



# The Bow Times

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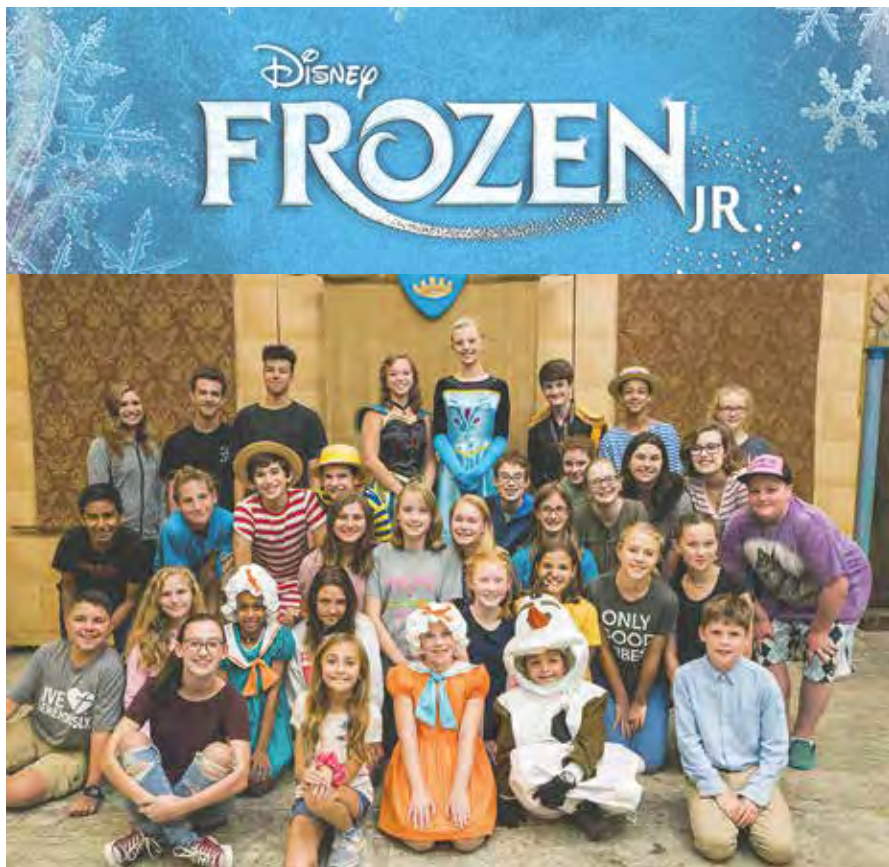
BOW, NH

VOL 26, NO. 10

OCTOBER 2019

www.thebowtimes.com

FREE



**The Children's Theatre Project of The Community Players of Concord presents Disney's Frozen Jr.** Featuring a talented cast of 38 youth ages 9 to 17, directed by Karen Braz. The show is the young actor's version of the wildly popular Disney animated film and Broadway musical.

There will be two performances only, so don't miss it! Shows will be Oct. 18 at 7 p.m. and Oct. 19 at 2 p.m. Tickets cost \$15 and information and tickets are available at [communityplayersofconcord.org](http://communityplayersofconcord.org) or by contacting [nhdm40@comcast.net](mailto:nhdm40@comcast.net) or 344-4747. The Concord City Auditorium is located at 2 Prince St. in Concord.

## Election News **FROM THE TOWN CLERK**

Listed below are the dates for the 4 elections coming up next year in 2020.

**All 4 elections will be at the Bow Community Center from 7:00 AM – 7:00 PM.**

**PRESIDENTIAL PRIMARY – DATE TO BE DETERMINED  
JANUARY END OR FEBRUARY**

**TOWN ELECTIONS – TUESDAY MARCH 10TH**

**STATE PRIMARY - TUESDAY SEPTEMBER 8TH**

**GENERAL ELECTION – TUESDAY NOVEMBER 3RD**

Last day to change party affiliation before **the Presidential Primary is Friday, October 25, 2019**

Last date for Voter registration before the Presidential Primary will be 10-13 days before the Primary Elections when the supervisors meet to make changes to the Checklist. This date will be announced at a later date once the Presidential Primary date has been set. **You can always register to vote on election day at the Community center.**

Absentee ballot request forms are available on the Secretary of state Website - <https://sos.nh.gov/ElecForms2.aspx>, the Town Website or the Town office. Absentee ballot request forms can be mailed, emailed or faxed to the Town office. Overseas and military personnel have to fill out the FPCA voter registration forms to get their ballot by mail or email. The forms are available at [www.fvap.gov/eo/overview/materials/forms](http://www.fvap.gov/eo/overview/materials/forms).

## HOPKINTON – CONTOOCOOK NEWS ON PAGES 15-16

### TYLER SHAW'S KILLER GETS 6 to 12

Joseph Leonard, 37 of Derry was sentenced to six to 12 years in the State Prison for the high speed vehicular homicide of Tyler Shaw of Concord. Shaw had been in Bow visiting friends when he was heading home on Logging Hill Road on April 30, 2018.

Leonard was drunk and thought exit 1 in Bow would get him from I-89 to I-93 (and on to Derry) when he ran the stop sign and T-boned Shaw.

The poorly signed exit is supposed to be updated with new signage that so far has not been installed.

At the sentencing before Judge McNamara of the Merrimack County Superior Court on October 4, he rejected a 5 to 10 year plea deal and instead imposed a 6 to 12 year sentence.

Leonard pleaded guilty on Sept. 19 to felony charges of negligent homicide and aggravated driving while intoxicated in connection with Shaw's death.

The crash that killed Shaw off Interstate 89 in Bow marked the third time that police had arrested Leonard for drunken driving. Leonard was first arrested as a teenager. And just eight years ago, his impairment caused an accident in which he was injured.

"Please do not let Mr. Leonard's history be repeated," his mother Beth Shaw added. "Please do not let our history be repeated. Too many innocent people are dying at the hands of drunk drivers."

Tyler's grandfather spoke about Tyler's willingness to lend a hand to those in need, to stand by his family, and his zest for life.

"He was a fine young man who worked hard and wanted to make the world a better place. He lived his life to the fullest, loved and cared deeply for his family and cherished true friendships. He left a positive impression on all those who truly knew him," he said. "No one else should have to go through what our family and Tyler's friends have gone through for the past 18 months."

Leonard admitted fault and told the court he was "not here today to make excuses, or to ask for forgiveness, not because I don't seek forgiveness, but because I know my actions are unforgivable. I am here today to accept the responsibility and punishments for my actions as a parent, significant other, sibling, uncle and friend myself. I can't begin to imagine what Tyler Shaw's friends and family have had to go through because of my actions," Leonard said.



## 67 ARRESTED AT BOW POWER PLANT PROTEST

by Shawne K. Wickham

Sixty-seven activists were arrested on September 27 for trespassing at the Merrimack Station coal-burning power plant, in what organizers said was the largest environmental civil disobedience action since the Clamshell Alliance demonstrations against the Seabrook nuclear plant in the 1970s.

Those arrested were part of a group of about 300 people from across New England who attended a "No Coal, No Gas" rally held in the ballfield across from the plant. For three hours, folks of all ages sang, chanted and cheered as speakers called for action on climate change — starting with shutting down the nearby power plant.

Lilly Tague-Bleau, 15, a sophomore at Manchester Central High School, told the crowd that climate change demands an immediate response. "As sea levels rise and events of extreme weather continue to occur at alarming rates, we are left with no choice but to take action and step in now," she said. "We must work before this movement becomes nothing but damage control."

(Continued to page 3)

## WINNER OF 4 NH PRESS ASSOCIATION AWARDS

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## LOW TAXES ARE THE RESULT OF LOW SPENDING

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Printer - Seacoast Media Group

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## EDITORIAL

### The Power Plant Arrests: Praise to All That Day by Chuck Douglas

The anti-coal protestors who took the time to come to Bow to send a message on global warming on September 27, 2019, are to be applauded for their sincerity and non-violent conduct. And Bow Police and other law enforcement are to be praised for being respectful and professional in how they handled the situation.

One of the last coal fired plants in New England drew a good crowd of demonstrators, many of whom chose to cross a line and be arrested to show the force of their global warning beliefs.

The 67 arrestees were largely from New England (30 from Vermont, 9 from the Commonwealth to our south, etc.) but they destroyed no property and committed no violence against law enforcement.

Their civil disobedience is a 200 plus year old tradition going back to the famous Tea Party in Boston harbor in 1773 protesting the hated Tea Tax!

Chief Margaret Lougee and the Bow Police Department, along with State Police and other departments, were respectful, restrained and highly professional. No lawsuits, no injuries, no overreaction. No Hong Kong here in Bow, but rather the best side of how the law should be enforced with people who advocate change.

In a polarized and often shouting society it is reassuring that Bow could shine as a fine example of how Americans make a point, but must respect private property at the same time.

Hats off to all who showed up or served on September 27. You served our Bill of Rights well. And Chief Lougee, we salute you for a job well done!

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

## BOW OPEN SPACES TRAIL CARE DAY

**November 2nd  
from 9 - 11:00am  
Bow Community Building**

Come help Bow Open Spaces take care of our trails. Trail maintenance may include brush clipping, balzing trails repairing footbridges. Be sure to bring weather-appropriate clothing, work gloves, clippers and/or rakes and WATER!

**To sign up go to:  
[Trails@BowOpenSpaces.com](mailto:Trails@BowOpenSpaces.com)**

## Join us For Brunch !

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Photo By: Eric Anderson

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### Fundraising Brunch for Repairs To The Historic Bow Baptist Church Saturday October 19, 2019

**8:00-11:00 AM**

**Location: The Old Town Hall  
Tours of the Church Available**

**For Tickets in Advance: [bowchurch@juno.com](mailto:bowchurch@juno.com)**

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**POWER PLANT PROTEST continued from page 1**

"It seems like our leaders only care about the short term, but 'I'll be dead when it matters' does not apply to me and my children," she said, as the crowd erupted in cheers.

About halfway through the rally, those who had decided in advance they would "risk arrest" headed out, dressed in Tyvek suits.

One group marched to the plant's front gate on River Road, stopping at a chain-link fence to sing and chant. A larger group kept walking, turning into an industrial park and moving onto the railroad tracks leading to the back entrance to the plant.

The protesters helped each other over the concrete barriers and moved forward until they were stopped by the waiting officers. There were no scuffles, and the protesters stood or sat as they were taken into custody; some continued to sing quietly.

Organizers said those arrested were released on personal recognizance. Bow police said no injuries or property damage were reported in its 64 arrests. Three were arrested by State Police.

The owners of Granite Shore Power issued a statement about the arrests: "We respect and support the right of any person to express his or her views. Unfortunately, today's protest and trespassing was more about making a scene and breaking the law than about conveying an informed point of view." Courtesy NH Sunday News

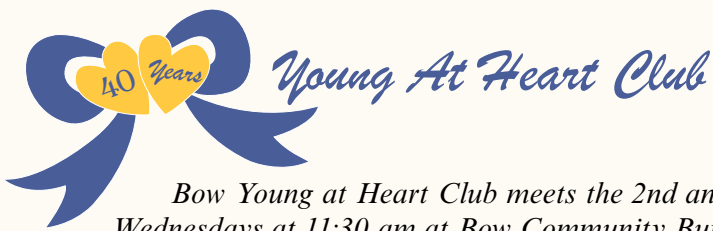


## PUMPKINS FOR SALE

The Bow Mills United Methodist Church, 505 South Street, Bow, is hosting its **15th Annual Pumpkin Patch** from October 4 to the 31st. Times and hours are: Monday thru Friday, 2 – 6 PM; Saturday, 10 AM – 5 pm; Sunday, 12 noon to 5 PM. Eric Anderson photo.



Don and Diane Lowe and Barbara and Peter Audet all from Bow traveled with the Bow Times to the top of Mount Rigi in Switzerland.



*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*

October 23 Guest speaker Rob Ricard will share his experiences of Hiking the Appalachian Trail



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## WHAT IS MEDICARE PART D?

BY BEN KINIRY, ESQ.



Last month's article discussed Medicare Part B. This article discusses another benefit under the Medicare program, Part D.

**First: A reminder to check your prescription drug plan.** Every fall there is an open enrollment period for Medicare Part D: this year it is **October 15 to December 7**. During this timeframe, it is important for those enrolled in Medicare Part D, a prescription drug benefit, to check to see which plan will benefit them the most. It is not uncommon for an individual to develop a medical condition over the course of the year and to now require a medication not covered by his or her current plan. If you know someone who may not remember to review his or her existing plan, you may wish to take this opportunity to remind, or even assist, him or her in doing so.

The following paragraphs explain what you should know about Medicare Part D as a starting point and were taken from a writing by the National Academy of Elder Law Attorneys, Inc. (NAELA).

### ENROLLMENT

A person is eligible to enroll in a Part D plan when he or she qualifies for Medicare. This is usually when someone turns 65, although a person receiving Social Security Disability Income may qualify for benefits at a younger age. Special rules apply for people who qualify for both Medicare and Medicaid. Although the Part D plan is optional, a person who does not enroll when first eligible and later decides to enroll must pay a surcharge to the premium equal to 1 percent per month. There is no cap to the penalty. A person who does not enroll when first eligible does not pay a surcharge, however, if he or she is enrolled in another health care plan, that is determined by the federal government to be a "creditable" plan. A "creditable" plan is one that offers prescription benefits similar to the Part D benefits. Examples of creditable plans include federal employee retirement health plans, the military TRICARE, and some private retiree health insurance policies. The plan

administrator for a health plan must inform a retiree in writing each year whether the plan is "creditable." A person should keep the letter as it may be necessary to prove credible coverage.

### SELECTING A PLAN

A person may choose a plan that is offered in his or her geographic area. The model plan offers to pay 75 percent of the cost of drugs covered by the plan up to the initial coverage limit, less a deductible. There is no benefit paid for expenses after this amount until a "catastrophic" benefit becomes available when annual expenses exceed the out-of-pocket limit. This is what has been described as the "doughnut hole." Once expenses exceed the out-of-pocket limit, then the plan pays 95 percent of the cost. The deductible, initial coverage limit, and out-of-pocket limit are increased each year by the increase in drug costs. However, not all plans follow this model. Some offer different deductibles and some do not have a "doughnut hole." The Affordable Care Act (ACA) gradually eliminates the donut hole by 2020. Some plans are offered through Medicare Health Maintenance Organizations (HMOs) or Preferred Provider Organizations (PPOs). Some HMOs and PPOs do not charge any additional premium for the prescription drug benefit.

### PLAN FORMULARY

A plan will only pay a benefit if the drug is covered by the plan. This is called the plan's formulary. Each plan has a different formulary. The plan may also restrict the number of pills it will cover for a formulary drug, require plan approval before paying for a drug, or require that a less costly drug be used before paying for the prescribed drug. Therefore, it is very important to know whether a particular medication is included in the plan's formulary. The plan also has the right to change its formulary with 60 days notice to the beneficiary. Plans must have an exceptions process that allows beneficiaries access to medically necessary drugs that are not on a plan's formulary.

LABOE  
& TASKER  
PLLC

### SWITCHING PLANS

In most cases, a person can change plans only once a year during the "open season" occurring between October 15 and December 7.

### EXTRA HELP

Persons with limited income and assets may qualify for subsidies. The income and resource levels are issued by the federal government and revised annually. Dually eligible beneficiaries (Medicare and Medicaid) who are in a nursing home will not have to pay anything and can switch plans once a month. Application for "Extra Help" is made either through the federal Social Security Administration or the state agency responsible for administering the Medical Assistance program.

### APPEALS

A person may have rights to file appeals if he or she is adversely affected by a provider's decision. These rights may include: change in formulary of a needed drug, change in prescription to a drug not on the formulary, limitations on quantity of drugs, or access to drugs.

### WHERE TO GO FOR HELP

The Center for Medicare and Medicaid Services (CMS) web site, [www.medicare.gov](http://www.medicare.gov), offers information about Part D. It also contains a listing of all the available plans for a particular state on its web site and a tool kit to help select a particular plan. Medicare can be reached toll-free at 800-633-4227. Area Agencies on Aging, which are found in every local jurisdiction, also provide excellent information about Part D as well as other questions about Medicare.

New Hampshire Bureau of Elderly and Adult Services (our local Agency on Aging) is located at 129 Pleasant Street, Brown Building Concord. You may reach them at (603) 271-9203.

*National Academy of Elder Law Attorneys, Inc. Medicare (2016) (NAELA).*

*Information in this article does not constitute legal advice.*

## Talking Trash

### RYCYLING ELECTRONIC WASTE

By Danielle Ruane

Electronic waste (called e-waste) is now one of the fastest growing segments of the world's waste stream. It is estimated that approximately 50 million tons of e-waste are generated worldwide each year. That is enough e-waste to cover Manhattan every single year. Of that amount, approximately 20% is properly recycled each year. The rest is believed to be sent to landfills, incinerators or simply dumped.

The substantial amount of e-waste generated should not be too surprising. Computers, tablets, cellphones, appliances and other devices are constantly being upgraded by consumers who want to own the most advanced technology. Many manufacturers have created a strategy of "planned obsolescence" in their devices to ensure that they are replaced at a rapid rate. It is estimated that cellular phones are replaced every two years by consumers – indeed, there are almost 34,000 results if you search on eBay for a "vintage flip phone." Even common household appliances such as pressure cookers and vacuum cleaners are no longer immune to obsolescence as models with new technology and robotics are constantly developed.

The good news is that there are ways to responsibly recycle our electronics. This year, RecycleUSA-LLC will be accepting electronics during Bow and Dunbarton's annual **Household Hazardous Waste Collection Day on October 19, 2019**.

There is no fee for items such as computers, cell phones, keyboards, mice and cable boxes. All power cords, wires and cables are also free to recycle, so if you have a collection of old charging cables in your junk drawer, this is a great way to responsibly recycle those items. There is a small fee for certain items such as printers, televisions, microwaves, computer speakers, dehumidifiers, air conditioners and appliances such as Keurig machines. For a full list of items and the associated charges, please visit <https://www.bownh.gov/340/Annual-Household-Hazardous-Waste-Collect>.

You might be wondering what happens to our once-loved electronics after they are dropped off with RecycleUSA-LLC. RecycleUSA-LLC, headquartered in Londonderry, estimates that they recycle approximately 10 to 15 tons of e-waste each year.

(Continued to page 19)



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## 4 QUESTIONS MILLENNIALS HAVE ABOUT SAVING FOR RETIREMENT

"46 percent of millennials say they can't afford to invest for the future, which includes putting money into a retirement account." - Bankrate survey.

While the student debt millennials carry can be significantly higher than previous generations, by answering some of their questions and with some guidance, they can get on the right path to retirement savings.

### HOW CAN I SAVE WHEN I HAVE STUDENT DEBT?

Unquestionably, this is the biggest obstacle millennials have to saving. The interest rate on student loans is a huge factor in deciding how much to save. If your loans have a higher rate than your investments are earning, it may make more sense to accelerate paying them off. You might want to consider consolidating or refinancing student loans at a lower rate, and with the extra money, start a retirement account.

### WHAT'S THE BEST WAY TO TRACK MY SPENDING AND STAY ON A BUDGET?

Keeping tabs on spending gives a clear understanding of cash flow. There are many financial apps millennials can use to record purchases by linking to checking and credit card accounts. You can see exactly where each dollar is going, and determine if you can cut unnecessary expenses. If budgets are tight, where can savings be made? Skip the daily caramel macchiato or dining out too much. An alternative could be making coffee at home and dining in with friends once a week. Finding the savings doesn't have to mean giving up on fun, but it does mean finding some new approaches.

### HOW DO I TAKE ADVANTAGE OF MY EMPLOYER'S RETIREMENT PLAN?

If millennials are lucky to have the benefit of a retirement fund (generally a 401 (k)) offered at work, it is in your best interest to start saving as soon as eligible. Educating yourself about how 401 (k)s can reduce taxable income and about the significant benefits of employer matching, may convince you to not pass up on the opportunity. When you don't chip in to get the employer match, real money is being left on the table. What if there is no 401 (k) at work? Opening an Individual Retirement Account (IRA) at your local community bank and making consistent contributions can still offer significant tax advantages and savings.

### WHAT IF I CAN ONLY SAVE A SMALL AMOUNT?

The good news is that there is no minimum amount to start saving! Even if you only have an extra \$25.00 a month to save, and its invested consistently throughout the year, that is a great start! Financial Planners also suggest micro savings apps, which allow you to invest spare change and track it from a smartphone. The amount is not important. Being consistent and starting early is key.

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## COMMUNITY BUILDING KITCHEN UPDATE

by Chief Mitchell Harrington

I met with the Board of Selectman on September 10 to discuss the future of the Community Building Kitchen per the previously established compliance plan. At this point we needed to determine if the kitchen would be classified as: no longer occupied space, a Type II Commercial Kitchen, or a Type I Commercial Kitchen. If a Type II was desired the following work would be needed; minor carpentry/plumbing repair, removal/repair of dishwasher, proper water temperature, and more aggressive rodent control. If a Type I was desired the aforementioned work plus the following would be needed; hood repair or replacement, new hood extinguishing system, and rated fire separation between the kitchen and gym. The Board of Selectman chose to classify the space as a Type II kitchen. This permits food to be warmed and served from the kitchen. Food preparation that produces grease laden vapors is non-permissible.

### PERMISSIBLE

Ovens for baking, warming, roasting

Boiling water, pastas, potatoes, etc

Warming sauces, stews, casseroles

Warming previously cooked foods

### NOT PERMISSIBLE

Stove top browning and cooking of meats

Pan frying with oils, lard, butter etc.

Sautéing

Deep frying, Flambé, oven broiling

## BOW HERITAGE COMMISSION

### Bow Heritage Day Festivities Enjoyed by all who Participated & Attended



NH Model A Club Pulls In



Lineup at Bow Bog Meeting House



One of the Two Quilts Raffled Off



J. Meissner Sells Old Road Signs



Connie LaRosa playing the Prescott Reed Organ



Rev. Durwood Sargent and the Bell Ringing Ceremony

Thanks You All for Attending and Participating

Photos by Wendel (Bud) Durling



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## OLLI Celebrates the Weather by Jacki Fogarty

OLLI at Granite State College is right in the middle of its fall term and the classes so far have been fabulous. Just as the little kids enjoy a bit of recess during the school day, OLLI members take time out too and enjoy each other's company in a social setting. OLLI's "Mug 'n' Muffin" is a coffee break of sorts in which members do two of their favorite things: eat and share their experiences.

OLLI just had a terrific "Mug 'n' Muffin" where members gathered for weather-related refreshments while exchanging stories of weather catastrophes. The one rule was "happy endings only—no tear-jerkers." So members regaled each other with one funny or inspiring story after another of bursting pipes, grandkids' introduction to vending machines, vacation misadventures during unending rain and, with the really bad conditions like earthquakes and tornadoes experienced in other parts of the country, concluded that New Hampshire, WITH a generator, is the best place to live.

What would constitute weather-related refreshments you ask? Well, on a refreshment table adorned with a Red Cross Disaster Relief truck, hot chocolate joined the more typical coffee and tea. And, instead of muffins, attendees were treated to platters of snowball cupcakes (which, nowadays, can be found in pink and orange, but not white!!!) Rock candy, intended to remind us all of ice, was available.

Since September is Disaster Awareness Month, the program committee furnished booklets with instructions for creating "Go-Bags" for evacuations and other important tips to be prepared for the inevitable snow and ice storms coming up in just a few months.

Coming up on October 25 is one of OLLI in Concord's favorite events, a Game Day. Just as it sounds, OLLI members come together to play Scrabble, Kings in the Corner, Chicken Dominoes, Balderdash and many others – some more competitively than others, but all accompanied by laughter and teasing.

Classes, Special Interest Groups, social events, volunteer opportunities... OLLI has quite a variety to offer adults age 50 and up. Perhaps that's why 19 Bow residents have joined OLLI since the beginning of 2019. Several have mentioned they've been attracted by what they've read in the newspaper about OLLI. We hope every Bow resident who is or knows someone who is in the age group and has a thirst for knowledge and a taste for fun will choose to join their neighbors and give OLLI a try.

To find out more about membership, upcoming classes and events, trips, volunteer opportunities and more, visit OLLI's website, [olli.granite.edu](http://olli.granite.edu), or call the OLLI office at 603-513-1377. OLLI, which offers noncredit courses to lifelong learners, is a program of Granite State College. Granite State College is known for its flexible college degree programs targeting adult learners with online and classroom courses leading to associate's, bachelor's and master's degrees.



Attendees followed a pathway lined with umbrellas to tables which were adorned with centerpieces created from rainboots and flowers, one of OLLI's newest members peruses the selection of snowballs at the refreshment table, and a clever centerpiece adorns the registration table.

# DUNBARTON NEWS

By Nora LeDuc



## MONTH OF OCTOBER

**THE CONGREGATIONAL CHURCH BOOK CLUB** will be reading *Real Good Church* by Molly Phinney Baskette in October. The discussion is scheduled for Thursday, November 7 from 7 to 8:30 PM at the Vestry. Hosts will be Joyce Ray and Barbara Bennett. All are welcome to join.

## SATURDAY, OCTOBER 19

**SPOOKY SONGS** at 11:00 AM, presented by "Music with Sarah" Gardner at the library. Kids sing, dance and play along to some not-so spooky songs. Perfect for toddlers and young children.

**SPIRESIDE** 7 to 10:30 PM open stage night without a featured performer to provide each open-mic signup additional time. Come see the regular crew of local musicians. They usually have an eclectic mix of 8 to 12 local performers. Please join the evening of fun. Donation of \$5 at the Vestry in Dunbarton Center. Snacks will be available for sale too.

## SUNDAY, OCTOBER 20

**FALL FESTIVAL** 1:00 pm to 4:00 pm at the elementary school. Chili Cook-Off, games, wagon rides, and a photo booth will be there. Available for purchase: homemade cider, baked goods, and pumpkins. Free Admission. FMI [dunbartonpto@gmail.com](mailto:dunbartonpto@gmail.com)

## TUESDAY, OCTOBER 22

**CHAIR YOGA** will be at the library. Dress comfortably and arrive before 10:30 AM so you can all start on time. Thanks!

## FRIDAY, OCTOBER 25

**LADIES' GAME NIGHT - POTLUCK** 6:00 PM to 9:00 pm at the Vestry. All are welcome for a night of food and fun in the vestry. Bring a dish or drink to share. Games are available or bring your favorite game to teach others. Contact Stephanie Herlihy, Susan Johonnett or Lynn Leslie if you have questions... or need a ride.

## SATURDAY, OCTOBER 26

**PRESCRIPTION DRUG TAKEBACK DAY.** 10 AM to 2 PM, the Police Department will once again be participating in the Drug Enforcement Administration's (DEA) Prescription Drug Takeback Day. Residents can turn in their unused, unwanted, or expired drugs. Event takes place at the Police Department, 18 Robert Rogers Road, Dunbarton. The proper disposal of medication helps reduce unauthorized access, theft, abuse and damage to the environment. Any questions about the event may be directed to Sergeant Chris Remillard at [chrisremillard@gsinet.net](mailto:chrisremillard@gsinet.net) or (603) 774-5500.

## SATURDAY, OCTOBER 31

**ELEMENTARY HALLOWEEN** party and parade 1:45 to 2:15 PM at the school and around the center.

**NEW HOURS DUNBARTON TRICK OR TREAT!** 4:30 to 7:00 PM.

**TAX OFFICE WILL BE CLOSED.** The Town Clerk will be open 7:30 AM to 3:30 PM.

## SATURDAY, NOVEMBER 9

**THE HARVEST MOON SUPPER** at the elementary school from 4:00 to 7:00 PM. Contact the PTO FMI.

## LESS IS MORE FOR MAXIMUM RESULTS!

by Jim Olson

Fall is often the time when people are eager to make serious lifestyle changes and make up for lost time in their quest to get fit and healthy. Their motivation and passion are so contagious, I find myself checking the calendar to make sure it is not January 1st.

But in their excitement, many make a common mistake – overtraining. The thinking goes like this: “If 20 push-ups are good, then 30 must be better,” or “If 35 pounds challenges my muscles, then I’ll really get ripped if I do 50!” In other words, more is better and leads to faster results.

Unfortunately, this just isn’t the case, and taken to the extreme can lead to getting hurt and MISSING workouts. As with most things in life, moderation and consistency in fitness are the keys to success. Too much of anything can be a bad thing, and there is no need to do more than the minimum needed for maximum results.



**Jim Olson**

For example, consider medication. If 200 milligrams of Advil takes away your headache, you do not need to take 1000 milligrams. It will not make your headache go away any more effectively, because 200 milligrams will make it disappear completely! Taking 1000 milligrams is not only wasted effort, but it could have dangerous effect on your health.

It is important to realize that over training in fitness not

only doesn’t deliver faster and better results, but it can lead to injury and burnout. Pushing your body beyond what it can effectively handle will usually result in a strain or muscle tear.

Likewise, for those just starting, if you blast out of the gate at top speed with an intensity that you can’t possibly sustain, you will burn out and likely give up. The wisest choice is to practice moderation and consistency.

Remember, what you do every day is more important than what you do every once in a while. Those everyday activities may not be terribly exciting while you are doing them. And you may not feel like you are making progress. But give the compound effect time to work. Your effort will pay off. You will become stronger, more fit, and others will begin to notice.

Take care of your body and your mind by practicing the “Less is More” strategy.

Do what is necessary to get you to your goal, one step at a time.

As always, if you need any help with your fitness and nutrition, feel free to reach out to my team and me today. Better yet, come celebrate our anniversary with us and speak to us in person to find out how we can help you achieve your results by doing less. See more details of our open house below.

Committed to Your Fitness,  
Jim

What you do  
every day is  
more important  
than what you  
do every once  
in a while.



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# ANNIVERSARY PARTY

**WEDNESDAY  
OCTOBER 23**

**6:00PM -  
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**MANCHESTER  
LOCATION**

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IT'S A JOINT CELEBRATION ANNIVERSARY PARTY**

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RAFFLES  
SPIN THE WHEEL  
GAMES**



# BAKER FREE LIBRARY NEWS

by Juliana Gallo



Eric Anderson photo.

## Introducing **MARTIN WALTERS** New Baker Free Library Director

The Baker Free Library is delighted to introduce to you our new Library Director, Mr. Martin Walters. Martin has been a library director since 2002, most recently at the Bibliothèque de Beaumont Library in Beaumont, Alberta since 2011.

Martin is an innovative leader who you will begin to see regularly throughout the community as Martin works to connect the services that Baker Free Library can provide with the needs of the community.

Martin's previous library experience has included school libraries, academic libraries, theological libraries, and of course public libraries so he arrives to Bow prepared to apply that experience to a wide range of literacy, social, technology, and other needs.

October 1 will be Martin's first day at Baker Free Library. He will be connecting with community organizations and welcomes an invitation to your Bow organization, club, or corporate meetings to introduce himself and introduce Baker Free Library services to you.

Please join the Baker Free Library in welcoming Martin to Bow and please watch the library website for an announcement on an early October reception to come meet Martin at the library.

### **FRIENDS OF THE LIBRARY BAG SALE**

Through October 19, stock up on books from the library's book sale! Fill a standard grocery bag with books for just \$5.00. The book sale is located on the library's lower level, and is accessible anytime the library is open.

**CRAFTS 4 KIDS** An afterschool craft program for students in grades K-4, along with a parent or guardian. Create a new project every month! All materials will be provided by the library. For more info, contact Amelia at [amelia@bakerfreelib.org](mailto:amelia@bakerfreelib.org) or call (603) 224-7113. Registration is required for this event. **Tinker Tuesday** This group meets on the first Tuesday of each month, providing children aged 7-12 with an opportunity to explore scientific topics through hands-on activities. Registration is required for this event. For more info, contact Juliana at [juliana@bakerfreelib.org](mailto:juliana@bakerfreelib.org) or call (603) 224-7113. **The Bookaneers Book Club** is a new book club for 4th, 5th, and 6th grade students! This group will meet on the third Thursday of each month at 4:00PM. Explore new books and genres, and take part in a craft or project inspired by each book. Copies of each month's selected title will be provided by the library. Registration is required for this event. For more info, contact Juliana at [juliana@bakerfreelib.org](mailto:juliana@bakerfreelib.org) or call (603) 224-7113.

**ADULT CRAFT NIGHTS** are held on the first Wednesday of each month from 6:00 – 8:00PM. Take part in a new project each month. All supplies are provided, and the class is free of charge. Registration is required for this event. For more info, contact Betsy at [betsy@bakerfreelib.org](mailto:betsy@bakerfreelib.org) or call (603) 224-7113.

**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 *To The Lighthouse* by Virginia Woolf.

### **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 Face of a Stranger* by Anne Perry. Book Donation Day The Friends of the Baker Free Library will hold their next donation day on Saturday, October 26, from 10AM-2PM. If you have any questions about what makes an acceptable donation, please email [info@bakerfreelib.org](mailto:info@bakerfreelib.org).

### **SMALL BUSINESS START-UP SERIES**

sponsored in conjunction with SCORE 5:30 to 7:30 PM on the following dates:

Thursday 11/7	Short Course in Starting a Business
Thursday, 11/14	Marketing, Marketing, Marketing
Thursday, 11/21	Finding the path to Profitability

Registration is required at <http://events.r20.constantcontact.com/>

### **FABULOUS FALL WELLNESS SERIES**

6:00 to 8:00 PM on the following dates:

Tuesday, 10/22	Say Goodbye to Holiday Stress
Tuesday, 11/5	Holiday Recipe Remix
Wednesday, 11/13	Holiday Confidence

**TOWNS OF BOW AND  
DUNBARTON**

**HOUSEHOLD  
HAZARDOUS  
WASTE DAY**

---

**SATURDAY  
OCTOBER 19, 2019  
8:30 AM - 1 PM**

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# ANNUAL FINANCIAL TO-DO LIST

by Dominic Lucente

*Things you can do for your future as the year unfolds.*

What financial, business, or life priorities do you need to address for the coming year? Now is a good time to think about the investing, saving, or budgeting methods you could employ toward specific objectives, from building your retirement fund to managing your taxes. You have plenty of choices. Here are a few ideas to consider:

**Can you contribute more to your retirement plans this year?** In 2020, the contribution limit for a Roth or traditional individual retirement account (IRA) remains at \$6,000 (\$7,000 for those making “catch-up” contributions). Your modified adjusted gross income (MAGI) may affect how much you can put into a Roth IRA: singles and heads of household with MAGI above \$139,000 and joint filers with MAGI above \$206,000 cannot make 2020 Roth contributions.<sup>1</sup>

Before making any changes, remember that withdrawals from traditional IRAs are taxed as ordinary income, and if taken before age 59½, may be subject to a 10% federal income tax penalty. To qualify for the tax-free and penalty-free withdrawal of earnings, Roth IRA distributions must meet a five-year holding requirement and occur after age 59½.

**Make a charitable gift.** You can claim the deduction on your tax return, provided you itemize your deductions with Schedule A. The paper trail is important here. If you give cash, you need to document it. Even small contributions need to be demonstrated by a bank record, payroll deduction record, credit card statement, or written communication from the charity with the date and amount. Incidentally, the Internal Revenue Service (I.R.S.) does not equate a pledge with a donation. If you pledge \$2,000 to a charity this year, but only end up gifting \$500, you can only deduct \$500.<sup>1</sup>

These are hypothetical examples and are not a replacement for real-life advice. Make certain to consult your tax, legal, or accounting professional before modifying your strategy.

**See if you can take a home office deduction for your small business.** If you are a small-business owner, you may want to investigate this. You may be able to legitimately write off expenses linked to the portion of your home used to exclusively conduct your business. Using your home office as a business expense involves a complex set of tax rules and regulations. Before moving forward, consider working with a professional who is familiar with homebased businesses.<sup>3</sup>

**Open an HSA.** A Health Savings Account (HSA) works a bit like your workplace retirement account. There are also some HSA rules and limitations to consider. You are limited to a \$3,550 contribution for 2020, if you are single; \$7,100, if you have a spouse or family. Those limits jump by a \$1,000 “catch-up” limit for each person in the household over age 55.<sup>4</sup>

If you spend your HSA funds for non-medical expenses before age 65, you may be required to pay ordinary income tax as well as a 20% penalty. After age 65, you may be required to pay ordinary income taxes on HSA funds used for nonmedical expenses. HSA contributions are exempt from federal income tax; however, they are not exempt from state taxes in certain states.

**Pay attention to asset location.** Tax-efficient asset location is an ignored fundamental of investing. Broadly speaking, your least tax-efficient securities should go in pretax accounts, and your most tax-efficient securities should be held in taxable accounts.

Before adjusting your asset location, consider working with an investment professional who is familiar with tax rules and regulations.

**Review your withholding status.** Should it be adjusted due to any of the following factors?

- You tend to pay a great deal of income tax each year.
- You tend to get a big federal tax refund each year.
- You recently married or divorced.
- A family member recently passed away.
- You have a new job and you are earning much more than you previously did.
- You started a business venture or became self-employed.

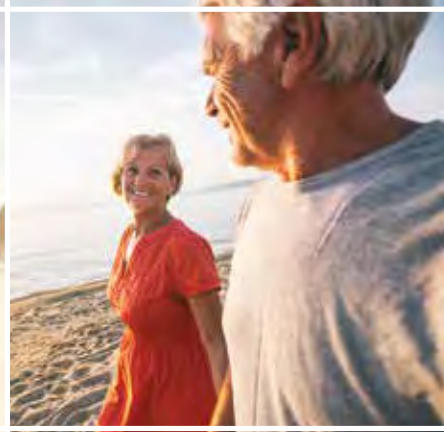
These are general guidelines and are not a replacement for real-life advice. So, make certain to speak with a professional who understands your situation before making any changes.

**Are you marrying in 2020?** If so, why not review the beneficiaries of your retirement accounts and other assets? When considering your marriage, you may want to make changes to the relevant beneficiary forms. The same goes for your insurance coverage. If you will have a new last name in 2020, you will need a new Social Security card. Additionally, the two of you may have retirement accounts and investment strategies. Will they need to be revised or adjusted with marriage?

**Are you coming home from active duty?** If so, go ahead and check the status of your credit and the state of any tax and legal proceedings that might have been preempted by your orders. Make sure any employee health insurance is still there and revoke any power of attorney you may have granted to another person.

**Consider the tax impact of any upcoming transactions.** Are you planning to sell any real estate this year? Are you starting a business? Do you think you might exercise a stock option? Might any large commissions

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or bonuses come your way in 2020? Do you anticipate selling an investment that is held outside of a tax-deferred account?

**If you are retired and older than 70½, remember your year-end RMD.** Retirees over age 70½ must begin taking Required Minimum Distributions from traditional IRAs and 401(k), 403(b), and profit-sharing plans by December 31 of each year. The I.R.S. penalty for failing to take an RMD can be as much as 50% of the RMD amount that is not withdrawn.<sup>5</sup>

**Lastly, should you make 13 mortgage payments this year?** If your house is underwater, this makes no sense – and you could argue that those dollars might be better off invested or put in your emergency fund. Those factors aside, however, there may be some merit to making a January 2020 mortgage payment in December 2019. If you have a fixed-rate loan, a lump-sum payment can reduce the principal and the total interest paid on it by that much more.

If you're considering making 13 payments, consider working with a tax, legal, or accounting professional who is familiar with your situation.<sup>3</sup>

Vow to focus on being healthy and wealthy in 2020. And don't be afraid to ask for help from professionals who understand your individual situation.

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

- 1 - thefinancebuff.com/401k-403b-ira-contribution-limits.html [7/16/19]
- 2 - irs.gov/newsroom/charitable-contributions [6/28/19]
- 3 - nerdwallet.com/blog/taxes/home-office-tax-deductions-small-business/ [1/22/19]
- 4 - cnbc.com/2019/06/03/these-are-the-new-hsa-limits-for-2020.html [6/4/19]
- 5 - forbes.com/sites/leonlabrecque/2019/04/09/bigger-iras-proposed-new-tax-law-may-let-you-build-a-bigger-ira-in-retirement/ [4/9/19]





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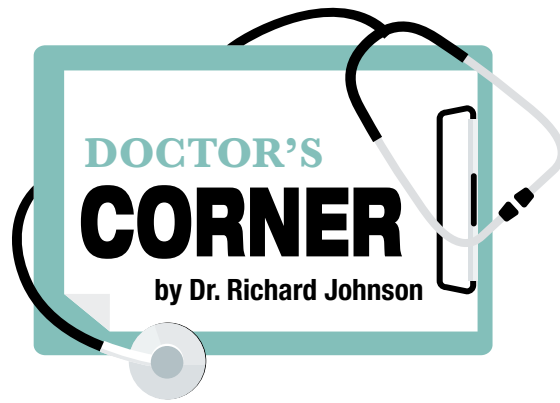
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### E-CIGARETTES

I would hope that this article is not your first exposure to the world of e-cigarettes. If you get your news from TV, the printed page or from electronic media you have some awareness of this issue. As a healthcare professional I cannot let an opportunity to enhance public awareness pass me by.

What is an e-cigarette? Basically it is a device that delivers nicotine (and any other substance the manufacturer wants to add), by way of your lungs, into your body through an electronic process called vaping. This vaping device consists of a mouthpiece, a battery, a cartridge that contains the e-liquid, and a heating element that is powered by a battery. The battery heats up the heating element, which in turn changes the contents of the e-liquid into an aerosol, that is inhaled into the lungs. This is not water vapor, but rather an aerosol that contains many fine particles from the substances that are added to the e-liquid as well as particles from the heating element. The term 'vaping' is used because what is inhaled is a 'vapor' or aerosol, not 'smoke'. At the bare minimum the three main components of the liquid that is 'vaped' are flavors, sweeteners and solvents. The solvents (a substance that can dissolve other substances such as nicotine, and marijuana compounds) most used are vegetable glycerin and propylene glycol. So yes, vaping is not smoking and the 'good' part of that is that one is not inhaling the products of combustion, many of which have been found to be carcinogenic.

But, and here is the problem, it is the nicotine that is highly addictive, and it is the cigarette companies that are actively marketing e-cigarettes as an alternative to smoking. As long as they can keep you addicted and buying their products they are happy.

The next question is: are e-cigarettes safe to use? You may say, "So what if they are addictive, I don't care, as long as they don't affect my health." The reality is that we don't know what we don't know. The epidemic in lung cancer that occurred in the 1940s & 1950s was not believed to be due to smoking. As late as 1960 1/3 of US doctors believed that the case against cigarettes had not been established.

Since the first documented reference to a battery powered cigarette in 1930 to the very popular JUUL device today, there has been an increasing interest in producing and selling electronic vaping devices. There simply has not been enough research to prove there are health risks to e-cigarettes. But the evidence is starting to come in. Remember, the latency period for lung cancer for cigarette smokers is about 25 years. As of 1 October 2019 1,080-lung injury cases have been associated with vaping. There have been 18 deaths.

Let's not forget the economic gains that are made by companies selling products that addict, injure or kill you. (See my article in the April issue. In 2012 the British Medical Journal reported a study, which showed that by making only a penny in profit for every cigarette sold, the "value of a life to a cigarette maker is about \$10,000." Is selling your body to a cigarette company for \$10,000 the legacy you want to leave behind? Vaping is increasing in young people. In February of 2019 the NIH reported that 2/5 12th graders were vaping. I suspect that companies will make much more than \$10K from their addicted and damaged bodies. For more information visit: [https://www.cdc.gov/tobacco/basic\\_information/e-cigarettes/severe-lung-disease.html](https://www.cdc.gov/tobacco/basic_information/e-cigarettes/severe-lung-disease.html)



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<sup>1</sup>Guests will have two weeks from the date of the On Stage Alaska® Travel Show to take advantage of the up to \$450 in booking bonuses offer. To obtain the maximum \$450 booking bonuses offer, book a qualifying Alaska Land+Sea journey plus receive the Onboard Value Offer valued at more than \$350. Offers, including booking deadline, subject to change without notice. Applies to all Alaska cruises and Land+Sea Journeys: Onboard Credit (OBC) and Denali Dollars are in U.S. Dollars, are nonrefundable, nontransferable, have no cash value, apply to new 2020 bookings only and are available to first and second guests sharing a stateroom only. Combinable with Signature & Savings Fares, standard and concessioned groups, select promotional fares and AAA MAP & AMEX cardholder promotions. Not combinable with Cruise Night or CS promotions. Not applicable to third and fourth guests. Cruise Only OBC: OBC amount is based on stateroom category booked and length of voyage. 7-day cruises receive: Inside: \$17.50 per person (maximum \$35 per stateroom), Ocean View: \$25 per person (maximum \$50 per stateroom), Verandah: \$37.50 per person (maximum \$75 per stateroom) and Suites: \$50 per person (maximum \$100 per suite). 14-day cruises receive: Inside: \$25 per person (maximum \$50 per stateroom), Ocean View: \$37.50 per person (maximum \$75 per stateroom), Verandah: \$50 per person (maximum \$100 per stateroom) and Suites: \$75 per person (maximum \$150 per suite). Land+Sea Journeys: OBC and Denali Dollar amount is based on stateroom category booked and type of Land+Sea Journey. Denali Land+Sea Journeys D1-D9 receive \$25 in Denali Dollars per person (maximum \$50 per stateroom) plus the following OBC: Inside and Ocean View: \$25 per person (maximum \$50 per stateroom), Verandah: \$37.50 per person (maximum \$75 per stateroom) and Suites: \$50 per person (maximum \$100 per suite). Yukon Land+Sea Journeys Y1-Y6 receive \$50 in Denali Dollars per person (maximum \$100 per stateroom) plus the following OBC: Inside and Ocean View: \$25 per person (maximum \$50 per stateroom), Verandah: \$37.50 per person (maximum \$75 per stateroom) and Suites: \$50 per person (maximum \$100 per suite). One Onboard Value Offer: Will be delivered to passenger during cruise. Applies to passenger one and two only, in a stateroom/suite. Offer is nonrefundable, nontransferable and has no cash value. <sup>2</sup>50% Reduced Deposit: For applicable departures only. All Land+Sea Journeys require a deposit of \$600 per person. Alaska cruises require a deposit of \$350 per person for 7-day cruises and \$600 per person for 14-day cruises. Bookings made on voyages requiring immediate final payment are not eligible for reduced deposit. Ask your AAA Travel Agent for details.

**Unless otherwise indicated:** Rates quoted are accurate at time of publication & are per person, based on double occupancy. Airfare, taxes, fees, surcharges, gratuities, transfers & excursions are additional. Advertised rates do not include any applicable daily resort or facility fees payable directly to the hotel at check-out; such fee amounts will be advised at the time of booking. Rates, terms, conditions, availability, itinerary, taxes, fees, surcharges, deposit, payment, cancellation terms/conditions & policies subject to change without notice at any time. Cruise rates capacity controlled. Advance reservations through AAA Travel required to obtain Member Benefits & savings which may vary based on departure date. Rates may be subject to increase after full payment for increases in government-imposed taxes or fees & supplier-imposed fees. Blackout dates & other restrictions may apply. Not responsible for errors or omissions. Your local AAA club acts as an agent for Holland America Line and is a motor club with a principal place of business at 68 Marginal Way, Portland, ME 04101. Travel provider Holland America Line is located at 450 Third Avenue, Seattle, WA 98119. Ships' Registry: The Netherlands. To learn how we collect and use your information, visit the privacy link at AAA.com. © 2019 Auto Club Services, LLC. All Rights Reserved.







In early September I accepted an invite from a fishing friend, Tom Toronto, to fish the Salmon River in Pulaski, N.Y. Tom is a seasoned veteran on the river. The big Chinook Salmon hit our egg pattern flies like an exploding train! In 2½ days of fishing, I hooked up on 6 fish and landed zero, "OUCH"! Tom landed two monster fish over 20 pounds each. He demonstrated how to use the most leverage on his 9 weight fly rod to "try" to contain this giant fish. We did tour the hatchery in Pulaski. To sum it up, they manage an unbelievable fishery.



**Organ failure...** two weeks ago, a friend called to report that he had harvested a deer with his crossbow. I asked if he kept the liver, since young venison liver is one of my favorites meals. I got the **liver** that afternoon. Around 4:30pm I sautéed my onion and pepper in hot bacon fat and got out the flour to coat the liver.



I opened the frig and got the container out... opened the lid only to see a **spleen not a liver!** So much for a great meal!

On the 14th of September, a nice buck was killed by a vehicle near the Mary Baker Eddy on Rt.3-A. The deer was not recovered and was wasted – Not good.

On the 23rd of September, we fished a pond 45 minutes North of here, that we had fished a lot in the Spring. My friend got a strike and pulled up a fly line. **I told him to keep pulling!**

Up came a fly rod and reel. It happened to be an expensive Sage Rod – a high end reel. I recognized it as the one my brother lost last May! He returned it to my brother and was rewarded with a new Ben Franklin. "NICE CATCH!"



On September 23rd, a friend of mine was trolling in Saunders Bay. The fog bank was very thick, and without warning, his boat was struck by another fishing boat. He was very shook up, he was not injured, but his boat received minor damage.

Trout season is over and it's very sad to retire the fly rod to the

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**Congratulations to  
MIKE DESILETS**



NHADA President and Bow  
Athletic Director  
receives the 2018-19  
Clyde W. Meyerhoefer Award!



# BOW GARDEN CLUB

by Joyce Kimball



## 2019 POINSETTIA SALE UNDERWAY!

The Bow Garden Club's 10th Annual "Holiday Poinsettia Sale" fundraiser is now underway! Gorgeous Red, White or Pink poinsettia plants are being pre-sold by members in both 8" and 10" pot sizes, complete with foil pot covers for gift giving or display purposes. Grown locally by D.S. Cole Growers in Loudon, these beautiful plants may be ordered through November 7th and will be available for pickup at the Old Town Hall, 91 Bow Center Road on Saturday, December 7th from 9 a.m. to noon unless other arrangements are made with the seller. The 8" pots containing 3 plant stems are \$23 and 10" pots holding 4 plant stems are \$33. All proceeds will benefit the garden club's ongoing Scholarship and Civic Beautification Programs. Please contact any Bow Garden Club member, pick up an order form from the Baker Free Library's bulletin board or contact Joyce Kimball at 229-1990 or joyceakimball@comcast.net to place your order. The garden club would like to thank their many repeat customers for their continued support.

## MEMBERS ATTEND STATE MEETING



I-r. (seated) Betty Lalla, Keryn Anderson, Carolyn Imura, Janis Kuch, Club President Lorraine Dacko. (standing) Ginny Urdi, Joyce Kimball, Sharon Pearce, Sue Smith, Beverly Gamlin.

attendeess were free to roam the premises and visit the wine and spirits store for tastings, etc. In the afternoon, John Forti, Executive Director of Bedrock Gardens in Lee addressed the group, advising them of all they can expect to experience within the gardens when they re-visit them in 2020. (The garden is currently closed while a new parking lot and other visitor amenities are under construction). Attendeess were treated to an informative talk about wine making by Brian Ferguson, the owner of Flag Hill and its distiller/winemaker. Brian's presentation concentrated on the sustainability of Flag Hill's methodology in regard to growing its own crops that are later utilized in making all the spirits they sell, as well as general information about the vineyards and their wine making process Flag Hill has received international awards for some of their spirits and their wine is very popular. Special guests were National Garden Clubs, Inc. President Gay Austin of McComb, Mississippi and Barbara Longstaff, President of the Garden Club Federation of Maine. NHFGC President Susan Miner of the Atkinson Garden Club presided.

## GREEN THUMBS IN THE WHITE HOUSE

Our November 4th Meeting will feature Kevin Bragg, a 30+ year veteran of the horticultural industry. Kevin will present a photographic horticultural history of the "Executive Residence" at 1600 Pennsylvania Avenue with photos and information gleaned from the diaries, drawings and personal accounts of our former Presidents, their wives, children, architects and gardeners. From the days of muddy tidal flats and tobacco fields to greenhouses, putting greens and Victory Gardens, this illustrated presentation will take us from 1790 to the present time. All Bow Garden Club meetings are open to the public and free of charge unless stated otherwise. Meetings begin at 6 p.m. for social time and refreshments and the evening's program starts at 7 p.m. and are generally one hour in duration. Old Town Hall, 91 Bow Center Road, BOW. Please visit [www.bowgardenclub.org](http://www.bowgardenclub.org) or contact Club President Lorraine Dacko at 774-3596 or ldack@gsinet.net for additional information.

## ANNUAL PAJAMA & BOOK DRIVE



Siblings wearing pajamas collected through our Pajama Project.

The Bow Garden Club is once again helping to provide warm and cozy nightwear and nature-related books to children in need by asking its members and the general public to contribute warm pajamas and or books to their annual "Pajama Project." By providing books on the environment, animals, bugs, youth gardening, etc., the clubs hope to raise children's awareness about gardening and the wonders of nature through reading, while providing warm nightclothes to help keep them just a little warmer this winter.

Together, Bow Garden Club members and Bow residents collected in excess of 200 pairs of pajamas (a record), more than 100 books and a \$100 cash donation through their Pajama Project last year. All donations were delivered to the Family Promise of Greater Concord and the club will do so again this year. Family Promise is a network of 16 local congregations and interfaith groups of approximately 400 volunteers and community members who bring people in need together with people that want to help. Nearly 40% of the families receiving services through Family Promise of Greater Concord are homeless with young children. The families are provided with shelter, meals, hospitality and support as they move toward finding housing. These families continue to receive support and guidance from Family Promise even after they have transitioned to more permanent homes. Collection boxes for pajamas and books are now in place in the lobby of both the Baker Free Library and the Bow Community Center and will remain there until November 10. All sizes of new and warm pajamas are needed, from infants to teens. Books for both children and teens would be welcome as well. If you have any questions about this program or are interested in making a monetary donation that would be used to purchase additional pajamas please contact joyceakimball@comcast.net or (603) 229-1990.



## THE GARDEN OF HOPE

The "Garden of Hope" in Concord was recently replanted with 60 pots of beautiful lavender-pink chrysanthemums by volunteers from the Bow Garden Club, assisted by Michelle Audet, Community Development Manager for "Making Strides Against Breast Cancer-Concord." Chrysanthemums are generously donated by Pleasant View Gardens of Loudon and bark mulch is supplied by Taskers Landscaping, also of Loudon. This year Cole Gardens of Concord donated compost that was needed to amend the garden soil. The **cancer ribbon-shaped 10' x 20' garden site**, is dedicated to all those touched by breast cancer and includes granite pavers engraved with the names of corporate sponsors. There is also a lovely meditation bench for those who wish to linger and enjoy the solace.

This year the Bow Garden Club is sponsoring a team to participate in "The Walk" on Sunday, October 20th. Anyone wishing to walk with us or to donate can go to: [ConcordNHStrides@cancer.org](mailto:ConcordNHStrides@cancer.org) then SEARCH for Bow Garden Club. For information, please contact Joyce Kimball at joyceakimball@comcast.net or at joyceakimball@comcast.net. Let's beat Breast Cancer!





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Hopkinton Real Estate Sales – SEPTEMBER 2019

ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
12 Wildwood	L A N D	L A N D	3.07 aced	\$55,000
26 Deer Path Road	2 Bedrooms / 2 Baths	1,232 square feet	0.0 acre	\$84,500
1363 Hopkinton Rd	L A N D	L A N D	0 .5 acre	\$145,000
85 Branch Londonderry Turnpike	3 Bedrooms / 1 Bath	1,206 square feet	1.7 acre	\$149,900
105 River Grant Drive	2 Bedrooms / 2 Baths	1,632 square feet	0.0 acre	\$195,000
1385 Hopkinton Road	3 Bedrooms / 1 Bath	1,656 square feet	1.9 acre	\$215,000
9 Camp Road	4 Bedrooms / 2 Baths	1,500 square feet	0.17 acre	\$238,000
223 Maple Street	3 Bedrooms / 2 Baths	1,714 square feet	0.39 acre	\$246,000
323 Gage Hill Road	2 Bedrooms / 2 Baths	1,484 square feet	3.6 acre	\$247,000
451 Broad Cove Road	2 Bedrooms / 1 Bath	1,152 square feet	1.8 acre	\$253,000
81 Kearsarge Avenue	3 Bedrooms / 3 Baths	2,335 square feet	2.5 acre	\$349,000

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THE HOUSE OF ART OPENS IN CONTOOCCOOK VILLAGE



Ruth Chevion opens The House of Art in Contoocook Village. Photo courtesy of the Concord Monitor.

tasking ourselves with educating the public as to collecting ‘real’ one of a kind art is important in the stewardship of community, especially in this day and age.

“The art world can be very intimidating and unapproachable. We’ve culled the studios of local artists and present unique works by investment quality artists. We offer them with no attitude and an easy, approachable way of purchasing.”

The Art House is the collaboration between long time Contoocook resident and artist, Ruth Chevion and numerous other local artists, both well known such as Lucy Mink and emerging such as Concord artist Michelle Motuzas.

The Art House, a new art venture makes its debut with a pop-up show at 846 Main Street, Contoocook. Featured will be local contemporary painters, sculptors and mixed media artists.

The gallery opened September 20th. The gallery will remain open weekends during the fall and winter. Gallery hours: Saturday 10:00 am - 4:00 pm and Sunday 10:00 am - 3 pm, and by appointment.

The purpose of the The Art House is to bring great local artists that have, until now, not had a solo exhibit to showcase the wonderful talent that abounds in our area of New Hampshire. We are also

NEW HAMPSHIRE HISTORY WEEK HOOKSETT TO CELEBRATE ITS HISTORY

The third week in October has been designated New Hampshire History Week by the NH Legislature, an opportunity to share our State’s stories with our citizens. The Heritage Commission and the Historical Society have joined together to make plans for Hooksett’s participation so a week just isn’t long enough.

On Thursday, October 24, 6:30 p.m. at the Hooksett Public Library, the Historical Society will host Sue Kelly, one of the NH Historical Society’s professional museum educators, to tell us about “New Hampshire at War.” Ms. Kelly will cover all major conflicts that have affected the Granite State from the colonial period to the present. She will focus on New Hampshire’s contributions to the war efforts and famous New Hampshire residents who participated in the conflicts. Courtesy of the NH Historical Society, this presentation includes a 45-minute illustrated lecture, time for discussion, and a chance to view some touchable artifacts from the Society’s education collections.

NH’s state flower is the lilac and the state fruit is the pumpkin, but do you know our state dog? Hear about it on Tuesday, October 29, 6:30 p.m., at the library, when Hooksett Heritage Commission sponsors the NH Humanities (NHC) program titled “Harnessing History: On the Trail of New Hampshire’s State Dog, the Chinook.” This program looks at how dog sledding developed in New Hampshire and how the Chinook played a major role in this story. Explaining how man and his relationship with dogs won over machines on several famous polar expeditions, Bob Cottrell covers the history of Arthur Walden and his Chinooks, the State Dog of New Hampshire. Special guests: Sombra the Husky and Russell and Tamworth the Chinooks. This program is free and open to the public and sponsored in part by a grant from the NHC.







## Welcome to the Hopkinton - Contoocook TOWN CRIER!

by Kathleen Butcher

► **SENIOR LUNCH AT SLUSSER CENTER** 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.

► **CONTOOCCOOK FARMER'S MARKET** Saturdays 9 A.M. to noon by the Gazebo in Contoocook Village. SNAP/EBT is accepted. For more information, visit [facebook.com/ContoocookFarmersMarket](https://facebook.com/ContoocookFarmersMarket)

► **COULD HILL FARM** Come pick-your-own apples or peaches at Gould Hill Farm. The Farm Store is open and has available, apples, peaches, sweet corn, great garlic, zukes and cukes, cider donuts, and ice cream. Gould Hill Farm is open daily 10:00-5:30 PM.

► **AMERICAN LEGION FUND RAISER** Please join us for a fun evening at the Contoocook American Legion October, 19 from 7 to 10. to raise funds for John and Lori Blanco as she confronts ALS. Fighting this diagnosis takes many tolls, not just physical but also high financial hurdles which are difficult. This will be a FUN Halloween themed night including pizza and desert, silent auction, raffles, a 50/50, John and Lori's favorite music, friends, family, and community. Purchase tickets at the door or online at: <https://www.eventbrite.com/e/in-support-of-lori-blanco-partyfundraiser-in-contoocook-tickets-73034001665>

► **1,00 BOOKS BEFORE KINDERGARTEN** Sign up at the Hopkinton Town Library to read 1000 books to children before they head off to Kindergarten. For more information call the library at 746-3663.

► **BACK IN THE SADDLE EQUINE THERAPY** Sunday, October 27th 1-5:00 PM at 334 College Hill Rd. A Halloween fundraiser for **Back in the Saddle Equine Therapy Center**. Featuring music by Peabody's Coal Train. Admission - public \$8, chamber members \$5, families 4 or more \$25, under 5 yrs free. Food, Halloween Costume Contest, apple pie baking contest, pony rides, coloring contest, 50/50 raffle. Call 746-5681 or check Facebook page for updates and information.

► **INVASIVE PLANTS WORKSHOP** on Sunday, October 13th at 3:00 PM at the Hopkinton Town Library. Sienna Larson, UNH Cooperative Extension NH Master Gardener will present an interactive workshop on upland invasive plant species of NH, with a focus on those most affecting our region. Free.

Kathleen Butcher 724-3452, [kathb123@comcast.net](mailto:kathb123@comcast.net)

### THOUGHT FOR THE DAY

"The veneer of civilization is paper thin.  
We are its guardians, and we can never rest."

Congressman Tom Lantos

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## TOWN OF HOPKINTON POLICE DEPARTMENT

### SEPTEMBER 2019 STATS

10 Arrests 8 Accidents 509 Traffic Stops

#### ARREST LOG:

- 09/02 Kirsten Porter, 26, of 23 Prospect Street, Concord, NH was arrested for Driving After Revocation/Suspension-subseqt.
- 09/02 Austin Ayer, 22, of 14 Poplar Street, Andover, NH was Arrested on a Warrant.
- 09/09 Rebecca Orsi, 38, of 11 Hopkins Green Road, Hopkinton, NH was arrested for Reckless Operation, Disobeying an Officer, Drive After Revocation/Suspension and Negligent Driving.
- 09/11 Rebecca Morrisette, 24, of 140 Second Street, Manchester, NH was Arrested on a Warrant, Controlled Drug: Cocaine <1/2 oz, Controlled Drug: Heroin/Crack <1 gm, and Controlled Drug: Methamphetamine <1 oz.
- 09/13 Brittany Randall, 26, of 607 Route 103 East, Warner, NH was arrested for Aggravated DUI. 09/19 Joseph Bernbaum, 27, of 41 Manchester Street, Manchester, NH was arrested for Drive After Revocation/Suspension.
- 09/24 John Gagnon, 37, of 23 Front Street, Pembroke, NH was arrested for Operate After Certified as Habitual Offender.
- 09/24 Albert Emery, 24, of 496 Brockway Road, Hopkinton, NH was arrested for Taking Without Owner's Consent and Drive After Revocation/Suspension.
- 09/24 Robert Gaynor, 35, of 8 Dustin Road, Webster, NH was arrested for Criminal Trespass. 09/30 Randy Philbrook, 54, of 58 Main Street, Henniker, NH was Arrested on a Warrant.



## BOW RESIDENT COMPLETES CANOE TRIP EXPEDITION IN NORTHERN ONTARIO

by Eric Thum

Doug Merriman and I spotted a white shape moving south along the tidal flats about 100 yards from our lookout on the roof of a ramshackle trapper cabin at the edge of Hudson Bay. As the shape got closer to us, we realized that it was a polar bear. Other than one subspecies of grizzly bear, polar



bears are the only animal that will stalk and eat a human. One single swipe of the claw can be enough to kill you. We were lucky to be sleeping in the windowless cabin rather than a tent that night!

On July 2, we finished our 500-mile canoe expedition down the Pipestone and Winisk Rivers to Hudson Bay. It took us 23 days to paddle through the vast and beautiful boreal forest. Other than the natives in Wunnummin, Summer Beaver and Webequie villages we didn't see anyone the entire trip. Since this was Canadian Shield country (underlying ancient bedrock), numerous sets of violent rapids and falls tested our river running expertise.

If the rapids were too dangerous to attempt in the canoe, we had to portage (trails around river obstacles). Almost all the old portages around falls and rapids were overgrown or nonexistent. Using a Garmin InReach GPS, we first had to tag the best route with surveyor tape, then hack a rough path with machetes to clear the trail. Then we made another two trips to carry the canoe and packs. Besides the polar bear, we saw moose, wolverine, wolves, caribou, beaver and otter.

Perhaps the most memorable moment of our trip was the landscape transition from the rocky shores of the Shield to the Hudson Bay Lowlands near the end of our trip.

The Lowlands is a vast, flat, sodden plain abutting Hudson and James Bays. Glacial and marine deposits left by the glaciers and ancient seas change the landscape to marshy and gravel banks. The pervasive black spruce, balsam and aspen gave way to low-lying alder and willow thickets. The rapids were very choppy and extensive gravel bars made us zig zag endlessly to find the best way through the rough water. Right before our finish point at Peawanuck Village we stopped to take pictures of immense limestone cliffs towering over the Winisk. It was a fitting end to a successful adventure in the great north woods of Canada.

A project called Ring of Fire may drastically change the landscape we paddled through forever. It is a proposed 5,120 square kilometer chromite ore mining development worth an estimated \$6.2 billion. New roads and towns, transmission lines, and noise and air pollution will affect the peace and solitude of a vast area just southeast of the Winisk Wild River Provincial Park. Perhaps Doug and I will be some of the last canoeists to witness the natural beauty of this area.

## CONGRATULATIONS MADELINE AND MAXWELL!

### Semifinalists in the 2020 National Merit® Scholarship Program

This week officials of National Merit Scholarship Corporation (NMSC) announced the names of approximately 16,000 Semifinalists in the 65th annual National Merit Scholarship Program.

Madeline Lessard and Maxwell Udelson, of Bow, are semifinalists in the competition.

Academically talented high school seniors have an opportunity to continue in the competition for some 7,600 National Merit Scholarships worth more than \$31 million that will be offered next spring.

The nationwide pool of Semifinalists, representing less than one percent of U.S. high school seniors, includes the highest scoring entrants in each state. The number of Semifinalists in a state is proportional to the state's percentage of the national total of graduating seniors.

To become a Finalist, the Semifinalist and his or her high school must submit a detailed scholarship application, in which they provide information about the Semifinalist's academic record, participation in school and community activities, demonstrated leadership abilities, employment, and honors and awards received. A Semifinalist must have an outstanding academic record throughout high school, be endorsed and recommended by a high school official, write an essay, and earn SAT® scores that confirm the student's earlier performance on the qualifying test.



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Thursday, November 7, 2019

6-8:30pm

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## WHITE ROCK NEWS



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REAL ESTATE SALES IN BOW

SEPTEMBER 2019

30 Carriage Road	LAND	LAND	LAND	2.33 acres	\$77,500
56 White Rock Hill Road	2 BR	1 BA	1.04 acre	920 square feet	\$220,000
6 Risingwood	3 BR	2 BA	2.04 acres	1232 square feet	\$240,000
17 Hooksett Turnpike	2 BR	2 BA	1 acre	1208 square feet	\$255,000
9 Woodhill Road	2 BR	2 BA	1.1acres	1148 square feet	\$259,000
7 Fernwood Drive	3 BR	2 BA	1.09 acres	1240 square feet	\$316,000
10 Laurel Drive	4 BR	3 BA	2.40 acres	3024 square feet	\$333,000
18 Knox Road	3 BR	2 BA	4.4 acres	1568 square feet	\$336,500
26 Lewis Lane	2 BR	2 BA	CONDO	1500 square feet	\$351,600
6 Branch L'derry West Tpk.	3 BR	3 BA	2.74 acres	2496 square feet	\$356,000
16 Tonga Road	3 BR	3 BA	2.15 acres	2760 square feet	\$390,000
5 Cedar Lane	4 BR	3 BA	2.24 acres	2744 square feet	\$420,000
25 Poor Richards Drive	4 BR	3 BA	1.3 acres	3175 square feet	\$436,000
2 Buckingham Drive	4 BR	3 BA	2 acres	3232 square feet	\$494,350
34 Heidi Lane	4 BR	4 BA	2.55 acres	5029 square feet	\$650,000

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REAL ESTATE SALES IN DUNBARTON

SEPTEMBER 2019

181 Montalona Road	3 BR	1 BA	5.12 acres	1656 square feet	\$235,900
155 Kimball Pond Road	2 BR	2 BA	6.14 acre	2160 square feet	\$309,000
18 Tucker Hill Road	4 BR	3 BA	3 acres	4249 square feet	\$599,000

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It is time again for one of our great service traditions – the Bow Food Pantry Drive. Pay it forward with Line Dancing!

Wednesday, November 13  
from 5:30-7:00 pm

Bring non-perishable food items, or toiletries items (shampoo, tooth paste, mouth wash, floss, deodorant, shaving cream, soap, laundry detergent, dish soap etc.) NO Glass items or items that are expired. Each item provided will be donated to a family in the Bow area.

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89  
EXIT 1



## TALKING TRASH continued from page 4

According to Eric Lynch, an owner of RecycleUSA-LLC, his company tries to repurpose as many items as possible. Items such as modern flat panel monitors, modern laptops and cell phones are examples of items that are refurbished and re-sold. It should be noted that the term "modern" means less than 2-3 years old. Anything older will not typically have much economic value, and therefore, it may not make financial sense to spend the time to repurpose the item. RecycleUSA-LLC also explained that when an item such as a computer is being repurposed, the memory will be wiped to clear all user data in accordance with Department of Defense standards. The item is then factory reset. The memory on older hard drives are also wiped if they are still functioning, or alternatively, will be mechanically shredded if they no longer function.

For the e-waste items that have no repurpose potential, they will be disassembled into their basic materials such as plastic, steel, aluminum or copper. Those items are sent to companies that specialize in processing those items.

If you are unable to attend Household Hazardous Waste Collection Day this year, there are still other ways to responsibly recycle your e-waste. RecycleUSA-LLC accepts items at its facility in Londonderry. It is recommended that you call ahead to ensure that the office will be open. Many electronic items can be dropped off at Best Buy which is the nation's largest collector of recyclable electronics and appliances, and there is a list of accepted items on the company's website. The Concord Transfer Station also collects items such as microwaves, televisions and air conditioners for a fee. Schnitzer Steel, located on Sandquist Street in Concord, accepts many types of large and small appliances that contain metal. They also accept power cords, wires, and cables for the copper wiring. Schnitzer Steel will pay you for the items, or alternatively, you can donate them to the extent that you want to avoid having the items weighed at the facility in order to obtain payment. For a list of accepted items, you can visit the website or call their Concord office.

Of course, recycling is not necessarily the solution to our global e-waste problem. Although recycling helps us feel a bit less guilty about our ongoing consumption habits, the best solution is to try to extend the lives of our devices, keep them out of the landfill and maybe try to ignore the fact that the next generation of our favorite gizmo is being released.



Last December we talked about Patience and Anger. That is not the Patience we are talking about today. That patience was more of a reminder of a way to calm down in certain situations. The patience we talk about today is a state of being. It is an awareness and a good place to live from. It is a joy of aging.

In life, we work hard, we try, we want things and we do what we can to get them. Sometimes we try so very hard that it gets frustrating when we don't get them and then we watch others who seem to have everything just fall into their lap.

Why does this happen? Well, because when we try so hard to force our way with things we often repel the thing we most want along with those who would otherwise be trying to help us get what we want.

In our elder years, most of us come to realize that all things happen as they should and in

due time. When we come to this realization we no longer push for things and we can live a more peaceful life.

We learn to not let things get to us as we know, that given time, things will work themselves out to how they should be. Actually, the less we meddle with them trying to make them happen, the more quickly they happen and in much better ways than we could have expected. I know that some of you understand what I am saying perfectly and some of you have no clue what I mean. Those of you who understand have achieved this joy. Congratulations!

You are now able to watch formerly stressful things happen around you and not get ruffled at all. You are able to have faith and believe in people and situations that used to drive you nuts.

People who haven't reached this joy yet often wonder how those of us who have can just sit there not reacting. They feel like

we should be jumping to attention. We should be straightening out whomever it is that is not doing what they think they should. They may even say "how can you just sit there and do nothing about this?!" And we say, "because it isn't mine to fix. They need to figure this one out on their own." Right?!

For those of you who haven't reached this point yet. Don't worry. You will get there. The less you try to get there, the sooner you will. It's a thing called Surrender, which we will talk about in December. In November, we'll talk about Forgiveness and in the meantime, try watching how things unfold around you instead of trying to control how things happen. This is your first step to reaching the 10th Joy of Aging.

May patience be with you.

All my best, Donna



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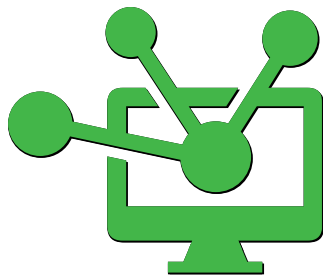
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# OBITUARIES

**LEO P. BEGIN ~** Leo P. Begin, a long-time resident of Bow, passed away peacefully at Merrimack County Nursing Home, Thursday September 26, 2019, at the age of 76 while surrounded by his family.

Leo was born in St. Johnsbury, VT where he grew up on a family farm spending his time between school and tending to the many needs of the farm. He met his future bride, Susan Olliver, at a high school dance where their love would develop and blossom into 52 years of marriage.

Leo lovingly provided for his family, making sure his family led an easier life than he had. He began his career in building material operations as a laborer, ultimately progressing into various managerial roles throughout the northeast with Grossmans, Inc. Leo concluded his career at Middleton/LaValley Building Supply.

Leo lived by the idea that family was most important. He was always protective and supportive of his children and grandchildren with everything from academics and careers to sporting events. Leo could often be seen cheering on "his girls" and later his grandchildren and was always the life of the party at family events and beyond. In 2009, his family was able to return his support, attending the presentation as he received New Hampshire Retail Association Lumber Person of the Year.

He impacted his community through natural leadership and gentle guidance during his tenure with Bow Rotary Club and through his role as Bow Rotary Club President from 1996 - 1997. Leo was also a member of the New Hampshire Retail Lumber Association, serving as President from 2007 - 2009. He was a major contributor to the construction of the Bow community gazebo and with his fellow Rotarians, raised money for scholarships and philanthropic trips to other countries. Leo had a magnetic personality, drawing people to him with his quick humor and positive outlook. His personality and work ethic inspired the respect of the community. Throughout their lives, rarely would a day go by without someone in Leo's family being stopped by people who wanted to share their admiration of him.

Leo was predeceased by his wife of 52 years, Susan (Olliver) Begin. Members of his family include his daughters, Pamela Snow and her husband, Sean Snow of Dunbarton, Debra Rahilly of Bow, and Paula Smuda of Concord, five grandchildren and two great grandchildren.

In lieu of flowers, memorial donations may be made to the Alzheimer's Association at [act.alz.org](http://act.alz.org).

**RICHARD JOHN TANGUAY ~** Richard John Tanguay, 73, of Bow passed away peacefully on Friday, September 27, 2019, at Concord Hospital after a year and a half battle with brain cancer. Richard was born in Pawtucket, RI on May 29, 1946, the son of Roland and Viola Tanguay.

Richard attended the University of Rhode Island where he studied engineering and competed on the wrestling team. He married Paulette (Landry) in 1967 and joined the Army Reserves in 1968 as a Medic. They moved to Bow, NH in 1978 where they lived happily ever after.

Richard was a family man and would do anything for the ones he loved. He never hesitated to drive hours in a day to spend time with family, whether it be his grandchildren, daughters, brothers, sisters, aunts, uncles or his many nieces and nephews. He not only loved talking to and teasing his family, but his love of people made him an excellent salesman for many years. When his daughters were young, Richard was a member of the Bow Athletic Club where he volunteered his time coaching soccer, softball, and basketball. After his coaching days, you could see him on the sideline of many field hockey games cheering on his daughters, granddaughter and their teammates, always proceeding to share his expertise on the game with coaches and parents. He was an active and dedicated member of Christ the King Parish and served as an usher, often with his grandkids in tow after their Saturday night sleepovers. In recent years he was an active member on the planning board for the safety complex in Bow. From beginning to end, Richard approached life with the most positive attitude that no one could dampen. If he could pass just one thing on to all that knew him it would be his PMA (Positive Mental Attitude).

Members of his family include his wife of 52 years, Paulette (Landry) Tanguay; daughters, Kristin Harmon of Manasquan, NJ, Aimee and husband Dean Monterio of Pembroke, NH, Julie and husband Craig Boucher of Concord.

In lieu of flowers, please send donations in Richard's name to Dana Farber Cancer Institute, Brain Cancer Research, 450 Brookline Ave, Boston, MA 02215 or Concord Hospital Trust, Payson Center, 250 Pleasant St, Concord, NH 03301.



**NED LOWES WOODY, SR. ~** Ned Lowes Woody Sr., 78, of Bow passed away on Sunday, September 22, in his home, surrounded by family, after an intense battle with ALS.

Ned was born and raised with his 2 brothers Paul and George outside of Philadelphia, PA, where he grew up as a multi-sport varsity athlete.

He attended Temple University and married Marie Clifford, with whom he raised 3 children - Kristen, Karin, and Ned Jr. After a long and successful career, predominantly with Domino Sugar, he retired and enjoyed many years on the golf course. He re-married after Marie passed and shared adventures and times of joy with Connie Martin over their 21 years of marriage. An avid golfer, Ned was known not only for his love of sport and family, but an unquenchable sense of humor.

He is survived by his 2 brothers, his wife, her daughter Randi, his 3 children, 9 grandchildren, and 4 great-grandchildren.

Throughout his 30 years of sobriety, Ned volunteered at the Friendship Center and elsewhere to help people in AA improve their lives.

Therefore, in lieu of flowers, you are encouraged to make a contribution in his name to the Friendship Center 6 Railroad Ave, Derry, NH 03038.

**ROBERT F. HOWE ~** Robert F. "Bob" Howe passed away peacefully on Sunday, Sept. 22, 2019, in Concord Hospital after a sudden illness.

Born in Manchester on May 8, 1945, he was the son of the late Francis and Mary V. Howe. He lived in Bow for the past 42 years.

Bob belonged to many organizations throughout his life and career. He always prided himself on the fact of being the first baby born in New Hampshire on V-E Day.

Family members include his wife of 51 years, Diane; three wonderful daughters, Colleen McCleave and her husband Jason of Texas, and their children, Jennie Roberts and her fiancée Will, Nick McCleave and his fiancée Kaitlin and their son Liam of New Jersey, Martha Martel of Plymouth, and daughter, Sharon Trecartin and her husband Tom of Bow and their children Jon and Matt Guimond and Max and Jason Trecartin of Bangor, Maine.

In lieu of flowers, memorial donations may be made to the Capital Region Food Program, c/o M. Susan Leahy, McLane Middleton, 11 S. Main St., Suite 500, Concord, N.H. 03301.

**MARILYN CHIDSEY LEMAY ~** Marilyn "Mitzie" Chidsey LeMay 92, passed away at her Bow home on Tuesday, September 17, 2019, after a long illness surrounded by her loving family.

Mitzie was born on May 2, 1927, in Stamford, Connecticut, daughter to the late Henry Sr. and Carrie (Borgmann) Chidsey. She was a graduate of the Roosevelt Hospital School of Nursing in New York. She worked as a registered nurse for many years at Roosevelt Hospital and later Concord Hospital.

Mitzie was a member of Concord Country Club, Bow Young at Heart and the Happy Hookers knitting group. She enjoyed playing golf, sewing, crocheting, puzzle solving and entertaining. Above all spending time with her family was most important.

Mitzie is survived by her 3 sons, Andrew G. LeMay and his wife, Katherine Chase of Concord, Charles LeMay and his wife, Jill of Portsmouth, George W. LeMay and his wife, Sarah of Concord; her daughter, Susan E. Desjardins and her husband, James R. of Salem; son-in-law, Robert A. Heath Jr. of Weare; 10 grandchildren, and 5 great-grandchildren. In addition to her parents she is predeceased by her husband, Andrew C. LeMay.

For those who wish, memorial contributions may be made in Marilyn's name to Concord Regional VNA - The Slusser Center, 30 Pillsbury, Street, Concord, NH 03301 or the American Cancer Society.

**RICHARD F. OBERMAN ~** Richard F. Oberman of Bow passed away peacefully at 81 surrounded by his family on September 29, 2019. He was the husband of Joan Oberman of whom he shared 50 years of marriage. Richard "Dick" was born March 11, 1938, in Harrisburg, PA to the late William and A. Maria Oberman. He was the elder son of three, Ronald preceded him in death, and Roger lives in Barre, VT. Dick is an Air Force Vietnam Veteran. Dick was an avid golfer and member of the Beaver Meadow Golf Course. He could often be found playing a round of golf and enjoyed the company of friends. Grampy was an enthusiastic sports fan and loved watching his grandchildren play.

Dick is survived by his spouse Joan, brother Roger, children Robert and wife Cindy, and Richard and wife Elizabeth. Beloved Grampy to Ryan, Kaylee, and Andy. A graveside service with military honors will be held on October 25, 2019, at noon at the State Veterans Cemetery, Boscawen, NH. A gathering to celebrate Dick's life to follow at the Beaver Meadow Golf Course in Concord. Memorial donations may be made to the Concord Hospice House or Cancer Society.





## BOW FALCON SPORTS

**FOOTBALL** - Bow 37, Pembroke 0 - October 5  
At Pembroke, Sebastian Beaulieu tossed two touchdown passes to lead Bow (5-0). His first came early in the first quarter following a punt return that brought the ball down to Pembroke's 15-yard line.

From there, Beaulieu found Thomas Rolla for the score to give the Falcons a 7-0 lead. He later connected with Cooper Larrabee on a 30-yard touchdown.

Steven Guerrette added a 5-yard rushing touchdown, and late in the fourth quarter Andrew Bliss matched him with a 2-yard romp into the end zone. Backup quarterback Alex Boisvert threw a 15-yard touchdown pass as well.

**GIRLS' SOCCER** - Bow 3, Lebanon 0 - October 8

Key players: Lyndsey LaPerle (G), Kristina Pizzi (G), Isabella LaPerle (G), Addie Trefethen (2A), Lindsey Burnham (A), Stephanie Gosselin (A), Taylor Burnham (defense), Chloe Binder (defense), Ally Boone (defense), Gracie Bresson (defense), Madison Roberge (midfield), Anna Lafreniere (forward), Madi Paul (forward), Emma Wilke and Maddy McSweeney (combined for shutout).

Coach's quote: "This was a good win. Nice to see the girls moving the ball and continuing to improve. The girls were all in today." Bow's Jay Vogt.

**BOYS' SOCCER** - Bow 4, Manchester West 1 - October 8

Key Players: Ryan Leonard (2G), Zachary Anderson (G, A), Matt Selleck (G,A), Daniel Leuchtenberger (A), Graham Weisberg (defense), Connor Wachsmuth (defense).

Coach's quote: "Good tough win against a West team that has beaten some good teams and can score a lot of goals. It was good to see the offense come off life support and score some goals and the defense play good man-on-man defending to stop West's strength, which is one-on-one offense." Bow's George Pinkham.

**BOYS' CROSS COUNTRY** - Bow 15, Fall Mountain 58, Epping 76, Hinsdale 108, Raymond 121 - October 5

Key players: Colin Lessard (1st, 16:50), Ben Neff (2nd, 17:04), Gabe Neff (3rd, 17:17), Adam Aricanli (4th, 18:11), Wyatt Weber (5th, 19:10), Connor Bernard (6th, 19:10).

The D-II Falcons swept the top six and placed eight in the top 10 at the Hillcat Homecoming Invitational.

Coach's quote: "This was a day made for cross country running on a lovely New England course. The Bow boys are running great, right on schedule entering the final weeks of the season." Bow's Katie McDonald.

**GIRLS' CROSS COUNTRY** - Bow 39, Newmarket 50, Hinsdale 52, Fall Mountain 93 - October 3

Key players: Maya Brochu (3rd, 21:30), Delia Brochu (6th, 22:06), Autumn Boisvert (7th, 22:18), Susannah Zahn (10th, 22:21), Leah Boisvert (11th, 22:21); H-D - Emma Curley (32nd, 26:08).

Highlights: The Falcon girls responded well to an unfamiliar and fast course, taking four of the top 10 and seven of the top 13 spots at the Hillcat Homecoming Invitational.

Coach's quote: "The Bow girls continue to race strong, challenge each other. Five runners finished within five seconds of each other, establishing new personal records across the board." - Bow's Katie McDonald.

**FIELD HOCKEY** - Bow 1, John Stark 0 - October 8

Key players: Lauren McKeen (G), Elizabeth Guertin (A, midfield), Barrie Guertin (forward), Megan Lavigne (midfield), Amelia Coe (defense), Maddie Tibbetts (defense), Emma Hilton (defense).

Coach's quote: "It was great to see the girls play so well today. They had solid passes, were quick to the ball and played solidly in the circle on offense and defense. Bow's Rebecca Cleary.

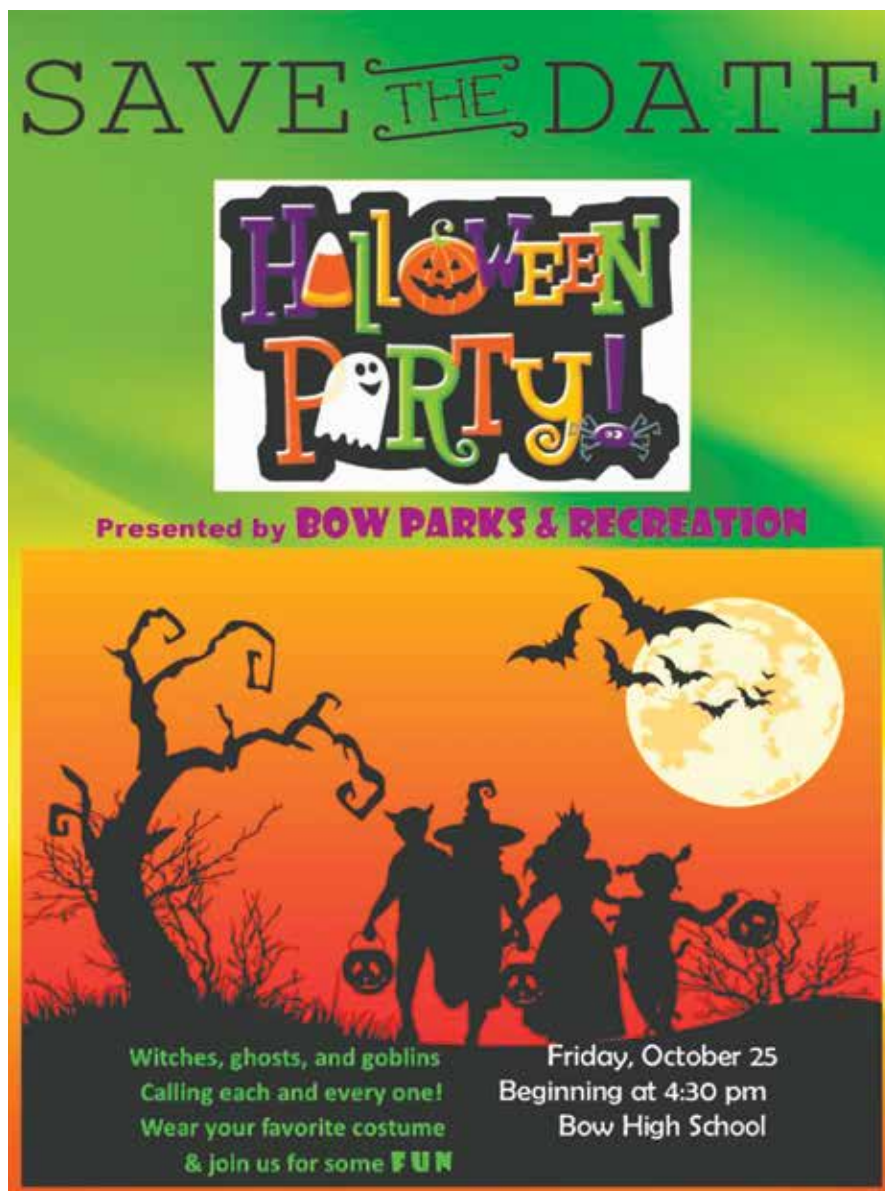
**BOYS' GOLF** - Defending D-III champs Give Pelham its Second Loss - September 30

The defending champion Bow golf team picked up a big win over Pelham on September 30th at The Oaks in Somersworth, scoring 75 points to top the Pythons (61), Somersworth (53) and Prospect

Mountain (30). The victory lifted Bow's record to 23-1, moving ahead of Pelham (25-2) and into second place in Division III behind undefeated Derryfield (24-0). Leading the way for the Falcons was senior Jake Mielcarz, who earned medalist honors with a Stableford score of 22, while sophomore Matt Lamy finished right behind with a 21.

**GIRLS' GOLF** - State championship at Campbell's Scottish Highlands - October 4

Key players: Bow - Amelia Soucy (tied 15th); Kearsarge - Molli Mayo (tied 18th), Meghan Blood (tied 11th in Medal Flight); Bishop Brady - Katie Shoemaker (21st); Belmont - Paige Irving (3rd in Medal Flight). Highlights: Bow's Soucy was the top area finisher in the Championship Flight of the girls' golf championship held at Campbell's Scottish Highlands in Salem. Hanover's Meredith Morhun was crowned the state champion, shooting a 6-over 77. Nashua North's Eva Gonzales (78) was second. Soucy (96), Mayo (102) and Shoemaker (109) rounded out the local golfers in the Championship Flight.



## BOW HIGH SCHOOL BOOK CLUB 2019-20!



The first meeting of the BHS Book Club was September 30, and we were excited to have so many new members. Members enjoyed treats while talking about the first book they will read called Gingerbread by Helen Oyeyemi. Members will receive this book in late October so it is not too late to join; new members are always welcome. Please contact Mrs. Aubin at [gaubin@bownet.org](mailto:gaubin@bownet.org).



# BOW POLICE LOG

## SEPTEMBER 2019 ARREST LOG

**09/02** Chris Adler, 34, Hooksett, was arrested on a warrant for violation of a court order. George Owen, 46, Manchester, was arrested for violation of a protective order, and a warrant for theft by unauthorized taking. Sayer Haas, 38, Bradford, was arrested for violation of a protective order, driving after revocation/suspension, and warrants for violation of probation and possession of a controlled drug.

**09/03** An adult received a summons for possession of marijuana. A juvenile was taken into protective custody as a runaway.

**09/04** Lee Gonzalez, 50, Manchester, was arrested for driving after revocation/suspension.

**09/05** Jennifer Chimento, 47, Penacook, received a summons for operating without a valid license. A juvenile was taken into protective custody for an involuntary emergency admission. A juvenile received a summons for possession/use of tobacco products by a minor.

**09/06** Benjamin Stockwell, 29, Belmont, was arrested for disobeying an officer, driving after revocation/suspension, unregistered vehicle, and a warrant for possession of a controlled drug. A juvenile was taken into protective custody for intoxication.

**09/07** Manuel Jones, 22, Manchester, was arrested for driving under the influence, three counts of possession of a controlled drug, deal/possess prescription pills, and a warrant for possession of a controlled drug.

**09/08** Andrew Vigue, 34, Manchester, was arrested for driving under the influence, and open container.

**09/10** Nathaniel Herman, 20, Merrimack, was arrested on a warrant for domestic violence; simple assault.

**09/11** William Lagrange, 63, Pembroke, was arrested for possession of a controlled drug, and falsifying physical evidence.

**09/12** Tasha Nolan, 21, Chichester, was arrested for driving under the influence- subsequent offense, driving after revocation/suspension, and motor vehicle not equipped with alcohol interlock device. Christopher Martel, 26, Chichester, received a summons for allowing improper person to operate a vehicle. Randy Moffett, 42, Bow, was arrested on a warrant for driving after revocation/suspension.

**09/15** Lynisha Avery, 21, Concord, was arrested on a bench warrant for driving under the influence. James Swalgen- Dorman, 28, Bow, was arrested for breach of bail.

**09/16** A juvenile was taken into protective custody for an involuntary emergency admission.

**09/17** Kaitlyn Smart, 19, Jacksonville, NC received a summons for operating without a valid license. Jasmine Brown, 24, Manchester, was arrested for disobeying an officer, driving after revocation/suspension, and suspended registrations.

**09/20** Tracey Jesmer, 30, Manchester, received a summons for negligent driving.

**09/21** Raquel Walker-McFadden, 27, Concord, was arrested for display or altered plate, operating without a valid license, and breach of bail.

**09/22** Patrick Flood, 30, Penacook, was arrested for possession of a controlled drug, driving after revocation/suspension, motor vehicle not equipped with alcohol interlock device, and breach of bail.

**09/27** A juvenile was arrested for transporting alcoholic beverages by a minor, open container, and possession/use of tobacco products by a minor.

**09/28** A juvenile was arrested for criminal trespass.

**NOTE:** Of the 64 arrests at the power plant the following 9 were from New Hampshire. Space does not allow for the 55 out-of-state names from Vermont (30), Massachusetts (9), etc. here.

**Arrested for criminal trespass:** Nathan Lyczak, 48, Keene, Kendra Ford, 48, Portsmouth, Barbara Peterson, 56, Stratham, Hanah Labarre, 47, Keene, Alissandra Murray, 25, Manchester, Lila Sylvie Kohrman-Glaser, 23, Dover, Lisa Demaine, 25, Epping, Stephanie Scherr, 53, Fitzwilliam, Emma Shapiro-Weiss, 27, Peterborough.

**09/29** Jason Rowan, 42, Concord, was arrested for domestic violence; 2nd degree assault, domestic violence; stalking, two counts of domestic violence; simple assault, domestic violence; false imprisonment

**09/30** James Swalgen- Dorman, 28, Bow, was arrested for Aggravated driving under the influence, disobeying an officer, and breach of bail.

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## A TRIBUTE TO "ENYA"

There are so many outstanding singers in the world of music today, but a few stand out as musical innovators, who have created a unique style that is like nothing else we have heard before, and who we instantly recognize when we hear their sound. I'm talking about the likes of Elvis, the Beatles, Dean Martin (Deano), or Cher and so many more. The world knows these innovators by just their first names. In this category is the singer who we honor today, Enya.

Enya Patricia Brennan was born in Northern Ireland in 1961. She has become a world famous singer, song writer, record producer and musician. Her family's roots in Celtic music have influenced Enya's style that makes it stand out in a world of its own. Her style was also influenced by years of singing "the classics", church music, and "Irish reels and jigs". She has also said that she loves the harmonies of The Beach Boys. After years of playing keyboard and singing with her family's Celtic band, she left the band in 1982 and went out to perform on her own with managers Nick and Roma Ryan, a married couple who worked with her over the next 4 years as she developed her unique sound with multi-track vocals and keyboard. Her style has become known as "New Age."

As you listen to some of Enya's most famous recordings, such as "A Day Without Rain," "Caribbean Blue," "The Memory Of Trees," "Shepherd Moons," "Angels" and her most famous "Only Time," you might like to know how Enya is able to produce that totally unique, ethereal sound. As Enya explored the world of musical vocals, she began to make multi-track recordings of her own voice and keyboards. In fact, there are up to five hundred vocals individually recorded on some of her big hits. That produces a lovely, rich, multi-harmony, heavenly sound like no other. Enya performs all her own vocals and most of the instrumentation. This is her trademark. Critics call her music "New Age," but Enya says she does not agree. She calls her style "Enya." There is simply no comparison.

Other than a very rare appearance on a TV special, you will never see Enya doing a concert tour. She claims that her albums require so much studio time multi-tracking that she has limited free time.

Enya leads a secluded life in a castle that she purchased in Ireland. "The music is what sells - not me, or what I stand for. That's the way I have always wanted it." She has had several stalkers, and has hundreds of thousands of dollars in security improvements. Even so, she was still broken into. Enya never married. "I'm afraid of marriage because I'm afraid someone might want me because of who I am instead of because they loved me."

She has a reported net worth of \$140 million and is one of Ireland's best selling artists, behind "U 2." She has sold 26.5 million albums in the US, and 75 million albums world wide.

Her most famous song, "Only Time," became a pop hit right after 9/11, and has been heard in many commercials, on TV shows and in movies. This song in both tone and lyric encourages us to make peace with the mysteries of our lives.

"Who can say where the road goes, where the day flows,  
*Only Time.*" Enya.



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# GENERATIONS DENTAL DONATES MOUTHGUARDS



Chloe Binder plays for the Bow High Girls Varsity Soccer Team and hated her over-the-counter mouth guard with a passion. “My teammates and I only wore those things because we had to. Most of the game we had them hanging out the side of our mouths as we couldn’t breathe properly while playing, and they made communicating on the field virtually impossible. One of our key players even got taken off the field by a referee last year during an important game because she left hers out.”

As the owner of Generations Dental Care in Concord, Chloe’s dad, Dr. Chris Binder, knew that recent studies show that athletes wearing store-bought, over-the-counter guards are more than twice as likely to suffer mild traumatic brain injuries/ concussions than those who wear custom-made, properly fitted mouth guards, so he set out to solve this problem. Dr. Binder and his team used the in-office laboratory and acquired all the high-end equipment necessary to make professional-grade sports guards. They even went as far as making sure he had all the right school colors and logos so they could be customized by the players. “Our team dedicated a few days to the athletes a couple of weeks ago; and our highly-trained lab technician fabricated 36 custom mouth guards. It was a huge success, and the girls love them! They can communicate and breathe so much better with a custom guard that they’re much more likely to wear and therefore less likely to get a concussion or dental injury.”

“In fact,” Dr. Binder continued, “because the results were successful and our team had a blast working with the kids, we decided to offer free custom mouth guards to any of our patients eighteen and younger, free of charge.”

## The Bow Times can be picked up at these 30 locations!

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

READ ALL EDITIONS OF THE BOW TIMES ONLINE!  
[www.thebowtimes.com](http://www.thebowtimes.com)

## TRASH TIME IN BOW by Chuck Douglas



On Saturday, Octbber 5 the Scouts and Men’s Club picked up 15 bags of trash along Bow roads. Thanks to them for cleaning up after slobbs who throw bottles and drinks out of car windows.

# A-1 Enterprises

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