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Governor Sununu was at Bow High School to kick off School Bus Safety Week with Commissioner of Safety Robert Quinn.

THIRD GRADERS LEARN ABOUT THE PAST

On Wednesday November 5th, Bow Elementary 3rd graders enjoyed learning about the History of Bow. This day of historical education came about as a joint effort with school administrators, teachers, and members of the Bow Heritage Commission. (Continued to page 8)



Boarding the bus at the 1821 Town Pound.



Sue Wheeler answering questions at the One-room School House.

HOPKINTON – CONTOOCOOK NEWS ON PAGES 15-16

\$10,000,000 BOND ISSUE PROPOSED FOR ELEMENTARY SCHOOL

On Thursday November 7 the Bow School Board met with its ad hoc committee to study the Bow Elementary School building repairs and expansion concepts. The options presented to the Board range in price from \$2.4 million to \$11.8 million are before the board.

Option 1 addresses the minimum needs for systems and safety, but does not address current capacity issues or future growth. It is the only option that could be done without bonding. With a 20% contingency factor, the total is \$2,376,000. If approved at 2020 School Board meeting, construction could take place next summer.

Option 1: Costs of Recommendations

• New HVAC units – includes AC in gym	\$733,000
• New Sprinkler – using BMS water supply	\$294,000
• Office/Safety/Communication – Rehab	\$750,000
• New Fire alarm System (replaces old system)	\$153,000
• Electrical – (Install 60 new outlets)	\$30,000
• Replace 12 partition walls with studded walls (with paint)	\$20,000
Subtotal of estimated costs	\$1,980,000
20% contingency factor	\$396,000
Total	\$2,376,000

Option 2 includes all of Option 1, but adds a four (4) classroom addition; a second access road to the BES site; reconditioning existing bathrooms and reconfiguring the Preschool / Special Education area for a total of \$5,260,000, which includes a 20% contingency and adding an Operation Project Manager (OPM) to oversee the work.

Option 2: Costs of Recommendations

• All of Option 1	\$1,980,000
• A 4 classroom addition – 5,000 sf @250/sf	\$1,250,000
• Site Work – includes addition, reclamation of existing parking	\$500,000
• Second egress from the site (700’ new road @ \$500/ft)	\$350,000
• Rehab existing bathrooms in main building	\$100,000
• Preschool/Sped area in front of building	\$120,000
Subtotal of estimated costs	\$4,300,000
20% contingency factor	\$860,000
OPM	\$100,000
Total	\$5,260,000

(Continued to page 3)



(Photo by Iron Works Images)

CAR FIRE ON 93 SOUTH

On October 23 Firefighter Tom Modini and Captain Brandon Skoglund extinguish a car fire on 93 South. The fire was caused by a mechanical issue and there were no injuries.

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EDITORIAL

BRAVE 13 YEAR OLD CONFRONTS SCHOOL SEXUAL ASSAULTER

Guest editorial by Ana Goble, a senior at Concord High

Editor's Note: On October 10 the annual dinner for the Coalition Against Domestic and Sexual Violence featured now 17 year old Ana Goble of the Concord schools as the speaker. All parents of Bow students should consider discussing her courage with your children. Excerpts of her remarks follow:

I unknowingly became an advocate when I was 13-years-old and in seventh grade. I was made to feel uncomfortable when I noticed one of my teachers was acting inappropriately with some of my peers. I felt as though he was crossing boundaries and something in my gut told me it wasn't right.

Since elementary school we had been told "if you see something, say something" or "tell a trusted adult if you ever feel unsafe." So, that's what I did. I confided in a friend that some of my teacher's actions were unsettling and I didn't feel right about it.

When the word got back to administrators at my school, I was called to the principal's office. I thought to myself: "this is great - they heard my concerns and now something will be finally be done about it."

Yes, something was done alright. I was suspended. I was suspended because my concerns weren't taken seriously. My worries about safety and the well-being of my peers were not listened to. In fact, I was punished for trying to speak up for a victim who couldn't speak up for themselves.

Years later, this very same teacher would face criminal charges for sexually assaulting students while still being employed by the school.

Before voicing my concerns - I struggled with whether or not it was worth it. Was it my place to say something? Was I overreacting? Would I be believed? What would happen? Everyone loved this teacher and there's no way he could actually be doing this? It would be my word against his.

I can only imagine how difficult the decision to come forward would be for a survivor - I was just a concerned bystander and it was tough for me to find the courage to say something. But, that is exactly why I had to do it. That is exactly why others should speak up too. Survivors need to know they are not in this alone, and perpetrators need to know that this will not be tolerated and that violence and abuse have no place in New Hampshire.

Talking about these issues might seem uncomfortable. Trust me, I get it. Acknowledging that these things happen in our schools and our neighborhoods can be scary. Trying to come to terms with the fact that your co-worker, our teacher, our coach, or our neighbor could be a predator - that's terrifying. I get that. But, being silent only allows these things to continue.

As a teenager living in New Hampshire, I'm telling you that these problems aren't going away. We still have a long way to go. But, the good news is that we can all do our part.

I can tell you that speaking up is worth it. Standing up for others is worth it. Doing all you can to make sure no other child is victimized is worth it. Showing up and holding others accountable so no one else is hurt - that is worth it.

Choosing to look the other way or to count on others to step in, that is not acceptable. That is not helpful. That is not compassionate. That sends the message to survivors and to perpetrators that we are okay with abuse and violence happening in our community.

To survivors and to my peers - I want you to know that I'm with you. Yes, adults failed in this case. But, I want you to know that our generation has your back. Enough is enough. It's time to talk about these issues because they're not going away and they ARE preventable.

We're going to do better, and I challenge everyone here to do their part. Whether that's volunteering, donating, confronting a sexist joke, or telling someone when you feel uncomfortable - take action.

Like I said, if 13-year-old me can do it - you can do it.

The task of ending domestic violence, sexual assault, and child abuse may seem overwhelming - you may think it is a weight too heavy to carry. For one person, or one group of people - yes, it's far too heavy. But, if we all take a piece and do our part - we can eliminate these crimes.

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November 17th 9AM - 1PM

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(SCHOOL BOND ISSUE continued from page 1)

Option 3 includes all of Option 1 plus a ten (10) new classroom addition (netting 4) and renovation of the present building space with second egress / road from the school and rehab of all parking spaces. This option allows Kindergarten and Grade 1 to move to the first floor with bathroom access. It removes community bathrooms to single person bathrooms with classroom access. It increases classroom size and changes the partition walls to permanent walls for better electrical and sound dampening and addresses the safety needs. That total comes to \$11,788,000.

However, at a school board meeting on November 7, the Superintendent offered Option 4 that would call for \$10,425,000:

Option 4: Cost of 6 classroom addition with renovation		
• 6 classroom + office addition- two floors 12,200 sf @\$250/sf		\$3,050,000
• Building renovation -21,000 sf being remodeled at \$125/sf		\$2,625,000
• Corridor renovation (6,900 sf)		\$180,000
• Site work—includes addition, plus rehab of all the existing parking		\$500,000
• Second egress from the elementary site (700' new road)		\$350,000
• Cost of HVAC, sprinkler, fire alarm in unrenovated space		\$600,000
• New window, roof, elevator, generator		\$950,000
• Architecture and engineering fees		\$740,000
• Construction manager fee		\$380,000
• Owner's contingency fee – 5%		\$500,000
• Owner's project manager		\$100,000
• Security and telecom system		\$250,000
• Other (furniture, equipment, moving costs, building commissioning)		\$200,000
Total of estimated costs		\$10,425,000

Assistant Superintendent Duane Ford reports there are two Capital Reserve funds that can be used for construction or renovation in either the Elementary or the Memorial school and a HVAC fund that can be used in either of those buildings. They total \$1,700,000. The State recently passed a budget with provisions for some building aid in it. Bonding needs a two-thirds majority vote at the school meeting in March, 2020.

POTENTIAL TAX IMPACT OF \$10M BOND ACCORDING TO SCHOOL OFFICIALS

Bond Bank Estimates for tax increase on a typical \$300,000 house based on current assessed value.

	10 year 3.25%	15 year 3.5% 2	0 year 3.75%
Year 1	\$51	\$54	\$57
Year 2	\$336	\$261	\$222



BOW ROTARY SCHOLARSHIP AUCTION

It was another great Rotary auction this year. Thanks to the Committee, the Club's membership, the Interact Club, the sponsors, and the attendees who came to the Community Building on November 2 to raise money for scholarships.



Gerry Carrier and Rotary Club President Dave Scanlan discuss the evening's events. Photo courtesy of Eric Anderson.



Live Auction was great fun! Photo courtesy of Eric Anderson.



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Learning for the fun of it!

What's Happening in OLLI?

by Jacki Fogarty

What's at the top of your planning list? Is it the turkey and side dishes and pies? Is it which stores you plan to hit in the predawn hours of Black Friday? Or is gift planning at the top of your list?

Buying for the kids is easy – no shortage of ideas to use up as much of your wallet as you can spare. But what about those older friends and relatives. The ones who don't want any more tchotchkes or gadgets. So do you buy them something they need? Really, who wants to be the giver of socks and underwear?

What if you could find the perfect gift – one that offers fun, learning, community – things people need, but also, things people want. OLLI at Granite State College has developed a gift membership for those who want to give that perfect gift. An annual membership, cost \$40/year, covers two terms with full access to:

- Member-discounted courses, either classroom-based or field trip to local venues
- Free events such as "Mug 'n' Muffin" get-togethers, Game Days, course previews
- Volunteer opportunities – OLLI can make great use of seniors' skills from party planning to spreadsheets to teaching a class
- Interaction and discussion with active, engaged contemporaries who have experienced life

Timing is great. After all the gifts are opened and the holiday decorations are packed away, the OLLI Spring Catalog makes an appearance in the second week of January. A Spring Term kickoff event is held January 16, class registration begins February 3 and classes begin mid-February.

As usual, the Spring term will have several classes in the history, current events and politics categories – these are member favorites. Also very popular are the arts and crafts courses introduced in 2019 and there will be more in 2020.

In the current term, ending December 14, OLLI members have enjoyed courses about the Supreme Court, Picking the President, woodblock art, painting, CSI NH (solving cybercrimes), NH historical markers, Shakespeare, Faulkner and Hemingway, ticks, basket-weaving, Vietnam, Bob Dylan, Love and Sex in Ancient Israel, weather, Women Pilots in WWII and so many others. Outside of the classroom, OLLI members visited the Lewis Farm, NH State House, Kimball Jenkins House and walked the Freedom Trail in Boston.

The Spring term promises at least as much variety with repeats of some favorite courses and a large number of new courses and presenters. A team of volunteers has done an exceptional job of recruiting volunteer presenters and coordinating schedules to produce a 17 week term of courses ranging from one class to six (once a week) – all noncredit "learning for the fun of it." There are no tests, grades or homework. Special Interest Groups offer year-round hiking, quilting, book club and, restarting in May, a garden club.

An OLLI membership can be a life-changer for anyone over age 50. Gift memberships can only be purchased by calling the OLLI office, but information about OLLI is available online at olli.granite.edu.



OLLI hikers at Marjory Swope Park

BOW HIGH SCHOOL TRACK COACH SUSPENDED

by Andrew Sylvia

The Bow High School girls' cross-country team head coach, Barbara Higgins, has been suspended from her coaching position due to alleged boundary issues with students, according to a letter written to team members' parents by Dean Cascadden, superintendent of SAU 67, which serves schools in Bow and Dunbarton.

Higgins, a three-term member of the Concord School Board, was suspended on Sept. 25. She will remain suspended until the end of the investigation, which is expected to last beyond the upcoming NHIAA cross-country state championship meet. She has served as the team's head coach since 2014.

Bow High School Winter Track and Field Head Coach Sara Krause will head the team until further notice.

Cascadden's letter indicated there is still a pending review centering around adult-to-student boundaries, with SAU 67 continuing consultation with the New Hampshire Department of Education.

Cascadden noted in his letter that there were also positive aspects of the team and coach shared in the investigation, which was completed by Bow High School Principal Brian O'Connell Oct. 7.

In a statement Cascadden said he does not undertake any suspension lightly, due to the disruption it causes to both students and employees involved.

"This has been an incredibly difficult process and issue for our cross-country team to handle," said Cascadden. "At this point, I know there's been a lot of speculation about what's going on. I've tried to be as transparent as possible while respecting the confidentiality required in a personnel issue. I want to assure people that we took this action only after much contemplation over what was needed."

In an emailed statement to multiple sources, Higgins challenged the allegations and defended her interactions with student-athletes, refusing to apologize for offering emotional support to student-athletes and others in the Concord area over her 30 years in education.

"As everyone in the Concord community knows, I'm a very transparent and public person. While I can't speak about the ongoing investigation, I'm disheartened by my recent suspension from the Bow High School girls' cross-country coach position," she said. "While I understand the need for the school district to follow through on all concerns raised by parents, students or the greater school community, I have done nothing wrong."

Higgins described the experience as frustrating and said it came as a result of her extra efforts for student-athletes under her supervision.

Courtesy Union Leader



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SEVEN TIPS TO HELP CONSUMERS MINIMIZE THEIR HOLIDAY SPENDING DEBT

As pre-Black Friday deals kick off the holiday shopping season, it's important for consumers to develop a holiday spending plan to avoid financial headaches in the future.

- Plan ahead. Before you start shopping, develop a realistic budget for holiday expenses. Figure out your bottom-line number and set aside holiday cash in increments throughout the year. Sugar River Bank offers a holiday club account, and opening one is a convenient and easy way to save in small amounts throughout the year. Your holiday shopping money is there when you need it. If you do use your credit card, think about what you can afford to pay back in January.
- Keep track of other costs. Don't forget costs beyond gifts, like postage, gift wrap, decorations, greeting cards, food, travel and charitable contributions. Keep in mind the end of the year is a time when large annual or semi-annual costs like car insurance, life insurance and property taxes arise.
- Make a list and check it twice. Keep your gift list limited to family and close friends, noting how much you want to spend on each. If you're donating to charities, factor in the total amount you plan to donate and how much each charity will receive.
- Shop early and space out purchases. Avoid shopping while rushed or under pressure, which can lead to overspending. Make sure to comparison shop online first, and there are many apps available to help. Before you hit the "submit button, or hand your credit card to a cashier, make sure your purchase is within the budget you set.
- Avoid impulsive spending decisions. Finding a spectacular sale on something you've been wanting can easily throw you off course. Stay strong and stick to your budget. Don't be blinded by limited-time incentives, that entice you to over-spend.
- Use credit wisely. Limit the use of credit for holiday spending. If you must use credit, use only one card—preferably the one with the lowest interest rate—and leave the rest at home. Pick a date when you can pay off your holiday credit card bills, and commit to paying off the balance by that time. Be sure to check statements for unauthorized charges and report them immediately.
- Save your receipts and get acknowledgements for charitable donations. Not only will you need receipts for possible returns, you'll need them to keep track of what you've spent and to compare with your credit card statement. Knowing how much you spent will help you plan for next year, too. Keeping receipts or acknowledgement letters for charitable donations is a must if you want to receive tax deductions in the spring.

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THE Music LADY FOR THE LOVE OF MUSIC

A TRIBUTE TO ROY ORBISON

Critics described him as "the Caruso Of Rock" and the "Big O."

While most of the Rock and Roll music of the 50's and 60's was defined by a driving backbeat, heavy guitars and glorified youth rebellion projecting a defiant masculinity, the music of ROY ORBISON was exactly the opposite! His music conveyed vulnerability, with his impassioned singing style, complex song structure and dark, emotional topics. He had a powerful voice that exuded emotion that was almost tearful, especially when he belted out those notes in the very high tenor range. Thus the well deserved title, "the Caruso Of Rock."

Roy Kelton Orbison was born in 1936 and became a successful American singer, songwriter and musician. He performed while standing in place, wore black clothes, had dyed black hair and wore dark sunglasses. His most successful years were 1960-1966 when he had 22 hits that reached the Billboard top 40. Remember "Only The Lonely," "In Dreams," "Running Scared," "Oh, Pretty Woman," "Crying," "It's Over," "Blue Bayou," "Dream Baby," and "Candy Man?" Orbison became one of the biggest names in the world and maintained his huge success in spite of the "British Invasion."

In the years following his recording success, he suffered some tragic events that caused him to put his writing and singing career on hold for more than a decade. His first wife, Claudette, died in a motorcycle accident in which Roy was driving. A few years later, two of his three children died in a house fire. But he had a resurgence of popularity in 1980 with a recording of "You Got It," which he wrote.

He was fascinated with machines, and was known to follow a car he liked and make an offer to the driver on the spot.

Orbison died of a heart attack in 1988 at age 52. The year before he died, he was inducted into the Rock and Roll Hall of Fame, the Nashville Hall of Fame and the Songwriters Hall of Fame. Rolling Stone places him as #13 on their list of the "100 greatest singers of all time."

We fondly remember Roy Orbison, "The Soul Of Rock And Roll."

*Come and join the Town of Bow
as we ring in the Holiday Season*

**Holiday Tree Lighting
and Santa Visit**



**Sunday, November 25th
5:00-6:30 pm
at the Town Bandstand**

Holiday Sing-A-Long | Tree Lighting | Santa arrives at 5:15 pm
Hot Chocolate | Cookies | S'more's

Presented by Bow Parks & Recreation
For more information call 603.223.3920

DUNBARTON NEWS

By Nora LeDuc



WREATH & POINSETTIA ORDER DEADLINE

The Congregational Church is having their **Annual 2019 Wreath and Poinsettia Sale**. Support our local vendors through the church and community missions & ministries. Order your wreaths and poinsettias early to assure your selection or by Mon. Nov 25 at the latest. Orders can be picked up at the Vestry in the town center on Sat. Nov. 30 & Sun. Dec.1. To order online: <https://www.dunbartonucc.org/dcc-boards/trustees/dcc-store/>. FMI or to pay by check contact tammy572003@gsinet.net.

CHAIR YOGA SESSIONS - with Sherry Gamble at the library. Save these dates for our next sessions: Tues. Nov. 26, Tues. Dec 17, 2019. Dress comfortably and arrive before 10:30am to start on time.

HOLIDAY CLOSINGS - No School & Town Offices Closed on Nov 28 to 29-Thanksgiving break.

SOCIAL MEDIA - A Devil's Playground the Internet Crimes Against Children (ICAC) Task Force and the Dunbarton Police Department have partnered together to present "Social Media: A Predator's Playground" on Tues. Dec 3, 6pm to 7:30pm, at the elementary school. This event is free and open to the general public. Learn about the dangers that face teens every day. In doing so, we'll discuss how computers, cell phones, iPads, digital cameras, gaming systems, social networking applications, and internet blogs all play a role in placing students and families at risk. This 1.5 hour presentation is specifically geared towards parents, educators and community leaders who are looking to better understand the technology available to teens today and the way in which child predators use it to exploit them. Please RSVP to Sergeant Christopher Remillard at chrisremillard@gsinet.net.

THE DCC BOOK CLUB will read Revelations of the Magi by Zondervan. Discussion will be Dec 5, 7pm to 8:30pm at the Vestry in the center. Hosted by Tina Bean. All are Welcome.

COOKIES WITH SANTA - Dec. 7, 10:00 am to 12:00 pm at the Elementary School. Join in for the second annual Cookies with Santa event. This event is FREE! Kids of all ages are welcome to come and enjoy holiday fun. Decorate cookies, enjoy hot chocolate, make holiday-themed crafts, and visit Mr. Claus himself for a photo. Hope to see you there!

WREATHS ACROSS DUNBARTON will be celebrated on Sat, Dec 8, 2018 (2nd Saturday in December). Festivities start at 10:00am with a short ceremony and the laying of a wreath at the statue of Maj. Caleb Stark on the Town Commons. There will be Revolutionary War re-enactors including General John Stark (Richard Wright) and his troops for a musket salute. Volunteer family, friends and neighbors will then be dispatched to place the wreaths in the four local cemeteries, East Cemetery on Robert Rogers Rd, Center Cemetery by the town offices, Pages Corner Cemetery on Stark Hwy. North and Stark Cemetery. On Wednesday Dec. 5th at 1:00pm volunteers will be attaching the red bows to the 192 wreaths at 32 Birchview Drive in Flintlock Farms. Contact Don Larsen at 774-3500 or LarsenMedia@Gmail.com to volunteer, everyone is welcome.

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Rules: One entry per household except as specified above. No purchase necessary. Must be age 55 or over. Must provide full name and mailing address to qualify. Prizes have no cash value.

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Bow Rotary Club



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Sat-Sun 10:00 to 7:00

Fraser & Balsam Trees \$45
Decorated Wreaths \$25
Details at bowrotary.org

DO YOU HAVE GRATITUDE?

by Jim Olson

Do you have Gratitude? If you don't, do you want some?

Why?

Because it feels good! When you feel good, everything else around you is just 1% better if not more! In fact, you may feel so good you will want to find a way to give the gift of gratitude away.

Take November for example:

Ah November, what a great month it is! For so many of us, it is a time to take time to pause and reflect, count our blessings, and a chance to spend time with family and friends around the table during the great Thanksgiving Feast.

In fact, November is now commonly referred to as The Month of Gratitude. Look at all the giving those on.

Local food bank shelves begin to overflow from charity



Jim Olson

drives, ready to be given to those in need especially on Thanksgiving Day. Winter jacket drives begin to appear in anticipation of the bitter cold months. The list of drives and donations goes on and on.

It feels so good to give, especially, when the gift of giving is benefiting others. Whether

the benefits are having a full stomach, having warm clothes, or just feeling good in the company of others.

There is an old saying, "it is better to give than to receive." We at Individual Fitness have a new saying, 'There is always a season and a reason to get and stay in shape!'

Being it's Gratitude Month, we want to give you the gift of movement to help you feel good again! If you already feel good and don't want our gift, now is your chance to feel even better by giving it to someone who does! I bet 1000 to 1 you could use it or know someone who can!

Now, lend me your hands, go ahead, cut out the gift certificate below. Redeem it or give it! Heck, while in the spirit of giving, take a couple steps over to your pantry raise both hands, oh wait, first squat

down to grab a bag, stand and raise your hands to grab a couple cans, boxes, or jars of food to give your local food shelf.

How good do you feel now? And you just did a little good for others and yourself. Plus a little exercise in there as well.

Helping you feel good again is what I love to do.

~ Jim

P. S. Have a safe and **Happy Thanksgiving** everyone...

Gobble gobble!



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(Third -graders continued from page 1)

The children asked great questions, and no doubt entertained and educated their parents with stories they learned of Bow's history.

Our special thanks to: Faye Johnson and Susan Wheeler of the Bow Heritage Commission and to teachers, Martha Hickey, Suzie Percy, Heather Glenncross, Katie Ricciardi and Kelsey Cappuchi for their efforts to coordinate this special program.



Janet Shaw Explains the Quilt at the Old Town Hall



Dick Stevens displays Artifacts at the Old Town Hall



How many 3rd Graders can you get on a 4-Runner Sled?

Members and past members of the Bow Heritage Commission present were Gary Nysten, Eric Anderson, Faye Johnson, Sue Wheeler, Jim Dimick, John Meissner, Dick Stevens, and Janet Shaw.

All photos graciously provided by Eric Anderson

THOUGHT FOR THE DAY

"A lie is halfway around the world
while the truth is putting on its shoes."

Mark Twain

BAKER FREE LIBRARY NEWS

by Juliana Gallo



MEET & GREET OUR NEW LIBRARY DIRECTOR

Thursday, December 5
4:30 – 7:00PM

The Board of Trustees and staff of Baker Free Library invite you to drop in and meet our new director, Martin Walters. Enjoy light appetizers and beverages as we welcome Martin to our community!

POLAR EXPRESS HOLIDAY PARTY

Saturday, December 14 | 10:30AM

The Polar Express holiday party returns for its second year. Wear your pajamas and hop on board for a retelling of the classic story, presented by Santa and Mrs. Claus. After the story, enjoy a cup of hot chocolate while making a wintry craft. Don't forget to bring your wishlist – you'll have a chance to meet with Santa and take a holiday picture! Registration is not required for this event, but due to limitations of time and resources, this event is intended for Bow residents and library cardholders only.

KIDS KRAFTS 4 KIDS

Wednesday, December 4 | 3:00PM

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. December's craft is Sock Snowmen! For more info, contact Amelia at amelia@bakerfreelib.org or call (603) 224-7113. Registration is required for this event.

KIDS TINKER TUESDAY

Tuesday, December 3 | 3:30PM

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. The topic for December is snow and ice. For more info, contact Juliana at juliana@bakerfreelib.org or call (603) 224-7113.

BOOKANEERS BOOK CLUB

Thursday, December 19 | 4:00PM

The Bookaneers 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 or call (603) 224-7113.

ADULT CRAFT NIGHT

Wednesday, December 4 | 6:00PM

Rustic Holiday Ornaments- Each participant will create a set of 4 stenciled napkins- perfect for your holiday table or to give as a gift. Registration is Required. Class limited to 12 participants. Call 603-224-7113 or sign up at www.bowbakerfreelibrary.org.



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ANNUAL FINANCIAL TO-DO LIST

by Dominic Lucente

How to check for problems.

Americans aged 45 to 54, who have credit card balances, carry an average debt of \$9,096 per individual.¹

The wise use of credit is a critical skill in today's world. Used unwisely, however, credit can rapidly turn from a useful tool to a crippling burden. There are several warning signs that you may be approaching credit problems:

- Have you used one credit card to pay off another?
- Have you used credit card advances to pay bills?
- Do you regularly use a charge card because you are short on cash?
- Do you charge items you might not buy if you were paying cash?
- Do you need to use your credit card to buy groceries?
- Are you reluctant to open monthly statements from creditors?
- Do you regularly charge more each month than you pay off?
- Do you write checks today on funds to be deposited tomorrow?
- Do you apply for new credit cards, so you can increase borrowing?
- Are you receiving late and over-limit credit card charges?

It is important to recognize the warning signs of potential credit problems. The quicker corrective action is taken the better. Procrastinating is almost a sure way to guarantee that you may face financial difficulty down the road.

The lowdown on those free credit scores. Did you know the credit score provided to you may be different from the one provided to lenders?

The first thing you should know is that you have a right to see your credit report once annually without cost. To receive your free credit report you can visit www.AnnualCreditReport.com.

This report will contain important information that may affect your credit score.

While your credit report can be obtained for free, your credit score will cost you money, except if you have been denied a loan based on your credit score, in which case you may obtain your credit score for free.

Your credit score is a numerical representation of your creditworthiness, which considers past and current credit activities, including any late payments, judgments, liens, bankruptcies, and foreclosures.

When you see an offer for getting your free credit score, it may be a marketing-driven incentive to get you to sign up for a fee-based credit monitoring service. The score may be only available at no cost if you agree to sign up for a trial subscription and don't cancel prior to the end of that trial period.

The dirty little secret of credit scores. Before you purchase your credit score, understand that the methodology used to calculate the score you buy is different from that used to determine the credit score lenders receive.

There are hundreds of methods for calculating an individual's credit score, and many lenders use private models with proprietary outcomes. While knowing your credit score may be important, it may be more vital to review your credit report to correct any errors that may be hurting your score and take the necessary steps to improve your credit profile.

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

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Citations.

1 - thestreet.com/personal-finance/credit-cards/average-credit-card-debt-14863601 [2/14/19]

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REAL ESTATE SALES IN BOW				OCTOBER 2019	
4 Crescent Drive	LAND	LAND	3.88 acres	LAND	\$200,000
9 Albin Road	3 BR	2 BA	1 acre	1590 square feet	\$200,500
91 Robinson Road	4 BR	3 BA	1.01 acres	2523 square feet	\$240,000
25 Vaughn Road	3 BR	3 BA	3.36 acre	2597 square feet	\$285,000
20 Rand Road	4 BR	3 BA	1.71acres	1921 square feet	\$300,000
7 Edgewood Drive	3 BR	2 BA	1.05 acres	1959 square feet	\$319,900
12 Hollow Drive	3 BR	3 BA	4.39 acres	2133 square feet	\$334,900
8 Brown Hill Road	4 BR	3 BA	2.21 acres	2500 square feet	\$345,000
12 Essex Drive	4 BR	3 BA	2 acres	2371 square feet	\$375,000
16 Poor Richards	4 BR	4 BA	1.0 acres	3154 square feet	\$380,000
20 Risingwood Drive	3 BR	3 BA	2.64 acres	3080 square feet	\$385,000
24 Parsons Way	3 BR	3 BA	1.39 acres	2778 square feet	\$435,000
78-H Fawn Court	3 BR	2 BA	1.15 acres	2469 square feet	\$542,700
3 Crescent Drive	4 BR	3 BA	2.27 acres	3374 square feet	\$620,000

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REAL ESTATE SALES IN DUNBARTON				OCTOBER 2019	
35 Alexander Road	3 BR	2 BA	25.58 acres	1627 square feet	\$216,500
11 Stark Highway North	5 BR	2 BA	.86 acre	2240 square feet	\$320,000
1025 Meadow Lane	3 BR	3 BA	1.01 acre	1930 square feet	\$369,000

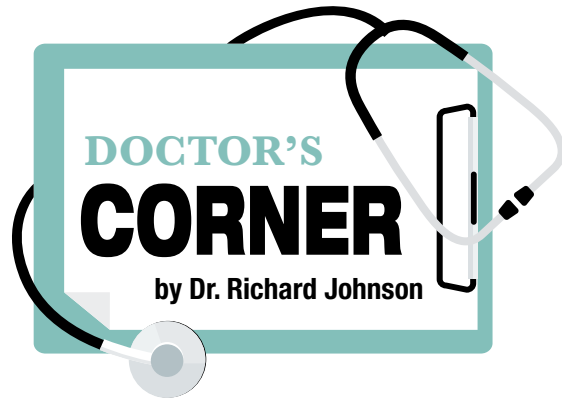
ANN DIPPOLD, REALTOR, GRI, CBR | 603-491-7753

LONDON Warburton OF BOW SELECTED

FOR PRESIDENT'S LEADERSHIP CLASS AT IOWA STATE UNIVERSITY

This fall, London Warburton first-year Iowa State University student was invited by Iowa State University President Wendy Wintersteen to participate in the 2019-20 President's Leadership Class. London majors in aerospace engineering and is a graduate of Bow H.S.

Each fall, 30 first-year students are selected for the class based on high school leadership experience, academic achievement, and involvement in school and community service. The President's Leadership Class builds on these abilities and experiences, serving as an important training ground for students who will go on to become campus leaders; and ultimately, leaders in their professions and communities.



GIVING THANKS AND BEING GRATEFUL

This month we celebrate the official holiday of Thanksgiving (made official by President Lincoln in 1863 and by Congress in 1941). When you have done something for someone, and they show real gratitude and you feel good. It is not only the receiving of gratitude that 'feels good,' it is also the giving of gratitude, or thanks, that makes us feel good and is good for our health.

I remember the very positive feelings I got when my wife and I made a special trip – many years after graduation – to see my high school history teacher to thank him for his great teaching.

Why is it that we experience positive feelings when we 'give thanks'? Gratitude is thankful appreciation for what you have received – it could be something tangible or it could be intangible. Usually the origin of what we are thankful for is something or someone outside of ourselves.

Giving thanks is appreciating what you have rather than going after something new in hopes that it will make you happier or more satisfied. Gratitude improves your physical and psychological health. It enhances empathy and reduces aggression. You sleep better and have reduced stress.

Although it is hard to 'prove' a cause and effect, most studies do support an association between an attitude of gratitude and an individual's well-being (Psychiatry Nov. 2010). According to UCLA's Mindfulness Awareness Research Center, regularly expressing gratitude changes the molecular structure of the brain, keeps the gray matter functioning and makes us healthier and happier.

Higher levels of gratitude predict better subjective sleep quality and sleep duration. (Wood, et al. Journal of Psychosomatic Research, 2009). Brain scans can show how our thoughts about being thankful are integrated and give rise to gratitude. (Hongbo Yu, et al. Journal of Neuroscience 23 May 2018).

So what can you do to develop a pattern of gratitude? Here are some suggestions from the Journal of Cognitive Psychotherapy:

- Journaling about things for which you are grateful
- Thinking about someone for whom you are grateful
- Writing & sending a letter to someone for whom you are grateful
- Meditating on gratitude (present moment awareness)
- "Count your Blessings" at the end of the day before you go to sleep
- Say 'thank you' in a sincere and meaningful way
- Pray prayers of thanksgiving

BOW POLICE ASSOCIATION



**THANKSGIVING DAY
THURSDAY NOVEMBER 22, 2018
8AM START AT BOW HIGH SCHOOL**

Registration is **\$30.00** per person (Under 12 \$10.00)
Pre-registrants receive a free sweatshirt (no kids sizes)
Pre-registration ends Monday November 19, 2018 at 5PM

Register & payment online at:
<https://www.runreg.com/bow-police-association-5k-turkey-trot>

Race packet pickup and on-site registration at the
Bow Police Department on November 21, 2018 from 7am-4pm
Prizes will be awarded to top male & female finishers



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TRAVEL TALK ~ CAMINO FRANCÉS

Written and photographed by Judy Goodnow



We started our pilgrimage in O'Cebrerio, Spain. Like most villages along the route, it hasn't changed in many centuries.

Walking any of the several-hundred-mile long Camino pilgrimage routes is spiritually rewarding, but also physically challenging and a test of patience and perseverance. In 2011 my sister Portia, a retired Episcopal priest, and I completed the "Camino Portuguese" route from Porto, Portugal, to Santiago de Compostela in Spain where the remains of St. James are buried. I said I would not do another one; slogging up and down steep rocky paths, stepping around cow droppings and getting up before 6 AM to beat the hot sun was taxing. Staying in hostels at our age tested our ability to deal with minimal comforts, clothes that hadn't quite dried and the odors and smells that accompany the exertions of so many walkers.

But there was also the camaraderie of accomplishing a difficult task with others going through the same experience. Memories of the challenges had faded, and eight years later Portia and I decided to return and do a section of the most famous route, the "Camino Frances". It starts in St Jean de Piet-de-Port, France, and is about 500 miles in length, crossing over part of the Alps and northern Spain to Santiago. We walked the last 120 miles, from O'Cebrerio, Spain to Santiago.



The routes often make use of roads and bridges built by the Romans.



Local bars and restaurants are popular rest points along the way.



Scallop shells, the symbol of St. James, guide pilgrims on the way.

Over 250,000 people walk the Camino Frances each year. Some walk the entire distance, but many begin in Sarria, Spain, and do the last 100 miles. Walking this section still allows you to receive the Compostela, a certification issued by the Pilgrim Office that proves you have completed the walk. As you walk, you obtain "cellos" or stamps on your Pilgrim Passport, at least two per day. These are issued by churches, hostels, cafes and

sometimes folks along the path who offer fruits, vegetables, baked goods, or painted scallop shells (the scallop is the saint symbol for Saint James) for a "donativo" or contribution. Few stamps are the same, so the Passport is an attractive remembrance of the journey. The Passport is also your entry to the many municipal and private hostels offering low-cost shelter to pilgrims along the Camino.



Fountains provide much need water for pilgrims.

On the Camino Frances, you walk through many medieval towns like O'Cebrerio, where we started. We walked through forests and cities, as well as over many Roman bridges, still standing and functioning as they had when originally built. There are many beautiful churches in this part of Spain, tiny local ones as well as very large cathedrals. Some offer special "pilgrim masses", where you are blessed for undertaking the walk and wished a safe and fulfilling Camino.



Eucalyptus forest provides shade during the heat of the day.

Some walkers choose to walk a portion of the Camino for a few weeks, then return another year for the next portion and so on, rather than attempting the entire walk or the last few hundred miles, as we did. The Camino Forum (www.caminodesantiago.me/community/) will give you a taste of the community of people who want to walk, have walked, and continue to walk the Caminos. The site is run by Ivar, who can also provide you with your Pilgrim Passport, maps and guides. There are hints for when to go, what to take and not take, what to wear, and current as well as older threads of advice, comments and rants. There are many, many different Camino paths, all leading to Santiago de Compestala. Pilgrims are guided by useful yellow arrows and scallop shell markers. Trouble comes when it is pouring rain and you actually have to look up instead of focusing on where you are placing your feet.

There is a certain detachment from the world on the Camino. You aren't likely to pick up a newspaper unless you read Spanish, and you won't see televisions in the hostels. Many now have WiFi or "weefee" as they pronounce it, however, and the newer hostels are including electrical outlets next to nearly every bed, so if one is available, you can plug in cell phones and kindles. You do tend to put the world and its troubles aside, however. After all, you are focusing on not getting lost, trying to navigate the paths safely and without falling, and making certain you haven't lost your passport or anything important when you left in the dark that morning. At the end of the day, after washing out your clothes and having a meal, you are physically tired, and generally fall to sleep by 8:30 or 9 pm.

Food on the Camino is varied. There are small cafes and bars along the way where you can purchase the standard breakfast of toasted bread, cheese and coffee or freshly squeezed orange juice, as well as sandwiches and water throughout the day. Dinner can be prepared at the hostel if it is equipped, or shared with other pilgrims, or found at a local restaurant. Chocolate and oranges are staples everywhere. At one hostel, the host provided a communal dinner for all pilgrims, letting us hear what gave others the incentive to begin the walk and share experiences along the way.

Engaging with others is a significant part of the Camino for most. Some walk to be alone and reflect; this can be a challenge with so many walking each year, but it can be done. The standard greeting as you are walking is "buen Camino", or "good Camino". Some walkers will take this as an opening for conversation; if you don't want to engage, simply smile and nod instead of responding.

Once the Camino has called to you, it can continue to call you back again and again. Buen Camino!



One of many foot bridges built by the Romans.

The Camino de Santiago, or the Way of Saint James, is a network of pilgrimage pathways leading to the cathedral of Santiago de Compostela in northwestern Spain, where the remains of the apostle Saint James the Great are believed to be buried. The various walking routes, many of which are named, have served as spiritual paths or retreats since the Middle Ages, with a resurgence of interest in the past 25 years. Many walk for the spiritual experience, though the treks are now also popular with hikers, cyclists and tour groups.

Bow resident Judy Goodnow did her first pilgrimage in 2011 along the Camino Portuguese, a route from Porto, Portugal, to Santiago de Compostela and just completed her second walk along a section of Camino Frances, a route that begins in France.

If Judy's account inspires you to take up the challenge, search platforms like Netflix and Amazon Prime for several movies and documentaries that detail the journey or visit the official website www.caminosantiagodecompostela.com.

~ Chase Binder

TRAVEL SHOW



A Night in the Tropics

Join the travel experts from AAA Travel and Pleasant Holidays to learn about your travel options for the Caribbean, Mexico and Hawaii. You'll learn about the many tropical resort options for your ultimate warm weather vacations.



Travel Show
Thursday
December 5
6:00pm
AAA Travel
48 Fort Eddy Rd.
Concord

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

Run, Walk or Volunteer!



Saturday, November 16th
10:30am Start | Concord, NH

5k starts at 10:30am
Day of event registration, activities and celebration will begin at 9:15am

<https://www.girlsontherunnh.org/5K>



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REC DEPARTMENT'S ANNUAL GINGERBREAD HOUSE WORKSHOP

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9 AM or 11 AM

Slusser Center

Limited registration for each time slot

Register online at:

www.HopkintonRec.com



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 FARMERS' MARKET** has moved to its NEW winter home at the Maple Street School in Contoocook, and will be open there Saturdays through the end of May. Please note the time change- Winter market hours are 10-1. SNAP/EBT accepted. For more information, visit facebook.com/ContoocookFarmersMarket.

► 42ND ANNUAL CONTOOCCOOK ARTISANS HOLIDAY CRAFT FAIR

Shop Hopkinton's juried fine art and crafts fair featuring 35 local artisans! Local handmade items include holiday items, handbags, pottery, paintings, stained glass, folk art, beadwork, quilts, Shaker items, gifts for the home, wreaths & dried arrangements, dolls and children's toys, maple sugar products, hand blown & hand formed glass works, wooden items, jewelry, baskets, photography, hand woven, knitted & hand sewn clothing and women's accessories, felted items and much more. Friday, December 6th: 9:00 a.m. to 7:00 p.m. and Saturday, December 7th: 9:00 a.m. to 5:00 p.m. Contoocook Artisan Show is part of "Starry, Starry Weekend. The fair is held at St. Andrew's Parish Hall, 354 Main Street, Hopkinton.

Kathleen Butcher 724-3452, kathb123@comcast.net

Three Days · Two Villages · One Holiday Celebration

Starry,
Starry
Weekend

www.ExploreContoocook.com

DECEMBER	6th	7th	8th
Friday	10 AM	– 7 PM	
Saturday	10 AM	– 6 PM	
Sunday	10 AM	– 5 PM	

16 YEARS OF HOLIDAY CHEER

15 Unique Shops & Holiday Events

December 6th, 7th and 8th. Take part in a New England holiday tradition by joining the Contoocook Chamber of Commerce for three days of shopping and holiday events.

Starry Starry Weekend enchants visitors of all ages. Each day is filled with festive local shopping, dining and exciting festive events. Learn more at www.ExploreContoocook.com.

Just minutes from Bow, 1 mile north off I-89, Exit 6

Bring your friends and family to enjoy a fun day exploring the Villages of Hopkinton and Contoocook, NH.



Lake Placid

DONELDA HORNE of Hopkinton, competed in the International Skating Union (ISU) Adult Figure Skating Competition in Lake Placid NY on October 15-19.

Donelda came in 2nd in the Masters Artistic IV and V Group with her Arabian solo to “You’ve Got a Friend in Me.” Donelda placed 6th in Gold Free-Style.

This was the 15th year for the ISU to host this event. Obersdorf attracted 700 skaters from 36 countries.

TOWN OF HOPKINTON POLICE DEPARTMENT

OCTOBER 2019 STATS

2 Arrests 7 Accidents 617 Traffic Stops

ARREST LOG:

- 10/16 Abiola Adeleye, 26, 2241 Elm Street, Manchester, NH was arrested for License Required; Operate with Expired License – subsequent.
- 10/21 James Ramanek, 68, 119 Dustin Road, Webster, NH was arrested for Driving After Revocation/Suspension and Suspended Registration.



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Hopkinton Real Estate Sales – OCTOBER 2019

ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
43 Stacy Drive	3 Bedrooms / 2 Baths	1,248 square feet	0.0 acre	\$98,000
23 Stacey Drive	3 Bedrooms / 2 Baths	1,716 square feet	0.0 acre	\$103,000
30 Drew Road	1 Bedrooms / 1 Bath	773 square feet	0.0 acre	\$160,000
10 Old Stumpfield Road	3 Bedrooms / 2 Baths	1,370 square feet	2.5 acres	\$223,000
55 Snowshoe Trail	2 Bedrooms / 2 Baths	1,243 square feet	0.0 acre	\$229,900
134 Maple Street	2 Bedrooms / 4 Baths	2,215 square feet	0.0 acre	\$239,000
130 Jewett Road	1 Bedroom / 2 Baths	1,008 square feet	3.4 acres	\$253,000
80 Kearsarge Avenue	2 Bedrooms / 3 Baths	1,680 square feet	0.0 acre	\$25,000
182 Pine Street	2 Bedrooms / 3 Baths	3,404 square feet	0.0 acre	\$275,000
114 Peaked Hill Drive	3 Bedrooms / 3 Baths	1,984 square feet	Condo	\$287,500
357 Amesbury Road	3 Bedrooms / 2 Baths	2,404 square feet	0.68 acre	\$308,000
956 Hatfield Road	4 Bedrooms / 2 Baths	2,310 square feet	3.0 acre	\$324,000
1102 Upper Straw Road	3 Bedrooms / 3 Baths	1,912 square feet	3.29 acre	\$339,000
1141 Pine Street	4 Bedrooms / 3 Baths	2,592 square feet	2.0 acre	\$367,000
622 Rollins Road	3 Bedrooms / 3 Baths	2,330 square feet	4.97 acre	\$412,500
670 Sugar Hill Road	4 Bedrooms / 2 Baths	2,562 square feet	8.30 acre	\$484,500

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Bird season is winding down and we had a decent season.



My friend Don has a year-old pup that's in the learning stage.



Another friend of mine, Mike Rosen, has a three year-old Springer Spaniel that has improved a lot. We didn't lose any wounded birds. The pheasants were in very good shape.

Recently we took the fly rods out of retirement and went out for Black Crappie. This large pan fish is delicious and very mild flavored. They will take a fly fished slow very readily. My favorite fly to use is a chartreuse colored nymph with a gold bead head, tied on a no. 10 nymph hook.



Muzzleloader woes! A couple seasons ago, a friend was hunting with his gun and a deer came out. He took careful aim, squeezed the trigger, and nothing happened. He forgot to put the black powder in!!!



Another friend was sighting in his muzzleloader and then picked up his spent caps and put them in his pocket. The next day was the first day of muzzleloader. A buck came out, he shot, but no ignition! He had put a spent cap on the nipple! Bad mistake, good for the deer.

The moose kill came in at 38 for a 76% harvest. A hunter I spoke with had a permit for Northern Maine. He said it was very easy. The herd up there is still in very good shape.

On the archery season, the early numbers show that the kill is around 100. This is early, and can change quickly. One factor could be the large amount of acorns in the woods. Deer do not have to move to far to find a meal. November 2nd is opening day for muzzleloader and the weather looks great. It should be a good season.

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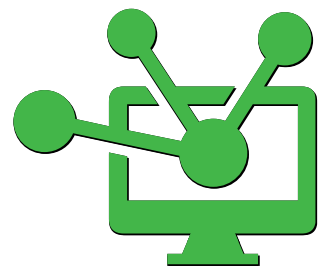
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BOW GARDEN CLUB

by Joyce Kimball



MAKING STRIDES AGAINST BREAST CANCER WALK

Eight members of the Bow Garden Club formed a team to walk in the American Cancer Society's October 20th "Making Strides Against Breast Cancer" event. Wearing official "Making Strides" shirts emblazoned with "BOW GARDEN CLUB" on their backs, they all successfully completed the 5 mile walk that started off from Memorial Field and raised \$1,445 in the process toward the fight against breast cancer. The Bow Garden Club walkers were: Michelle Bailey, Susan Belair, Joyce Kimball, Susan Moseley, Marilee Nihan, Sue Smith, Debra Wayne and Gretchen Wood.



L to R (Back) Sue Smith, Joyce Kimball, Debra Wayne, Susan Moseley, Susan Belair, (Front) Gretchen Wood. Absent from photo: Marilee Nihan and Michelle Bailey



YOUR POINSETTIAS WILL BE AVAILABLE FOR PICK UP ON SATURDAY DECEMBER 7TH

Thanks to everyone who pre-ordered poinsettia plants from our club members this year prior to the November 10th deadline. Your poinsettias will be ready for pick up on Saturday, December 7th, from 9 AM til Noon at the Old Town Hall unless you have made other arrangements with your seller. Garden club members will be there to greet you and to wish you "Merry Christmas" as this is also the day of our club's "Greens Workshop" where we will be busy decorating wreaths and making swags for the town buildings for the holidays.

The club's annual "Poinsettia Project" is one of only two Bow Garden Club annual fundraisers, second only to the spring plant sale and the proceeds fund our ongoing civic beautification projects and high school scholarship program.

BOW'S ANNUAL HALLOWEEN PARTY

Several hundred (400-500?) Bow children and their families inched their way through the "Candy Line" at Bow High School on Friday, October 25th to take part in the Town's annual Community Halloween Party Member Sally Jenkins organized a planning party to brainstorm and then create decorations for the club's table--this year's theme was all about pumpkins --and candy of course! Garden club members donated bags of candy for the event and a group of club members got together to carve and decorate pumpkins for the club's candy table. The "Trick or Treat-ers" were not disappointed!



Pictured (L) Nikki Habif, Viticulturist and member Catherine Wittliff

VITICULTURE WINE & TASTE

Viticulture (noun) - the culture or cultivation of grapevines: grape-growing
Members of the garden club and their guests are a bit more knowledgeable about the world of wine since their October 7th membership meeting. Nikki Habif, who holds an advanced certification in Viticulture, educated attendees on where the different types of grapes are grown and used to produce the world's wines. She also explained the different types of soil and climate conditions that are needed to produce the various wine vintages. During the presentation Nikki helped take a little of the mystery out of how to sample wines by explaining what you should do--and why. Her main message? "Just enjoy it, however you like". Nikki brought along a few bottles of her favorite Spanish wines for attendees to taste and discuss the merits of each.



L-R; Sally Jenkins and Beverly Gamlin. Members Kerry Buckley, Della Flanagan, Beverly Gamlin and Margaret Leary assisted Sally in creating the display and Janis Kuch and Lisa Richards were on a hand to help "Greet and Treat" all the little witches and goblins that came through the line.

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Forgiveness comes in many shapes and forms. Sometimes it is easy, sometimes it is hard. Other times it is a way to make things go away and be able to move forward.

There are 3 main groups of forgiveness: forgiving others, asking others to forgive us and the toughest one – forgiving ourselves! They range in difficulty in that order too.

Generally, it is most easy for us to forgive others. This is usually the one where you decide to do it to make things go away too. We have already moved on so it is okay to let it go. Holding grudges only hurts us. Holding that negativity damages ourselves. Most often, the other person either has no clue, or could care less that we are harboring resentment toward them. Other times letting go of grudges can be easy as we no longer care about feeling those feelings, thinking those thoughts or hanging on to those people or the negative energy.

Energy is what holds us together. We can either focus on negative energy, or we can focus on positive energy. Whatever you focus on is what you attract. So, holding the grudge, anger and resentment is keeping the negativity alive and well. Conversely, focusing on forgiveness allows you to let go of that bad stuff and say “who cares?! I’ve moved on, I no longer need that in my life. I don’t even remember why I was so worked up about that anyway.”

Many times we feel much worse about what happens and we dwell on it. We want to ask the other person for forgiveness, but we don’t dare. We think they hate us and could not possibly forgive what happened. We are embarrassed and lack the courage to approach them as well. Guess what, you don’t really need them to forgive you. Sure, it is nice if they do, but who is the one beating you up? Is it you? Are you the one who is hardest on you?

If so, you need to move on to forgiving yourself. Also, if you do have the courage to ask for their forgiveness and they are not able to give it to you that’s okay. Someday they will get there. In the meantime, you tried, now move on to forgiving yourself. You’ve done all you can with them.

How do you forgive yourself? Well, try thinking about who you were when this horrible thing happened. What else was going on in your life? Did you really mean to do this thing or was it an accident? Were there other forces or influences that helped contribute? Now, think about who you are today and how you would act if the same thing came up again. I bet you will find that you would do things very differently now, right? You are older, you have experienced more, you value different things and you have come to learn that the things that seemed so very important then are things that are not at all important now. You are an entirely different person now.

You may also come to notice that you did the best you could in that situation at that time. You do the best you can in every situation now too. We all do the best we can in every moment. Nobody wants to be the bad one, or the wrong one, or the one causing all of the trouble and heartache. This is how you come to forgive yourself and it is also how you can come to forgive others. Apply those same questions and observations to those who you need to forgive. I’ll bet you find it easier to do once you have.

With aging comes the realization that forgiving and letting things go makes life easier and better. We do not want or need to be weighed down with the problems of the past. I’ve seen a saying that goes: “you feel depression when you live in the past, anxiety when you are living in the future and peace when you live in the now.” I am not exactly sure who gets credit for that one, but you can find it on one of the soft scapes music channels on TV.

At any rate, I hope you are able to focus on living in the now and letting go of the things weighing you down. Forgiveness really is freeing. Give it a try!

I wish you a very
Happy Thanksgiving too!

All my best, Donna



Donna Deos, LLC

& TIPS Tricks

PREVENTATIVE DISHWASHER MAINTENANCE

Dishwashers work extra hard in the winter months. With a few simple maintenance steps, any dishwasher can keep up with all the holiday menus and dishes.

1. Take care not to overload the dishwasher. This will make the machine run inefficiently.
2. Scrape plates before loading to keep the machine debris-free. Washing dishes before they go in the dishwasher is excessive, but dried on bits of leftovers won’t magically disappear in the dishwasher.
3. Use the appropriate settings. If pots and pans are in the dishwasher, use the pots and pans setting.
4. Do not use excessive soap and rinse agents. This may seem counter intuitive, but too much soap is the number one cause of dishwasher breakdowns.
5. A bit of vinegar in the bottom of the dishwasher keeps the machine smelling fresh and running smoothly and helps dishes get clean and shiny!
6. Clean the drain trap. It can get pretty gross, if constantly loaded with unscrapped plates and too much soap.
7. Before you turn on the dishwasher run hot water in the tap. Especially in the winter months. Otherwise the cycle may run cold instead of hot, leading to inefficient cleaning.
8. Hard water leads to spots. If you don’t like them, take steps to soften the water.

These are just a few tips to help you prevent inconvenient dishwasher meltdowns between Thanksgiving and Christmas.

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OBITUARIES

AIDAN RICHARD HYSLOP

Aidan Richard Hyslop 19, of Bow passed away Tuesday, October 29. Aidan was born October 8, 2000 in Concord, son to Willis and Holly Hyslop.

We love you so much, more than words will ever say. We might not have always liked your actions but your core being is a beautiful, caring, understanding, humorous, creative, out of the box thinker, supporter of those that you cared about and daring. You are strong and self-sufficient and always willing to stand up for yourself, your brother and your friends.

You were older than your years. You could be trusted at a very early age to fill the wood stove or stay home by yourself. Your independence and self-reliance were easy for you but hard for others sometimes.

Your humor is fast, quick, sarcastic, dry. Adults were sometimes at first put off by it not because it wasn't funny but because it came from a child. They would look at you and say 'that isn't appropriate' as they were turning their heads to laugh. You also love physical comedy that started with your love of Sponge Bob. You enjoyed making videos in your younger years from the Sheet Pan Olympics to bike obstacle courses and later on memes with your friends.

You love to play sports: soccer, baseball, football, lacrosse. You had one year of basketball, you stuck it out and learned a lot, graceful on the court you were not but you did make a couple of baskets! Your favorite sports, and maybe not favorite because of the sport itself but favorite because of the coaches and the players were wrestling and cross country. You appreciated the connection the coaches made with you as a person, you visited with them outside of the sport, you thought of them as friends and cared about their opinions. You bonded with the players as if they were family because they were family to you, they were your brothers and sisters.

You enjoyed scouts and the people you met through the activities you participated in. You were an OA member and a Life Scout. You set a blistering pace that others have been challenged to keep up with not because you challenged them but because they saw it could be done. As is so often when a scout enters high school other things became more important and you dropped out of scouting but would still help volunteer when they needed it.

You have a tremendous bond with your brother, there were occa-



sional scuffles when younger but very few. You would play board games together, enjoyed the same Netflix shows, help each other out in the garage working on projects, splitting wood, dirt biking or just going to the store to get a Pepsi. If someone was in the bathroom and you needed to go you waited patiently in Jack's room laying down on his bed just hanging or patting the cat or dog.

You, your brother and father would roll on the floor laughing at a tv show or more commonly to a story you told about one of your escapades with your friends or at work or school. You know how to embellish without lying, again your humor put a spin on situations that others didn't quite see until you pointed it out.

You walked at 9 and a half months old, at T-Bob's funeral you decided to take off. Although you don't remember her, she loved that I am sure because you brought smiles to people in a situation that was hard to smile in. You did that so many times in your life, you were able to comfort those around you.

How smart are you? You never crawled until age 1 and a half, that told us so much right there about your brain. You are creative and could find solutions when there didn't seem to be one. You loved to fabricate and had a thirst of knowledge when it came to welding. And maybe more importantly you were willing to share the knowledge that you learned.

The last daring thing you did that I am aware of was your flame thrower you and your friends made in the sand pits, of course you were the one holding it and as you said to me 'but I had my welding helmet and gloves on, safety first'. I am sure there were more after that and those are special times you had with special friends. I want to call them boys and girls but of course you are all young men and women. You all meant so much to him and he appreciated you in more ways than I can express.

There won't be any more family reunions or gatherings and no more road trips to the beach or car rides to get Pepsi. Not for you my sweet boy, my amazing young man. We love you so much, more than words will ever say.

Aidan is survived by his loving parents, Willis "Bill" and Holly (Hammond) Hyslop, his brother, Jack Hyslop all of Bow; paternal grandmother, Sandra Hyslop; maternal grandmother, Margaret Minnon and her husband, John of Bow, maternal grandfather, Willie Hammond Jr. and his wife, Dawn of Loudon; and numerous aunts, uncles, cousins and friends. He was predeceased by his paternal grandfather, Willis Hyslop Sr.

For those who wish, memorial contributions in Aidan's name may be made to Bow Booster Club 55 Falcon Way, Bow, NH 03304 or to Boy Scouts of America, P.O. Box 152079 Irving, TX 75015-2079.

DIANE M. HOWE

Diane M. Howe, 72, of Bow, NH passed away Tuesday, October 22 at the CRVNA Hospice House. She was born in Manchester, NH on October 26, 1947 the daughter of Harold Kenney and Lucille (Genest) MacDonald.

Diane was known for her kindness, generosity of spirit, sense of humor and nonjudgmental compassion for her fellow man. She was known to be a "Second Mom" to many friends of her children.

Diane was predeceased by her husband of 51 years, Robert F. Howe.

Members of her family include her 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 NJ, Martha Martel of Plymouth, NH and daughter Sharon Trecartin and her husband Tom of Bow and their children Jon and Matt Guimond and Max and Jason Trecartin of Bangor, ME.

In lieu of flowers memorial contributions may be made in Diane's memory to the Capital Region Food Program, c/o M. Susan Leahy, McLane Middleton 11 South Main Street, Suite 500, Concord, NH 03301. Arrangements are entrusted to the Bennett Funeral Home of Concord. Fond memories and expressions of sympathy may be shared at <https://www.BennettFuneral.com> for the family of Diane M. Howe.



*Wishing you peace to bring comfort,
courage to face the days ahead and loving
memories to forever hold in your heart.*



BOW FALCON'S SOCCER

BOW LOSES IN PKs IN D-II GIRLS' SOCCER CHAMPIONSHIP

"They were perfect in practice. They were nailing them in practice," Bow coach Jay Vogt said. "We practiced them for two weeks and they were hitting side netting, they were putting it in there, it just didn't happen. The pressure is a different thing."

The Falcons missed two of their first four PKs while top-ranked Hanover made all four, including the clincher from Abigail Wilson, for a 1-0 win.

"We actually wanted the wind in the first half, but they won the toss and got the wind and certainly it was a difference in the game," Vogt said. "Who had the wind had the possession and had the ball down in the other end. It made a big difference."

That was the Marauders in the first half. They put constant pressure on the Falcons, but Bow keeper Emma Wilke stayed cool, as did center backs Taylor Burnham and Chloe Binder.

"We had a plan, we marked her, and it really wasn't a factor," Vogt said. "The other thing we tried to do was limit the corner kicks (Hanover only had two for the game) and I thought we did a great job."

After surviving the corner and the win in their faces, the Falcons got a simple message at halftime. "I said we've got the wind now let's go put pressure on and shoot," Vogt said. We had some great opportunities," Vogt said. "If I think of all the opportunities, I think we had the best chances to score."

Bow senior Madelyn Green connected on the first PK, and then Hanover's McGuire answered her. Binder was up next, but her shot sailed high, giving the Marauders an opening. Riley Craft took advantage of it by slotting one home inside the post. Bow senior Lindsay Burnham got the Falcons back on track, only to see Johnson answer to give Hanover a 3-2 edge. It stayed there after Bardalas saved the next PK off the foot of Bow's Kristina Pizzi. Cons a 7-0 lead. He later connected with Cooper Larrabee on a 30-yard touchdown.

BOW FALCON'S FOOTBALL

November 2nd Game - Bow 41, Souhegan 31

Bow High needed every last one of Steven Guerrette's five rushing TDs to come away with its 41-31 win over Souhegan on November 2.

With Bow trailing 17-14 at halftime, Guerrette scored four times in the second half to lead the Falcons to victory, including a 24-yard score in the fourth quarter that effectively put the game away with 2:12 remaining.

Guerrette opened up the third-quarter scoring with a 10-yard touchdown that put Bow ahead 21-17. Souhegan's Austin Jain tossed two touchdown passes over the next four minutes to put the Sabers up, 31-21.

Guerrette then responded with an 80-yard touchdown with just under two minutes remaining in the third period. He later added a 1-yard touchdown to put the Falcons ahead for good at 35-31 with 4:49 left in regulation play.

The two teams meet again for a Division II first-round playoff game on November 9.

October 25th Game - Bow 41, Kennett 0

Key Players: Bow – Steven Guerrette (TD runs of 5, 1, 30 and 15 yards), Thomas Rolla (70-yard TD run), Andrew Robbins (7-yard TD run and 20-yard FG).

Highlights: The Falcons left no doubt that they are the best team in the D-II North Conference, clinching the conference title with a victory over the second-place Eagles in North Conway. Guerrette had a touchdown in both the first and second quarters to give Bow a 15-0 halftime lead and added on two more in the third quarter to give Falcons a 35-0 lead. The entire defense played well, including holding Kennett scoreless on a first-and-goal on the 1-yard line.

Coach's quote: "That (first-and-goal on the 1) was one of the best defensive series I've seen." –Bow's Paul Cohen.

Records: Bow 8-0, Kennett 6-2

GIRLS SOCCER

November 2 Game - Bow 1, Oyster River 0

Key players: Bow – Addie Trefethen (G), Kristina Pizzi (A), Chloe Binder (defense), Ally Boone (defense), Steph Gosselin (defense), Tessa Thomas (defense), Gracie Bresson (defense), Emma Wilke (goalie).

Pizzi made a great run down the sideline and sent in a cross that Trefethen was able to get a foot on and knock into the net for what proved to be the only goal of the quarterfinal contest. Bow's defense did a solid job of shutting down Oyster River. Coach Vogt's quote: "After the long layoff we came out rusty and Oyster River, who is a well coached team, played very well. This was one of those games which wasn't pretty for us but the girls kept fighting and got the job done. We will and need to be better for our next game. Nice for our seniors to end their last game at Bow High School with a win."

October 25th Game - Bow 2, Pembroke 1

Key Players: Lyndsey LaPerle (2G), Kristina Pizzi (A), Makayla Murray (A), Taylor Burnham (defense), Chloe Binder (defense), Emma Wilke (goalie).

Highlights: Lyndsey LaPerle scored the first goal of the game off a Murray throw-in and scored the game-winner off a Pizzi cross from the endline. The Falcons secured the No. 2 seed in the D-II tournament with the win, while the Spartans enter the playoffs as the No. 5 seed.

Coach's quote: "It was a good win for us coming back from our game with Hanover a few days ago. Pembroke has some talented players and I like how we responded to them scoring on us early in the second half. Time to take a deep breath and get ready for playoffs." – said coach Jay Vogt.

BOYS SOCCER

November 6 Game - Falcons 0 Conval 1

Boys Soccer Team Loses in the Division II Semifinals. This is the third straight year Bow has lost by that score at this stage of the tournament. Two years ago, it was 1-0 against rival and eventual champion Pembroke Academy. Last year, it was 1-0 against Coe-Brown. On November 6, it was against the top-ranked, defending-champion Cougars (15-1-2).

"It hurts, but we won't leave with our heads down, Bow coach George Pinkham said. "Particularly our seniors, they've been to three straight semifinals. We've lost them all 1-0, so that's tough, but when we walk off this field ours heads will be raised, not down."

November 2nd Game - Bow 4, Milford 0

Key players: Bow – Matt Ferland (3G, A), Matt Selleck (2A), Ryan Leonard (G), Connor Griffin and Kyle Martin (combined for shutout), Lucas Berube (defense), Aaron Burkett (defense), Daniel Leuchtenberger (midfield).

The Falcons scored 20 minutes into the match. Ferland completed his hat trick with a pair of strikes five minutes apart in the first 20 minutes of the second half to seal the win. Bow will take on the defending champions and No. 1 Conval in semifinal in Exeter.

Coach's quote: "Thomas Alva Edison once said genius is one percent inspiration, 99 percent perspiration. We did sweat a lot today." –Bow's George Pinkham.

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BOW POLICE LOG

OCTOBER 2019 ARREST LOG

- 10/01** Thomas Fagan, 84, Bow, was arrested for driving under the influence
- 10/03** Ryan O'Donnell, 37, Bow, was arrested for criminal mischief, and resisting arrest/detention; Chantelle Bartlett, 21, Newport, was arrested on a warrant and a bench warrant for failure to appear; Ryan Holton, 29, Newport, was arrested on a warrant for possession of a controlled drug
- 10/04** Christopher Carter, 41, Deering, was arrested for six counts of domestic violence; simple assault, obstructing report of crime/injury, and possession of a controlled drug; An adult was taken into protective custody for intoxication
- 10/08** Zachary Person, 37, Bow, was arrested on a warrant and a bench warrant for failure to appear
- 10/10** Shaun Turgeon, 31, Manchester, was arrested on a warrant for a parole violation; Nicholas Graves, 36, Laconia, was arrested for operating without a valid license and a warrant for a probation violation
- 10/12** Brian Cooper, 22, Manchester, was arrested for driving under the influence, and driving after revocation/suspension- subsequent offense
- 10/16** Alex Clancy, 30, Manchester, received a summons for driving after revocation/suspension
- 10/18** Lisa Gagne, 54, Allenstown, received summonses for driving after revocation/suspension and suspended registrations
- 10/19** Christina Carmichael, 53, Northfield, received a summons for operating without a valid license
- 10/21** Kishan Rajak, 28, Manchester, was arrested on a warrant for failure to appear; Christopher Robinson, 48, Laconia, was arrested for possession of a controlled drug
- 10/23** Daniel Stevens, 32, Concord, was arrested for driving after revocation/suspension- subsequent offense
- 10/25** Suraj Rai, 25, Manchester, was arrested on a bench warrant for suspended registrations
- 10/26** Two juveniles were arrested for unlawful possession/intoxication
- 10/31** Jacob Trovato, 19, Tewksbury, MA was arrested on a bench warrant for unlawful possession/intoxication

2020 DAR GOOD CITIZENS

Buntin-Rumford-Webster Chapter of the Daughters of the American Revolution hosted a meeting on November 12, 2019 to introduce and honor the Chapter 2020 DAR Good Citizens. These high school seniors were nominated by 6 of the Greater Concord area high schools. Good Citizens are selected for their dependability, service, leadership, and patriotism.



(L to R) Bishop Brady - Rachel Achong, Pembroke Academy - Sarah Newton Bow High School - Evelyn Hatem, Franklin High School - Mary Grace Bunker Merrimack Valley High School - Addison Hodge, Pittsfield H.S. - Gwen Clough

Travel with The Bow Times



Tammy and Ben Kiniry traveled with The Bow Times! Here they are in Cozumel, Mexico where they celebrated their 20th anniversary by competing in the Cozumel Ironman!




BOW BUSINESS TO BUSINESS

On October 23, Bow Business to Business met at Grappone Auto for a tour of the facility on Route 3-A. Larry Haynes, the CEO of Grappone, told the Bow audience that this was their 50th year as a Toyota dealer and over 95 years as a car dealer. Grappone now has 337 team members and sells over 6,000 new vehicles a year.

The hottest selling cars currently are the small and midsize SUV's.

Between all of the lines of autos in the Grappone family there are approximately 6,500 vehicles in for parts, maintenance or repairs each month.



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Travel with The Bow Times



Tom Douglas traveled with The Bow Times!
Here's Tom in the Brooks Range of northern Alaska!

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

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| 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 |

Way Up North contributed by Jay Martin, Bow Graphic Artist

Way Up North



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