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BOW, NH VOL 25, NO. 10 October 2018 www.thebowtimes.com FREE

A LIFE SAVED BY BOW POLICE



Officer Mike Carpenter



Master Patrol Officer Pratte

Bow Police has gone above the call of duty... The only School Resource Officer for the three schools in town was on patrol over the summer and was called to a welfare check for a person who’s family read on social media they were contemplating self-harm. Officer Mike Carpenter responded with Master Patrol Officer Pratte. Officer Carpenter had no response at the front door and went around to the back. The second story door was open. They went to a neighbor’s apartment, jumped over the balcony to the welfare check’s apartment and made entry. If it was not for the persistent dedication of this officer, a life would have been lost that day. Officer Carpenter applied a tourniquet and quick clot bandages to a profusely bleeding arm of an unconscious person and saved a life.

Officers Carpenter and Pratte were honored by the McDonald Corporation on October 3rd for their heroic acts to save a life.

31 LOT SUBDIVISION AWAITS FORMAL APPLICATION

This summer the Bow Planning Board received a conceptual plan for a 130 acre development of 31 lots bordering the town forest and trail system. The plan was submitted on behalf of G. Gardner Contracting.

As it is shown on the plan, this subdivision would require the extension of Smokey Road and Nesbitt to provide access to a new road. The new home sites would be ¾ of an acre to 1 acre.

At the Planning Board meeting, several concerned citizens raised questions about environmental impact, traffic impact to the neighborhood, town, and state roads, preservation of wetlands, impact to the existing trail system throughout the town forest, hydrological issues (well capacity and potential impacts to the existing homes), and many other pertinent points.

The next presentation to the Planning Committee by the developer would include significant detail, accurate placement of wetlands and vernal pools, and environmental issues addressed with respect to the National Heritage Protection Plan. This parcel is considered among the highest ranked habitats in NH.

Many of those at the first meeting were concerned about a substantial increase of traffic volume and speeds, impacts to nearby well capacity, and the destruction of an adjacent pristine wildlife habitat that enhances the quality of life and the value of this location, as well as changing the character of the Town Forest Boulder Trail.

One opponent commented that “with the schools full and many empty lots in current subdivisions and neighborhoods in Bow we should save the open spaces.”

Matt Taylor of the Planning and Development staff said no formal steps have been taken and expected it might not reappear as an agenda item until next year.

HOPKINTON – CONTOOCCOOK NEWS ON PAGES 15-16



WHEN WILL JUSTICE COME FOR TYLER SHAW?

Tyler’s mother has erected a sign asking that question. The indictment of the man who killed him is expected in November according to court sources.

The stress is best described by his mother Beth Shaw who says, “Waiting for justice for the death of Tyler has been 5 long excruciating months. Every day we struggle to live without Tyler and every day the man who stole Tyler’s life is living without consequence. Knowing that makes this situation so much more painful for everyone that loved Tyler. Tyler deserves justice!”



Bow Mills United Methodist Church ANNUAL PUMPKIN SALE



THE SCARECROWS OF BOW

Bow’s Parks and Recreation Department opened its first Scarecrows of Bow fundraiser this year. See the Scarecrows in more than 60 locations around town. A special thanks to Eric Anderson who provided photographs of all the straw and burlap creations!

LOW TAXES ARE THE RESULT OF LOW SPENDING

The Bow Times

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EDITORIALS

BOW GETS NEW LAWYERS - AT LAST

Thanks to the four Selectmen (Harry Judd not present) who finally relieved us of Paul Fitzgerald's services as town counsel. Paul lost the PSNH case and has been giving advice Harry Judd wants to hear for too long. I have called for Paul's firing for two years for good reason.

The board hired Donahue, Tucker and Ciandella who I know as a quality law firm on behalf of municipalities. Godspeed!

BOUTIN FOR STATE SENATE

David Boutin is passionate about protecting the women of New Hampshire, especially the three generations of women in his life.

He's been inducted into the NH Coalition Against Domestic and Sexual Violence's Hall of Fame for his work to strengthen families and defend the most vulnerable.

During his previous time in the State Senate, Dave created the first domestic violence statute and supported a Senior Citizens Bill of Rights.

On the other hand Kevin Cavanaugh of Manchester voted to keep alive a bill to study legalizing what HB287 called "sex workers" and "the selling of sex." What exploits women more than renting their bodies for money?

Bow women should also be aware of Cavanaugh's vote last May against a bill that would have appropriated \$10 million to harden security in our public schools. Bow has benefitted from that school security money as covered in the article on page 1 of the July edition of this paper.

Furthermore, Cavanaugh's well paid job means he missed one out of every 6 votes in the Senate.

Cavanaugh has consistently supported higher spending, higher taxes, and higher fees. He voted against a conservative budget that tackles our opioid problem, addresses our mental health crisis, improves our state's infrastructure and prioritizes the developmentally disabled community all while imposing no new taxes or fees and growing the state's rainy day fund!

Cavanaugh is vehemently opposed to giving parents any choice of which school to send their children. Cavanaugh supported reducing penalties for drug dealers and voted to reduce the rights of gun owners.

Dave Boutin of Hooksett deserves your vote!

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

GATSAS FOR EXECUTIVE COUNCIL

Ted Gatsas served as Mayor of Manchester from 2010 to 2018. For 18 years until becoming Mayor he was a State Senator. He is a successful businessman having founded an employee leasing company named Staffing Network and then selling it to devote his life to public service.

As a former President of the Senate Ted will be very effective in assisting our Executive Council District through the maze of state government bureaucracy when we need it.

Ted will be a hard working force on the Council and I have known him for years as a friend and a no nonsense guy. We are lucky to have him and I urge all residents to support Ted with your vote on November 6 for an effective voice on the Council.

LETTERS TO THE EDITOR

This November we need to keep the Republican majority in the State House. Thanks to our state Republican Leadership, new jobs are being created, wages are going up and unemployment in the state is below 2.5%! This historically great economy is thanks to the policies being enacted by Governor Sununu and the Republican majority in the Senate and House.

That is why I am supporting David Boutin for State Senate as well as the entire Republican slate. David is a Republican who understands the importance of maintaining a pro-business environment that encourages companies to expand and create new, good paying jobs.

Please join me in supporting David Boutin for State Senate on November 6th!

Van Mosher, Bow

**VOTE YES
ON
QUESTION #1**

ON NOVEMBER 6TH

Question No. 1. Are you in favor of amending our State Constitution to protect taxpayers by adding in part:

The public also has a right to an orderly, lawful, and accountable government. Therefore, any individual taxpayer eligible to vote in the State shall have standing to petition the Superior Court to declare whether the State or political subdivision in which the taxpayer resides has spent, or has approved spending, public funds in violation of a law, ordinance, or constitutional provision. In such a case, the taxpayer shall not have to demonstrate that his or her personal rights were impaired or prejudiced beyond his or her status as a taxpayer.

**RESTORE YOUR RIGHTS AS
A TAXPAYER**

*It's hard to fight City Hall.
It's impossible if you can't take
them to court!*

**Vote Yes
for Amendment Question 1!**

Taxpayer lawsuits against government have been allowed since 1863.

In 2014, a NH Supreme Court decision eliminated that right!

Overwhelming bi-partisan majorities in the NH Legislature approved an amendment of the NH Constitution to restore that right to hold government accountable.

The **Senate voted 22 to 2**, the **House 309 to 9**, for the amendment.

**To Pass this Constitutional Amendment,
To Restore our Rights in Court
To hold Government Accountable,
2/3rd of voters on November 6th
need to:**

**Vote YES
for Amendment
Question 1!**

**YES
on NH** **ON NOVEMBER 6TH**

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3 BOW POLICEMEN HONORED

Three Bow Officers received recognition October 3rd at the Loudon Road McDonalds for their Community Service efforts.



Officer Mike Carpenter



Master Patrol Officer Tyler Coady



Master Patrol Officer Matt Pratte



John Martin for State Representative
96 Woodhill Rd
Bow New Hampshire 03304

To Represent Merrimack District 23

Vote on November 6th to Preserve the New Hampshire Advantage

Former State Representative
Retired NH Corrections Manager
Retired US Army 1st Sergeant
Disabled Vietnam Veteran

John MARTIN
For State Rep

Vote Republican on November 6th

I will work to fight any new taxes, maintain your constitutional rights in all respects, keep the government from intruding into your lives, and work to find effective solutions to the drug abuse crisis

603.774.3098/jfmartin1950@comcast.net
Paid for by John Martin for State Rep, Carol Martin Fiscal Agent



WILDCAT HABITAT



On Friday, October 12, 2018, Bow Memorial students, faculty, staff, and community leaders gathered in the new Wildcat Habitat for an official ribbon cutting ceremony. Principal Osburn was joined by Student Council and Early Act members to recognize our community leaders who helped make this new outdoor playground/classroom a huge success. The Bow School Board, Bow Rotary Club, the Town of Bow, Grappone

Automotive Group, Bow Athletic Club, BMS Student Council, Bow PTO, and the Ros family in Bow were presented with signs to be posted on the playground elements they helped fund. Thank you to all the donors who contributed to this fundraising campaign. Our children are reaping the dividends!

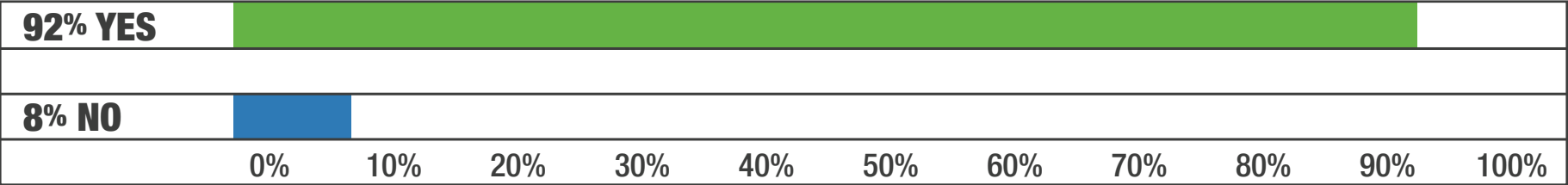




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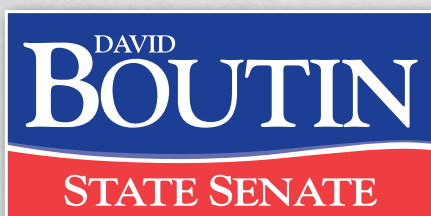
Q. Should candidates for public office seeking your vote answer a few questions about major state issues?

YOUR TEAM

TO TACKLE OUR OPIOID CRISIS



DAVID BOUTIN
STATE SENATE



SCOTT HILLIARD
SHERIFF



PAUL HALVORSEN
COUNTY ATTORNEY



This team understands we need to treat the
addicted and punish the suppliers.

We must also keep our schools safe
and support victims of domestic and sexual violence.

**SAFETY • SUPPORT
JUSTICE**

**BOUTIN • HILLIARD • HALVORSEN
NOVEMBER 6TH**

"to protect and to serve"

PRESIDENT PHILLIP EMMA OF THE MERRIMACK IS APPOINTED CHIEF OPERATING OFFICER OF N.H. MUTUAL BANCORP



Phillip Emma

Philip Emma has been appointed Chief Operating Officer of New Hampshire Mutual Bancorp (NHMB), effective October 1, 2018. As Chief Operating Officer, Emma will oversee Digital Banking, Deposit and Loan Services, IT, Risk, Compliance and Facilities for Merrimack County Savings Bank (the Merrimack), Meredith Village Savings Bank (MVS), Savings Bank of Walpole and MillRiver Wealth Management (MillRiver). Additionally, he will lead the NHMB team charged with the integration of Savings Bank of Walpole. Emma, who currently serves as President of

the Merrimack, will also continue in this role while a search for his successor is conducted.

Emma has had an extensive career in financial and operational roles for public and private companies and financial institutions, spanning 42 years. He became Executive Vice President of NHMB upon its formation in 2013, continuing in the position through his promotion to Chief Operating Officer. He joined the Merrimack in 2000 as Senior Vice President, Chief Financial Officer and Treasurer. In 2008, he was promoted to Executive Vice President and in 2010 added the responsibilities of COO for the Bank. He also served as President of MillRiver Wealth Management (MillRiver) from April 2015 through June 2016.

SUSANNAH BUDD

Receives Merrimack County Savings Community Service Award

Merrimack County Savings Bank is pleased to announce Susannah Budd as this year's recipient of the William Hilton Community Service Award. Susannah Budd of Bow is 2018 graduate of Bow High School, and attends Pomona College in Claremont, CA.

The William H. Hilton Community Service Award was established in honor of William Hilton, former Bank director, who was a staunch advocate of community service and inspired those around him to serve. Recipients must demonstrate the qualities of determination, willingness to serve, perseverance and outstanding character. *Bow High School students interested in learning more about the award should contact their guidance office.*

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- Unique properties



NMLS# 433938



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The Bow Young at Heart Club



BYAH meets at the Bow Community Center at 11:30 AM the 2nd and 4th Wednesdays through October and the 2nd Wednesday in November. All seniors 55 and over are welcome. Dues for residents are \$15 and nonresidents \$25



On October 10 members enjoyed an informative and entertaining presentation on the NH Black Bear by Doug Whitfield and Dennis Walsh, NH Fish and Game Wildlife Stewards. We look forward to the Bobcat presentation in the spring.

HERE'S WHAT'S COMING UP:

- **October 24, 2018** Meet at Audubon Silk, Farm Rd. at 11:30 for a presentation on Eagles. Bring your lunch and beverage. Dessert will be provided.
- **November 14, 2018** Annual meeting Potluck. Remember to sign up for Thanksgiving Baskets Project
- **December 6, 2018** Trip to Indian Head Resort for buffet lunch and Christmas show. Payment due Nov.14. Should be a full bus.
- **December 12, 2018** Christmas Buffet Lunch at Makris. Sign up due Nov. 14

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~ Nancy B.

"Mary was professional and hands on from the very beginning. We could always contact her at any time and would get fast and easy to understand answers! We highly recommend!"
~ Ashley B.

"Mary was professional, accurate, in constant contact and friendly. She made buying a home long distance a pleasure."
~ Diane M.



Mary Sullivan
Assistant VP/ Mortgage Loan Officer
Concord Office, 198 Loudon Road
603.477.7891
msullivan@sugarriverbank.com
NMLS #560924
sugarriverbank.com

PROTECTING YOURSELF ONLINE

Though the internet has many advantages, it can also make users vulnerable to fraud, identity theft and other scams. According to a Norton Cybercrime Report, 378 million adults worldwide were victims of cybercrime in 2013. Sugar River Bank recommends the following tips to keep you safe online:

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

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

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

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

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

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

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

Read the site's privacy policies. Though long and complex, privacy policies tell you how the site protects the personal information it collects. If you don't see or understand a site's privacy policy, consider doing business elsewhere.

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Diplomate, American Board of
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SIT. STAY. LAUGH!



COMEDY SHOW BENEFIT FOR POPE MEMORIAL SPCA

Grappone Conference Center, Concord

Friday, November 9, 2018 Opens at 7pm; show starts at 8pm

Comedy Line-up: Scotty Lang, Frank Santorelli,
Kelly McFarland, and Tony V.

Tickets: \$50/person

For more info & to buy tickets: popememorialsPCA.org



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HELP YOUR MUSCLES BY DOING THIS...

by Jim Olson

One of the top questions that many of our personal training clients ask us about is how much protein should they consume in a day. One thing to keep in mind is the fact that everybody is different. People who work out on a regular basis would benefit from a higher protein intake than those that do not work out.

The reason why is because when you work out, your muscles are actually breaking down to some degree and in order for them to repair themselves, they need protein to do so. For people that do not work out, not as much protein is recommended.

Protein is used for building and repairing muscle and tissues, red blood cells, hair and finger nails and for synthesizing hormones. Protein is necessary for reducing the risk of iron deficiency anemia and to improve healing. Excess protein does NOT build muscle bulk and strength - exercise does.

Think about it this way: "Tom" wants to make his upper body bigger and increase his up-



Jim Olson

per body strength. He goes to the local health food store where he is told to increase his protein intake by eating protein shakes at each meal. He then goes to his sports med doctor and sports dietitian who tell him to eat a moderate amount of protein and swim three times a week plus do upper body weights three times a week. Which do you think will work?

Different types of people have different requirements for

their recommended daily allowance for protein. If you live a sedentary lifestyle then you should eat roughly half a gram of protein per pound of body weight.

If you are looking for a nice toned physique, you workout on a regular basis, but you are not looking to add a significant amount of muscle, you should be getting roughly .75 - one gram of protein per pound of body weight.

If you are a bodybuilder, you train like a beast, and you are looking to add a fair amount of muscle, you will want to get roughly 1.5-2.0 grams of protein per pound of body weight.

WHAT ARE GOOD SOURCES OF PROTEIN?

It's easy to get your protein requirements because protein is found in most foods:

- Meat, poultry and fish = 7 grams per ounce
- Beans, dried peas, lentils = 7 grams per 1/2 cup cooked
- One large egg = 7 grams
- Milk = 8 grams per cup

- Bread = 4 grams per slice
- Cereal = 4 grams per 1/2 cup
- Vegetables = 2 grams per 1/2 cup

If you have any questions that we can help you with in regards to protein or any other aspect of nutrition please feel free to call any one of us at anytime and we would be more than happy to help you. Proper diet and nutrition is approximately 70% of the body transformation process whether you are looking to add muscle, lose fat, or both.

WOULD YOU LIKE HELP WITH YOUR FITNESS?

Would you like to improve your body and/or overall fitness? Are you ready to feel better, increase your energy and improve your overall quality of life? Please feel free to call me and I would be very happy to help!

Have a fantastic day!
Jim

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- Melissa Emery

"In three months, I lost 22 pounds and look totally different. I tell my (college age) children Dad is ripped, but they think I am kidding. Wait until summer! I played three sports in high school, but I weigh less and look better now than I did when I graduated 40 years ago."
- Paul Alfano



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Ted Gatsas **EXECUTIVE COUNCIL**

As the former Mayor of Manchester and New Hampshire Senate President, I bring a record of leadership and commitment to holding the line on spending. As your Executive Councilor, I will never pander to special interests and will always put the people first, ensuring that the people's tax dollars stay where they belong—in their pockets.

**The right choice is
Ted Gatsas.**



The Gatsas Plan for Granite State Growth & Opportunity:

- ★ Review and negotiate all contracts to ensure taxpayers, New Hampshire families, and seniors get the results they deserve.
- ★ Hold agency heads accountable to the taxpayers and confirm nominations that put New Hampshire families first.
- ★ Expand opportunities for educational programs that result in School Choice, tailored curriculum, and better results.
- ★ Ensure our towns and First Responders have the tools they need to combat the drug crisis.

 **Tough, Tried, & Qualified.**

★ **VOTE** ★
NOVEMBER 6TH

DEBUNKING A FEW POPULAR RETIREMENT MYTHS

by Dominic Lucente

It seems high time to dispel some of these misconceptions.

Generalizations about money and retirement linger. Some have been around for decades, and some new clichés have recently joined their ranks. Let's examine a few.

"When I'm retired, I won't really have to invest anymore." Society still sees retirement as an end instead of a beginning – a finish line for a career. In reality, for some people retirement is the start of a new and promising phase of life that could last a few decades. By not keeping one or two feet in the investment markets (most notably the equities markets), you may risk losing purchasing power as even moderate inflation has the potential to devalue the dollars you've saved. Depending on your situation, a good rule of thumb may be to keep saving, keep earning, keep investing, even in retirement.

"My taxes will be lower when I retire." Not necessarily. You may earn less, and that could put you in a lower tax bracket. On the other hand, you may end up waving goodbye to some of the tax breaks you enjoyed while working, and state and local taxes will almost certainly rise with time. In addition, you could pay taxes on money withdrawn from IRAs and other qualified retirement plans, perhaps even a portion of your Social Security benefits. While your earned income may decrease, you may end up losing a comparatively larger percentage of it to taxes after you retire.¹

"I started saving too late; I have no hope of retiring – I'll have to work until I'm 85." If your nest egg is not substantial, working longer may be beneficial. Continuing to earn a salary could allow you fewer retirement years to plan for and the potential for your savings to compound longer. Don't lose hope: remember that you can make larger, catch-up contributions to IRAs after 50, and remember that you have savings potential in workplace retirement plans. If you are 50 or older this year, you can put as much as \$24,500 into a 401(k) plan. Some participants in 403(b) or 457(b) plans are also allowed that privilege. You can downsize and reduce debts and expenses to effectively give you more retirement money. You can also stay invested (see above).²

"Medicare will take care of me when I'm really old." Not true. Medicare may (this is not

guaranteed) pay for up to 100 days of long-term care expenses you incur. If you need months or years of long-term care, you may have to pay for it out of pocket if you lack long-term care insurance. According to Genworth Financial's Cost of Care Survey, the average yearly cost of a semi-private room in a nursing home is \$235 a day (\$85,775 per year).^{3,4}

"I should help my kids with college costs before I retire." That's a nice thought, but you don't have to follow through on it. Remember, there is no retiree "financial aid." Your student can work, save, or borrow to pay for the cost of college, with decades ahead to pay back any loans. You can't go to the bank and get a "retirement loan." Moreover, if you outlive your money your kids may end up taking you in and you may be a financial burden to them. Putting your financial needs above theirs may be fair and smart as you approach retirement.

"I'll live on less when I'm retired." We all have the cliché in our minds of a retired couple in their seventies or eighties living modestly, hardly eating out, and asking about senior discounts. In the later phase of retirement, couples often choose to live on less, sometimes out of necessity. The initial phase of retirement may be a different story. For many, the first few years of retirement mean traveling, new adventures, and "living it up" a little – all of which may mean new retirees may actually "live on more" out of the retirement gate.

"No one really retires anymore." Well, it may be true that many baby boomers will probably keep working to some degree. Some people love to work and want to work as long as they can. What if you can't, though? What if your employer shocks you and suddenly lets you go? What if your health won't let you work 40 hours or even 10 hours a week? You could retire more abruptly than you believe you will. This is why even workaholics should have a solid retirement plan.

There is no "generic" retirement experience, and therefore, there is no one-size-fits-all retirement plan. Each individual, couple, or family should have a strategy tailored to their particular money situation and life and financial objectives.

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

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CONTACT US TO START PLANNING TODAY!



Dominic M. Lucente, CFP®, RFC®

CERTIFIED FINANCIAL PLANNER™

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BOW REAL ESTATE SALES
SEPTEMBER 2018

8 Brown Hill Road	3 BR/1 BA	sq ft	2.21 acres	\$125,000
61 Albin Road	LAND	LAND	32 acres	\$200,000
11 Birchdale Road	3 BR/2 BA	2226 sq ft	1.0 acres	\$276,000
17 Rocky Point Drive	3 BR/2 BA	1400 sq ft	1.0 acres	\$295,000
61 Robinson Road	4 BR/2 BA	2440 sq ft	3.08 acres	\$310,000
51 Woodhill Hooksett Rd.	3 BR/3 BA	2314 sq ft	3.04 acres	\$343,800
20 Briarwood Drive	4 BR/2 BA	2344 sq ft	2.08 acres	\$355,000
23 Brown Hill Road	3 BR/3 BA	1744 sq ft	1.1 acres	\$360,000
26 Rocky Point Drive	4 BR/3 BA	2917 sq ft	1.3 acres	\$455,000



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BOW GARDEN CLUB

by Joyce Kimball

CREATING HOLIDAY DECORATIONS FOR WREATHS, SWAGS & TREES



The garden club will hold their final membership meeting of the year on November 12th at Old Town Hall. Members Margaret Leary and Catherine Wittliff will share some of their crafting expertise with fellow garden club members and guests instructing them in how to make attractive and interesting items from natural materials to decorate their holiday greenery. They will be using seed pods, birch bark, tree branches and common items you can find in the grocery store to make the decorations. There will also be a "hands on" bow-making demonstration. Come join the fun and get some good and easy ideas for this year's holiday decor!

Bow Garden Club meetings are open to all. Doors open at 6 p.m. for social time and refreshments and the program will begin at 6:30 and a brief business meeting will follow.

SCARECROWS COME TO BOW!

The Bow Garden Club has recently joined in all the fun around town by creating two scarecrow figures reminiscent of a typical scene at Rotary Park – garden club members at work. One "garden club member" can be seen diligently raking leaves, with their backside facing the road (as always) while their workmate takes a much-needed break enjoying a cup of coffee while sitting on a boulder. The back of their tee shirts read *Bow Garden Club at Work*.

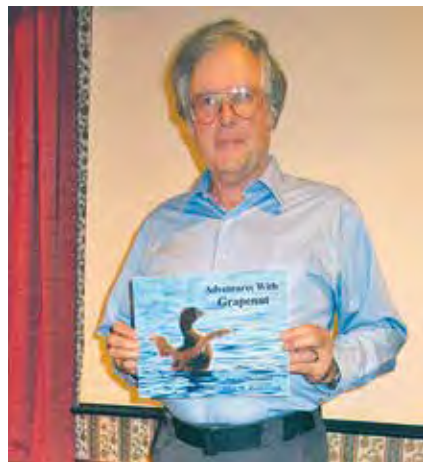


"LOON MAN/NH" COMES TO BOW

New Hampshire-based Common Loon Expert, Author, Professional Photographer, Videographer and Naturalist John Rockwood of Auburn, NH was the featured presenter at the Bow Garden Club's October 1st membership meeting.

Rockwood, who bills himself as "The Loon Man/NH" has been delighting audiences for years with his spectacular collection of narrated multi-media loon and wildlife presentations. The garden club chose Rockwood's nature production "Diving In" for their meeting, which was described as "an in-depth peek into the Common Loon's fascinating and often mysterious behaviors".

Members learned about the life cycle of these magnificent water birds and in particular, "Grapenut", the orphaned young loon that endeared himself to Rockwood during his hundreds of hours kayaking on Massabesic Lake in Manchester photographing him and other wildlife. The young loon's name was derived from the lake's Grape Islands. Grapenut is the subject of Rockwood's soft cover and photo-filled book *Adventures With Grapenut* that is available at local book stores.



Author John Rockwood



POINSETTIA SALE UNDERWAY !

Bow Garden Club's 9th 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 6th and will be available for pickup at the Old Town Hall, 91 Bow Center Road on Saturday, December 1st 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.

TO ORDER please contact any Bow Garden Club member or pick up an order form from the Baker Free Library's bulletin board. You may also place an order by contacting Joyce Kimball at 229-1990 joyceakimball@comcast. The garden club would like to thank their many repeat customers for their continued support.

8th ANNUAL PAJAMA DRIVE

The Bow Garden Club is once again helping to provide warm and cozy nightwear and nature-related books to children in need by asking members and the general public to contribute warm pajamas and/or nature related books to their annual *Pajama Project*. The garden club's goal is to provide warm pajamas and nurturing books to children and youth currently living in difficult circumstances.

Bow Garden Club members and Bow residents collected 120 pairs of pairs of pajamas, 35 nature books and a \$100 cash donation through the Pajama Project last year. All donations were delivered to the Family Promise of Greater Concord. Family Promise is a network of 16 local congregations and interfaith groups 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 10th. All sizes of new and warm pajamas are needed, for infants to teens. Books for both children and teens would be welcome.

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.



Julianna Cusson donated pajamas and many books to the Pajama Drive last year. Julianna asked friends to donate children's P.J.s and books in lieu of buying her birthday gifts.

Travel Talk: Providence

by Chase Binder



Chase Binder

Providence... fabulous city for food, art, shopping, strolling along a vibrant riverfront or walking through historic, tree-lined neighborhoods. Who knew?? Not Bud and me! Our view of Providence had always been restricted to the tired industrial buildings that line I 95 as it runs through the city. We were always on our way somewhere, never even considered stopping.

All that changed in early September when our grandson, Brayden, started at Providence College, one of several world-class colleges and universities that call Providence home. We thought, heck...why not take a drive down and spend a weekend? We'd do a very short "hi and bye" visit to Brayden, then settle in and explore the city. Luckily for us, some dear friends had decades of experience in Providence and offered to come along and show us around. The result was an unexpectedly magic weekend of insanely scrumptious dining, lovely walks, a gotta-see-it revitalized riverfront and gotta-have-it shopping for Italian food on Federal Hill.

For sure, we couldn't see and do it all in one weekend. But we loved, loved, loved the city and will go back as soon as we can. And perhaps we can temp you to visit with a few images and ideas. Trust us, you'll fall in love!

Photos by Chase Binder



Classic architecture highlights Providence's history.



Bud and travel pal Dick Goduti of Dunbarton start a morning walk at the Waterplace Park Bridge. In 1994 Providence undertook a massive revitalization project, re-routing rivers, adding walkways and bridges to create a welcoming and user-friendly urban space.



The river is framed by multi-level walkways, offering places to meander, rest a while, shop, enjoy some art, grab a bite to eat or a whole meal.



Originally conceived in 1994 by artist Barnaby Evans as part of a First Night celebration, the installation of bonfires has grown from a few dozen braziers to almost 100. Staff and hundreds of volunteers keep the fires stoked, the crowds entertained and the WaterFire evenings lively.



Federal Hill runs from Atwell Avenue to Broadway and celebrates the Italian immigrant community. Enjoy outdoor music, bakeries, al fresco eateries and some of the best Italian food on the planet.



IF YOU GO

When: Providence's signature event is **WaterFire** (waterfire.org), an art installation of bonfires that illuminate the three converging rivers in the city center—a stunning backdrop for music and entertainment. Events run May through November (**last one in 2018 is November 10**), Saturdays about twice a month.

Where to stay: Friends suggested the **Courtyard Marriott** on Exchange Terrace (Marriott.com) which overlooks the river basin and event amphitheater. Rooms with high numbers on high floors (especially room 735) have the best views.

Where to eat: We found **Camille's** (camillesonthehill.com) to have superb Italian food and a classic old world Italian ambiance—you almost would expect Sinatra to pop in! We also loved **Jacky's Waterplace** (jackysgalaxie.com), a perfect Asian dining experience overlooking the river a short walk from our hotel. For lunch we enjoyed incredible seafood at **Hemenway's** (hemenwaysrestaurant.com) a stroll down the RiverWalk. **Reservations are essential!**

What to do: Aside from WaterFire, there's more activity and fun than you can image! Providence is home to several colleges and universities, including Johnson and Wales for culinary arts and the noted Rhode Island School of Design. The city infused with classic and cutting edge art, music and food.

Goprovidence.com is a great place to explore options from accommodations to dining and entertainment.

OBITUARIES

PAULA ANN GENOVESE

Paula Ann Genovese, 64, of Concord passed away on Wednesday, September 26, 2018 after a long battle with cancer. She was born in Marlborough, MA on January 2, 1954 to Raymond J. Garcia and Lorraine N. (Belanger) Garcia. Paula was the second of five sisters who grew up in Hudson, MA. She graduated from Hudson Catholic High School in 1972.

Paula lived for many years in Bow, and raised her family there. She was well-known among family and friends for documenting her children's adventures through pictures, baking amazing birthday cakes, and always coming up with great Halloween costumes for her kids. Paula was especially known for her wonderful cooking and entertaining, as well as her impressive holiday decorations. She was an actively involved mother who always supported her children's dance recitals, sporting events, and musical interests.

Paula started her career as a teller at Indian Head Bank and ended it as the tireless owner of Hilltop Consignment Gallery in downtown Concord. She loved her time working with customers and consigners and being in the thick of daily life on North Main Street.

In her free time, Paula loved being with her family and friends, whether it was family time at the lake house, a trip with friends to the beach, a walk along the Marginal Way, or a simple dinner at one of their homes. Her family and friends meant the world to her.

Paula is preceded in death by her parents, Raymond and Lorraine Garcia. She is survived by her three children, Michael Genovese, and wife Sarah, of Morro Bay, CA, Kate Genovese of Boston, MA, and Lia Genovese of Anaheim, CA.

HELENE G. PIKE

Helene G. Pike, age 89, passed away on September 30, 2018 at CRVNA Hospice House.

She was born in Lawrence, MA on April 21, 1929, daughter of the late Noel and Lucienne (Castonguay) Gelinas. A graduate of Concord High School class of 1947. Associated with insurance most of her life, employed at the NH Board of Underwriters for 23 years, then with the Rowley Agency from 1969-1982 as Supervisor of Personnel. A CPIW (Certified Professional Insurance Woman), a charter member of NA-WIC (National Association of Women in Construction), a member of T.O.P.S Concord #62, a member of the Concord Eagles Women Auxiliary, also the Concord Women of the Moose. She was an avid golfer at Duston Country Club. Helene was also a parishioner of Christ the King Parish, St. John's Church in Concord.

She was predeceased by her husband of 52 years, Robert C. Pike, and two sisters, Lucille Allaire and Jeanne Bobrowoeki.

She is survived by her son, Robert R. Pike and his wife Gerrie of Bow; her daughter, Linda L. Pike and her husband John Foote of Concord; granddaughters, Lora Pike McMahon, Valerie Piper and her husband Ray Cote, Katherine Pike Currier and her husband John; grandson Richard McMennamon and his partner Eileen Rispoli; her sisters, Claire Langevin and Cheryl Manka; her brother Richard Gelinas; and her great grandchildren, Eva, Aidan, Calvin, Lawson, Max and Vance.

Helene was the most kind, forgiving and non-judgmental person anyone would come to know.

In lieu of flowers, donations may be made in Helene's memory to the CRVNA Hospice House, 30 Pillsbury Street, Concord, NH 03302.

THOMAS McKAY FRANCIS

Thomas McKay Francis (83), married to Barbara G. Francis for 58 years and son of the late Horace B. and Helen McKay Francis, passed away suddenly on September 11, 2018 at their camp on Lake Massasecum in Bradford, N.H.

Born on May 17, 1935, in Hartford, Connecticut, he was the oldest of six children who grew up in Wethersfield, Conn., where he graduated high school in 1953. He delivered the Hartford Courant in his youth and worked at a gas station to support his love of cars. He received a degree in mechanical engineering from State Technical Institute in Hartford, and was hired by the Torrington Company in Torrington in 1955 where he worked for 45 years. He was Engineering Leader for the 2-Cycle Engines Group for more than two decades.

The culmination of his career was his assignment as Engineering Manager for Japanese Transplants to Tokyo, Japan, where he succeeded in gaining a foothold for the Torrington Company in the Japanese auto market that continues to this day. He was co-inventor on multiple Torrington Co. patents.

He and Barbara made their home in Litchfield, Connecticut, for 50 years, then moved to New Hampshire in 2012 to be closer to their camp. He was a member and volunteer in the restoration shop of the New England Air Museum, a member of the Academy of Model Aeronautics, Sons of the American Revolution, and recently the Bow Men's Club and Concord Skyhawks RC clubs. For many years he rode motorcycles and was a member of the New England Trail Rider's Association. He also enjoyed ice and deep-sea fishing with friends.

Tom is survived by his wife, Barbara Francis (Gaudes), three sons and their families; Edward Francis and wife Robin Kraft of Portsmouth, Va., William and Jennifer Francis of Milwaukee, Wis., and Andrew Francis, wife Naan Pocen-Francis and granddaughter Siobhan Pocen-Nano of Gaithersburg, Md.

He was predeceased by his eldest son, Robert McKay Francis.

The family will hold a memorial gathering at the New Pond Cemetery in the summer of 2019.

Bow Heritage Day Celebration



Bow Bog Meeting House

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Together**



Mike Wheeler at Lunch



Mitch & Everett Locker



Delyla Couture Splitting Granite
(Compliments of Swenson Granite)



Bill Kuch & Bow Men's
Club Ham & Beans

Photos By Eric Anderson



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BAKER FREE LIBRARY NEWS

by Lori Fisher

STAFF CHANGES

In September we said goodbye to Kate Kenyon, Library Assistant, as she left for a new position in the library at Merrimack Valley High School. Kate was with us for four years, and we all will miss her great work ethic and sense of humor! We have promoted Amelia Holdsworth to fill that vacancy, and she started on 9/17. Amelia has been leading our Toddler Storytime program since March, and has been a PM Circulation Desk Assistant for three years. Please say "hello" to Amelia when you visit the library if you haven't met her yet.

FREE COMMUNITY YOGA CLASSES

Saturday 11/3 & Sun 11/4 Our next FREE monthly community yoga classes will be on Saturday 11/3 & Sunday 11/4 from 9 am to 10 am in the Library's Lower Level. Please register in advance by emailing lori@bakerfreelib.org, or calling 224-7113. If this is your first time attending our community classes, please arrive by 8:45 am so that you have time to fill out the liability waiver and get set up. Namaste!

CANDIDATE PACKETS AVAILABLE

With the mid-term elections right around the corner on 11/6, the Library has compiled candidate information for the following offices: Merrimack County Attorney; Merrimack County Sheriff; NH House Merrimack District 23; NH Senate District 16; and NH Executive Council District 4. This candidate packet is available now, both in hard copy at the Library and digitally through the library web site www.bowbakerfreelibrary.org. Candidate information has been shared with other public libraries in those districts as well. Questions? Contact Lori Fisher, Library Director, at lori@bakerfreelib.org.

HAT & MITTEN DRIVE

Hat and mitten drive through 11/30. The Happy Hookers knitting group is collecting hand-knit hats, mittens, and scarves to be donated to Bow Human Services and Bow children in need. Donations may be dropped off at the Library during our regular hours, or brought to the Happy Hookers weekly meetings at White Rock Senior Living, Bow Center Road, on Tuesdays from 9 am to 11am. Yarn donations are also gladly accepted. Contact Betsy at 224-7113 or betsy@bakerfreelib.org with questions.

LIBRARY CLASS/EVENT HIGHLIGHTS

Candidate's Night: Wednesday 10/24, 6:30 pm. This moderated forum will feature candidates for Merrimack County Attorney, Merrimack County Sheriff, NH House Merrimack District 23, NH Senate District 16, and NH Executive Council District 4. Candidates will have 5 minutes each to speak, and then have time to mingle with attendees. This event is co-sponsored by the League of Women Voters. **this event is tentative at this time, pending candidate participation. Please visit www.bowbakerfreelibrary.org for the most up-to-date information.**

FAMILY FUN NIGHT

Glow-in-the-Dark!: Monday 10/29 at 6 pm. Get ready for Halloween with a lights-out night out. Challenge your friends and family to a round of glow-in-the-dark bowling, or craft your own glowing slime! Registration is not required but supplies are limited - so get here early!

TEEN TRIVIA NIGHT:

Thursday 11/1 at 6 pm. As part of her senior project, Lauren Porter is hosting a Teen Trivia Night in our Lower Level for anyone between the ages of 13 and 18! The event will be laid out in the style of Trivia Crack with seven categories: Art, Books, Entertainment, Geography, History, Science, and Sports. Teams will allow one member to come up and spin the Trivia Crack wheel, and the team will have 30 seconds to answer their question. A gift card prize will be awarded to each member of the winning team! For info and to RSVP, email info@bakerfreelib.org.

FRIENDS OF BAKER FREE LIBRARY

The Friends of the Baker Free Library will hold their next donation day on Saturday 10/27 from 10 am to 2 pm. Questions? Email info@bakerfreelib.org.

WREATH AUCTION

DECORATORS & DONORS NEEDED!

Individuals, organizations, and businesses are invited to decorate and donate a wreath to the Friends of the Baker Free Library 2018 Wreath Auction, to be held on Saturday 11/3 from 5 to 8 pm. Our goal is 50 wreaths available to bid on - from seasonal to whimsical and everything in between! Donors will be prominently acknowledged throughout the display as well as in promotional materials. For more details, contact Rita at morrison.rita64@gmail.com.

SAVE THE DATE:

Wreath Auction on Saturday 11/3, 5-8 pm at the Library. Tickets are \$15 each or \$25/couple and include wine, hearty appetizers, and dessert. Ticket sales begin 10/1. Visit the library to purchase. Cash or check only. Visit www.bowbakerfreelib.org for details!

BAKER FREE LIBRARY FOUNDATION

The Baker Free Library Foundation approved two new directors at their last meeting on 9/18/18: Matt Dodge and Lisa Boyd both join the Foundation for three year terms. Stepping down as a Foundation Director is Colleen Haggerty, who completed her 3 year term. Thank you, Colleen, for your service, and welcome to Matt and Lisa!

The Foundation is a private non-profit 501(c)3 whose sole purpose is to facilitate the long term growth and sustainability of the Baker Free Library.

Way Up North

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





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Suzanne Zellers-Beck



Sandy Heino



Molly Hardenbergh

HOPKINTON

REAL ESTATE SALES SEPTEMBER 2018

ADDRESS	BR/BA	SQFT	ACRES	PRICE
195 Park Avenue	2 BR / 1 BA	1,490	0.68	\$175,000
337 Penacook Road	4 BR / 3 BA	2,904	2.17	\$335,000
558 Beech Hill Road	4 BR / 2 BA	2,300	6.5	\$304,000
81 Penacook Road	3 BR / 2 BA	1,518	0.34	\$208,000
127 Peaked Hill Drive	3 BR / 3 BA	1,816		\$251,000
1061 Clement Hill Road	4 BR / 3 BA	3,167	5.1	\$434,000
19 Hard Lane	3 BR / 3 BA	2,258	0.50	\$312,500
281 Moran Road	3 BR / 5 BA	3,760	15.4	\$585,000

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Welcome to the Hopkinton - Contoocook TOWN CRIER!

by Kathleen Butcher

► **SUNDAY, OCTOBER 21** - 1:00 – 3:00 pm, hike Hopkinton’s newest trail from Putney Hill Road to Dearborn’s Christmas Tree Farm on Cross Road. Hike is 1.5 miles one-way, or 3 miles round trip. Hikers will meet at meet at Luneau’s field, 211 Putney Hill Road and Vans are available to shuttle hikers back to Putney Hill and the event will take place rain or shine. This event is sponsored by the Hopkinton Conservation Commission.

► **HOPKINTON TOWN LIBRARY REMAINS CLOSED.** However, you can still visit the library in our temporary quarters in the lower level of the Slusser Center. The library will be open Tuesday through Friday from 10am to 430pm. A small circulating collection of books, movies, audiobooks and children’s materials is being maintained. You can also check out discounted or free passes to the NH museums; the Peabody Essex Museum in Peabody MA and to the Boston Museum of Fine Arts, Children’s Museum and the Museum of Science. All online services continue to be available, as is InerLibrary Loan. Also area libraries have volunteered for residents to use their library while our library is closed. Please have your library card or proof of Hopkinton/Contoocook residency. The following libraries have reached out; Bow, Concord, Henniker, Webster, Hillsboro, Dunbarton, Warner, New England College, and Weare. Town Administrator Neal Cass reported that ServePro will do the fire related cleaning and that the insulation is being tested for the smell of smoke. Luckily only 600 to 700 books got wet but that leaves 40,000 to be reshelved before the library opens. Primex is the insurer for Hopkinton, as it is in Bow. Re-opening is estimated to be another 3 to 6 months. For assistance call 746-3663 or email info@hopkintontownlibrary.org.

(con’t. p. 16)

**(Hopkinton- Contoocook TOWN CRIER
cont'd. from p. 15)**

- ▶ **SENIOR LUNCH** - Wednesdays at 12 noon at the Slusser Senior Center. Suggested donation \$4. Menu - 10/24: Pot Roast, Baked & Mashed Potatoes, Garlic Butter Asparagus, Broccoli Salad, Rolls, & Pumpkin Cake, 10/31: Shepherd's Pie, Tossed Salad, Rolls, & Halloween Dessert Other:
- ▶ **NEW: Adult Strength & Balance Classes:** Mon. & Fri., 5-6 pm, in Slusser Center's Exercise Room. For ages 18+. No fee, but donations are accepted. For more information, call the Recreation Office at 746-8263.
- ▶ **SEASONAL PUBLIC FLU CLINIC** at the Slusser Center on Monday, October 29 from 10 am - 12 noon, brought to you by the Concord Regional VNA. Anyone 3 years or older can stop by between 10 am-12 noon to get a flu shot. Cost is \$30 per immunization and the VNA accepts cash or check at the time of service. No credit cards are accepted. The flu shot is free to those with Medicare B, Medicare Advantage, Medicaid, Harvard Pilgrim, Tufts or Anthem coverage. Bring your insurance card with you. Contact crvna.org for more information.
- ▶ **HOPKINTON RECREATION DEPARTMENT** is looking for a Line Dancing Instructor to teach some new dances to the Intermediate Line Dancing participants at the Slusser Center in Contoocook. Our Intermediate Line Dancing program, geared for those 50+, meets on Mondays and Wednesdays from 10-11:30 am. If you are interested in teaching or would like more information, please call the Recreation Department at 746-8263.
- ▶ **CONTOOCCOOK FARMERS' MARKET** - Come check out the Fall offerings at the, Saturdays at the Gazebo in Contoocook Village from 9am to noon. Seasonal vegetables and fruits, pies, bread and other baked goodies, eggs, maple, Indian food, limited amounts of local fish. SNAP/EBT is accepted
- ▶ **HOPKINTON LIBRARY STORY TIME** - are on Tuesdays at 1 PM and Wednesdays at 10:30 AM for children 3 (ish)-5 (ish) and a caregiver. Laptime will be held Fridays at 11am for chicken birth to 2 1/2. Siblings are welcome to join the fun!
- ▶ **SUPERVISORS OF THE CHECKLIST** - of the Town of Hopkinton give notice that they will be in session for the purpose of additions and corrections to the checklist at the Town Clerk's Office in Contoocook on Wednesday, October 24, 2018, from 5:00-5:30 p.m. No additions or corrections shall be made to the checklist after this session until election day November 6, 2018. Please use front entrance.

HOPKINTON POLICE LOG

TOWN OF HOPKINTON POLICE DEPARTMENT

SEPTEMBER 2018 STATS

Arrests - 5 Accidents - 4 Traffic Stops - 496

ARREST LOG

- 09/01 Sheree Fournier, 25, 37 Carriage Lane, Hopkinton was arrested on a Warrant.
- 09/01 Christopher Parker, 36, 37 Carriage Lane, Hopkinton was arrested on a Warrant.
- 09/26 Donna Sankey, 50, 819 Clement Hill Road, Hopkinton was arrested for Simple Assault.
- 09/26 Horn, Tacarra, 33, 139 West Main St, Warner was arrested for Simple Assault.
- 09/28 Kristina Kelly, 33, 112 Jewett Road, Hopkinton was arrested for Cruelty to Animals; Neglect.

**HOPKINTON SCHOOL
POPULATION UP 3%
BOW UP 13%**

In the Concord area the total number of students in public schools dropped 6% in the last five years. But not so in Hopkinton and Bow.

Hopkinton schools saw a 3% increase or 40 more students for a total of 1,017 in its four schools. Bow saw a five year increase of 13% more students after years of decreases.

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BRIEF & TO THE POINT

By Donna Deos



Have you ever heard of the acronym KISS? It stands for Keep It Simple (and then a not very nice word of) Stupid. It is not my favorite acronym because of the last word, but it does get right to the point.

Many times we beat around the bush trying to tell someone how we feel or what we think instead of getting right to the point. Why do we do this? Well, most of the time it is because we are uncomfortable telling them whatever it is. Maybe they asked us a question and we know that what goes through our head will not come out well or be well received if we actually say it. So, we spend time stalling while we are trying to figure out what to say, or perhaps how best to say what we want or need to.

Sometimes we go through all of this because we are trying to process our thoughts and feelings and bring it down to what is important. This can take time, especially when you have lots of pent up emotion to work through.

So, when you find yourself in this situation, try to get down to what you really want. Try to jump to the end game and work it back from there. At the end of the day, how do you want to feel? And, what do you want for them?

Here is an example: I wanted my Mom to be safe, happy and well cared for. She saw all of my attempts to get there as me trying to take away her freedoms and control her. She felt I was pointing out all of her inadequacies and she felt attacked. When I could finally say, "Mom, I love

you and I worry about you. I really just want to know that you are okay. I need to know that you are safe and happy." She finally got it. She saw me as trying to protect her, rather than control her.

When you can jump to the end, come from a place of love rather than frustration, and cut to the chase, you will tell them the heartfelt truth and it will likely be received much better than the long drawn out beating around the bush confusion and misinterpretation we typically use.

This is what I mean by finding the way to get to the point. Sometimes less is more. Cut to the chase, reveal your hand, tell them exactly what you want and how you feel. You will be surprised at how much better you feel and how well it goes over.

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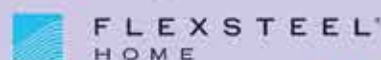
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INCOMING

BY BEN KINIRY, ESQ.

Have you nominated an agent under a Durable Power of Attorney for Health Care yet? What are you waiting for? Is something holding you back? Need more information?

Following is a writing that does a great job of explaining the law in this area. The writing is in fact written within the applicable New Hampshire Statute R.S.A. 137-J:19, Durable Power of Attorney; Disclosure Statement (if you can't sleep at night, you should read the entire Statute). The purpose of the "Statement" is to show that the person signing the document understands the nature of power being given to the agent.

The following is, in large part, the language of the Statement, with my comments placed in brackets [like this](brackets (like this) containing comments are part of the language of the Statute). Some of the statement has been omitted.

Beginning of Statement: "Except if you say otherwise in the directive, this directive gives the person you name as your health care agent the power to make any and all health care decisions for you when you lack the capacity to make health care decisions for yourself (in other words, you no longer have the ability to understand and appreciate generally the nature and consequences of a health care decision, including the significant benefits and harms of and reasonable alter-



natives to any proposed health care). "Health care" means any treatment, service or procedure to maintain, diagnose or treat your physical or mental condition. Your health care agent, therefore, will have the power to make a wide range of health care decisions for you. Your health care agent may consent (in other words, give permission), refuse to consent, or withdraw consent to medical treatment, and may make decisions about withdrawing or withholding life-sustaining treatment. Your health care agent cannot consent to or direct any of the following: commitment to a state institution, sterilization, or termination of treatment if you are pregnant and if the withdrawal of that treatment is deemed likely to terminate the pregnancy, unless the treatment will be physically harmful to you or prolong severe pain which cannot be alleviated by medication.

"You may state in this directive any treatment you do not want, or any treatment you want to be sure you receive. Your

health care agent's power will begin when your doctor certifies that you lack the capacity to make health care decisions (in other words, that you are not able to make health care decisions). If for moral or religious reasons you do not want to be treated by a doctor or to be examined by a doctor to certify that you lack capacity, you must say so in the directive and you must name someone who can certify your lack of capacity. That person cannot be your health care agent or alternate health care agent or any person who is not eligible to be your health care agent. You may attach additional pages to the document if you need more space to complete your statement.

"If you want to give your health care agent power to withhold or withdraw medically administered nutrition and hydration, you must say so in your directive. Otherwise, your health care agent will not be able to direct that. Under no conditions will your health care agent be able to direct the withholding of

food and drink that you are able to eat and drink normally.

"Your agent shall be directed by your written instructions in this document when making decisions on your behalf, and as further guided by your medical condition or prognosis. Unless you state otherwise in the directive, your agent will have the same power to make decisions about your health care as you would have made, if those decisions by your health care agent are made consistent with state law.

"It is important that you discuss this directive with your doctor or other health care providers before you sign it, to make sure that you understand the nature and range of decisions which could be made for you by your health care agent. If you do not have a health care provider, you should talk with someone else who is knowledgeable about these issues and can answer your questions. Check with your community hospital or hospice for trained staff. You do not need a lawyer's assistance to complete this directive, but if there is anything in this directive that you do not understand, you should ask a lawyer to explain it to you.

"The person you choose as your health care agent should be someone you know and trust [yes, the statute is suggesting that you know and trust the person you appoint], and he or she must be at least 18 years old. [remainder of this paragraph omitted]

"You should consider choosing an alternate health care agent, in case your health care agent is unwilling, unable, unavailable or not eligible to act as your health care agent. Any alternate health care agent you choose will then have the same authority to make health care decisions for you [people often name someone in the next generation and believe that is good enough, however, even younger people have accidents, health issues and die.

Keno is Here !

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Bow



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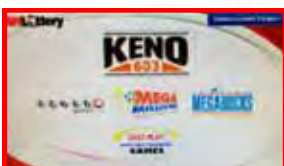
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(Con't. on pg. 21)



We are all aware of the massive slaughter of squirrels on the road. Mother nature played a cruel trick with two years of abundant acorns, and this year almost none.

A lot of us think that there is something else going on. On a recent fishing trip, a squirrel climbed aboard my friend's float tube and carried on a 5 minute conversation and then swam along on his way.

REALLY !?



Squirrel Swimming ??



Squirrel Resting on Float Tube



Squirrel Swimming Away

The lack of acorns also has the ample turkeys searching for food. This will be a hard winter for the birds.

The deer kill from bow hunting is also up. A lot of deer are smaller because of less mast crops.

We received a report on a remote pond that the fishing appears to be way off. We went to see what was there. Sure enough, there were no sign of small trout, only one 3 year old trout took my fly with his twin getting away. The hot summers have heated the water too much. There was no sign of one and two year old fish which normally would be abundant. Global Warming is here.

C.W.D. or Chronic Wasting Disease, has been reported on a deer ranch in Quebec. Only deer that have been boned will be allowed across the border.

On the bird hunting scene, very wet weather and heavy foliage has made hunting slow. As of this date, Oct 9th, very few woodcock have moved due to warm weather. This could change with the arrival of cooler temperatures. On a final note hot weather seems to have slowed down the amount of ticks, which is very positive.

**Stay Safe,
Ron**



**Community Development
Scarecrow - Eric Anderson photo**



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Learning for the fun of it!

What's Happening In OLLI?

By Jacki Fogarty

OLLI, the Osher Lifelong Learning Institute, at Granite State College is best known for its classes – a broad array of affordable, nonacademic courses taught by volunteer presenters.

As “they” say . . . “But wait, there’s more!”

On Thursday, November 15, at 10:00 a.m., OLLI in Concord will hold a Mug ‘n’ Muffin. Normally that’s just an opportunity for OLLI friends to gather for coffee, tea and, well . . . muffins.

But wait, there’s more!

Our members have led interesting lives on their way to meeting the age qualification for OLLI. For many that means celebrity encounters of the varied kind. One member dressed Martha Raye for an appearance in Concord. Another played piano for Jack Jones at his appearance in Concord.

Bob Pearson, former Chair of Concord OLLI’s Central Committee, describes a chance encounter he had in New York while attending a revival of Bells are Ringing starring Faith Prince. “We had great seats, on the left side, about five rows from the stage. As I was reading the playbill, my friend suddenly clutched my arm. She pointed and coming down the aisle were Adolf Green and Betty Comden, the show’s writers and lyricists. Their work is legendary, like Singin’ in the Rain and Wonderful Town.”

“We realized they were going to sit directly in front of us! They came into the row with Comden in front of Eileen and Green in front of me. And then it happened. Green began to sit but his seat was still up. He went down and was wedged between the seats, gasping and floundering. Without thought we rose to the rescue, Eileen under one arm and I under the other. We soon discovered Mr. Green was no lightweight. We tugged and pulled, while a smiling young man sitting next to him, apparently Mr. Green’s aide, watched us struggling.”

“With some extra effort, we finally managed to get Mr. Green standing upright. I put his seat down and the three of us talked a bit until the show began. During intermission, perhaps feeling he owed us something, he talked with us some more and we got autographs from both members of the team. When the show ended we told them how much we enjoyed the show and hoped it would run for years.”

“Sadly, the show was panned and lasted only 56 performances. But what a great celebrity meeting for the two of us. For a few minutes we were with the doyens of the theater world. and that was enough for us.”

We look forward to hearing many more stories of celebrity encounters at our Mug ‘n’ Muffin in a few weeks. Before then, on October 25, OLLI in Concord will host another social event – a Game Day. Members will gather at Granite State College to play board games and enjoy each other’s company.

And, of course, there are our classes. Coming up in the next few weeks, fitting topics as we approach Veteran’s Day, are several war-related courses: the NH National Guard in the Wars in Iraq & Afghanistan, Concord NH During the Great War and Brass Bands of the Civil War. An exploration of Butch Cassidy and the Wild Bunch and a tour of the Audi are coming up along with three classes in the creative arts category: Taking Better Photographs, Create a Fabric Collage Wall Hanging and Handmade Holiday Cards with Rubber Stamps. For more information on these and other OLLI classes, check the website at olli.granite.edu.



BOW POLICE ASSOCIATION 5K TURKEY TROT

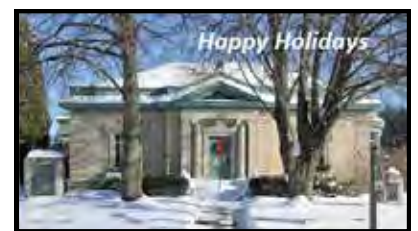
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BOW POLICE LOG

Bow Police SEPTEMBER 2018 Arrest Log

- 09/03** An adult was taken into protective custody for an involuntary emergency admission
- 09/05** Heidi L. Holt, 36, Franklin, was arrested for unofficial inspection/registration decal, and misuse of plates
- 09/06** Eric A. Butterfield, 36, Turner, ME received a summons for driving after revocation/suspension
- 09/07** Daniel Silva, 18, Bow, was arrested for unlawful possession/intoxication
- 09/08** Jesse J. McCarthy, 22, Concord, was arrested for driving after revocation/suspension; subsequent offense, and suspended registrations
- 09/09** Karl W. Loyd, 51, Earth City, MO, was arrested as a fugitive from justice
- 09/10** Felicia A. Robinson, 18, Manchester, received a summons for driving after revocation/suspension
- 09/12** Virginia Gilpatrick, 36, Concord, was arrested for misuse of plates and three bench warrants for: conduct after an accident, misuse of plates, and uninspected vehicle
- 09/14** An adult was taken into protective custody for an involuntary emergency admission
- 09/15** Tyler Osgood, 30, Belmont, was arrested on two warrants for failure to appear, and unauthorized use of a motor vehicle
- 09/16** Kirby R. Adams, 30, Nashua, was arrested on a bench warrant for driving after revocation/suspension Joseph D. McCormick, 27, Concord, was arrested for driving after revocation/suspension-; subsequent offense
- 09/18** Andrew C. Soboleski, 26, Concord, received a summons for operating without a valid license
- 09/19** Two juveniles received summonses for possession/use of tobacco products by a minor 09/20 Clyde M. McConnell, 34, Chichester, was indicted for forgery, theft by unauthorized taking, and driving after revocation/suspension
- 09/22** Jonnathan M. Zhispon Guailacela, 22, Lowell, MA received a summons for operating without a valid license
- 09/23** Michael P. Wing, 56, no fixed address, was arrested for criminal trespass, loitering/prowling, use/possession of slugs, and breach of bail
- 09/25** Patrick Connolly, 17, Hooksett, was arrested for disobeying an officer, and reckless driving. An adult was taken into protective custody for an involuntary emergency admission
- 09/27** An adult received a summons for possession of marijuana
- 09/30** Virginia Gilpatrick, 36, Concord, was arrested for receiving stolen property George Owen, 45, Derry, was arrested for robbery, simple assault; domestic violence, and theft of a motor vehicle with a weapon.

(Durable Power of Attorney cont'd. from pg. 18)

"You should tell the person you choose that you want him or her to be your health care agent. You should talk about this directive with your health care agent [this should go without saying, however, you would be surprised how many people don't] and your doctor or advanced practice registered nurse and give each one a signed copy [medical providers are happy to retain a copy of your medical directives in your file]. You should write on the directive itself the people and institutions who will have signed copies. Your health care agent will not be liable for health care decisions made in good faith on your behalf [your agent will want to read this].

"Even after you have signed this directive, you have the right to make health care decision for yourself as long as you are able to do so, and treatment cannot be given to you or stopped over your clear objection. You have the right to revoke the power given to your health care agent by telling him or her, or by telling your health care provider, orally or in writing, that you no longer want that person to be your health care agent [these last two points are worth repeating as I receive many questions from clients in regards to "giving up their rights" when they create this power and knowing you can verbally terminate the power in the 11th hour may be comforting to some]."

I hope you found this information enlightening and you are now considering creating your own Durable Power of Attorney for Health Care. In closing I'll leave you with this: of all the important decisions you make in your life, serious health care decisions rank at the top and if you are incapacitated, I ask, don't you want someone who loves you to have the authority to make sure your doctors provide you with the very best care?

ROY BAILEY RECOGNIZED BY SCHOOL DISTRICT

IT Director Roy Bailey was recently honored for 25 years of service to the schools. Bow thanks him for his dedication to education.



Dept. Public Works Scarecrow
Eric Anderson photo



The Town Office Scarecrow
Eric Anderson photo

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DUNBARTON NEWS

By Nora LeDuc

SATURDAY, OCTOBER 27 - Dunbarton Police Department will once again be participating in the Drug Enforcement Administration's National Prescription Drug Takeback Day. The event will take place on Sat, Oct 27 from 10am to 2pm at the Dunbarton Police Department (18 Robert Rogers Road). Residents can turn in their unused, unwanted, or expired prescription medications, no questions asked. We are unable to accept needles or liquids. 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 or (603) 774-5500 or visit www.dea.gov/drug_disposal/takeback/.

THURSDAY, NOVEMBER 1 - Chair Yoga with Sherry Gamble sponsored by the Concord Hospital Center for Wellness will be at the library on Thurs. Nov. 1, 10:30am.

Thurs. Nov.1, 7pm to 8:30pm The DCC Book Club will discuss The Lemon Tree by Sandy Tolan at the the vestry Host will be Anne Zeller. Everyone is welcome.

SCHOOL NEWS: Mon. Nov 5th Early Release-Parent/Teacher Conferences, Tues. Nov. 6 No School-Parent/Teacher Conferences, Mon. Nov.12 No School-Veterans' Day, Wed. Nov 21 No School-Teacher Workshop, Thurs. & Fri. Nov. 22 to 23-Thanksgiving Holidays.

THURSDAY, NOVEMBER 8 - KIDS READ TO DOGS, on Thurs Nov. 8 and 29, 3:00 to 4:00pm. Call the library to schedule your 15 minute reading session with Jake or Sherman. If you have any questions, please call the library, 774-3546.

THURSDAY, NOVEMBER 17 - Please join an evening of community fun, at a traditional "Open Stage Coffee House" in the intimate setting on Dunbarton's picturesque village green. Enjoy a wonderful night of song, story and poetry. Doors open at 6:30pm for signups. Performances begin at 7pm. Snacks available. Donation \$5 at the door.

DES SPIRIT WEAR: Show your school spirit with Dunbarton Eagles gear. Shop for clothing for the whole family, hats, drinkware, bags, and more. Profits from all orders go to DES. www.apparelnow.com/dunbarton-elementary-school-gear.

DUNBARTON POLICE OFFICER JASON PATTEN is now certified as a Drug Recognition Expert (DRE). DRE's are highly trained to detect drivers who are under the influence of drugs and/or alcohol. To become certified as a DRE, officers must complete an intense training program that consists of classroom training and practical testing and exams. Congratulations to Officer Patten on this achievement and thank you for your hard work and dedication! What's more, Officer Patten is Dunbarton PD's first ever DRE! To learn more about the DRE program, please visit: www.decip.org/drug-recognition-experts-dre/.

The Towns of Bow and Dunbarton

HOUSEHOLD HAZARDOUS WASTE DAY

SATURDAY, NOVEMBER 3 - 8:30 AM to 1:00 PM at Bow Community Building (Intersection of Logging Hill, Bow Center and Knox roads)
Automotive: Antifreeze, gasoline, and contaminated oil. **Cleaners:** Drain & oven cleaners, degreasers, metal polishers, rug & upholstery cleaners, disinfectants, ammonia, air fresheners **Mercury Thermometers & Thermostats** **Paints:** Oil paint lacquer, stains, and other finishes paint removers, turpentine, furniture strippers **Pesticides/Insecticides:** for pets, pests, yards/gardens **Household chemicals** (e.g., toxic glues), pool chemicals, driveway sealer **DO NOT BRING** any of the following: *Latex paints; household alkaline batteries; used motor oil; propane tanks; building materials and air conditioners; computer printer cartridges; prescription drugs (go in regular trash); explosives, radioactive wastes, asbestos products or medical wastes (anything requiring special handling).*

"FOR THE LOVE OF MUSIC: A TRIBUTE TO RAY CHARLES"

Submitted by "The Music Lady"



Ray Charles Robinson was born in Florida in 1930. His mother was destitute, uneducated, and a teenage orphan, who made her living as a sharecropper. When Ray became blind at age 7, his mother found a special school for the deaf and blind in Florida that would accept a blind, African-American pupil. While there, Ray developed his great interest in music, as he learned Bach, Mozart and Beethoven by using braille music. This was a difficult process that required learning the right hand piano parts while reading braille with the left hand, and then doing the reverse to combine the two parts. He became interested in jazz, blues and country music that he heard on the radio. His mother died when he was fourteen, and he left school at age sixteen when he was adopted by a couple who had been friends with his mother.

Ray became a popular singer, songwriter and musician and had many musical gigs as he rose to stardom. A turning point in his career was in 1954 with his hit recording of "I've Got A Woman", followed by "What'd I Say." He created a unique style of music that combined rhythm and blues and country music, often with a Latin beat.

For his recording of "Georgia On My Mind" in 1960, Ray Charles received national acclaim winning four Grammy Awards, and was named the best vocal performer of the year. Other big hits were "Hit The Road Jack," "I Can't Stop Loving You," "Busted," and "Take These Chains From My Heart," to name just a few.

He had the honor of performing at the inaugurations of Ronald Reagan and Bill Clinton. In 1981 he was given a star on the Hollywood Walk Of Fame. Other awards were a Grammy Lifetime Achievement Award in 1987, and a Nation Medal Of Arts in 1993.

Of the hundreds of songs he recorded, many believe that the most memorable is his unique rendition of "America The Beautiful." Ray Charles loved America, and this recording is his heartfelt expression of that love. Of the recording, he said "I put a little country back beat on it, and turned it my way."

Very appropriately his friends and fellow musicians referred to him as "Brother Ray" and "The Genius." Thank you for the music, Brother Ray.



ANNUAL SNOWMAN CRAFT FAIR

Bow Mills United Methodist Church, 505 South Steet, Bow, invites you to come to our SNOWMAN CRAFT FAIR on **NOVEMBER 3rd from 9 am to 2 pm** to enjoy the spirit of Christmas Shopping. Enjoy the fun of shopping in our rooms filled with holiday crafts, hand-made items to wear or for our home; beautiful themed gift baskets and gifts for pet owners. Satisfy your "sweet tooth" with our famous Cookie Walk and cookie decorating table; stop at our Bake Table; bid on Silent Auction items; check out our jewelry table and "The Christmas Elf Room" where kids can make their own ornaments. Breakfast refreshments are served from 9:00 to 10:30 am. Take a break from shopping and enjoy a delicious lunch from 11:00 am to 1:00 pm.

Bring a friend, bring your family and enjoy the day with us on November 3rd.

BOW COMMUNITY CALENDAR

OCTOBER 24 - Candidate's Night: 6:30 pm @ Library

OCTOBER 27 - Bow PTO Ski & Skate Sale:
9:00 am-12:00 pm @ Bow Community Building

OCTOBER 29 - Line Dancing: 9:35-10:55 am
@ Bow Community Building

OCTOBER 29 - 50 Plus Strength: 11:00-11:35 am
@ Bow Community Building

OCTOBER 29 - Dog Training: 7:00-8:00 pm
@ Bow Community Building

OCTOBER 30 - Zumba with Tracey: 5:45-6:45 pm
@ Bow Community Building

Teen Trivia Night: 6:00 pm @ Library

NOVEMBER 1 - Planning Board Meeting: 7:00-10:00 pm
@ Municipal Building, Rm C

NOVEMBER 3 - Wreath Auction: 5:00-8:00 pm @ Library

NOVEMBER 5 - Drinking Water Protection Committee
Meeting: 5:30-7:00 pm @ Municipal Building, Rm C

NOVEMBER 7 - Business Development Commission
Meeting: 7:30-9:00 am @ Municipal Building, Rm C

NOVEMBER 13 - Heritage Commission Meeting:
9:00-10:00 am @ Bow Municipal Building

NOVEMBER 13 - Board of Selectmen Meeting:
6:00-9:00 pm
@ Municipal Building, Rm A

NOVEMBER 14 - Bow Young At Heart Club Meeting:
11:30 am-2:00 pm @ Bow Community Building



Parks and Recreation Scarecrows - Eric Anderson photo

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ENGRAVED BRICK
FUNDRAISER CONTINUES

Bow Public Safety Building
Engraved Brick Fundraiser Form

Don't miss out! The Bow Public Safety Building Supporters are again having a brick fundraiser for continued Landscaping of the Public Safety Building. Your name or business will be engraved into a brick and will be permanently displayed at the Public Safety Building. What a way to leave a lasting impression! Bricks are available in two sizes, 4" X 8" for \$ 75.00 and 8" X 8" for \$ 125.00. The new bricks, engraved with your message, will be installed in the Spring of 2019.

Please place your order by December 31, 2018.

Name: _____ Telephone Number: _____

Your Address, Street: _____

Town or City: _____ State: _____ Zip: _____

E-Mail Address: _____

For all bricks, please utilize the boxes below for your message. Utilize only one letter/character per box. Not all boxes /rows need to be filled. All lettering will be centered on the bricks. Note, engraving will be in ALL CAPITAL LETTERS. Bricks will be randomly placed in the installation.

4 X 8

8 X 8

Make checks payable to: Town of Bow with memo Line to read Brick Donation
Mail to: Town Manager's Office, 10 Grandview Road Bow, NH 03304
Questions? Call (603) 223-3911 or email tlindquist@bownh.gov.


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