



# The Bow Times

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FREE



## BOW SELECTMEN ANNOUNCE \$10,000,000 SETTLEMENT WITH PSNH

The Selectmen on July 1 announced that a comprehensive settlement was reached with PSNH, ending 8 years of litigation over the assessment of Merimack Station. The settlement resolves all matters in dispute and restores the relationship the Town and PSNH, now known as Eversource Energy, enjoyed for over 50 years. As with any settlement, this represents a compromise between the positions held by each party given that PSNH claimed more than \$14,000,000 was owed.

In summary, the settlement provides:

1. All outstanding disputes, from 2014 through 2018 are resolved.
2. Being scheduled to start another trial, Bow will not incur the expense of more litigation, which could have been well over \$250,000.
3. The assessment on Eversource property in Bow (after the sale of Merimack Station and Garvin Falls Hydroelectric facility) are stipulated for tax years 2019 through 2023.
4. Eversource agreed to not challenge property tax assessments for tax years 2019 through 2023.
5. The Town will reimburse PSNH \$10 million for overpayment of taxes.
6. No additional interest will be paid on the overpayment amount.
7. Thanks to prudent planning by the Town officials, \$4,250,000 will be paid in 2019 without additional tax increases. The payments will be:
  - a. \$3.25 million July 10, 2019
  - b. \$500,000 on August 1, 2019
  - c. \$500,000 on December 31, 2019

(Continued to page 11)

## BOW ROTARY 2019 CAR SHOW



With 210 show cars, 410 Car Show visitors, and beautiful weather, records were set this year. Congratulations to the Car Show Committee members for putting together a great show this year to help raise funds to support important local community projects.  
Photo Eric Anderson

## HOPKINTON - CONTOOCOOK NEWS ON PAGES 15-16



## FOOD TRUCK COMES TO COMMUNITY CENTER

Kathy Needleman of Bow had a dream. After 10 years with NASA and later practice as a patent lawyer she needed time with her son. She also wanted to try her hand in Bow with a food truck.

She bought a truck named 3d Coast Riviera in Texas and a couple of weeks ago she renamed it Firehouse Grill and camps at the Community Building near the pond from 10:30 to 4:30 Tuesday through Saturday.

It is a learning experience for her with hot dogs, hamburgers and some ice cream available. Some weeks she will try egg rolls, sandwiches or pulled pork.

The response has been enthusiastic. Her orange sign at Knox Road and Bow Center Road means she is open for business. No sign, no truck that day.

She wants to please but keep in mind it is a food truck not a full service restaurant. If you want her to branch out on types of food email her at firehousegrillnh@yahoo.com.

She hopes to earn enough to get her truck repainted to display **Firehouse Grill** but that all depends on business – and you!

We applaud her spunk.



Former Baker Free Library Director, Lori Fisher, was presented with the Rotary International Paul Harris Fellow Award. Photo Eric Anderson

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

## LOW TAXES ARE THE RESULT OF LOW SPENDING

### The Bow Times

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**LETTERS POLICY:** We will print letters to the editor on a space available basis. Letters should be no more than 200 words, typed or e-mailed. Letters must be signed with an address.

**PHOTO SUBMISSIONS:** We encourage individuals and groups to submit photos of their events or activities, by email or call the Technical Editor.

**CORRECTIONS POLICY:** We strive to present accurate news reports. We will correct factual inaccuracies in our coverage. We encourage readers to tell us if we have made a mistake.

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## LETTERS TO THE EDITOR

### ATTACK ON THE BOW TIMES

I am writing this letter to respond to the vicious attack on the new and improved Bow Times. Today's Bow Times is truly "Of the People, By the People and For the People!" by consistently doing its due diligence holding politicians accountable for their actions. The new and improved Bow Times is now doing exactly what it was founded to do decades ago. Informing the people of Bow.

Unfortunately for a period of time the Bow Times became a big spender defender and politician rubber stamp and mouthpiece. Thankfully that Bow Times failed and is under new management. The politicians that lead us down the Primrose Path from one of the lowest tax rate towns in the state to one of the highest taxed towns in the state are still around. They need to be held accountable and have daylight shined on them.

I am sure these politicians hate being exposed and are calling on their sycophants to lash out in an obviously unspontaneous manor. I am not a writing expert but there is something about last month's attack letter that is not authentic and to me it appears that it was written by someone else.

Van Mosher, Bow

### ARTICLE ON ABORTION

Thank you, Dr. Johnson, for your article on Abortion, in the June edition. We have, in American society, reached a new low. Not only do mothers abort thousands of their babies yearly, but some states, NY for one, have passed laws to allow women to let botched abortions and unwanted full-term babies die. This is infanticide, the killing of babies.

Further, every Democrat running for president has not condemned this horrible, vile practice by using the guise of a women's right to choose. (who chooses to kill her baby, when there are so many other choices available?)

In the meantime, we go about our daily tasks oblivious to our nation's demise. The temperature gets ramped up and we seem to not see the big picture. If we as a people can kill babies and cheer about it, who is next? It doesn't take much imagination, does it?

One more historical note: Planned Parenthood touts Margaret Sanger, the woman who started that organization, as a woman of heroic accomplishment. Margaret Sanger was a racist eugenicist whose beliefs formed the basis for Hitler's Nazi regime. As Dr. Johnson wrote, "whenever a group of human beings asserts its right to determine the fate of others, it is the beginning of oppression."

I too urge you to wake up and stand up for Truth.

Susan Moltisanti, Bow

### WITH A HEAVY HEART

I write to acknowledge two very important teachers who are leaving Bow High School. It breaks my heart that Michelle Jaques and Sarah Evans are both leaving the BHS Music Department. I truly wish them both the best that life can offer as they head off to teach in Berlin, Germany and Pembroke Academy respectively, but it is such a loss for the town of Bow.

As a parent, I am heartbroken that the most important teacher in my son Gabriel's life, the teacher that "gets him," loves him, and has honored his talent in a way that he and I will be forever grateful, is leaving, right before his all-important senior year. Additionally, I'm heartbroken that my son, Ben, is losing a teacher that has built a theater program that has recently encouraged him to connect with a part of himself that is so precious, and that my soon-to-be 9th grade daughter, Grace, will not have the privilege of learning from either of these wonderful educators.

As a resident of Bow, my heart is broken, as well. My husband and I moved here when starting a family precisely because the school system had a fabulous reputation, both with regard to academics and the arts. A community that values the arts as highly as they do academics, is one that truly understands what is best for children. These two amazing teachers have built a music and arts program at BHS that we should all be proud and thankful for. To lose them both leaves me wondering about the value that the current administration at BHS places on music and arts. I so hope that I am wrong and that the passing of these two loving and dedicated professionals will not signal that BHS is lowering its standards when it comes to the importance of the arts for all of our children.

Love and gratitude,

Carol Ann & Ken, Sam, Gabe, Ben & Grace Neff of Bow

## EDITORIALS

### Congratulations to the Selectmen!

Bow has wisely settled the \$14 plus million tax case on terms that are reasonable and doable. We salute the Selectmen's judgment in what could have been a bigger loss if not resolved. Now we all know where we are fiscally and can move forward without the overhang of this sad chapter in Bow history.

### Give Kathy a Chance

Kathy Needleman's food truck at the Community Center was issued a 60 day Mobile Food Vendors License by the Selectmen. But they don't want her in the front of the building for alleged traffic issues.

Why not let her park on the open area near the unused fire doors for better visibility? Maybe someday the old firehouse can house a restaurant at night and the truck during the day.

But let's all give her a chance to succeed. Bow will be better for it!

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

## SBA HONORS BOB STANLEY



**Bob Stanley** of Stone Sled Farm in Bow was recently honored by the Small Business Administration for his volunteer work helping small businesses grow and prosper. He was chosen as the Merrimack Valley SCORE Small Business Champion for 2019.

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## TWO NEW STORES APPEAL TO BOW WOMEN

### INDIGO BLUES & Co.



#TheClothesYouLiveIn

Indigo Blues & Co. has opened their second shop at 51 Main Street in Capitol Plaza, Concord. LeeAnne Vance of Hopkinton is the owner of both this new Concord shop and the Indigo Blues & Co.'s flagship shop in the Village of Contoocook, NH.

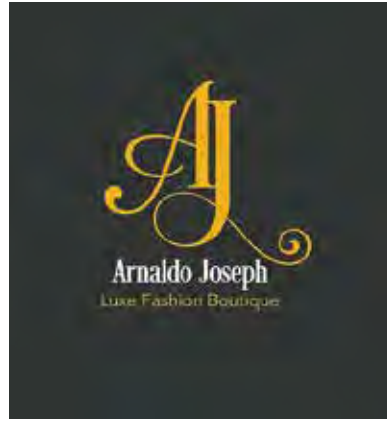
When she opened her first shop, LeeAnne's vision was to offer real clothes to real women for their real lives. The kind of clothes you 'live in.' She and her staff are staying true to this vision at Concord Indigo Blues & Co. by offering women clothes for adventure, practicality and style. There are items for both the NH country girl and for the woman who is looking for a more urban style.

Indigo Blues and Co. offers tops and tees, jackets and jewelry, handbags and accessories, but the heart of the shop is in women's jeans. LeeAnne and her staff are here to help customers find that elusive pair of well fitting, comfortable, stylish pair of jeans.

The Indigo Blues & Co. staff is excited to join the vibrant, downtown Concord community, to work with the other Concord Main Street businesses and shop owners. And of course, to be a part of all the opportunities that Concord has to offer.

The store is right next to Arnaldo Joseph Boutique off of School Street.

### ARNALDO JOSEPH BOUTIQUE



For those of us who were heartbroken when AJ Silva decided to retire in 2013 from BRAVO Boutique, we have good news! He has come out of retirement and back to Concord. In May of this year he opened his new boutique in downtown Concord. The new store is named ARNALDO JOSEPH BOUTIQUE. AJ had thoughts of opening another store after he sold Bravo, but everything clicked when he saw the new retail space. It is located at

2 Capital Plaza where Posh Hair Salon was formerly located and adjacent to another new complimentary boutique, Indigo Blues, which also has a store in Contoocook. Both are right off of School Street.

AJ's career in the fashion world began almost 30 years ago with a bridal store called Chantilly Place in Lowell and Tewksbury, Massachusetts. While owning the formal bridal and evening gown store, he designed gowns for brides and pageant contestants. His gowns were worn by state, national and international contestants. You can see some of his designs framed and hanging in the new store. Although AJ is self-taught, his creations were highly sought after for his unique craftsmanship.

The boutique is small, but has an exclusive look. The rich atmosphere is deceiving considering the affordable prices for the clothing and accessories. Whether you're looking for a plain white blouse or an evening gown, the diversity is there. The style could be described as "classic with a flair." Accessories include handbags, scarves, necklaces, earrings and all at affordable prices.

Visit ARNALDO JOSEPH at 2 Capital Plaza behind Cobblestone Design.

Parking is available in the municipal parking garage next door on School Street. Hours are Tuesday – Friday, 10 AM to 6 PM, and Saturday, 9 AM to 4 PM. You may also call for an appointment at 603.219.0354. An online presence is in the process of development at ArnaldoJosephs.com... stay tuned!

### ROTARY COMMUNITY RECOGNITION NIGHT



The 2019 Community Recognition Night was held on Friday June 14th at the Baker Free Library. Approximately forty guests and Rotarians were in attendance for the social and ceremony. The Bow Rotary club awarded 16 different awards. Photo Eric Anderson

### TOWN EMPLOYEES THANKED AT APPRECIATION LUNCHEON JUNE 19



Employee Recognition Luncheon Longevity Awards Photo Eric Anderson

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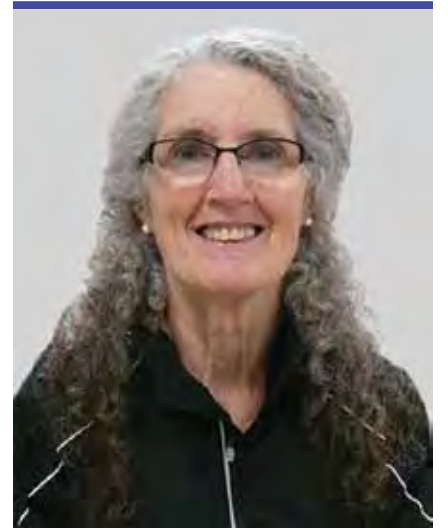
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## TECH SOCIETY HONORS MURIEL HALL

The New Hampshire Society for Technology in Education (NHSTE) has selected Muriel Hall as the 2019 recipient of its Pat Keyes Award. Hall has worked at Bow Memorial School since 1988 and for the past 16 years as its Computer Literacy Teacher/Tech Integrationist.

Muriel Hall has previously been awarded the NEA-NH Christa McAuliffe Leadership Award (2015), the Albert Einstein Distinguished Educator Fellowship Program Finalist and the NEA Foundation Award for Teaching Excellence (2002). Her passions are sharing and collaborating to continuously improve her professional practices and her school community. We are proud that Muriel is this year's NHSTE Pat Keyes Technology-Using Educator Award winner.

Legacy is all about what you leave behind. As Girl Scouts we were taught to always leave a place better than you found it. Legacy is mostly about this too. I say mostly because lots of people don't think about what they leave behind in their wake, they just keep pushing forward on their own path of whatever it is they are trying to get or be.

For most all of us there comes a time where we stop and think about, what will happen when I am gone? What will be the things that I am remembered for? Are those the things I want to be remembered for?

Some of us have an "oh no!" moment when we contemplate this and then we have to decide if we want to just keep pushing forward and say "well, it really doesn't matter because I won't be here anyway! So too bad what they all think" or if we want to think about changing our ways.

This is often why later in life someone will start to care more about what they eat, what they say, how they treat others and so on. This is also where people plan out their wills, trusts, planned giving, charity of all sorts and come up with some interesting changes at times that others don't see coming.

I know I've told you before, if you are reading this, you really should have your will, trusts and so on in place NOW. Don't leave your spouse and children to deal with probate because you failed to look ahead (that's a very bad legacy – insert serious stern face here). Go see an attorney and get that nailed down, please!

Okay, now back to legacy. So, what do you want others to think of when you are no longer here? Do you want them to have fond memories of the great hugs you gave? Do you want them to remember you as

the person who was always working and didn't have time to be at their important events? Were you the person they could always count on? Were you the person they came to visit because they felt they had to or because they wanted to?

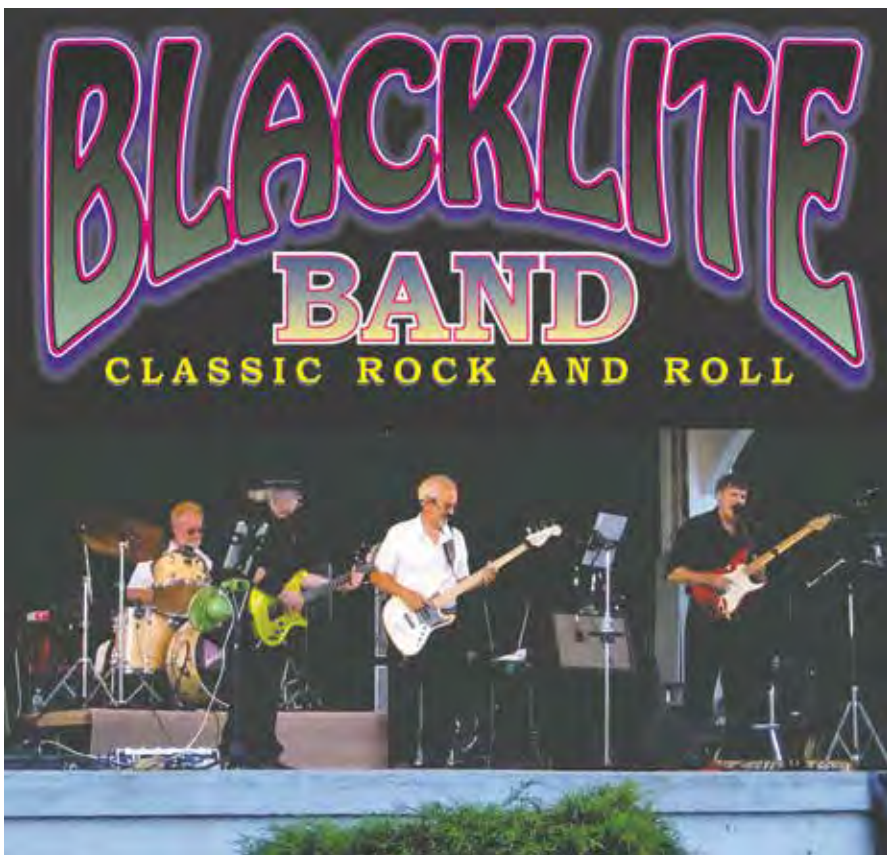
You have a lot of choices before you. Who are you? Who do you want to be? Who do you want them to remember you as? Does it matter? If it does, please give it thought now and put the wheels in motion. Sadly, we don't always make it to old age. However, we do always leave a legacy. What will yours be?

I hope that mine will be that I gave you things to think about so you could be, say and do all of the really important things that made your life better and the lives of all you touched as well.

All my best,  
Donna



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**July 23- BLACKLITE.** The Hottest Classic Rock Band Around playing the great hits of the 60's, 70's and 80's that everyone will recognize. Blacklite covers many of the greatest songs ever recorded and their forte is to play one song after another to keep the music going and the crowd dancing. Henniker Summer Concert Series. 7:00 PM. Angela Robinson Bandstand, Community Park, Free. In case of rain, program will be in Community Center. 7:00 – 9:00 PM [www.hennikerconcerts@henniker.org](http://www.hennikerconcerts@henniker.org). Funded in part with a grant from the Angela Robinson Music Fund, NHCF.

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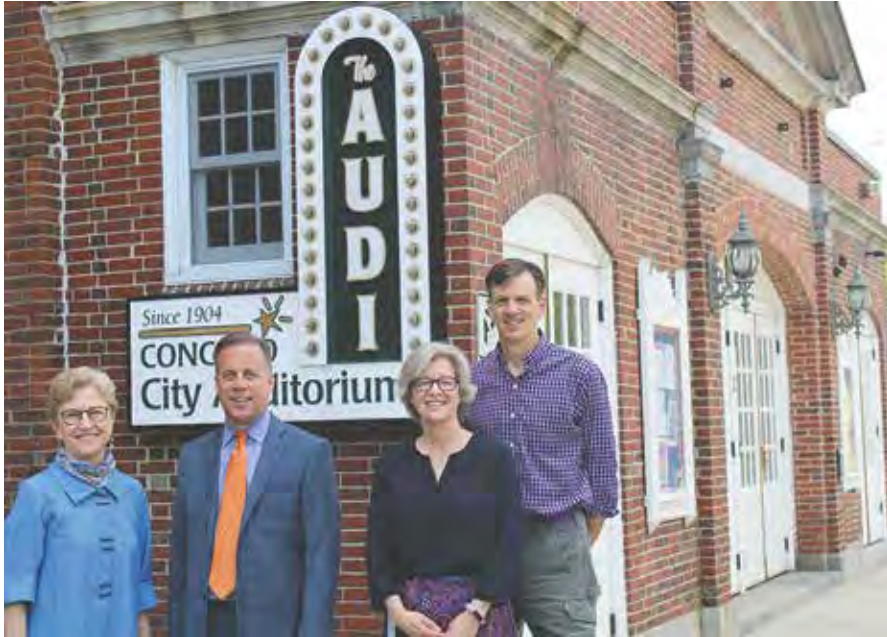
## \$30,000 PLEDGE TO THE COMMUNITY PLAYERS OF CONCORD

Merrimack County Savings Bank and MillRiver Wealth Management Pledge \$30,000 The Community Players of Concord.

Sister companies, Merrimack County Savings Bank and MillRiver Wealth Management have pledged \$30,000 to The Community Players of Concord in the form of sponsorships to be spread over the course of three consecutive years.

The Community Players of Concord is in the midst of a fund-raising push to fund the renovation, repair and future capital needs of their studio home in East Concord, where auditions, rehearsals, set building and workshops take place. It is also at the studio where thousands of costumes, props and set pieces are warehoused and stored. Volunteer-run and operated, The Community Players of Concord creates high quality productions at the Concord City Auditorium featuring performances from local citizens of all ages and walks of life.

"We're elated with the wonderful generosity of the Merrimack and MillRiver," said Chris Demers, President of The Players.



(Left to right): Ellen Burger, Board Member, The Community Players of Concord, Paul Provost, President, MillRiver, Linda Lorden, President, the Merrimack, Chris Demers, President, The Community Players of Concord.



### ALEX KING EARNS AN EAGLE

Alex King, son of John and Kerry King of Woodhill Road in Bow, became the 55th member of Troop 75 to achieve the rank of Eagle Scout. His Court of Honor was held on June 2, 2019 at the Baker Free Library.

Alex is a 2018 graduate of Bow High School. He is studying Biomedical Engineering at Wentworth Institute of Technology.

For his Eagle Project Alex performed a service for the Bow Police Department. It was identified that the impound garage at the new Safety Complex needed to be partially sided to improve its look and function. He met with local groups and leaders to raise funds, worked with the town maintenance supervisor to plan the project, arranged for delivery of supplies, and recruited help from his troop, friends and family. Two work days accomplished the building of the frame and installation of the siding.

A scout doesn't earn his Eagle rank alone but with the help and encouragement of many along the Trail to Eagle. Alex thanks all who helped.

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## HOW TO AVOID BANK FEES

Most bank fees are avoidable. A recent ABA survey of U.S. adults age 18 and older revealed that the majority of Americans pay little or no monthly bank fees. It's often as simple as maintaining a minimum balance or limiting use of ATMs that are not affiliated with your bank.

Are you looking for ways to minimize your banking costs? Here are some proven tips:

- **Utilize free checking and savings accounts.** Many banks still offer them.
- **Sign up for direct deposit.** Many checking accounts are free when your paycheck or benefits check is automatically deposited each month—and your money will be available immediately.
- **Keep a minimum balance.** Keep at least the minimum balance required in your account. This helps to avoid monthly fees and accidental overdrafts.
- **Keep multiple accounts at your bank.** Many banks are looking at the entire customer relationship and may offer free services if you maintain both checking and savings accounts with them, for example.
- **Use only your bank's ATM's.** Avoid fees by using ATMs owned by or affiliated with your bank. If you must use an ATM not affiliated with your bank, take out larger withdrawals to avoid having to go back multiple times.
- **Don't spend more money than you have.** Keep track of transactions and account balances to avoid bounced checks and overdraft fees.
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## NH LOTTERY COMMISSION CHAIRMAN DEBRA DOUGLAS CONFIRMED FOR FOURTH TERM



The NH Executive Council recently confirmed Chairman Debra Douglas, of Bow for her fourth three-year term on the NH Lottery Commission. Douglas, who was re-nominated by Governor Chris Sununu, was first appointed to the NH Lottery Commission in 2009 and has served as chairman since 2010. Douglas's term runs through 2022.

"I am honored and pleased to have the opportunity to

serve on the New Hampshire Lottery Commission, and I am delighted to have played a role in the New Hampshire Lottery's continued success, as we generated an all-time record of nearly \$338 million in total sales last year," said Douglas. "That sales success just allowed us to deliver a record \$100 million in support for education in New Hampshire, for which I'm very proud."

During Douglas's tenure, New Hampshire Lottery annual sales have increased from \$240 million in Fiscal Year 2009 to an all-time record high of nearly \$338 million in Fiscal Year 2018, for a 41% increase in sales.



## GIRLS ON THE RUN IS ACCEPTING NEW SITES FOR THE FALL 2019 SEASON

**Inspire girls in your area to be joyful, healthy and confident!**

Girls on the Run of New Hampshire is currently accepting new sites for the Fall 2019 season. The site registration deadline is July 26th. Girls on the Run is a physical activity-based, positive youth development program that teaches key life skills to girls in 3rd through 8th grade through dynamic discussions and fun games that creatively integrate running.

Inspire girls in your area to be joyful, healthy and confident by bringing Girls on the Run to your local school or community facility. Each site must have a minimum of two volunteer coaches, a safe space for physical activity, and be able to provide an outdoor meeting location.

At each site, volunteer coaches lead teams of 8-15 girls through research-based curricula that include lessons on confidence, treating others with care and contributing to the community. During the ten-week program, girls complete a community service project and become physically and emotionally prepared to participate in a celebratory 5k event.

To learn more about starting a new Girls on the Run site, please visit [www.girlsontherunnh.org/Start-Site](http://www.girlsontherunnh.org/Start-Site) or contact Betsy Cissel at [betsy.cissel@girlsontherun.org](mailto:betsy.cissel@girlsontherun.org)



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# YOU WANT RESULTS – WE HAVE YOUR SOLUTION!

by Jim Olson

You're watching what you eat. Exercising regularly, and yet, the pounds don't seem to be coming off as quickly as you would like. But are you watching what's in that mug, or glass, or can? If not, you just might be sabotaging your weight loss efforts. Beverages are probably the biggest hidden source of empty calories in our diets. Even juices which are marketed to be "healthy", like grapefruit or orange, can have 100 calories in 8 ounces. And how often do you pour just 8 ounces of orange juice in the morning?

A 12-ounce regular soda has approximately 150 calories. And a 20-ounce soda has the equivalent of 18 TEASPOONS of sugar!! Drink two or three of those a day and that's enough calories to gain a pound a week! Soda and juice aren't the only culprits in the liquid calorie problem.

Those morning or afternoon caffeine fixes? Be careful what you sip on because you just gain more. A large Starbucks Mocha Coconut Frappuccino with whipped cream adds a whopping 710 calories and 26 grams of fat. And that's



**Jim Olson**

ONE drink. Even a tablespoon or two of cream in your morning coffee, along with a packet of sugar, adds up. Try asking for skim milk, and turn a blind eye to the blended coffee drinks, especially the ones with whipped cream toppings.

The only way to avoid drinking large amounts of calories and sugar is to make water your default drink. Cut out sugar filled sodas and guzzling down sports drinks, juices and

other flavored drinks. These brightly colored beverages contain corn syrup, artificial dyes and flavorings that your body doesn't need. You should drink approximately two liters of water a day. Most of your body -- approximately 65 percent -- is composed of water.

Water is the most important power nutrient; without enough water, nutrients like carbs, proteins and fats can't get into your body's cells. Water keeps you hydrated and helps your body work optimally. Try some other drinks, like flavored teas with a squeeze of fresh lemon. Or throw in some orange, lime or lemon slices to your water, to jazz it up a bit.

Lighten coffee or tea with nonfat milk instead of creamer. Craving something with a bit more fizz? Try adding a splash of lemon juice or lemon slices to plain sparkling water. Or even homemade lemonade -- try lemon, water, and a few drops stevia, a natural artificial sweetener.

And what about alcoholic drinks? The average calorie count of a glass of wine or bottle of beer is 100-150 calories. And really, who stops at just one? Alcoholic beverages

can also lower your inhibitions and make you more likely to overeat.

Bottom line, keep exercising regularly. And keep watching what you eat. AND drink. A few simple liquid swaps and you could find yourself back on track to losing those pesky pounds!

Would You Like Some Help with Your Fitness?

Would you like to improve your body and/or overall fitness?

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Jim Olson  
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# BAKER FREE LIBRARY NEWS

by Juliana Gallo

Our summer reading program is in full swing! Over 350 people attended our Summer Reading Kickoff Party on June 21, and nearly 300 children, teens and adults are signed up for the program. Don't miss out on any of the library's exciting events this summer. Check out the full calendar on our website!



## 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 free, interactive concert will be a blast for families with children of all ages. Come early for dinner, too, provided by the library. Friday, July 19 at 5PM (concert begins at 5:30).

**CREATURES OF THE NIGHT** with Squam Lakes Science Center. You don't have to stay up late to get a close look at elusive nocturnal creatures. Meet three live creatures of the night with a Squam Lakes Natural Science Center naturalist! Animals might include an owl, a bat, an opossum, a porcupine and a skunk. Once again, dinner will be provided by the library, so come early to grab a bite. Thursday, August 1 at 5PM (event begins at 5:30).

**STEAM STORYTIMES** are back for our youngest patrons. Explore scientific topics and all things space with our bi-weekly storytimes, full of songs, rhymes and stories designed to engage children of all ages. Each program will conclude with a craft or activity. These sessions repeat on both Tuesday and Thursday mornings throughout the summer, from 10:30 to 11:15AM. Come either day!

**BEAT THE LIBRARIANS TRIVIA NIGHT** Summer Reading Edition Take on a team of librarians from both the Baker Free Library and the Concord Public Library in a round of space-themed trivia! Teams of 4-6 people can compete to win. Join us at Lithermans Limited on Hall Street in Concord on Thursday, July 18. Trivia will begin at 7PM.

**2ND ANNUAL BOOKS IN BLOOM EXHIBITION** Join us for our 2nd annual Books in Bloom exhibition, presented in partnership with the Bow Garden Club. Novice and seasoned designers are encouraged to create a floral arrangement based on a book or book cover to be featured in this event. Floral designs should be based on this year's summer reading theme: A Universe of Stories.

**RECEPTION** Friday, August 9 from 5:30 - 8:00PM, with light refreshments served until 7. Continue to view arrangements on Saturday, August 10, from 10:00AM-2:00PM. For more information, contact Betsy at 224-7113 or [betsy@bakerfreelib.org](mailto:betsy@bakerfreelib.org).

**ADULT BOOK GROUPS** Monthly book talks are held on the second Tuesday of each month at the library, at both 12:30 and 6:30PM, and on the third Tuesday of each month at White Rock (3:30PM). 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 *The Japanese Lover* by Isabel Allende.

**LOVE MYSTERIES? TRY WHODUNITS!** This mystery-exclusive book group meetings at White Rock on the first Tuesday of each month at 3:30PM. This month's selection: *The Crossing Places* by Elly Griffiths.

**BOOK DONATION DAY** The Friends of the Baker Free Library will hold their next donation day on Saturday, July 27, from 10AM-2PM. If you have any questions about what makes an acceptable donation, please email [info@bakerfreelib.org](mailto: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! July's class will be held from 9-10AM on Sunday, July 21. Bow residents, please register in advance by emailing [info@bakerfreelib.org](mailto:info@bakerfreelib.org), or calling the library at 224-7113. If this is your first time attending, please arrive fifteen minutes early to fill out the liability waiver. Classes are held in the library's Merrimack County Savings Bank Room in the Lower Level. Because these classes are held outside of operating hours, participants will need to enter through the Lower Level door near the handicapped parking ramp. *Non-Bow residents may attend classes for a fee of \$12 per class. Pre-registration and payment is required through Yoga NH prior to the start of class.*



**2019 BOW ROTARY COMMUNITY RECOGNITION NIGHT** 2019's Community Recognition Night was held on Friday June 14th at the Baker Free Library. Approximately forty guests and Rotarians were in attendance for the social and ceremony, whereby the Bow Rotary club awarded 16 different awards.

[www.bowbakerfreelib.org](http://www.bowbakerfreelib.org)  
(603) 224-7113



Bow Mills United Methodist Church, 505 South Street, Bow will hold its **Vacation Bible School** beginning on **Monday, July 22 to Friday, July 26 from 9 am to 12 noon.**

"To Mars and Beyond" invites Voyagers of all ages on a space travel adventure. Along the journey, Voyagers discover a new realm of possibilities as they reach for the stars and encounter the limitless power and love of God! Children ages 3 and up are welcome. Come meet the star of "To Mars and Beyond."

To register, contact the church office or Jen at 224-0884 or visit our website for more information: [www.bowmillsumc.org](http://www.bowmillsumc.org)

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# COPING WITH AN INHERITANCE

by Dominic Lucente

*A windfall from a loved one can be both rewarding and complicated.*

**Inheriting wealth can be a burden and a blessing.** Even if you have an inclination that a family member may remember you in their last will and testament, there are many facets to the process of inheritance that you may not have considered. Here are some things you may want to keep in mind if it comes to pass.

**Take your time.** If someone cared about you enough to leave you a sizable inheritance, then you will likely need time to grieve and cope with their loss. This is important, and many of the more major decisions about your inheritance can likely wait. And consider, too – when you're dealing with so much already, you may be too overwhelmed to give your options the careful consideration they need and deserve. You may be able to make more rational decisions once some time has passed.

**Don't go it alone.** There are so many laws, options, and potential pitfalls – the knowledge an experienced professional can provide on this subject may prove to be vitally important. Unless you happen to have uncommon knowledge on the subject, seek help.

**Do you have to accept it?** While it may sound ridiculous at first, in some cases refusing an inheritance may be a wise move. Depending on your situation and the amount of your bequest – it may be that estate taxes will drain a large amount. Depending on the amount that remains, disclaiming some of (or all) the gift is worth contemplation.<sup>1</sup>

**Think of your own family.** When an inheritance is received, it may alter the course of your own estate plan. Be sure to take that into consideration. You may want to think about setting up trusts for your children – to help ensure their wealth is received at an age where the likelihood that they'll misuse or waste it is decreased. Trust creation may also help you (and your spouse) maximize exemptions on personal estate tax.

**The taxman will be visiting.** If you've inherited an IRA, it is extremely important that you weigh the tax cost of cashing out against the need for instant funds. A cash out can mean you will have to pay (on every dollar you withdraw) full income tax rates. This can greatly reduce the worth of your bequest, whereas allowing the gains of the investment to continue to compound within the account, and continuing to defer taxes, may have the opposite effect and help to increase the value of what you've inherited.

**Stay informed.** The estate laws have seen many changes over the years, so what you thought you knew about them may no longer be correct. This is especially true about the taxation on capital gains. The assistance of a seasoned financial professional may be more important than ever before.

**Remember to do what's right for you.** All too often, an inheritance is left in its original form, which may be a large holding of a single company – perhaps even one started by the relative who bestowed the gift. While it's natural for emotion to play a part and you may wish to leave your inheritance as it is, out of respect for your relative, what happens if the value of that stock takes a nosedive? The adage "never put all your eggs in one basket" may be wise words to live by. Remember that this money is now yours – and the way in which you allocate assets needs to be in line with your needs and goals.

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

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#### Citations.

1 - [thebalance.com/will-you-have-to-pay-taxes-on-your-inheritance-3505056](http://thebalance.com/will-you-have-to-pay-taxes-on-your-inheritance-3505056) [4/8/19]

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**REAL ESTATE SALES IN BOW**

**JUNE 2019**

17 Woodhill Road	LAND	LAND	66 acres	LAND	\$250,000
103 Bow Bog Road	3 BR	1 BA	1.57 acres	1176 square feet	\$250,000
4 Turee View Drive	4 BR	2 BA	1.04 acres	1512 square feet	\$265,000
15 Hooksett Turnpike	2 BR	2 BA	.97 acre	1998 square feet	\$275,000
2 Van Ger Drive	3 BR	2 BA	1.56 acres	2224 square feet	\$290,000
6 Bela View	3 BR	3 BA	1.04 acres	2580 square feet	\$320,000
8 Shore View	4 BR	3 BA	1.02 acres	2478 square feet	\$330,000
21 Bela View	4 BR	2 BA	1.13 acres	2376 square feet	\$335,000
17 Page Road	4 BR	2 BA	2.43 acres	2361 square feet	\$340,000
36 Evangelyn Drive	2 BR	2 BA	CONDO	1737 square feet	\$346,500
10 Sharon Drive	4 BR	3 BA	2.31 acres	2875 square feet	\$391,500
5 Branch Londonderry Tpk.	4 BR	4 BA	5.05 acres	2871 square feet	\$392,000
7 Fox Meadow Drive	3 BR	3 BA	1.23 acres	2503 square feet	\$448,750
28 Heidi Lane	4 BR	3 BA	5.3 acres	3309 square feet	\$500,000
7 Whittier Drive	4 BR	4 BA	1.52 acres	3976 square feet	\$579,900
21 Summer Lane	4 BR	4 BA	1.1 acres	3500 square feet	\$648,000

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**REAL ESTATE SALES IN DUNBARTON**

**JUNE 2019**

9 Gorham Drive	3 BR	2 BA	.21 acres	1600 square feet	\$253,000
73 Jewett Drive	2 BR	2 BA	1 acre	1520 square feet	\$260,000
241 Grapevine Road	4 BR	2 BA	6.1 acres	2304 square feet	\$283,000
248 Grapevine Road	3 BR	2 BA	5.1 acres	2050 square feet	\$304,000
70 Tenney Hill Road	4 BR	3 BA	3.1 acres	2776 square feet	\$380,000
33 Birchview Drive	4 BR	3 BA	5.06 acres	2468 square feet	\$456,000
6 Samuels Court	4 BR	4 BA	3.24 acres	3595 square feet	\$475,000
80 Stark Hwy. So.	3 BR	3 BA	7.69 acres	2687 square feet	\$511,500

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### (\$10,000,000 SETTLEMENT CONTINUED FROM PAGE 1)

8. The remainder will be refunded as credits against future property tax obligations of Eversource over four years. The credits will be:
- \$1,550,000 in 2020
  - \$1,400,000 in 2021
  - \$1,400,000 in 2022
  - \$1,400,000 in 2023

If the taxes owed by Eversource are less than the credit, the Town will pay Eversource the balance.

To offset the inevitable reduction in the value of Merrimack Station, Town officials have worked to attract new business investment. Examples of success are the Exel warehouse on Route 3-A and the newly constructed Coastal Forest Products facility on River Road. Since the fall of 2018, over \$27 million of new property investment has been constructed in Bow and added at least \$725,000 to the tax base at the current rate.

We are confident our business development zone will expand in the years ahead and serve to offset the decline in the assessed value of the Merrimack Station," said the statement from the Selectmen.

The Selectmen said they were "confident the business district will continue to grow. At the same time, it must be recognized that there will be years of austerity as we transition away from relying on one large commercial taxpayer for the majority of our tax base."

Property values have risen across Bow and a new re-assessment of properties with higher values will help offset the tax loss of Merrimack Station.

## SENIOR HEALTH CLINICS IN BOW

Concord Regional VNA is holding Senior Health Clinics at Bow Mills United Methodist Church, 505 South Street in Bow on Friday, August 2 from 9 AM until noon. All Senior Health Clinic services are provided for a suggested donation of \$10, however, services are provided regardless of a person's ability to pay. Services offered include foot care, blood pressure screening, B-12 injections, medication education, and nutritional education. Call (603) 224-4093 or (800) 924-8620, ext. 5815 for an appointment.



## TWO BOW HIGH SENIORS NEED YOUR HELP!

**Delaney Provost-BHS Class of 2020** My name is Delaney Provost, and I'll be a senior at Bow High School in the fall. For my senior project this summer, I will be collecting used plastic grocery bags to crochet into sleeping mats for those in need of them. And I need your help! I've set up collection boxes at the Bow Recreation Center and Bow Elementary School for the summer camp there. If you could bring your used plastic grocery bags to these locations as often and as much as possible, I would really appreciate it. I can't do this alone! I need as many bags as possible, so please bring them as often as possible. That you so much!

**Kate Watt - BHS Class of 2020** As an upcoming senior, I have to take senior seminar, which will take place during this summer. For my senior project, I will be training for a marathon. Along with the training, I was hoping to donate to an organization called Back on My Feet. Back on My Feet is a non-profit organization that combats homelessness through running.

To read more, refer to [www.backonmyfeet.org](http://www.backonmyfeet.org). I'm asking those interested to donate gently used shoes either at the Bow Community Center and/or Bow Elementary School. I will send them to a company called community recycling, which will in turn make a money donation to Back on My Feet. Community Recycling accepts pairs of women's, men's, and children's shoes, which may include athletic sneakers, soccer cleats, flats, high heels, dress shoes, work boots, and fashion or casual sneakers. Thank you!

## DUNBARTON NEWS

By Nora LeDuc



**TREADWELL EXHIBIT** - Photography by Aaron Treadwell will be on display at the Dunbarton library for July and Aug.

**ZAK TROJANO SAURDAY JULY 20, 7PM TO 10:30 PM** - come to the Vestry in Dunbarton Center for Zak Trojano. Zak returns to the Spireside stage to celebrate the release of his most recent album "Wolf Trees." His performance features his smooth baritone voice supported by an old Martin guitar and low tuned Weissenborn lap steel. His complex finger style technique was born out of the country blues tradition and has been skillfully developed through years of immersion in the work of players as diverse as John Fahey, Chet Atkins, and Merle Travis. On Wolf Trees, Zak has woven nine original songs into an album which beautifully balances the acoustic intimacy of a coffeehouse and the wild volume of a midnight rock club. It's very form calls attention to the thin rapidity of modern life and his unique perspective looks forward as much as it looks back. Like admiring the forest view from atop a white pine cell tower, or losing yourself in the colors of a flat-screen sunset, Wolf Trees dares us to hold tight to current beauty while we remember a different time. This is guaranteed to be a great show and I'm sure you will enjoy it! Here's a link to Zak's web for more info and where you can download his albums. <http://www.zaktrojano.com/wolf-trees-song-pictureslyrics.ht>.

**DCC BOOK CLUB** - This month the DCC book club is reading Origin by Dan Brown. Discussion will be Thursday, August 1. Jennifer Oliver will host at the Vestry. All are welcome.

**CHAIR YOGA** - Come to the library Tuesday, July 23, at 10:30 am for Chair Yoga with Sherry Gamble. Arrive a few mins early. Bring water. Wear comfortable clothes. This is an adult activity.

**SMOKEY'S 75TH BIRTHDAY** - Wednesday, July 24th, 10 am: Smokey the Bear's 75th Birthday Celebration. Join in near the Band Stand for some music before Smokey the Bear arrives around 10:30 am. Afterward, march behind him in a Parade of Fire Trucks to the Dunbarton Fire Station for his 75th Birthday party. Cake will be served. Meet Smokey and shake his paw!

**READ TO DOGS** - will be at the library on Thurs July 25 from 3pm to 4pm. Read aloud to a registered/certified therapy dog from Therapy Dogs International, Chapter 205. You must register to participate! Call to schedule your 15 min with one of the dogs.

**FORENSICS LAB** - Friday, August 2nd at 1:00 PM: with Mary Dawson, former Forensics scientist with the NH State Police and Forensics Lab. LIMIT 20 children. Please pre-register, call the library!

**EARTH HEROES!** Presented by the Squam Lake Science Center, Thursday, Aug. 8, 2pm at the library. The Peregrine Falcon was once on the brink of extinction. These awe-inspiring aerial hunters are once again soaring over NH skies thanks to the passion and dedication of people we like to call Earth Heroes.

**SAVE THE DATE** - Dunbarton OLD HOME DAY will be Aug. 17.

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# Big Bear EXCAVATION

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# ROAD TRIP THROUGH SCOTLAND

by Chase Binder

Some go to Scotland just for the distilleries. After all, the most iconic, sip-worthy and expensive scotches are distilled from ingredients culled from the peat bogs and soil found there. Some go for the castles. Scotland castles number over 2000, depending upon how you count the ruins, restored historical castles and current-day homes of the British royalty.

Some want to connect with history and seek their own ancestors. Some go to explore the Neolithic monuments, every bit as mysterious and striking as Stonehenge, but much more accessible and evocative. Some are drawn to filming locations of wildly popular series like *Outlander* and *Harry Potter*, or want to step on historic golf courses like St. Andrews Links.



**Urquhart Castle:** Urquhart Castle overlooks Loch Ness, purported home of the Loch Ness Monster. No...we didn't see Nessie, but we did visit the entertaining and informative Loch Ness Center and Exhibition which celebrated and also debunked the legend. Concord's own Robert Rines, noted for his 1972 "sighting" of Nessie, has prominent mention in the museum. Urquhart Castle is one of 77 historical places included in the Explore Scotland pass—a significant savings if you have the time.

Bud and I, and travel pals, Chuck and Debra Douglas, wanted to do it all. On our own, just the four of us, driving our own car. Building each day around a priority or two—a castle here, a museum there. A visit to Loch Ness one day, a ferry ride to the Outer Hebrides the next. And everywhere, everywhere, pub food galore. Fish and chips. Steak pie. Lamb. Salmon.

We designed a 14-day loop that began in Edinburgh (pronounced Edinburrah), bent south for a quick visit to the Douglas clan's original stomping grounds, then headed north to Pitlochry via St. Andrews Links. From there we visited Inverness and Loch Ness, then loaded our Citroen van onto the Cal-Mac ferry and made our way through the Isles of Lewis and Harris, two of the islands in the Outer Hebrides. Lastly—back on a ferry to the Isle of Skye, and over the bridge to Fort William and Glasgow.



**Kilts:** I came across these fine young lads in kilts at Edinburg Castle and thought they might be part of a period-costumed historical program at the castle...but no! It turns out the castle is a popular wedding venue and these fellows were part of a wedding party—traditional dress and all.



**Highland Cattle:** Highland cattle originated in in the Highlands and Outer Hebridean Isles, and that's just where we encountered this iconic fellow, grazing by the roadside on the Isle of Harris.



**Calanais Stones:** The Standing Stones of Callanish (Calanais in Gaelic) are found near Loch Roag on the Isle of Lewis, and are arranged in a cross formation roughly aligned with the movements of the solar system. The origins are a mystery, but scholars agree it was constructed around 3000 BC. Not only does it predate Stonehenge by 2000 years, but the remote location means that visitors are more often pilgrims interested in connecting with Neolithic monuments than tourists checking another box. The sun was still casting long shadows at 10:30 at night and we were charmed by an other-worldly ambiance and the ability to actually walk among the stones and lay hands on them.



**St. Bride's Church:** Church ruins dot the countryside and can be a boon to genealogists and folks seeking to connect with their ancestors. St. Bride's Church in the hamlet of Douglas was once the parish church of the Black Douglases', 13th century landowners who became prominent through their support of Robert the Bruce in the Scottish Wars of Independence, a particularly bloody time in Scottish history. The ruins are now a mausoleum with centuries of information and artifacts relating to the Douglas clan.



**Jacobite Train:** The Jacobite steam train runs from Fort William to Mallaig along the 21 arches of the Glenfinnan viaduct. You may know it as the Hogwarts Express train of Harry Potter fame—the one that carried Harry, Ron and Hermione to school each year. The “real” train was built in 1937 and is now owned by West Coast Railways. It makes two tourist trips a day and we were thrilled to have sun and bright skies for the trip. We booked five months ahead—not a moment too soon!



**Crannog:** Scots just love their history, including the 5000 years when crannogs were in use, artificial islands constructed in lakes through the country. Yurt-like dwellings house residents and some livestock in a communal setting designed for protection.

How did it go? We went prepared for all kinds of weather—and got it. A few days of rain, some wind and some cold, but many days of bright sun, blue skies and iconic green meadows.

Debra and Bud went prepared to drive a 7-passenger van, English drive and standard shift on the floor, along narrow lanes and crazy roundabouts. While we had some breathtaking moments, we didn't hit any sheep or Highland cattle, scrape any curbs or collide with any other vehicles—even when driving on and off the massive Cal-Mac ferries. We all went prepared to find great pub food at a reasonable cost—and had not a single disappointment.

We had hoped to find some cheery, outgoing Scots to chat up and ended up being thrilled with our encounters. Folks were very friendly, welcoming and happy to give tips on everything from menu selections to local attractions and the “best” pub bars.

We were also pleased with our timing. Late May and early June just skirts the very high season. Yes, there were buses of tourists here and there. But we started with Edinburgh Castle on May 27th and it wasn't uncomfortably crowded. We heard horror stories from a couple of weeks later.

As for the pace over 14 days and our selection of sights and attractions, it worked very well. We were lucky to have mildly-castle-obsessed Chuck setting up an array of castles—ancient ruins to modern day homes—that gave us an excellent feel for the depth and breadth of Scottish history. We didn't get “castled out” until day 12 or so! We only pre-booked a couple of “must-haves”—a ride on the Jacobite train of Harry Potter fame and both ferry trips. Other days were loosely defined as “have lunch at St. Andrews Links Clubhouse”, “visit the site of the Battle of Culloden”, “shop for Harris Tweed on the Isle of Harris”, or “visit the Royal Yacht Britannia.”

Our collective mood on arrival was upbeat and excited. By the time we departed we all felt like we had connected with the people, the history (and even prehistory) and the stunning landscape of Scotland. Somehow the green is greener, the mountains craggier, the sheep more abundant and the castles more striking than I had expected. I do love when a trip goes well!



**Fisherman's Bar:** Cozy is a word that applies to much of Scotland. This outdoor bar at Port na Craig, a riverside restaurant in Pitlochry, had just a few tables. Still, plenty of room for the locals to bring their dogs!



**Britannia:** This working cabin may look modest, but it's actually Queen Elizabeth II's office aboard the Royal Yacht Britannia, which is docked in Edinburgh and functions as a museum. In service from 1954 to 1997, it's full of history and fun photos of the royal family and is a must-do for Anglophiles. We loved having scones and tea on the upper deck!



**Park Bar:** Pubs are an integral part of life in Scotland. We happened into The Park Bar on Argyle Street in Glasgow during a Scotland-Cyprus “football” match and met Will, Alasdair and Calun, three young men who absolutely made our last night with tales of extreme hiking on Skye and advice on pub drinking. Best of all, Scotland pulled off a surprise win—and the pub went wild!

## If You Go to Scotland/England

Details are critical in planning a successful trip, especially when traveling with another couple and self-driving in the UK. Here are some tips:

**DRIVING:** UK vehicles are notorious small—and for good reason. The roads are skimpy and often rimmed with sharp granite curbing. Ask for a vehicle that seats 4 adults comfortably and can accommodate 4 large suitcases and a few smaller bags. A Citroen Berlingo 7-passenger van worked beautifully for us with the 3rd row seat removed for luggage storage. An in-dash GPS navigation system was a huge help, as was having two drivers to share the load. Luckily, Bud and Debra are both comfy with UK driving with a standard shift.

**WALKING:** Folks in the UK walk a lot and city streets are often rumbled cobblestone! Good comfy shoes are a must (I found some great air-cooled Skechers with memory foam soles at Marshalls). And when someone says “it’s just down the street a bit and around the corner—an easy walk”, they might well mean a mile or so, uphill at times.

**LODGING:** Aside from \$500/night high end London hotel rooms, UK rooms are also notoriously small. Accommodations with lots of ambiance in the country and in smaller cities are often in older homes—think 100-200+ years old. This can mean no elevators and rooms that are rarely uniform. One twin or double room might be larger than the other, with more windows, etc. This is also often true of VRBO or Airbnb apartments. This was problematic a few times, which we tried to resolve by alternating who got the better room. Important note: our queen bed (60" x 80") is their king. Our king bed (76" x 80") is their super king and not terribly common. For folks who book a twin room when a king isn't available, note that twin rooms can be tiny.

**HOW MUCH TIME?** We extended our 14-day trip an additional 4 days in Iceland through Icelandair's Stopover program. More on that program in another column, but I think the four of us would agree that that two weeks is an ideal time for this type of trip. Any less and you're rushed, any more and you can get edgy with your own spouse, let alone someone else's!



**Sheep In Road:** Driving was a challenge! Our trusty drivers, Bud and Debra, had to drive on left side of the road, steer from the right side of the car and navigate breathtakingly narrow roads—all while managing a stick shift with their left hands. And then there was the occasional sheep in the road!



**Inn:** The Old Mill Inn in Pitlochry caught my eye. Have a pint out on the patio or in by the fire, where's sure to be a dog curled up on the hearth. Quintessential Scotland!

*An Evening with*



**ROCKY MOUNTAINEER**

**WHEN:** AUGUST 20 · 11:00AM-1:00PM

**WHERE:** IBEW LOCAL 490  
48 AIRPORT RD, CONCORD



Join AAA Travel and Tim Palmer from Rocky Mountaineer for an evening exploring rail vacations through the wild beauty of the Pacific Northwest and the majestic Canadian Rockies. Take in stunning views of snow-capped mountains, glacier-fed lakes and fertile river valleys as you relax and enjoy renowned service and delicious cuisine.

Space is limited. RSVP 800-222-3422 / rsvpne@nne.aaa.com

## TRAVEL SHOW



**Travel Show**

**Thursday**

**August 8**

**6:00pm**

**Gould Hill Farm  
656 Gould Hill Rd  
Hopkinton**



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### *An Evening in Italy*

Welcome to Italy, a land rich in history, culture, art and romance. Bask in striking landscapes and rich flavors on a journey across this spectacular country. Join Andrew Bessette from AAA Member Choice Vacations for an evening living “La Dolce Vita.” Discover unique, authentic travel experiences, get top tips for 2019, and planning help with an experienced AAA travel agent. Secure exclusive event savings, plus much more!

Space is limited. RSVP 800-222-3422 / rsvpne@nne.aaa.com

## RECYCLING SAVES MONEY IN HOPKINTON

Recycling is alive and well in Hopkinton. Like other towns in the capital area, Hopkinton and Webster are “source separating” towns. Residents sort their own recyclables, which are then baled and stored to sell on the market for the best price. Currently, all recyclables create revenue for Hopkinton, except mixed paper.



Our trash is sent to an incinerator. 16-18 TONS PER DAY are shipped to the incinerator at a cost of \$75.00 per ton. Mixed paper costs between \$25-35 dollars per ton. Separating paper from general trash cuts the cost in half.

The recycling market is expected to improve, but we can all do our part now by reducing the trash we create.

REFUSE single use plastics - bring your own bags

REDUCE packaging, go paperless

REUSE containers, bring your own travel cups and mugs

RECYCLE what you can, and reduce what you use.

Virginia Haines and members of the Hopkinton/Webster Recycling Committee



## Welcome to the Hopkinton - Contoocook TOWN CRIER!

by Kathleen Butcher



► **CRVNA SENIOR HEALTH CLINIC** at Slusser Center on Thursday August 1st from 10am to 1pm and Park Avenue Apartments on Monday August 12th from 9am to 3pm. All Senior Health Clinics are provided for a suggested donation of \$10, however services are provided regardless of a person's ability to pay. Services offered include foot care, blood pressure screening, B-12 injections, medication education and nutritional education. Call 224-4093 or 800-924-8620 x5815 for an appointment.

► **7TH ANNUAL SUMMER INSTITUTE** Young Writers is happening the week of 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.

► **HOPKINTON TROOP 77** seeks to find past Boy Scouts and Scout Masters of Troop 77. They are planning a special event August 18. Please contact current Scoutmaster Dan Rinden at rinden@comcast.net.

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

► **SENIOR LUNCH** at the Slusser Center on Wednesdays at 12n 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.

► **KIMBALL POND** is open 7 days a week from 10am to 6pm weather permitting. The Rec Dept is offering swimming lessons. For information go to the website - [www.hopkintonrec.com](http://www.hopkintonrec.com).



► **CONTOOCCOOK FARMERS' MARKET** Open every Saturday 9 a.m. to noon by the Gazebo in Contoocook Village. SNAP/EBT is accepted, and a local NH fish “CSA” signup still available, as well as limited retail. For more information, visit [facebook.com/ContoocookFarmersMarket](https://facebook.com/ContoocookFarmersMarket).

## HOPKINTON 4-H EASY RIDERS



### CONGRATULATIONS

**Lily Butcher, Maddy Hamel & Olivia Nason**  
of Easy Riders 4-H Club in Hopkinton!

They will join the equine team from Merrimack County  
at the NH State Horse Show in Deerfield NH

### CONGRATULATIONS

**Sara Butcher**  
for the winning T-shirt design this year.

Easy Riders 4-H Club is lead by Marcia Evans of Hopkinton.

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## Hopkinton Real Estate Sales – JUNE 2019

ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
51 Tucker Drive	2 Bedrooms / 2 Baths	1,348 square feet	.56 acre	\$135,500
139 Pine Street	3 Bedrooms / 1 Bath	1,848 square feet	.699 acre	\$217,400
160 Spring Street	3 Bedrooms / 2 Baths	1,293 square feet	1.5 acres	\$229,900
236 Pinewood Drive	3 Bedrooms / 2 Baths	2,037 square feet	.47 acre	\$232,000
409 Park Avenue	3 Bedrooms / 1 Bath	1,125 square feet	.53 acre	\$249,900
135 Dolly Road	3 Bedrooms / 3 Baths	1,897 square feet	1.2 acres	\$299,995
85 Apple Tree Lane	4 Bedrooms / 3 Baths	2,248 square feet	2.66 acres	\$335,000
248 Gould Hill Road	4 Bedrooms / 3 Baths	2,864 square feet	23.74 acres	\$350,000
111 Sugar Hill Road	3 Bedrooms / 3 Baths	3,200 square feet	7.04 acres	\$370,000
37 Galloping Hill Road	3 Bedrooms / 3 Baths	2,588 square feet	2.8 acres	\$407,000
26 Apple Tree Lane	4 Bedrooms / 3 Baths	2,240 square feet	1.1 acres	\$409,900
616 Upper Straw Road	4 Bedrooms / 3 Baths	3,564 square feet	5.0 acres	\$439,900
859 Gould Hill Road	3 Bedrooms / 3 Baths	2,349 square feet	3.96 acres	\$484,000
60 White Tail Run	4 Bedrooms / 4 Baths	3,736 square feet	3.56 acres	\$615,000
826 Gould Hill Road	4 Bedrooms / 5 Baths	4,611 square feet	5.2 acres	\$814,500

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## HOPKINTON POLICE LOG

### TOWN OF HOPKINTON POLICE DEPARTMENT JUNE 2019 STATS

*5 Arrests 14 Accidents 604 Traffic Stops*

#### ARREST LOG:

- 06/01 Thomas Finneral, 53, 42 Pleasant Lane, Warner, NH was arrested for DUI, Disobeying an Officer and Open Container.
- 06/01 Tammy Santamaria, 34, 424 East County Road, Versailles, IN was arrested on a Warrant.
- 06/03 Andrew Schneider, 18, 413 Manchester Street, Apt 3, Manchester, NH was arrested on a Warrant and Operating Without a Valid License.
- 06/16 Abigail Symonds, 18, 26 Heath Lane, New London, NH was arrested for Transport Alcohol by Minor.
- 06/29 Cheryl Gagne, 33, 305 Richmond Road #1, Winchester, NH was arrested for Conduct After an Accident and Criminal Mischief.

### THOUGHT FOR THE DAY

“Respect is how to treat everyone,  
not just those you want to impress.”

Richard Branson



# BOW GARDEN CLUB

by Joyce Kimball

## GLASS ART IN THE GARDEN



NHFGC President Susan Miner displays 3 pieces made by presenter Beverly Gamlin.

Members of the Bow Garden Club and guests met at the Old Town Hall on June 10th for the club's regular meeting and to participate in the "Art in the Garden" workshop being presented by member and Immediate Past-President Beverly Gamlin. Forty people selected 3 to 4 glass items (plates, glasses, bowls, etc.) from the large array that Gamlin had gathered for the workshop and proceeded to arrange them, eventually gluing them together with silicone to create colorful pieces of art for their gardens. The many glass combinations coupled with the participants' imaginations created a magical assortment of colorful tiered glass artwork. Each will eventually be attached vertically to a pipe or garden stake via a clamp they will glue onto their finished product. Some participants chose to design their glass combinations to be displayed horizontally on top of a post in their gardens to serve as bird baths, feeding stations or a place for an occasional visiting bird or butterfly to rest on when they visit their gardens.



The array of glass pieces that participants were able to choose for their projects.



Joyce Kimball "Where's Bo Peep?"  
Artist: Joan Tierney



Beverly Gamlin "Enchanted"  
Artist Aline Lotter

## MEMBERS DEMONSTRATE THEIR "FLOWER POWER"

Amherst – The Bow Garden Club made a big impact on the annual "Petals 2 Paint" floral exhibition again this year with 8 members creating floral designs for the event—some for the first time. "Petals 2 Paint" is sponsored by East Colony Fine Art, a consortium of local artists who held their event at the La Belle Winery in Amherst for the fourth year in a row. 2019 marks Petals 2 Paint's 16th year! Garden club members and independent floral arrangers pre-selected either a painting, sculpture, stained glass piece, etc. from an array of 25 of East Colony Fine Art's artists' works to interpret. On the day of the exhibition's opening the participants created their individual floral designs on site. Each art piece and its accompanying floral design were displayed during the two-day exhibition throughout the winery. This event was open to the public with no fee being charged.

## Books in Bloom

**WHO:** Bow Garden Club and Baker Free Library  
**WHAT:** A creative floral design exhibit interpreting books  
**WHEN:** Friday, August 9th (5:30 - 8 PM)\* and Saturday, August 10th (10 AM - 2 PM)  
**WHERE:** Baker Free Library, 509 South Street, BOW

\*Light refreshments will be available until 7 PM

Members of the Bow Garden Club, in cooperation with the Baker Free Library, will hold their second "Books in Bloom" floral design exhibition, at the library on August 9th and 10th.

Members of the Bow Garden Club, library personnel and others will pre-select a book from the library and then create a floral arrangement reflecting some facet of the book. In choosing their design, the floral arrangers may opt to reflect the book's title, a particular character in the book, its cover or whatever inspires them, interpreting it with the flowers and structures they work into their designs.

This year the garden club will join the library incorporating the theme of the National Summer Reading Program, "A Universe of Stories" with their designs interpreting books about space travel, stars, the plan-ets, sky, and more. Each book and its accompanying floral arrangement will be displayed together on tables set up in Library's lower level for viewing.



The exhibit will be open to the public Friday evening from 5:30 to 8:00 PM. Light refreshments will be available from 5:30 to 7:00 PM. The exhibition will re-open on Saturday with "Family Day" from 10:00 AM until 2:00 PM. Special children's activities will be available.

Note: This event is free and open to the public.



Virginia Urdi "Mother's Day"  
Artist Susan Monty



Lorraine Dacko "Coral Shoal"  
Artist Verne Orlosk



Michelle "Homestead"  
Artist: Joan Tierney



Sharon Pearce "Depth of Spark"  
Artist Verne Orlosk

# THE *Music* LADY

FOR THE LOVE OF MUSIC

## A TRIBUTE TO CARMEN MIRANDA

“The Brazilian Bombshell, The Lady In The Tutti - Fruitti Hat” nicknames Carmen Miranda was called during her career in Brazil and the US, where she was popular from the 1920’s to the 1950’s. She was the biggest star in Brazil in the 1920’s, as a singer, actress and dancer. In the 1930’s, she decided to move to the US and became a huge success in Hollywood films, on Broadway, on stages across the country from Las Vegas to the Copacabana, and recording her music. By 1945, she was reported to be the highest paid female in the US.

Carmen was noted for her outlandish wardrobe, her platform shoes and her signature turban hat topped with a towering bowl of fruit. Carmen was credited with popularizing the Samba around the world. She had the ability to sing and dance at record speed. In her Hollywood movies, she starred with all the biggest names of the day, including Cesar Romero, Don Ameche, Betty Grable, Groucho Marx, Ethel Merman, Martha Raye and many others. She was the most influential Brazilian artist in Hollywood.

As her popularity in the US increased, she began to lose favour with some Brazilians, who felt she portrayed a stereotypical “Latina Bimbo.” Brazilian newspapers wrote critical articles about her, but Carmen decided to “have fun” with their criticisms by playing up her “limited knowledge” of the English language in interviews. In one interview, she said “I say twenty words in English. I say money, money, money, etc. and I say hot dog.”

Carmen was a heavy smoker and died at age 46, but her unique Brazilian style has lived on. She was honoured on a US postage stamp. In 1976, Jimmy Buffet recorded “They Don’t Dance Like Carmen Miranda Anymore.” The closing ceremony in the 2016 Olympics had a tribute to her before the athlete’s parade. Saks Fifth Avenue developed a line of Carmen Miranda turbans and jewelry.

## BOW ROTARY 2019 CAR SHOW



## Get Fit with WALK 15



**Walk 15 Adult Fitness Class** is being held on Thursdays at the Bow Mills United Methodist Church, 505 South Street, Bow from 5:30–6:15pm. Walk 15 is a low impact, multi-muscle, walking based indoor group workout set to music. Benefits from the class are improved circulation, strengthening muscles, prevent heart disease, and increased energy level. For more information, contact Sue Bergman, instructor at [wworks.sue@gmail.com](mailto:wworks.sue@gmail.com) or visit [www.walk15.com](http://www.walk15.com).

## CAPPIE AWARDS

Several Bow Times Advertisers Won Capital Area Preference First Places

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**Sellar Chiropractic Clinic**

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**Turbo Tan**

Best Bank  
**Merrimack County Savings Bank**

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## WHITE ROCK NEWS



“Happy Hookers”  
**Knitting Club**  
Meets Every Tuesday  
At 9:00 AM  
At White Rock  
All are Welcome



Hours of Operation  
Monday 6:03am–3:00pm  
Tuesday 6:03am–9:07pm  
Taco & Tequila Tuesday  
Wednesday 6:03am–9:07pm  
Trivia Night Wednesday  
Thursday 6:03am–9:07pm  
Take-out Night Thursday  
Friday 6:03am–9:07pm  
Burger & Beer Night Friday  
Saturday 6:03am–9:07pm  
Sunday 6:03am–we close at 3pm

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## Nina's Bistro



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It was a tough spring for a couple of my friends, who lost their fly rods while fishing in their float tubes. They were unfortunately both high end rods and reels – not good!

A few weeks ago, a friend and I were fishing a pond about 40 minutes north and he was keeping a couple trout. All of a sudden, he felt a sharp tug on his float tube. A snapping turtle took one of his trout from his stringer. Turtles got to eat too!



Hey Ron, can you spare a trout?



June 12th was quite a wild-life viewing day. While traveling up Rte. 11, we saw a total of five deer, including a fawn. Not done yet – suddenly a large cow moose jumped out right in front of the truck. The brakes got a sharp workout!

Also on June 12th, our remote ponds were stocked with fingerling trout. Thanks to the efforts of our Fish and Game Department some 50 remote ponds have been stocked for many years by air. These ponds are very special and I have been lucky to have fished many of them. Some of these ponds only produce small to average trout, however others can have very large ones.

If the pond is too close to a road, it will obviously get a lot of fishing pressure.

The other factor is the amount of food available. A pond such as Flat Mountain Pond is very remote and has a large amount of insect hatches. It has produced some good sized trout and there are quite a few ponds like that.

Some of these ponds contain crayfish which provides excellent forage and the trout can grow very large.

There were 49 moose permits issued for this fall. A small spike bull or Forkhorn will make great table fare. Its hard to shoot a cow moose because you have no way to tell the age.

**Good luck and have a safe hunt.**

September 1st new regulations go into place in the Gulf of Maine.

There will be a limit of 15 Haddock over 17 inches, and one Cod over 21 inches may be taken.

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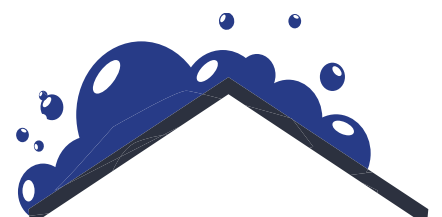
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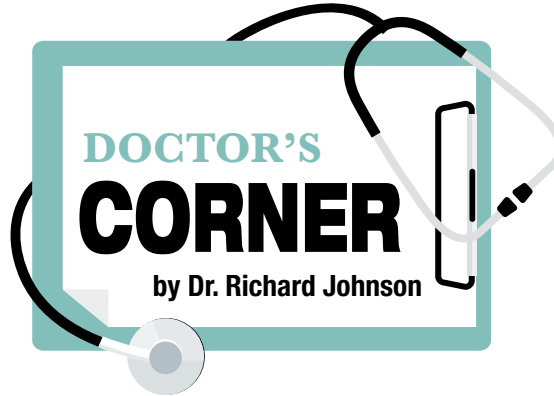
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**Rob Hollinger moves the hamburgers at the Employee Recognition Luncheon – Longevity Awards.**



**THE NEED FOR ADVANCE DIRECTIVES**

While dining with some friends, the topic of wills and advanced directives came up during our relaxing conversation. As it turned out, one couple had thought about completing these documents, but as it happens, life gets in the way, and they have yet to get around to completing these documents. They are not alone. By some estimates more than 70% of people have no advance directive. (<https://www.nhmagazine.com/planning-ahead-with-an-advanced-directive/>)

Advanced directives generally fall into two categories: Power of Attorney (a document where you name a person to make decisions for you when you are not able to do so) and a Living Will (a document where you spell out medical treatments that you would, or would not, want to be used to keep you alive, use of pain management and organ donation).

As one who has been called to provide surgical care in the emergency situation where significant decisions need to be made regarding the treatment plan or the discontinuing of treatment, it is extremely important that someone be able to speak for the patient, who because of the injury, illness, or surgery is unable to make their wishes known. Here is where advance directives come into play. Having an advanced directive allows you to have control over who will speak on your behalf. Key points to remember: An advanced directive is not a Do Not Resuscitate (DNR) order. An advanced directive is not used unless a physician had determined you are unable to make your own decisions. The best time to complete an advanced directive is before you become ill or injured. Finally, you can change your advanced directive anytime you choose.

As we talked after dinner, I reviewed some of situations that call for decisions to be made by someone in your behalf. Someone with whom you have discussed what you want, and what you don't want. Do you want to donate any of your organs to be used for transplantation? Do you want every therapeutic option that could be available to be used to keep you alive? In what state of poor health would you want to say "no" to further medical or surgical treatment? When would you say "no more" to feeding and hydration? Discussing these and related questions will give your "durable power of attorney for healthcare" the right and the confidence to make sure your wishes are carried out.

So do it today! You can download these documents, together with helpful information, that have been created by the New Hampshire Healthcare Decisions Coalition: [www.healthynh.com/.../advance-directives/ACP%20Guide%20revised%2020022014.pdf](http://www.healthynh.com/.../advance-directives/ACP%20Guide%20revised%2020022014.pdf).

**BOW HERITAGE COMMISSION**

**WAGON WHEEL JIG STONE SIGN DEDICATED**



The Cheney Wagon Wheel Jig Stone is located at the Town Public Works Garage on Robinson Road. The sign and stone donated to the Bow Heritage Commission by Arthur Cheney. The stone was originally located at the Cheney Blacksmith Shop on Woodhill.

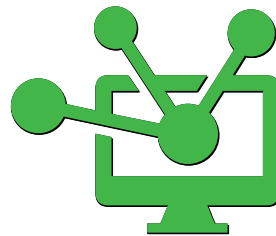
**During the months of July and August please call to make an appointment to visit these historical locations.**

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- Faye Johnson 228-8149
- Eric Anderson 228-0448
- Jim Dimick 228-1131
- Sue Wheeler 774-3751
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# ABOUT GUARDIANSHIPS & CONSERVATORSHIPS

BY BEN KINIRY, ESQ.

What can you do if you have a loved one who is having difficulty in some or many aspects of his or her daily life? A reality today is that many of our family members have been, or may be, diagnosed with Alzheimer's or Dementia. Do you have specific legal authority to help them (you would, of course, if the person had created an estate plan prior to becoming incapacitated, said the Elder Law Attorney)? What if they don't recognize the problems they are having and refuse your help?

This set of circumstances comes up all too often. Your loved one can't keep track of his or her bills, is being exploited financially, is not eating well, forgets to take medications, is a danger to themselves and society when they get behind the wheel of their automobile. The list goes on and on. What can you do to help?

In many cases the only option is to petition the appropriate probate court to be appointed as guardian or conservator. What is a guardian (referred to as a conservator in some states)? Funny you should ask. Following this paragraph is an excellent explanation of guardianships and conservatorships written by the National Academy of Elder Law Attorneys, Inc. (NAELA). NAELA is an excellent resource for all who desire to help our elders and those with special needs. I encourage you to peruse NAELA's website to learn more about this valuable resource ([www.naela.org](http://www.naela.org)).

## What you Need to Know

A guardian or conservator can be appointed for any person who needs assistance making decisions, such as: an older person, a person with disabilities, a minor, a person temporarily incapacitated, and, in some states, a person who desires a voluntary guardianship for his or her property. A guardian is sometimes necessary to prevent the exploitation or abuse of a vulnerable person, or to recover assets wrongly taken from the vulnerable person. A guardian or conservator can only be appointed if a court hears evidence that convinces it that the person lacks mental capacity in some or all areas of their life and needs assistance. The person alleged to be incapacitated has a right to an attorney and to object to the appointment of a guardian or conservator for him or her.

A person who has a guardian or conservator appointed for him or her is called a "ward". Guardians and conservators have great power, but are required to report to the court. Guardians frequently make decisions about where their ward will live, with whom the ward associates, how the ward's property is invested, what type of financial benefits the ward needs, and the type and scope of health care needs required by the ward. Whenever possible, the guardian or conservator must seek the input of the ward and must only act in areas authorized by the court.

Guardians and conservators are frequently required to post a bond, or place



the ward's funds into protected financial accounts that can only be used with prior court approval. Guardians and conservators will often need to seek the court's permission before selling or disposing of property, before entering into contracts, and before making major decisions about the ward's life. At the time the guardian or conservator requests court permission for these actions, the ward is often entitled to notice of the request being made, and the ward's spouse, children and other next of kin may also need to be notified. Guardians and conservators are also required to report to the court regarding their ward's property, finances and expenditures, usually on an annual basis, or more frequently as the court may require. They are also typically required to report at least annually about the ward's person and his or her health care needs.

Guardianship or conservatorship, when properly used, are beneficial methods of protecting an incapacitated person for whom no other means are available to assist with making informed decisions. The continuing involvement of the court provides added protection for the ward and those interested in the ward's welfare.

## Where to Go For Help

If you know a family member or friend who needs the assistance of a guardian or conservator, you should contact an attorney who is familiar with this area of the law so that the correct documents can be



prepared and filed with the appropriate court, and so the correct procedures will be followed. The attorney knowledgeable about guardianship or conservatorship should be able to advise you of potential suitable alternatives for assisting the person needing assistance, such as durable powers of attorney, appointment of a health care surrogate, and living trusts.

Some planning options may be available for your family member or friend, even if you believe they need assistance with making some decisions, and an attorney well-versed in this area should be sought. If someone has filed a court document known as a "petition" which seeks a guardian or conservator for you, you should contact an attorney experienced in this area of the law (if one has not been appointed for you, or if you do not want the appointed attorney).

Either a court-appointed attorney or one that you hire can advise you regarding your rights, the procedures that are required, and choices you have. Some issues you may want to discuss with your attorney are whether to oppose the petition for a guardian or conservator; whether to request other options for yourself; whether you can choose your guardian or conservator; and other methods for protecting your legal rights.

## Role of the Elder Law Attorney

Many Elder Law Attorneys have expertise in establishing, defending, and

administering guardianships and conservatorships. When hiring an attorney, you should always inquire about the amount of experience and training he or she has in your area of concern. Guardianship, conservatorship and the available alternatives are a major part of many Elder Law practices."

National Academy of Elder Law Attorneys, Inc.: Guardianship & Conservatorship (2016) (NAELA).

The information provided in this article does not constitute legal advice (is legal advice ever given in the newspaper?).

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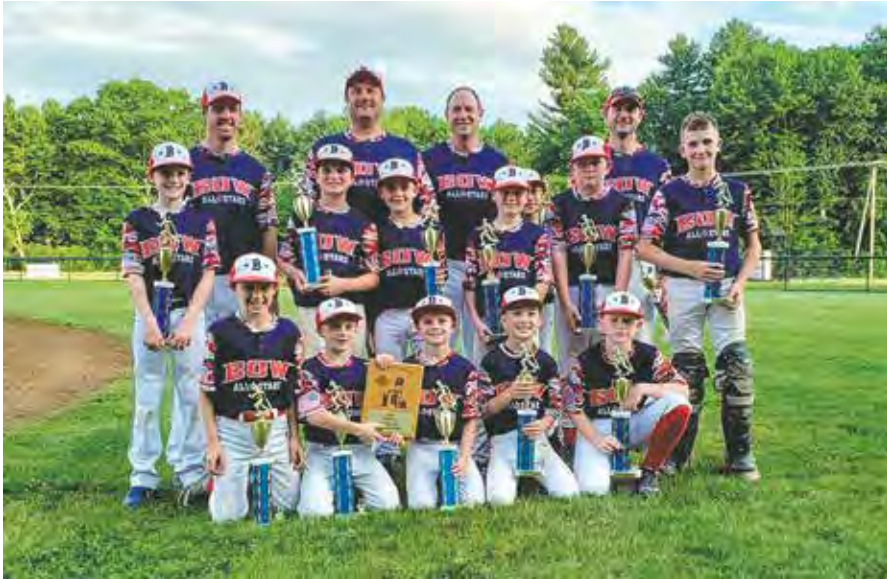
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## BOW ALL STARS WIN CHAMPIONSHIP

By Mark Nadzan

The Bow 10U All-Stars won the Cal Ripken District 4 Championship! Bow begin the tournament with a first round 10-0 win over Amherst. In the second round, Bow defeated Nashua 13-3 and then proceeded to beat Hollis-Brookline 6-3. This brought Bow to the Championship game, where the boys beat Nashua again, this time in a hard-fought 9-7 battle. This is the first time a Bow team has ever won the District Championship.

The team is comprised of a talented and mature group of boys that have committed a lot of time to baseball. Offensively, Bow was led by Jonny Sisk, with a .692 batting average, including 10 runs batted in. Jonny is a superb batter, a rare combination of contact and power. Brady Anderson (.636 average) had seven hits and scored seven times. Brady showed a lot of patience at bat, waiting for his pitch as he consistently drove the ball up the middle of the infield. Peyton Larrabee (.600 average) also had nine hits.

Bow's pitching was dominant, led by Larrabee (3-0), who had 16 strikeouts and Sisk (1-0 and 1 save), who recorded 10 strikeouts. Larrabee overwhelmed most batters utilizing his fastball. Sisk utilized his velocity along with hitting the corners and off-speed pitches. Larrabee and Sisk complimented each other on the mound extremely well, bringing something different that keeps other teams off-balance. Other boys that pitched well in relief where Jake Gancarz and Chase Crowell.

The team was rounded out by Blake Crowell, Troy Konstantakos, Josh Roos, and Landon Krause.

Bow now advances to the state finals where it will face the other seven district champions in a double elimination tournament. The New Hampshire champion advances to the New England finals in Massachusetts. Although Bow 10U has been led by dominant pitching and a core of great hitting, they are winning as a team. Each boy has added to the team's success as they continue the state tournament.

## 12 U ALL-STAR STATE QUALIFIERS

The Bow 12u All-Stars earned a spot at the Cal Ripken State Tournament after wins against Hollis-Brookline 11-10 and Kearsarge Valley 10-8. This is the first time a 12u team from Bow has advanced to the State Tournament.



Left to right: Ethan Anderson, Adam Auclair, Harrison Denise, Adam Folsom, Coach Folsom, Jonathan Gancarz, Sean Guerrette, Brady Lover, Kody McCranie, Coach Eric Gancarz, Gavin Parzick, Jake Reardon, Caleb Schumacher, Coach Troy Guerrette, Patrick Walton and Owen Webber.



Standing left to right: Ryan Lover, Bryce Larrabee (President of Bow Athletic Club) and Alexandra Larrabee.

## BOW ATHLETIC CLUB WHEELER AWARD WINNERS

On June 14, 2019 the Bow Athletic Club presented the Wheeler Award to eighth grade students Ryan Lover and Alexandra Larrabee. The Wheeler award is named after the late Robert Wheeler, one of the founders of the Bow Athletic Club. Robert Wheeler was strongly committed to teaching all young athletes core essential qualities that sports should build in every child: i) being a positive contributor to a team; ii) being committed to other players and coaches, and iii) demonstrating an exceptional level of sportsmanship. The Wheeler Award is presented to an athlete that displays each of these criteria. This is the 36th year the Wheeler Award has been given to a top 8th grade male and female student. Nominations for the award are made by coaches of Bow Memorial School or Bow Athletic Club teams. A plaque recognizing past award winners is located next to the Bow Memorial School gymnasium.

## BOW ORIOLES WIN MAJOR CHAMPIONSHIP



The Bow Family Dentistry Orioles pose after winning the Bow Cal Ripken Majors Championship with back-to-back wins, 15-10 and 7-4, over the ShirtMasters A's. Front Row: (left to right) Evan Baier, Tate Coffman, Jacob Gancarz. Back Row: (left to right) Coach Gancarz, Adam Auclair, Owen Webber, Eli Smith, Coach Haas, Miles Miller, Brody Haas, Jonathan Gancarz and Coach Miller.

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## BOW POLICE LOG

### BOW ARREST LOG JUNE 2019

**06/01** Alexandra Byrne, 22, Concord, was arrested for driving under the influence. An adult was taken into protective custody for intoxication.

**06/05** Nicholas Fuchs, 33, Newbury, was arrested for possession of a controlled drug. James Dorman-Swalgen, 28, Bow, was arrested for driving under the influence.

**06/06** John Pickering, 43, Epsom, was arrested on a bench warrant for theft by unauthorized taking. David Ferguson, 44, Franklin, was arrested on a bench warrant for driving after revocation/suspension.

**06/07** Sean McAulay, 30, Canterbury, was arrested for two counts of possession of controlled drugs.

**06/09** Danielle McHugh, 24, Plymouth, was arrested on a warrant for credit card fraud.

**06/12** Catherine Gagne, 45, Pembroke, was arrested for four counts of possession of controlled drugs. Joshua White, 39, no fixed address, was arrested for two counts of possession of controlled drugs.

**06/14** Brennt Trudeau, 26, Hillsboro, was arrested on a warrant for domestic violence; simple assault. Omar Colon-Gonzalez, 31, Manchester, received a summons for operating without a valid license.

**06/16** Angela Basnar, 32, Deerfield, was arrested for disobeying an officer, and two counts of possession of controlled drugs.

**06/19** Michael Morron, 27, Concord, received a summons for driving after revocation/suspension.

**06/20** Michael Martel, 30, Chichester, was indicted for dissemination of private sexual images. An adult received a summons for possession of marijuana.

**06/21** Michael Votano, 26, Salisbury NC, was arrested on a warrant for failure to appear. Mikhayla Stevens, 21, Concord, received summonses for driving after revocation/suspension and suspended registrations.

**06/22** Shannon Menard, 30, Malden MA, was arrested for driving under the influence. An adult received a summons for possession of marijuana. Junior Boley, 18, Concord, received a summons for operating without a valid license.

**06/23** Virginia Gilpatrick, 37, Epsom, was arrested for two counts of possession of controlled drugs.

**06/24** Suraj Thatal, 21, Concord, was arrested on bench warrants for simple assault and unlawful possession/intoxication.

**06/29** Chantelle Bartlett, 21, Bow, was arrested for possession of a controlled drug, and a bench warrant for resisting arrest or detention.



## FREESE BROTHERS BAND AWARDS SCHOLARSHIPS

The Freese Brothers Big Band has awarded scholarships that will enable 14 area high school musicians to attend summer music programs. A 15th student received the annual Concord High School Freese Brothers Scholarship to help defray college costs.

This year's scholarship recipients from Bow High School are:

**Gabriel Noff.** Gabriel plays the saxophone and piano.

He will attend UNH's Summer Youth Music Hall.

**Hailey Kaliscik.** Hailey is a vocalist and saxophone player.

She will attend UNH's Summer Youth Music School.

**Madeleine Kropp.** Madeleine plays the oboe.

She will attend UNH's Summer Youth Music School.

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