.1 acres	1354 square feet	\$250,000
574 Page Road	3 BR	2 BA	1 acre	1807 square feet	\$284,300
9 Old Coach Road	3 BR	3 BA	1.02 acres	2380 square feet	\$330,000
89 Woodhill Road	3 BR	3 BA	6.13 acres	3056 square feet	\$331,000
12 Risingwood Road	4 BR	3 BA	2.9 acres	2272 square feet	\$360,000
3 Pine Crest Drive	3 BR	3 BA	1.52 acres	2459 square feet	\$362,000
11 Betty Lane	3 BR	2 BA	1.03 acres	2538 square feet	\$372,000
2 Crescent Drive	4 BR	3 BA	2.44 acres	1976 square feet	\$409,000
19 Marions Way	3 BR	3 BA	condo	2135 square feet	\$412,500
4 Dunnmoore Drive	4 BR	3 BA	3.34 acres	2704 square feet	\$431,000
11 Summer Lane	4 BR	3 BA	1.1 acres	3400 square feet	\$625,000



REAL ESTATE SALES IN DUNBARTON

MAY 2019

1180 Montalona Road	3 BR	3 BA	5.75 acres	2090 square feet	\$373,000
50 Stinson Drive	3 BR	3 BA	3.02 acres	2651 square feet	\$375,000

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(Exit 1 Off Ramp cont'd. from pg.1)

At least one other vehicle was observed to nearly exit before the driver corrected within the ramp gore and returned to I89 southbound.

It was found that the navigation instructions for the routing from I89 southbound to I93 southbound could be misunderstood and lead vehicles to incorrectly leave the interstate at exit 1 rather than continuing to the I93 southbound on ramp.

Recommended countermeasure:

Modify the overhead sign panels to include diagrammatic signs to more clearly communicate to drivers the geometric layout of the Exit 1 and I93 ramp connections. [Intermediate term measure]

Add a confirmation (also known as 'pull through') guide sign on I89 southbound to direct through traffic to continue south on I89. [Short term measure]

Add a panel on the existing Exit 1 off ramp gore sign to read "Logging Hill Road." [Short term measure]

2. Exit 1 off ramp: The RSA team did not identify any geometric issues related to the Exit 1 off ramp proper; however, it was noted that the ramp's broadly sweeping curvature allows high speeds, which can be an issue if the driver believes he is on the ramp leading to I93 southbound. The woods along the right side of the off ramp limit the drivers' sight line, but the available sight distance appears to be appropriate for the conditions. No additional clearing appears to be warranted. There is one 'stop ahead' sign on the right side of the approach to Logging Hill Road.

Recommended countermeasures:

Add a 'stop ahead' sign on the left side of the off ramp to flank the existing sign. Make both signs 36" and move them closer to I89 to make them visible sooner to exiting traffic. [Short term measure]

Add flashing beacons to the 'stop ahead' signs if high speed traffic continues to be observed on the off ramp. The beacons could be continuously flashing or actuated by radar speed detectors. [Intermediate term measure] Note: beacons are a low-cost item and thus are commonly identified as a short-term measure. In this instance, beacons would not be considered unless the other short-term measures proved inadequate.

Realign the off ramp to make its curvature sharper as a means of reducing speeds. [long term measure] With the impending comprehensive reconstruction of the roadways associated with this audit, the NHDOT does not support this alternative.

3. Exit 1 off ramp at Logging Hill Road – intersection issues: The Town members of the RSA team explained that the peak hour volume of traffic, combined with the high speeds on Logging Hill Road due to the eastbound descending grade and the sight distance limitations east of the exit 1 ramps make left turns from the off ramp difficult and hazardous.

Recommended countermeasures:

Enlarge the stop signs on the off ramp to 36" to improve their conspicuity. [Short term measure.]

Add a warning sign on the south side of Logging Hill Road opposite the exit 1 off ramp to further indicate the end of the off ramp. [Short term measure]

Clear trees and brush within the right of way immediately east of the ramp intersection to maximize the intersection sight distance. [Short term measure with continuing maintenance]

Add flashing beacons to the stop signs if high speed traffic and stop sign running continues to be observed on the off ramp. The beacons could be continuously flashing or actuated by radar speed detectors. [Intermediate term measure]

Move the ramp stop bar forward as permissible to optimize the line of sight to the left. [Short term measure]

COST ESTIMATES:**Short term measures:**

1. Install flanking stop sign; enlarge stop signs to 36";
2. Relocate and enlarge 'stop ahead' sign; add flanking ;
3. Add I89 southbound confirmation sign;
4. Add supplement guide panel on exit 1 gore sign;
5. Relocate stop bar: \$100
6. Add W1-7 warning sign: \$300 TOTAL IS \$1,725

Intermediate term measure

1. Install diagrammatic overhead guide sign: \$35,000
2. Add flashing beacons to stop signs: \$2,800 per beacon
3. Add flashing beacons to 'stop ahead' signs: \$2,800 per beacon

NEXT STEP:

The Town officials will prepare a formal response in the form of a letter identifying which option(s) they support.

**KEEP DUNBARTON
A SECRET?**

by Rick Broussard

(Rick Broussard is Editor of the New Hampshire Magazine, but got his start at the Bow Times 25+ years ago. He shares some history with us.)

My first journalism job in New Hampshire (about a quarter century ago) was as editor of a little weekly paper called the Bow Times. I had become a familiar sight at the town hall, schools and recreation center of Bow, but our expansion into neighboring towns like Dunbarton was a reminder that not everyone wanted a reporter snooping around.

At first, when I needed copies of minutes from the Dunbarton planning board or other official documents, the town clerk would let me take all those notes I wanted as long as the papers never left her sight. Oh, and I could make duplicates on the town's ancient copy machine for \$1 a page.

Eventually, even Dunbarton got used to having me hanging around town offices for hearings on special exceptions and variances, but I never forgot that bumper sticker that said Keep Dunbarton a Secret.

I had the pleasure of once again exploring the town halls of both Bow and Dunbarton this year. The buildings haven't changed much. There's some fresh paint and the office equipment is newer. And now, if someone wanted to charge me to copy documents, I could just pop out my iPhone and record as many as I wanted.

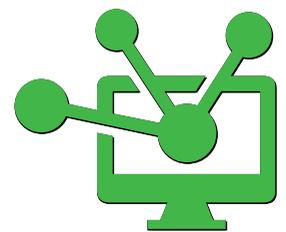
The current town office staff couldn't have been friendlier or more helpful. They even remembered The Bow Times fondly. While there I learned that Dunbarton, like a curiously large number of small NH towns, is about to turn 250 years old. We chatted excitedly about the lively doings that were in the works for the celebrations next year.

When I told the town administrator about my memory of those "Keep Dunbarton a Secret" bumper stickers, her eyes lit up. "We should have some of those made for the celebration," she said, and I took comfort knowing some things never change.

GARY LYNN RETIRES

Gary Lynn was recently honored for his lengthy service on the Town of Bow Recycling and Solid Waste Committee. Gary was appointed to the Committee in 1997 and served the Committee and the Town in many capacities, finishing his final term as Chair of the Committee. Gary was instrumental with the licensing of the transfer station on Robinson Road. Over the years, he handled the annual grant applications and contracts for the Town's annual Household Hazardous Waste collection. Until his retirement, Gary was a long-time employee of the NH Department of Environmental Services, which provided him with up-to-date information on state policies and environmental concerns. Gary's substantial knowledge of environmental sciences has been a great resource to the committee, particularly with tough hazardous waste questions.

After more than twenty years of writing annual recycling reports, attending minutes and preparing minutes, coordinating hazardous waste collections, and helping out by recycling at the Scout yard sales, Gary is retiring from the Committee to travel and take on new projects and adventures. The rest of the Committee will miss him, but we wish him well!

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500-MILE CANOE ADVENTURE FOR BOW RESIDENT



This summer Eric Thum and Doug Merriman will embark on a 500-mile canoe trip in northern Ontario. They will follow the ancient canoe route of the Native Americans from Pickel Lake, down the Pipestone River to Wunnummin Lake. From there they will paddle the Winisk River 320 kilometers to Hudson Bay. Except for a few villages along the way, the route is mainly muskeg wilderness-wild and uninhabited. The rivers run wild and fast, with many rapids and falls. Near Hudson Bay the Winisk crosses into Polar Bear Provincial Park, which contains one of the southernmost extensions of arctic tundra in the world.

Part of the trip will go through Shield country. The Canadian shield is a huge band of bedrock that sweeps across much of Canada. Its rocks are frequently exposed and represent the roots of ancient mountain ranges that were built up over billions of years and then gradually worn away by running water and wind. This makes for excellent campsites on high rocks with views of the river and great places to pitch a tent. Closer to Hudson Bay the rocky shores typical of so much of the shield give way to high gravel and mud banks, called the Hudson Bay Lowlands. Here good campsites are harder to find, with bogs and fens along the river. At the end of the trip Eric and Doug will donate the canoe to the Choose Life Project, a two-year initiative to expedite access to mental health services and supports.

Wildlife abounds in this region. Eric and Doug may encounter arctic fox, ptarmigan (arctic bird), beluga or white whales, moose, wolf, caribou, polar bear, and of course swarms of mosquitos. Freeze-dried food will be on the menu most days, with fresh fish rounding out the diet. Ultralight packs, tents, and clothing help lighten the load on long portages around rapids and falls.

There will be another article on the trip when they return.

KEN MCKENNA HONORED FOR SERVICE TO BOW ATHLETICS



On Saturday, June 8th, to celebrate the tremendous accomplishments and contributions to the Town of Bow, the Bow Athletic Club had Ken McKenna throw out the first pitch of the Cal Ripken Major's Division Championship Game followed by the Board of Selectmen proclaiming that the road from Albin Road to Gergler Field will be named McKenna Way.

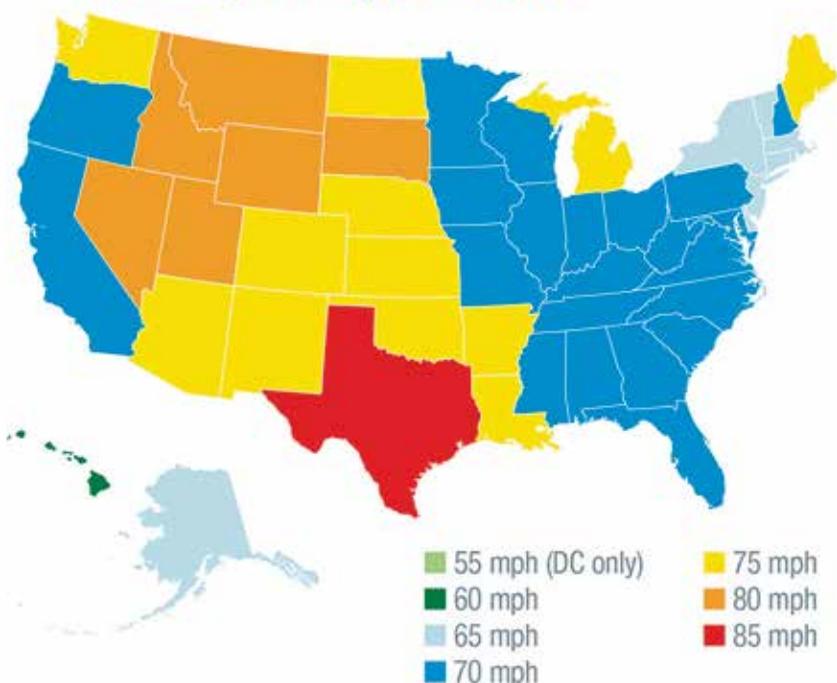
Ken McKenna helped found the Bow Athletic Club in 1974 and along with the other founders built the various fields at Hansen Park. McKenna coached various BAC teams for over twenty years, followed by a lengthy career as a basketball referee and baseball umpire.

The ceremony was attended by numerous friends, family and town officials, including Ken's grandchildren, all of whom played BAC sports over the years, including Sam Windsor, Emma Windsor, Catherine Windsor, Sean Ford, Shannon Ford, Meghan Young and Jackson Young.



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BOW IS RECYCLING LET'S KEEP IT CLEAN!

by the Town of Bow Solid Waste and Recycling Committee

Similar to many other towns in New Hampshire, Bow was recently forced to reevaluate our recycling program due to increased costs associated with recycling. The Bow Solid Waste and Recycling Committee is pleased to announce that the Selectmen voted at its meeting on May 28, 2019 to continue to fund the recycling program. The annual cost to continue the recycling program is approximately \$30,000. This estimate is based on the current market and assuming that our recyclables are designated as "Class A" recyclables. The designation of our recyclables as "Class A" is based on the amount of contamination (less than 5%) in the loads from Bow. In the event we do not receive a "Class A" designation, the cost of recycling will significantly increase and the town will again need to reevaluate its options.

It is imperative to the success of our recycling program that we reduce contaminants in our curbside recycling totes. Many of us are "aspirational recyclers" and will include items in our curbside recycling tote hoping that they can be recycled. If we are throwing away items in the hope that they are recyclable, we are creating more harm than good. Over the last two years, China has imposed strict restrictions over the acceptance of recycling loads that are deemed to be contaminated. With that in mind, 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 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, and otherwise they should be reused or placed in the trash.

When it comes to plastic, according to Pinard, it is important to only recycle items that are "containers" or "vessels," such as plastic bottles. Even if an item has a recycling number, it may not be recyclable because there is no market for it. Plastic toys, plastic utensils, straws, clothes hangers and bulky plastic items are considered contamination and should not be placed in the curbside recycling. Colored plastic cups (such as red Solo cups) are also not accepted for recycling. Metal (other than tin, clean aluminum foil and aluminum cans) is also not accepted for recycling.

It is important to empty beverage containers before putting them in the recycling bin. The liquids are not only messy, but can be deemed hazardous waste by recycling workers. While food containers do not need to be laboratory clean before recycling them, it is necessary to rinse containers such as peanut butter and catsup jars to avoid rodents and other pests from being attracted to the recycling load. And the ongoing pizza box question? According to Pinard, the actual box can be recycled unless it is heavily saturated with oil. All food should be scraped and removed from the pizza box. The plastic pizza saver used to protect the pizza from sticking to the box is not recyclable, and should be placed in the trash.

The Solid Waste and Recycling Committee wants to remind residents that the best way to avoid items from entering the waste stream is to reduce the purchase of items in single-use containers and bulky packaging. This can be accomplished in many ways, including the use of reusable shopping bags and beverage containers.

If you have specific questions about whether an item is recyclable, please check out www.recyclesmartma.org, or send an email to the Town of Bow Solid Waste and Recycling Committee at bowrecycles@gmail.com. The new flyer is also posted at the website at www.bownh.gov/289/Trash-Recycling-Services.

Because of global changes to recycling, the industry has changed how they describe what can and cannot be recycled in residential programs. They have moved away from the "look for the symbol," and "1-7" terminology, and instead spell out the TYPES of items that are included in the program. **ONLY** the items listed below should go in your household recycling bin. If you're unsure, please don't risk contaminating the load, and place the item in the trash.



METAL: Food & Beverage Cans



GLASS: Bottles & Jars



PLASTIC: Bottles, Jars, Jugs, & Tubs



PAPER & CARDBOARD: Mixed Paper, Newspaper, Magazines, & Boxes



"Can I Recycle This?" Know When It's a NO!

The list below illustrates many of the items we find in recycling carts that **ARE NOT** included in the residential recycling program. This is **NOT** an exhaustive list; remember that if it's not listed to the left, it's not part of the program. By tossing items into your cart that you think **SHOULD** be recyclable, you are actually contaminating the load and possibly causing recyclable items to be disposed of as trash. When in doubt, check this out! www.RecycleSmartMA.org. Enter in the item & find out if it's recycling or trash!

METAL ITEMS:

NO

- Aluminum Foil
- Aluminum Trays/Pans
- Pots or Pans
- Silverware
- Scrap Metal
- Wires or Cords
- Electronics
- Batteries
- Toys
- Sinks
- Shelves
- Clothes Hangers
- Paint Cans

GLASS ITEMS:

NO

- Ceramics
- Baking Glass
- Drinking Glasses
- Plate/Window Glass
- Light Bulbs
- Candle Jars
- Eyeglasses

PLASTIC ITEMS:

NO

- Plastic Bags (of ANY kind)
- Plastic Wrap
- Films
- Tarps
- Plastic Utensils
- Straws
- Colored Cups
- Flower Pots
- Cell Phone Cases
- Toys
- Rubber
- Clothes Hangers
- Hoses

PAPER ITEMS:

NO

- Coated Papers (ie soda cups)
- Paper Towels
- Napkins
- Tissues
- Paper Plates

The following are not allowed if dirtied with food:
 Pizza Boxes
 Take Out Containers

OTHER PROHIBITED ITEMS:

NO

- Styrofoam (of ANY kind) (even if imprinted with a recycling logo)
- Wood or Construction Debris
- Food or Liquid
- Hazardous Waste

NO

- Motor Oil Container
- Medical Waste
- Prescription Pill Bottles
- Clothing or Linens
- Shoes
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BOW GARDEN CLUB

by Joyce Kimball

BOW GARDEN CLUB MEMBERS ATTEND NHFGC ANNUAL MEETING

Jackson, NH -Twelve Bow Garden Club members attended the NH Federation of Garden Clubs, Inc. (NHFGC) Annual Meeting held at The Eagle Mountain House on May 22nd. This was their 86th Annual Meeting, their Installation of Officers for the 2019-2021 term and their Awards Luncheon. Atkinson Garden Club member Susan Miner was installed as the organization's 42nd State President with Bow Garden Club member Joyce Kimball stepping down as president. As Immediate-Past President she will serve as the advisor to the NHFGC Executive Board during the new term.

The Bow Garden Club received several NHFGC awards during the Awards Presentation: The Eva Shirley Award -"Given to a CLUB in recognition of a significant contribution towards the beautification of its town/city" and the Community Improvement Award - "Awarded to a club of 45 or more members for a project that improves their community..." Both of these awards were given based on the award applications the club submitted outlining their refurbishing of the planting areas at Rotary Park this past year. Bow Garden Club member Susan Smith was presented with a Silver Seal Citation having been nominated by the club in recognition of "her dedication and untiring efforts as Civic Beautification for the club". Beverly Gamlin was presented with an NHFGC Lifetime Membership in recognition of her "continuing service to the Bow Garden Club, most recently for serving as its President from 2017-2019". The club also received a 3rd place for their 2018 Historical Scrapbook and Honorable Mention for their 2018 Yearbook, in the Medium Club Category.



L to R: Jane Goodwin, NHFGC Awards Chairman; Susan Smith, BGC Civic Beautification Chairman and recipient of a "Silver Seal Citation" and Joyce Kimball, BGC member and 2017-2019 NHFGC State President.

PETALS 2 PAINT FLORAL EXHIBITION – June 26 & 27

East Colony Fine Art will present their 16th annual "Petals 2 Paint" floral design exhibition on June 26th and 27th at the LaBelle Winery in Amherst. Eight Bow Garden Club members will exercise their creative floral arranging skills along with additional floral arrangers from other New Hampshire garden clubs as well as a few independent arrangers. Twenty-



Club President Lorraine Dacko poses with her floral interpretation at last year's exhibition.

three different artists's works will be on display during the exhibition, each accompanied by an interpretive floral arrangement. The Opening Reception will take place on Wednesday, June 26th from 5-8 p.m. with Wine Tasting from 5:00 - 6:30 p.m. The exhibition continues on Thursday, June 27th from 11 a.m. through 6 p.m. This event is open to the public and there is no cost to attend this event. The LaBelle Winery is located at 345 Route 101 in Amherst. Questions? Contact Joyce Kimball at 229-1990.



THANKS BOW CITIZENS FOR A SUCCESSFUL PLANT SALE!

It was a perfect day for a spring plant sale on the Saturday of Memorial Day Weekend and the Garden Club welcomed back many returning customers and supporters as well as a good number of "newbies". The Bow Community Building was lined with table upon table of bright, ready-to-plant annuals, hardy perennials, aromatic herbs and veggie starters that had arrived the night before direct from the Ledgeview Greenhouses in Loudon. More space was taken up with hundreds of "members' plants" grown with love and carefully removed from members' gardens when they outgrew their designated spaces, now to be shared with others. Members' plants are always "tried and true" and they can be sold to patrons very inexpensively at a clear profit for the club.

This was the second year the garden club offered their "Youth Potting Shed," an area where kids of all ages can gather to plant either flower or vegetable seeds in bright pots to take home and then watch them grow. The "little gardeners" were guided through the planting process, receiving easy-to-follow instructions about watering and other plant requirements under the watchful eye of BGC member Ruth Brack. This project was even more popular than last year!

Another attraction to that corner of the room was "Miles", a beautiful fawn colored, furry and friendly pet rabbit belonging to BGC member Michelle Bailey. Michelle



Member Ruth Brack helps little gardeners with their planting project.

offered to bring Miles to the plant sale as a source of entertainment for some of the children that would inevitably be accompanying their parents and he was well received by all the children and adults!

The Bow Garden Club would like to thank everyone for their continuing patronage of the club's annual spring plant sale as this event is their primary fundraiser, allowing them to continue their civic beautification efforts around the Town of Bow, to offer a high school scholarship and more.



Member Michelle Bailey holding "Miles" with Jake Huggins (front) and Owen Huggins all of Bow.

NO JULY OR AUGUST MEETINGS!

The garden club will not be holding regular membership meetings during the months of July and August. The club will, however hold their traditional "Progressive Dinner" for club members and their guests in mid-July and will be sponsoring their second "Books In Bloom" exhibition at the Baker Free Library August 9th and 10th.

(Stay tuned for more details).



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SPRING WEATHER CAN BE UNPREDICTABLE

by Lee Kimball, Bow Emergency Management Director



Don't let this be you! Spring is the time of year when many things change - including the weather. Temperatures can swing back and forth between balmy and frigid. Sunny days may be followed by a week of stormy weather.

Thunderstorms cause most of the severe spring weather. They can bring lightning, tornadoes, and flooding. Whenever warm, moist air collides with cool, dry air, thunderstorms can occur. For much of the world, this happens in spring and summer.

Because spring weather is so unpredictable, you may be unprepared when severe weather hits, particularly if you live in a region that does not often experience thunderstorms, tornadoes, or flooding. When severe weather hits, the risk of injury and death increases. So planning ahead makes sense; prepare for storms, floods, and tornadoes as if you know in advance they are coming, because in the spring, they very likely will.

Follow many of the same steps that you would for all extreme weather events. Make sure your family has an evacuation plan, communications plan, an emergency supply kit, a first aid kit, and evaluate your flood insurance needs.

Director Kimball may be reached at **223-3940 Ext. 501** or at lkimball@bownh.gov or visit the Town Web Site at www.bownh.gov under departments and click on the office of emergency management for additional preparedness information.



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BOW HERITAGE COMMISSION



The Bow Meeting House



The Old School House



The Baker Heritage Room
Located in the lower level of the Baker Free Library

Please call to make an appointment to visit these historical locations in July and August.

Gary D. Nylen 496-5239

Faye Johnson 228-8149

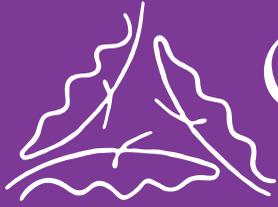
Eric Anderson 228-0448

Jim Dimick 228-1131

Sue Wheeler 774-3751

Maureen Arsenault 219-9519

Dave Lindquist 224-0175



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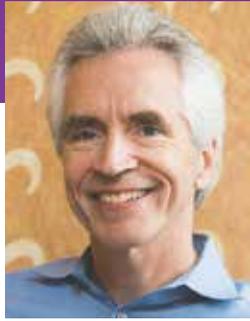
Hopkinton Real Estate Sales – MAY 2019

ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
95 Tucker Drive	3 Bedrooms / 2 Baths	1,344 square feet	0.56 acre	\$105,000
74 Tucker Drive	3 Bedrooms / 2 Baths	1,400 square feet	0.56 acre	\$136,000
108 Peaked Hill Road	2 Bedrooms / 2 Baths	1,878 square feet	CONDO	\$235,000
101 South Road	1 Bedroom / 1 Bath	1,150 square feet	0.21 acre	\$240,000
973 Bound Tree Road	3 Bedrooms / 1 Bath	1,749 square feet	10.42 acres	\$270,000
362 Thain Road	3 Bedrooms / 3 Baths	2,741 square feet	27.04 acres	\$345,950
519 Maple Street	4 Bedrooms / 3 Baths	2,060 square feet	8.5 acres	\$365,000
513 Gould Hill Road	4 Bedrooms / 3 Baths	2,853 square feet	1.09 acres	\$400,000
485 Crowell Road	5 Bedrooms / 3 Baths	4,882 square feet	6.9 acres	\$629,000
584 Currier Road	3 Bedrooms / 4 Baths	2,828 square feet	113 acres	\$809,000

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Based on 2017 Real Estate Sales in Merrimack County, MLS.



Welcome to the Hopkinton - Contoocook TOWN CRIER!

by Kathleen Butcher

► **CONTOOCCOOK FARMERS MARKET** Every Saturday by the Gazebo in Contoocook Village. Join us for another great season of food, fun, and music every week, 9:00 AM to 12:00 PM, through October. Featuring spring veggies, meat, eggs, jams, maple syrup, breads, pies and other baked goodies, granola, cheese, and raw sheep's milk & yogurt. SNAP/EBT is accepted, local NH fish "CSA" sign up still available, as well as limited retail. For more information, visit facebook.com/ContoocookFarmersMarket.

► **SUMMER** Help send a child to summer camp. We have a number of families who would benefit from camp scholarships this summer season. We have day camp, a number of sports camps and swimming lessons. Thank you for your support of this worthy program. Please make checks out payable to Hopkinton Human Services and mail to 330 Main St Hopkinton NH. Hopkinton Recreation Department has many camps open this summer. Including: day camp, art camp, music camp, science camp and British Soccer camp. Information available at: www.hopkintonrec.com and 746-8263.

► **YOUNG WRITERS** The 7th annual 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 contact Trish Walton trishwalton65@gmail.com or Joan Follansbee joanfollansbee@yahoo.com.

► **DANCE & GYMNASTICS** Contoocook Dance & Gymnastics will offer three weeks of camp. Camps days are filled with arts and crafts, dance, artistic gymnastic, rhythmic and theater arts. Week of June 24th, July 8th and July 15th. Ages 6 to teens. Contact Yvonne Bossi at 746-3282 or beutyndanc@aol.com.

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

► **HOPKINTON LIBRARY OPENS!** The Hopkinton Library is now open. Thank you to everyone for your support!

Kathleen Butcher 724-3452, kathb123@comcast.net.

HOPKINTON POLICE LOG

TOWN OF HOPKINTON POLICE DEPARTMENT

MAY 2019 STATS

5 Arrests 7 Accidents 697 Traffic Stops

ARREST LOG:

- 05/05 James Blaisdell, 42, 1021 Hopkinton Road, Hopkinton, NH was arrested for Aggravated DUI.
- 05/06 Madison Edberg, 18, 64 Halfmoon Pond Road, Washington, NH was arrested for Possession of a Controlled Drug, Transport Drugs in a M/V, Control of Premise Where Drugs are Kept, Open Container and Transport Alcohol by Minor.
- 05/20 Tara King, 34, 26 West Ridge Circle, Hopkinton, NH was arrested for Willful Concealment.
- 05/2 Sarah Holt, 23, 46 Glendale Road, South Hampton, MA was arrested for Transport Drugs in Motor Vehicle.
- 05/25 Isaiah Davis, 28, 119 Howard Street, Winchester, NH was arrested on a Warrant and Possession of Controlled Drug.

“FOR THE LOVE OF MUSIC” A TRIBUTE to JOSE FELICIANO

Submitted by “The Music Lady”

“Come On Baby Light My Fire” and “Feliz Navidad.” These are the two biggest hits of the Puerto Rican musician, singer, composer and extraordinary guitarist, Jose Feliciano. The 72 year old’s music is a fusion of Latin, jazz, soul, and rock, accompanied by his acoustical guitar, in his own “easy listening” style.

Jose was born blind in a poor family that had 11 sons. At age 7, he taught himself to play the accordion, and at age 9 his father gave him a guitar that was wrapped in a brown paper bag. That guitar changed his life forever.

While he was a boy, his family moved to Spanish Harlem in New York City. Jose had to drop out of school at age 17 to help support the family, and he began gaining recognition by playing at coffee houses in Greenwich Village, where he “passed the hat” for his salary. It was in this setting that he was discovered by an executive at RCA and began making recordings. Gradually he began performing across America at live shows and on the radio. The New York Times wrote an article about him and described him as the “10 fingered wizard.” His popularity began to spread around the globe to Latin America and the Philippines. When he was invited to play in England, he was not allowed to enter the country because of his guide dog, Trudy. The officials wanted to quarantine the dog for 6 months as a precaution to prevent the spread of rabies so Jose canceled the invitational performance there and instead wrote a song about the incident called “No Dogs Allowed.”

When he moved back to Los Angeles, he made a recording of “My Foolish Heart” with Dusty Springfield, which became a huge hit. Jose won 2 Grammy Awards in 1966. In 1968, at the height of the protest against the Vietnam War, the Detroit Tigers invited him to perform the Star Spangled Banner at Tiger Stadium. Jose sang it in his own personalized, slow, Latin jazz style. When his rendition was over, there were both cheers and boos from the stadium audience. Jose was the first performer to alter the traditional, straight forward singing of the National Anthem. His career was damaged for months, if not years after that event. But in 2006, on an NPR broadcast, he expressed PRIDE in being the one to open the door for artists to sing their own, heartfelt style when singing our great National Anthem.

In 1970, Jose wrote and sang his biggest hit, “Feliz Navidad” which has been recognized by ASCAP as one of the 25 all time most played Christmas songs in the world. He received a star on the Hollywood Walk of Fame.

The 50th anniversary of Jose’s break-out National Anthem performance appropriately fell on Flag Day June 14, 2018. Jose Feliciano – A great American.



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

Faye Johnson 228-8149 or Loni Aitchison 715-2540

- | | |
|-----------|--|
| June 26 | Strawberry Shortcake followed by WMUR’S Kevin Scarupa |
| July 10 | Concord Regional VNA “Aging Well” |
| July 24 | Pizza Party |
| August 14 | NH Humanities Storyteller Rebecca Rule at White Rock Senior Living |

UPCOMING TRIPS

Carol Walter 753-8000

- | | |
|------------|---|
| July 17 | \$90 -“Lobster Luau” at Foster’s in York, Me Entertainment by Jim Connors. Payment due June 26. |
| 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 |

WHAT ARE THOSE PAINTED SYMBOLS ON THE ROADS?

If you have seen big symbols (**X**, **+**, **V**, **T**) painted along state roads you may ask what are these symbols and what are they used for?

The **X**, **+**, **V**, and **T** are symbols used for aerial surveys and are painted on or alongside the road large enough to be legible in survey photographs.

The symbols are “targets” for an aerial photograph; there is no meaning to the different shapes or configurations of the markings.

A survey crew is dispatched to survey the location of these targets and assign coordinates to each.

When the survey is completed, the spatial relationship between each of the targets is known, such as the distance between them and the difference in elevation. This information is provided to a DOT *photogrammetrist*, aerial mapper.

Once the relationship between the ground distances and the distances on the photo are known, any distance measured on the photo can be equated to its true distance on the ground, and a true scale map can be made of everything that can be seen on the photo.

Thanks to Bow’s Bryan Westover and the Michigan Department of Transportation.

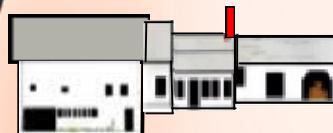


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ATTITUDE – the 6th JOY OF AGING

By Donna Deos



Joy number 6 is attitude. Which attitude you choose is up to you!

Sometimes we choose a “devil may care” attitude where we decide it’s time we get to do whatever we want. Most of the time we feel something like “it’s about d*\$n time! My whole life has been for others, from now on it is going to be about me – at last!” You no longer care about pleasing others and letting them run your life for you. Maybe you never did care about it, but got stuck doing it anyway for whatever reason. Chances are if you choose this one, most people in your life will fall into one of two categories: “You go! It’s about time you finally put you first!” or, “have you lost your mind? This is so unlike you. Besides, I still want and need you to help me try and put my own life in order.” They never actually say that last part. It’s just really what is going on for them, which is why it is hard for them to accept that you don’t plan to be at their beck and call anymore. How dare you?! (I say, you go!!!)

By choosing this attitude, you will put people on edge. However, if you have the courage to claim this one, they will likely eventually

shrug their shoulders, shake their head and decide to step aside and watch how it goes. In which case you will undoubtedly dazzle and amaze them and they may even someday wonder why you hadn’t done that sooner.

The other attitude you may choose is one of Zen. This is one where you choose to just live each moment to the fullest – to be the observer of life. To no longer get caught up in the drama, but to watch it pass by. The Zen attitude is more of a living meditation state. One where you see the drama come in and you watch it walk right on out. You don’t get involved. It comes and it goes, just like a flowing river passing you by. You have no desire whatsoever to interact with it. You just watch it come and then go.

Sounds lovely, doesn’t it? I have seen older people in this state. It’s really very beautiful. They greet every day as a gift and every person and situation with a loving smile. Things flow beautifully for them and around them. Life is very good here.

Sometimes they are judged as being senile, demented or whatever. Really, they are none of the above. They have simply found a

peaceful attitude in which to live. This one’s my goal – can you tell? I also like the “it’s about me for once” one too. Many times you have to live through the first one first, then you can work your way into the second one.

I’m sure there are many other attitudes out there as well. I suppose if you choose not to embrace the gift/joy of attitude in your older age you can stay exactly as you always are/were. What fun is that? I find that as people age, they tend to use these “gifts” to their advantage. It’s almost like the excuse to be who they have always wanted to be!

It’s a shame we need an excuse to be who we are, to be who we want to be. It’s a shame we get stuck trying to be who others want us to be and that sometimes those people try to hold us back so that they can stay comfortable instead of letting us grow... instead of letting us show our light, which really brightens the world for everyone.

Next month we will talk about the 7th Joy/gift of aging – Legacy.

Until then, have fun choosing your attitude!

All my best,
Donna

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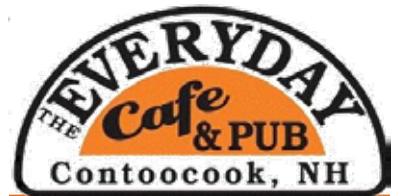
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Thursday 6:03am–9:07pm
Take-out Night Thursday
Friday 6:03am–9:07pm
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Sunday 6:03–we close at 3pm

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EXIT 1



In The Woods With Ron



The winner of the Winnie Derby in the Salmon division was Robert Dimmick of Meredith, with a 4.66 pound, 23.87 inch Salmon. Jeff Kenney of Westford, Ma. was 2nd with a 4.58 pound fish. Third was George Lodge Jr. of Franklin. The top 10 fish registered were over 4 pounds.

The Junior division winner was Nickolas Gelinas, with a 4.16 pound Salmon. The biggest lake Trout was caught by Johnathan Abear, it weighed 6.94 pounds. I did expect a large fish to win the derby: As I've stated before, the lake is in a sharp decline. Some of the charter boats have stopped fishing the lake.

On the Striper scene, the small ones are in, and the big boys should follow soon.

The report from Lake Sunapee is very good for Salmon. A 9 pound Lake Trout was caught off a dock.

The Newfound Trading Post reports some big fish coming from Newfound Lake, and the river is fishing very well. A 6 pound Salmon was caught in the lake.

The fly fishing stretch of the Contoocook River in Hillsboro has been getting a lot of action with good fishing being reported.

Some of the trout ponds have had stocking delays due to dirt road access being too muddy for the hatchery trucks.

I have to give credit to the trout hatcheries for producing some very impressive trout this spring.

Hot flies have been the Red Demon and a fly from N.Y. called the Usual.

Dan Bergeron, the deer biologist, reports that despite the winter being tough and long in the Northern part of the state, the deer came out very well.

The turkey harvest is not in yet, but is expected to be higher than last season, with over 4,400 birds taken. They are very hardy birds.

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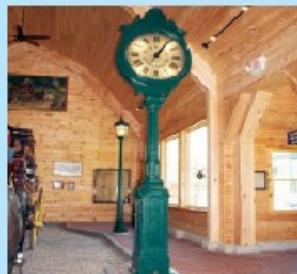
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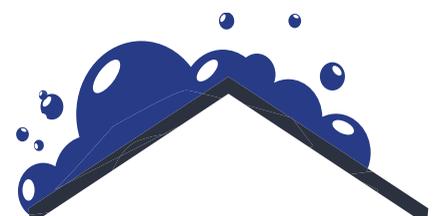
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OBITUARIES

SHIRLEY JAMES BARDWELL

Shirley James Bardwell went peacefully home to be with her Lord and Savior December 4, 2018. Shirley was born September 16, 1935, in Exeter, NH.

She attended school in Lee, Durham and Dover, NH. On June 4, 1955, Shirley married Ted Bardwell in Durham, NH. They lived in Durham, Lee, Concord, and settled in Bow April of 1962.

She baby sat children at her home and later drove a school bus for 34 years with the Bow School District and Recreation Department. More recently, she was a "chase driver" for Hews Company and Peterbilt of NH. She was a member of the Bow Fire Dept. Auxiliary and P.T.O.

Shirley is survived by her husband Edwin (Ted) H. Bardwell of Bow, NH; her children, Maggie and husband Howard Gasset, Chuck and wife Cat Bardwell, Allen and wife Katie Bardwell, and Tom and wife Ana Bardwell; her ten grandchildren; and ten great grandchildren.

CARLYLE "CARL" BRAGDON, JR.

Carlyle "Carl" Bragdon, 87, of Bow passed away surrounded by his family on May 9, after experiencing a period of declining health.

Carl was born in Bar Harbor, Maine on May 5, 1932, and graduated from Bar Harbor High School in 1950. He proudly served in the US Navy from 1951 to 1955, followed by service in the US Naval Reserves through 1959. It was while he was in the Navy that he met his future wife, Patricia Mack of Epsom, whom he married in 1955. They eventually moved to Bow where they lived for nearly 60 years.

Carl owned Cole's Appliance Center in Concord, and he continued working into his early 80's. He enjoyed woodworking and tackling any handyman projects that needed to be done. He was well known for his post-Thanksgiving Day turkey soup and his annual New Year's Day lasagna, of which there was always plenty to share with family, friends and neighbors. Mostly though, he enjoyed spending time with his family, and was a devoted and generous husband, father, grandfather, and great-grandfather. He will be greatly missed.

He was a member of the Destroyer Escort Sailors Association and the Tin Can Sailor National Association of Destroyer Veterans.

Carl was pre-deceased in 2014 by his loving wife, Pat, with whom he shared 59 years of marriage, and by his brother, Robert Scott. He is survived by his two sons, Bruce and wife Cynthia of Epsom, and Steven and husband Gerald Sherwood of Chicago, IL; grand-daughters Sarah Waranoski and husband Peter of Raymond, and Katie Presti and husband Matthew of Denver, CO; and great-grandchildren.

Graveside services will be held at a future date in Bar Harbor, Maine. In lieu of flowers, the family requests memorial donations be made to Concord Regional Visiting Nurse Hospice Care Program, 30 Pillsbury, St., Concord, NH.

MARION A. CROSBY

Marion Alberta Hutchinson Crosby, 97 of Page's Corner, Dunbarton, died after a period of declining health on May 21, 2019. Born January 7, 1922, she was the daughter of the late Philip H. and Gladys E. (Muzzey) Hutchinson.

She was employed as a secretary at Rundlett Junior High School from 1938 to 1946. She and her husband owned the Crosby Farm in Dunbarton from 1962 until 1994. She was a charter member of the Dunbarton Historical Society and volunteered helping organize Dunbarton historical records. She was presented the Boston Post Cane by the Town of Dunbarton in 2017.

Marion was predeceased in 1999 by her husband of 57 years, Robert E. Crosby; her sister Beverly M. Fairbanks; and her three brothers Richard P., Edward F., and William F. Hutchinson. The family includes a daughter Kay Crosby Herrick of Bow; three sons Peter R. Crosby of Concord, Thomas J. Crosby of Rochester, and Jeff A. Crosby and his wife Bronda of Dunbarton.

BARBARA GRACE GOVER

Barbara Grace Ford Smith Gover passed away peacefully on Saturday May 11 at the age of eighty eight. She was born in Mt. Kisco, New York and grew up in Hopkinton. Upon graduating from Concord High School, she earned a scholarship to Simmons College in Boston where she graduated in 1952 with a Nursing Degree.

She was a voracious reader and history buff which lead her to join the grass roots efforts of several local citizens working tirelessly to restore the historic Calvert Mansion which is now called the Riversdale House Museum.

Barbara is predeceased by her husband and her son Gordon Ford Glover and survived by her sister Kimberly Ford Smith Brusis, son Rolfe Eldridge Glover IV, daughter Katherine Cheney Glover Quinlan, son in law Paul Quinlan, daughter-in-law Priscilla Schroy Glover and six grandchildren.

RITA L. HODGMAN

Rita (Cherette) Hodgman passed away on Wednesday May 22. She was married to Frank W. Hodgman, Jr. for 49 years and raised 4 sons.

She worked for the City of Concord for 35 years retiring in February of 1994.

Rita was a true matriarch, living her philosophy of life "Don't dwell on things you can't change. If you can make it better, do so and move on." Rita is survived by her last remaining son Douglas W. Hodgman of Bow.

DAVID KIMBALL JOSLIN

David Kimball Joslin, a 33 year resident of Bow, 77, died Thursday, the 30th of May. He was born in Melrose, MA, the son of Charles Joslin and Mary (Kimball) Joslin.

He was part of the first graduating class of the newly built Lynnfield High School in Lynnfield, MA in 1960. He attended the University of New Hampshire, graduating in 1969 with a Bachelor's of Science in Mathematics, where he was a member of the Lambda Chi Alpha fraternity, after taking a break to serve in the U.S. Army from 1963-65 where he served in Japan. While in Japan, he started racing motorcycles at Japan's Suzuka Circuit. Later back home at the New England Dragway he set numerous records during the early 70's.

He held various computer programing positions, with multiple companies, in addition to time spent managing the family owned Turnpike Racquet Club in Plainville, MA which hosted the USTA Junior Girls 16 and 18 National Indoor Champions from 1974 into the 1980's. In 1982 the Joslin family was awarded the New England Lawn Tennis Association family of the year award.

Survivors include his wife, Elisabeth (Harker) Joslin, two children Julie Joslin and Michael Joslin, daughter-in-law Trudy (Ashcraft) Joslin, two grandchildren Nikolai Joslin and David Joslin, all in Bow, NH, as well as his older sister and brother, Margaret Aikkola and Charles Joslin, Jr. His younger brother Thomas Joslin died in 1991.

In lieu of flowers please donate to the United States Tennis Association Foundation.

DR. ROBERT W. SMITH

Dr. Robert W. Smith, 72, of Bow, died on May 9, 2019. He passed in his home, surrounded by his loved ones. Robert grew up in Warsaw, New York and attended Bucknell University, followed by medical school at the University of Rochester. He interned at the University of Virginia and completed his residency at the University of Richmond. This was followed by a stint with the Public Health Service in Virginia where he provided medical care in rural eastern Virginia.

He was a beloved physician from the time he opened a primary care practice in Manchester, NH in 1979, and later specialized in gastroenterology. After serving at the Elliot Hospital until 2001, he retired from Concord GI Associates in 2008. He was a lover of classical music and history, train travel, playing the piano, a Manhattan on the rocks, a well-written limerick, and his beloved Lake Winnepesaukee. In his later years, he became a bit of a social media star, posting daily musings about his life, politics, and history on Facebook. He loved people and made friends with everyone he met. He always left an impression. However, there was nothing that he loved more than his family.

He is survived by his wife of 28 years, Estelle N. Smith, 3 biological children, Ryan Smith of Oakland, CA, Molly Schill of Lenexa, KS and Kathie Frier of Buffalo, NY, 3 children through marriage, Allison Launier of Hooksett, NH, Craig Nichols of Glenwood Springs, CO, and Jessica Cabinta of Salem, NH, 11 grandchildren and 2 great-grandchildren.

TIMOTHY J. SOBOZENSKI

Timothy J. Sobozenski of Bow passed away on April 27. He was born April 22, 1966, in Concord. He attended St. Johns School, Bishop Brady High School and graduated from Concord High School.

He was a very creative person and enjoyed decorating his parents' home. Timothy loved sports and followed all of the Boston sports teams. His interest in cars was never ending. Unfortunately, he was plagued with many health issues for many years, including kidney failure and ultimate heart failure. He fought valiantly trying to endure the various treatments and diagnoses. He will be sorely missed and is now at peace in the hands of the Lord.

Timothy's family includes his parents, Theodore Sr. and Cynthia Sobozenski; two brothers, Theodore and his wife Min Sobozenski, Jr. and Stephen and his wife Elaine Sobozenski, along with two uncles and several cousins, nephews and nieces.



BOW HIGH SCHOOL SPORTS HIGHLIGHTS

BOYS LACROSSE

Game Date: MAY 30, 2019

Score: FALCONS: 5 HOLLIS BROOKLINE: 18

Highlights/key moments: The Falcons bowed out of the D-II postseason tournament with a loss on the road to the Cavaliers. Bow ended the season with six wins in its final nine games.

BOYS VARSITY BASEBALL

Game Date: JUNE 1, 2019

Score: FALCONS: 6 COE BROWN: 5

Key players: Bow – Riley Elliot (winning pitcher)

Highlights/key moments: The Bears had a 3-1 lead through three innings, but the Falcons tied the game, 5-5, in the fourth inning and plated the winning run in the bottom of the seventh to avoid a quarterfinal exit. Bow will play against No. 4 St. Thomas in Tuesday's semifinal at Memorial Field in Concord.

BOYS VARSITY BASEBALL

Game Date: JUNE 4, 2019

Score: FALCONS: 8 ST. THOMAS AQUINAS: 6

Highlights/key moments: Bow rallies to D-II title game. They gave up the first runs, they trailed by four runs in the middle of the game and were still down one in the bottom of the last inning at Memorial Field. But the Falcons never gave up. With the belief on its side, and a little bit of luck, Bow pulled out the 6-5 comeback win on a walk-off suicide squeeze play to advance to Monday's Division II title game against Hollis Brookline.

Coach's comments: "They were fine. We've done it all season," Forbes said. "We've come from behind, we've pieced things together, we've thrown four or five pitchers in a game... This has been a fantastic group, fun to coach and very exciting, but real bad on the heart."

GIRLS TENNIS

Game Date: MAY 29, 2019

Score: FALCONS: 3 PORTSMOUTH: 6

Highlights/key moments: They had a winning streak that was three years in the making and were the two-time reigning champions in Division III. While all good things eventually come to an end, the girls on the Bow High tennis team were hoping their magical run would continue through Wednesday. Instead, for the first time in 52 matches, the Falcons came out on the losing end

Coach's comments: "The bad news is we lost, the good news is we put our best foot forward and I could not be more proud of what the girls accomplished in their first year in Division II," Rainville said. "It was a barn-burner. It was such a great match so I'm not really sad. I know I'll go home tonight and go, 'Oh sugar, if that had happened or if this had happened.' But it's all good. I'm really happy."

GIRLS VARSITY SOFTBALL

Game Date: MAY 29, 2019

Score: FALCONS: 2 MERRIMACK VALLEY: 9

Key Players: Bow – Annika Geiben-Lynn (run scored), Maddison McSweeney (run scored), Katelin How (six outs on defense), Lauryn Colby (CG, 2 K)

Highlights/key moments: Bow held a 2-0 lead into the bottom of the fourth and MV scored one. The Pride scored five in fifth and three in sixth. Barton retired the last 10 batters she faced to secure the first-round victory.

Coach's comments: "This was a big day for Bow softball making the tournament for the first time in 10 years. It was a fun game to watch by two local teams!"

BOW PROUD OF DIVISION III STATE WRESTLING CHAMPS



Bow High School Wrestling Coach Brock Hoffman, second from left, and BHS Sophomore and member of Hoffman's Division III State Championship Team, Wyatt Rheinhardt, second from right, joined CHS Asst coach and rep for USA Wrestling Nick Zeras, far right, appear at Red River Theatres in Concord as part of a panel for discussion following the documentary WRESTLE, aired on NHPBS.

The film, which follows four African American wrestlers in a failing school in Huntsville, AL, as they train and achieve State championship status despite challenges, was part of a national Indie Lens Pop-up Series designed to increase community awareness of important social and cultural issues before the films premiere on Independent Lens. Bill Mealey of Second Start in Concord, left, served as Facilitator for the event.

CONGRATULATIONS TO ALL THE 2019 SPRING FALCON AWARD WINNERS!

The Falcon Award is given to one member of each varsity team. The award is based on a variety of characteristics, sportsmanship, leadership, work ethic and a successful level of play.



Pictured from left to right: Connor Blandini-Baseball, Jack Wixson-Lacrosse, Sofia Darrell-Lacrosse, Lauryn Colby-Softball, Samuel Berube-Track & Field, Eve Anderson-Track & Field, Caleb Olson-Tennis, Lauren Goyette-Tennis.



MUSIC DEPARTMENT SENIOR TRIP – BOSTON

Seniors had a great time - lunch at Fanieul Hall, a Ms Evans-guided historical tour of Boston via the Freedom Trail, a swan boat ride, dinner at the Cheese-cake Factory, and John Williams Night at the Boston Pops.

MUSIC DEPT SENIOR AWARD RECIPIENTS!

National School Orchestra Award - James Jensen
National School Choral Award - Macy Broderick
John Philip Sousa Band Award - Jonathan Routhier
"Thomas Cleary" Rookie of the Year Award
Sam Berube and Calvin Carey
Dr. John House-Myers Award for Musical Excellence
Natalie Kay
Most Outstanding Student in Music Award
London Warburton

DUNBARTON NEWS

By Nora LeDuc



THANKS A MILLION! With the help of the **Blue Apron** volunteer's efforts, the **13th Annual Dunbarton Arts on The Common** committee presented a check for **\$11,000** to the Dunbarton Town Hall Restoration Project, a 501 (c) (3), charitable organization. Thank you to the 50+ juried exhibitors and the support of our underwriting sponsors: Grappone Automotive Group, Gary Chicoine Construction, JCM Management, Concord area Dunkin' Donuts, Capital Well Clean Water Center, Dodd Electric, GN Fencing, Classic Builders & Sunrooms, Dunbarton Family Dental Care, Dunbarton Telephone Company, Fire Pro LLC, Granite State Communications, Hopkinton General Store, Lakehouse Tavern, Mr. Gee's Tires, AOTC Cusano's Cafe Food Tent, AOTC Raffle Tent, and all the area merchants who donated items and gift cards for the raffle baskets. Thank you.

COMING: 2019 Summer Reading Program at the Dunbarton Library, June 25 to August 9, **"A Universe of Stories"** The Dunbarton Public Library's Summer Reading Program is always a fun way to include reading and related activities in summer family time. Reading through the summer helps maintain and improve reading skills. Reading, Weekly Raffles, Fun and Educational Programs. Here are some of the confirmed programs: Wednesday, June 26, 10:30 a.m. - **Touch a Truck 3:** Dunbarton's Finest Rescue Vehicles will be on Display. Thursday, June 27 and July 11, The **Reads to Dogs** program will return 3 p.m. to 4 p.m. Call the library to register for a session. Wednesday, July 3, July 10 & July 17, 10:30 a.m. **Story Time for Toddlers.** Wednesday July 10, 1 p.m. to 3 p.m. come to the **LEGO Party.** Friday, July 12 at 1 p.m. We'll be: **Wild about Turtles.**

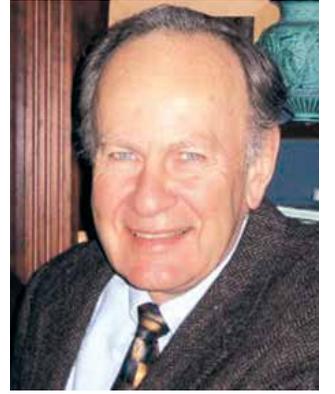
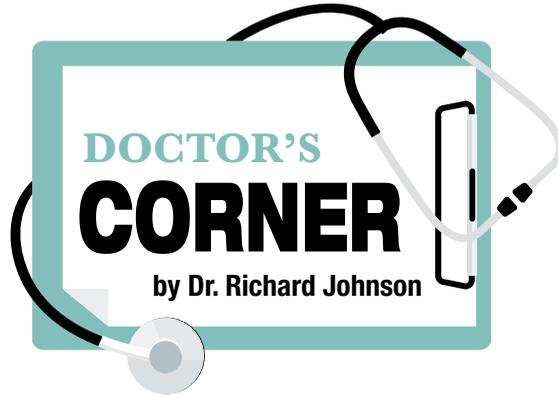
JUNE 27, WINGS AT NIGHT: NH Audubon Visit 1:30p.m. to 2:30 p.m. will be presented at the Dunbarton library. While both of these nocturnal animals, owls and bats, rely heavily on their sense of hearing to survive, each has its own way of catching prey. Kid friendly event.

THE DCCUC BOOK CLUB WILL BE READING CHRIST THE LORD: Out of Egypt by Anne Rice. Meet to discuss the book on Thursday, July 11 at the vestry. Host will be Tina Bean. All welcome.

WOMEN'S SAFETY CLINIC Sponsored by the Dunbarton Police Department Thursday, July 11, 6 p.m. to 8 p.m. at the Dunbarton Elementary School. The workshop will teach you basic moves for protecting yourself against an attacker. It will be taught by Christina Dow, co-owner of The Training Station. Free to Attend. Pre-Registration required. Contact Detective Laura Cattabriga at 774-5500. Sponsored by The Training Station Fitness & Martial Arts.

SAILING TOWARD MY FATHER Tuesday, July 16, at 6:30 p.m. Come to the library to see the play performed by Stephen Collins. Sailing Toward My Father is a one-man play about Herman Melville, the American author best known for his whaling epic Moby Dick. The play will chronicle Melville's life from youth to old age, concentrating on his evolution as a writer and his complex relations with God, his parents and siblings, his wife and children, and Nathaniel Hawthorne.

VEGGIE UP! Thursday, July 18, 2019 at 6:30 p.m. The topic at the library will be Veggie UP! Roasting Vegetables presented by Michelle D. Smith, MS, RDN, LD of the Concord Hospital Center for Health Promotion.



ABORTION

It is not unusual for a society or a group of people to become numb [accepting, unaware, uncaring or comfortable] with what has become woven into the fabric of their every day lives. Indeed without the periodic clarion call to action we are all too often simply as unaware as the proverbial frog in the increasingly hot water. Let's look at some examples from history where the 'accepted' way of living was eventually challenged: In 1800 slavery was normal and supported by international law. Then the Quakers, William Wilberforce, and many others spoke up and acted, and by 1900 slavery had been outlawed by every country in the Western Hemisphere. But today there is still slavery in the world of sex trafficking and slave labor. Until the civil rights movement began in the 1950s African-Americans were still without many "rights". Then Rosa Parks, Booker T. Washington, M. L. King, Jr and many others spoke up and acted. Their action led to the Civil Rights Act of 1964. But discrimination, on many levels, still exists. The culture of sexual abuse of children and nuns by Catholic priests has been reportedly present since the 11th century. The documentary Suffer The Children (1994) and The Boston Globe (2002) investigation forced the church to try to correct this evil; the most recent event being the Motu Proprio, Vos estis lux mundi, issued by Pope Francis on 9 May 2019. The pending legal cases and criticism of church and societal culture make this an ongoing problem.

Today we have in the US not only an accepted 'right' to end the life of an unborn child, but we have legalized this 'right' with a Supreme Court ruling (Roe vs. Wade), which many want to be viewed as 'established law' and therefore beyond challenge. Actually, as I have just illustrated, it has been the 'challenging' of 'established' law and cultural practices that has protected lives.

A woman [I had been her family's surgeon] asked to speak with me about getting a 'safe abortion' for her teen-age daughter. In the conversation I explained that a 'safe abortion' could be done, but of course it would not be 'safe' for the baby. She asked, "What do you mean?" I said, "Because they will kill the baby". To which she replied, "Why would they do that?" The frog [our culture] is totally unaware of the rising temperature. We have used vocabulary to disguise what we are doing. Surely 'termination of pregnancy' could not be construed as killing anyone! "My body, my right" fails to understand that the baby in the uterus is not part of "my body". In fact, I am carrying another human being, and it should be my responsibility to protect this baby as surely as I would protect the rights and privileges of the persons I discussed at the beginning of this article. The 'products of conception' are not simply 'tissue' that needs to be removed. It is indeed a developing human being. The earliest indication that the developing baby is alive is the contraction of the heart tube, which is nothing less than the baby's developing heart.

We are in the water of our culture and the temperature is rising. It will take some serious challenging to our culture to continue to protect rights of freedom, equality, and justice for all persons. Whenever one group of human beings asserts its right to determine the fate of others, it is the beginning of oppression. We all have a choice to make: will we remain silent and let others who have the power, the money, the influence or even the 'law' on their side decide the fate of human life, or will we speak up and take action?

You ask about the 'pregnancy' that I spoke up for? My wife and I carried that baby to her adoptive parents, and she is now a young woman making her mark in our culture.

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BOW POLICE LOG

Bow Police MAY 2019 Arrest Log

- 05/0 Karissa Tucci, 23, Allenstown, was arrested on a warrant for failure to appear
- 05/03 Mark Avery, 40, Grantham, was arrested on a bench warrant for theft by unauthorized taking
- 05/04 Emma Klapka, 21, Manchester, arrested for driving after revocation/suspension subsequent offense, and suspended registrations
- Angus MacIver, 36, Bow, was arrested on a warrant for domestic violence; simple assault
- Maria Condez, 54, Bow, received a summons for dog; menace, nuisance or vicious; subsequent offense
- Adult was taken into protective custody for intoxication
- Virginia Gilpatrick, 37, Epsom, received a summons for disorderly conduct
- 05/06 Danielle Maxwell, 29, Manchester, received a summons for driving after revocation/suspension
- Vaughn-Eric Clark, 29, Orono, ME, received a summons for suspended registrations
- 05/09 Jillian Rollins, 28, Northfield, was arrested for driving after revocation/suspension, and open container; subsequent offense
- 05/10 Two juveniles received Diversion for simple assault; mutual combat charges
- Melissa Burris, 37, Barnstead, received a summons for driving after revocation/suspension
- 05/1 Martha Haskins, 49, Dalton, was arrested for driving under the influence, and deal/possess prescription drugs
- Maria Condez, 54, Bow, received a summons for dog; menace, nuisance or vicious; subsequent offense
- 05/16 Troy Moody, 48, Concord, was arrested for driving while under the influence; subsequent offense, driving after revocation/suspension; subsequent offense, suspended registrations, and open container
- Jessica Hutchinson, 26, Bow, was indicted on two counts of possession of controlled drugs, and possession of a controlled drug with intent to distribute
- 05/17 Bobby Tremblay, 38, Hooksett, was arrested for aggravated driving under the influence; attempt to elude police, disobeying an officer, and criminal mischief
- 5/18 Paul Manning, 50, Concord, was arrested for driving under the influence, and open container
- 05/22 Tylor Mitchell, 27, Henniker, was arrested on a warrant for failure to pay a fine
- 05/23 An adult was taken into protective custody for an involuntary emergency admission
- 05/24 Jeffrey Schuster, 45, Penacook, was arrested for driving after revocation/suspension; subsequent offense
- Denise Schuster, 45, Penacook, was arrested for arrest without a warrant (fugitive), and four bench warrants for theft by deception, two counts of receiving stolen property, and allowing an improper person to operate
- Karolyne Frias, 38, no fixed address, was arrested for two counts of possession of a controlled drug
- Rachel Mount, 41, Laconia, was arrested for disobeying an officer, driving after revocation/suspension; subsequent offense, and a warrant for sale of a controlled drug
- 05/25 Jose Rivera, 28, Lawrence, MA, was arrested for driving under the influence, open container, and yellow/solid line violation
- An adult was taken into protective custody for intoxication
- Andrew Pultz, 28, Boscawen, was arrested on a warrant for abandoning a vehicle
- 05/26 Benjamin Wheeler, 18, Bow, was arrested for facilitating an underage alcohol house party, and unlawful possession/intoxication
- A juvenile was arrested for driving under the influence
- Abigail Johnson-Reinert, 18, Bow, received a summons for unlawful possession/intoxication
- Lindsey Nelson, 18, Bow, received a summons for unlawful possession/intoxication
- Annie Gregoire, 18, Bow, received a summons for unlawful possession/intoxication
- Spencer Allaben, 18, Bow, received a summons for unlawful possession/intoxication
- Zackary Anderson, 18, Bow, received a summons for unlawful possession/intoxication
- Four juveniles received summonses for unlawful possession/intoxication
- An adult was taken into protective custody for intoxication
- 05/28 Amber Sinmark, 28, no fixed address, was arrested on a bench warrant for failure to appear
- A juvenile received a summons for possession/use of tobacco products by a minor
- 05/29 Carter Abramson, 18, Bow, received a summons for negligent driving
- Gabrielle Bouchard, 22, Manchester, was arrested on a bench warrant for driving after revocation/suspension
- Tiffany Vincent, 39, Concord, was arrested on a bench warrant for driving after revocation/suspension
- 05/30 Victoria Bean, 46, Deerfield, was arrested on a warrant for possession of a controlled drug

The Bow Times
can be picked up at these locations!

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

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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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