



THE BOSTON CANE

The Origins of the Boston Post Cane - In 1909, under the savvy ownership of Edwin A. Grozier, the Boston Post engaged in its most famous publicity stunt. The paper had several hundred ornate, gold-tipped canes made and contacted the selectmen in New England's largest towns. The Boston Post Canes were given to the selectmen and presented in a ceremony to the town's oldest living resident. Between 400 to 600 of the fancy walking sticks were sent to towns in Massachusetts, Rhode Island, Maine and New Hampshire.

THE TRADITION CONTINUES...

WHO IS THE OLDEST RESIDENT IN BOW?

Bow Selectmen are seeking nominees for the oldest resident in town. Nominations will be accepted through October 31, 2022. The only requirement is that the person must be a resident of Bow for the previous 12 consecutive years.

Please nominate a neighbor, loved one, or even yourself! The Selectmen look forward to bestowing an honorary cane and recognition to our oldest resident.

Nomination forms are available online at www.bownh.gov. Or you can call (603) 223-3910 to request a form by email.

DEALING WITH IRRATIONAL PEOPLE

by Donna Deos



NEED SOMEONE TO LISTEN?

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OTHER PEOPLE'S PROBLEMS

One of the most important things I have learned in life is that if someone has a problem with you: that is their problem. Likewise, if you have a problem with someone or something: that is YOUR problem.

There is an important difference to notice here. We can only control what is truly in our space and place to control. We cannot change how other people think and do things, and we cannot change how they feel.

Sure, if someone has a problem with you, you can try talking to them to see what you did to upset them. You can also apologize for it. You can even do things to try and fix the wrong and make amends. What you can't do is make them change how they are feeling. They have to get themselves there.

How much time and energy do we spend on people who just can't get over or past something? Or, even better, insist on blaming someone else for things they really did. They have to keep reliving it and keep using it as a weapon. This is where the statement at the beginning comes in handy. If you have actually addressed their issue and genuinely apologized (or never really were the problem to begin with), you have done what you can. It is their problem to handle. You can let it go and give them the time and space to get over what they need to.

Same thing for problems we have with others. We have to come to the point where we are no longer going to let certain things that always push our buttons keep getting to us. The key is recognizing – is this my problem? If so, I am the one to work on fixing it. If it is not my problem, I am not the one to work on fixing it. I am better off letting the person with the problem do that.

Trust me this is a very hard lesson to learn. Especially for those of us who tend to care too much and want to please everyone. You can't please everyone and you can't fix other people either. You can only fix yourself. Once you can recognize and let go of problems – especially other people's problems that you truly have no control over anyway – you will be much freer and happier!

**Here's to letting go and living a happier and freer life.
All my best, Donna**

REMINDER

National Prescription Drug Take Back Day is October 29, 2022, 10AM to 2PM

Bow, Dunbarton, and Hopkinton Police Departments will participate in the Drug Enforcement Administrations (DEA) Prescription Drug Takeback Event on Saturday, October 29th from 10 AM – 2 PM.

Residents may turn in unused, unwanted, or expired prescription medications – no questions asked! Remember, liquids and needles can not be accepted.

Reduce the chance of theft, environmental damage, medication misuse and opioid addiction and overdose deaths.

Visit takebackday.dea.gov to find a collection site near you.



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