

The Bow Times

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THE BOW TIMES

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DUNBARTON NEWS ON PAGE 13

APPLICATION FILED FOR CELL TOWER ON BRANCH LONDONDERRY TURNPIKE

A long awaited attempt to improve cell phone coverage in Bow went before the Planning Board on November 17.

Rising Tide Towers, LLC filed a site plan for a one hundred by one hundred leased land area to construct a 190' self-supporting lattice tower off of Branch Londonderry Turnpike in South Bow.

Todd Rich of Rising Tide said that the tower would not have to be lit as it is under 200' tall according to the Federal Aviation Administration. Mr. Rich was asked if a 90' tower would work, but he said it would not provide the coverage needed for the schools and others. Planning Board Member Garth Orsmond asked Mr. Rich how many of this type of tower he has erected and he said about 100.

Kevin McCann of 32 Branch Londonderry Turnpike asked if a tethered balloon could be put up 190' so people in the area could get a sense of what the tower would look like in the woods.

While Verizon has been notified of its plans, Rising Tide has a contract with AT&T. Dee Treybig of 15 Londonderry Turnpike said she went on the site on November 12, and wanted to note the chosen spot could well be a Native American historical site and location of an old well.

The balloon test was scheduled for December 3 with a site walk.



Santa arrived in style on Sunday, November 27! Eric Anderson | Photo

HOPKINTON-CONTOOCOOK NEWS ON PAGES 8-9



TOWN BUDGET JUMPS \$423,056 SCHOOLS BY \$1,860,543

On November 19 the selectmen, Budget Committee, and town department heads met to review the current budget increases proposed by Town Manager David Stack. The proposal would result in a budget of \$9,812,812 or \$423,056 more than the current spending.

Major increases are:

Town buildings	\$126,932
Library	\$38,961
Police	\$220,953
Solid Waste	\$158,830
Dept. of Public Works	\$288,000

Fire, Assessing, Finance and some small departments were flat or had decreases.

The school budgeted general fund is \$34,270,356 which is an increase of \$1,860,543 over the current level. Some staff will receive 3% pay increases. Shortages remain in special ed and bus driving staff. The school tax rate will go up by 9.24% under the proposed school budget.

The new Screening Committee to select a new Superintendent now includes two public members: Thomas Albushies and Erin Zaffini.

VILLAGE SHORE ESTATES PERMIT FOR WATER EXPLORATION IS APPROVED

The Bow Planning Board on November 17, 2022, met and by a vote of 7 to 2 (with one recusal) approved a Wetlands Conditional Use Permit so that Aquarion Water of Gilford can try to find additional water for the 100 homes it serves. The Village Shore Estates neighborhood will be the location of several tests on areas that have been designated as possible well sites.

The lack of sufficient water was the subject of front page articles about Abenaki and Aquarion water companies in the July and August, 2022, Bow Times.

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EDITORIAL

WHY NOT PRESIDENT FOR LIFE TRUMP?

by Chuck Douglas

Using the Peru governance model, former President Donald Trump on December 3 called for “the termination of all rules, regulations, and articles, even those found in the Constitution,” because his fragile ego cannot admit he lost an election. The Constitution Terminator might have inspired President Pedro Castillo of Peru three days later to address his country by telling Peruvians he would dissolve its Congress and then rule by decree until a new constitution was drafted.

Luckily Peruvians declined the honor of a dictatorship and hours later Castillo was impeached by a vote of 101 to 29 and promptly removed from office.

Donald Trump’s plan for a coup to reinstall him by terminating the federal Constitution is all anyone with a three-digit I.Q. needs to see that he remains morbidly fixated on the 2020 election.

How is that 7,000,000 vote loss to Joe Biden going to motivate independents to vote for Election Denier GOP candidates? Apparently not at all. Senate candidates Bolduc, Oz, Walker, etc. won their primary because of Trump’s backing and then blew their election because most people in the country think Joe Biden won, not stole, the 2020 election.

Republicans in New Hampshire need to move on once and for all from our self-proclaimed “greatest President.” The 40% of the voters here and nationally who are not enrolled in either major political party have clearly put him in their rearview mirrors. In Pennsylvania 58% of independents voted against Election Denier Mehmet Oz and in our state 54% voted for Maggie Hassan to enable her to win over Don Bolduc.

What is amazing is how the Trump endorsed candidates here and around the country lost when only 44% of the electorate has a favorable opinion of the Democratic party, Biden is unpopular and we have 8% inflation. The dead weight? Donald Trump’s obsession with his loss forced his endorsed candidates to ride the Great Stolen Election bandwagon in the face of no evidence and over 60 court rulings against such fraud claims.

To broaden his appeal among white supremacists, and further alienate most of the rest of the country, is the famous dinner at Mar-A-Lago last month. “I love Hitler,” Kanye West and the “Holocaust-never-happened” Nick Fuentes were actually allowed to have dinner with a presidential candidate who should know better. Last spring at a right-wing conference Nick Fuentes asked the crowd to give a round of applause for Putin and his invasion of Ukraine. In December Fuentes said the Taliban represented “ideal” government with its policies toward women, who should not be able to vote here either according to Fuentes.

Can you think of any President since Jefferson Davis who would dine with such whackos?

To cap off his broad appeal to haters and rioters Trump told a group helping to pay for the January 6 rioters’ legal defense that the country “was going communist” and that if reelected he would issue pardons and apologies to those who beat the police and threatened harm to elected officials.

No wonder he does not believe in enforcing riot laws and that he should be re-installed as President after the Constitution is suspended.

If Peru is not quite Trump’s model for governance we can reach back in time to Jean-Claude Duvalier of Haiti who at age 19 became President for Life in 1957. The plus for Baby Doc Duvalier was that you can’t lose elections if you never have them.

Donald Trump should have “terminated” the Constitution when he was still President, and then declared that he was President for Life.

Having missed that opportunity, the Republican Party should not give him the chance again to lose and rain havoc down on the ticket of Republicans like he did to the Senate this year.

The anti-Semitic and white nationalist stench of Mar-A-Lago is not the tradition of the Party of Lincoln, nor should it become one.

Republicans are not losing elections because of RINO’s, but because of Donald Trump. It is time to move on to new faces who believe in our Constitution.

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



The Town of Bow kicked off the start of the holiday season on Sunday, November 27. The Bow Middle School Chorus performed while awaiting the arrival of Santa. Considering the rain Plan B worked flawlessly.



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We would like to extend our very best wishes for a

*Merry Christmas
& Happy New Year!*



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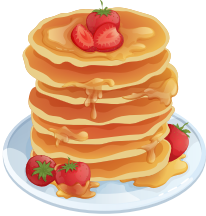
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BOW COMMUNITY MEN'S CLUB NEW YEAR'S DAY BREAKFAST BUFFET



at the
BOW COMMUNITY CENTER

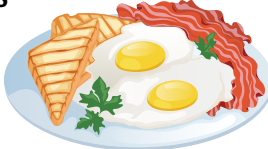
8:30 AM – 12:00 PM

Adults \$14.00

Children (12 and Under) \$6.00

**Menu: Eggs, Bacon, Sausage,
Hash, Chipped Beef, Beans, Pancakes,
Blueberry Pancakes, French Toast,
Fruit, Toast, Coffee,
Milk, Tea, Hot Chocolate
and Assorted Juices**

**All proceeds raised
by the event are
returned to the community!**



COUPLES RETIRING ON THE SAME PAGE

Provided by Dominic Lucente

Agreeing about what you want from retirement is crucial.

What does a good retirement look like to you? Does it resemble the retirement that your spouse or partner has in mind? It is at least roughly similar?

The Social Security Administration currently projects an average retirement of 18 years for a man and 21 years for a woman (assuming retirement at age 65). So, sharing the same vision of retirement (or at least respecting the difference in each other's visions) seems crucial to retirement happiness.¹

What kind of retirement does your spouse or partner imagine? During years of working, parenting and making ends meet, many couples never really get around to talking about what retirement should look like. If spouses or partners have quite different attitudes about money or dreams that don't align, that conversation may be deferred for years. Even if they are great communicators, assumptions about what the other wants for the future may prove inaccurate.

Are couples discussing retirement, or not? According to a recent survey by Fidelity, seven in ten couples say they communicate at least very well with their partner about financial issues. Couples that do communicate with each other are more than twice as likely to report that they expect to live a comfortable lifestyle in retirement. They are also more likely to report their financial household's financial health as "excellent" or "very good."²

If you're having trouble building a retirement strategy with your significant other, working with a financial professional may help. According to the same survey, couples that work with a financial professional are more likely to talk about money with each other, feel confident about their finances, and agree on their visions of retirement. This may explain why nearly half of all Baby Boomers work with a financial professional.²

Be sure to talk about what you want for the future. A few simple questions can get the conversation going, and you might even want to chat about it over a meal or coffee in a relaxing setting. Dreaming and strategizing together, even on the most basic level, gives you a chance to reacquire yourselves with your financial needs, goals and personalities.

To start, ask each other what you see yourselves doing in retirement – individually as well as together. Is the way you are saving and investing conducive to those dreams?

Think about whether you are making the most of your retirement savings potential. Could you save more? Do you need to? Are you both contributing to tax-advantaged retirement accounts? Are you comfortable with the amount of risk you are assuming?

If your significant other is handling the household finances (and the meetings with financial professionals about a retirement strategy), are you prepared to take over in case of an emergency? When one half of a couple is the "hub" for money matters and investment decisions, the other spouse or partner needs to at least have an understanding of them. If the unexpected occurs, you will want that knowledge.

Speaking of knowledge, you both should know who the beneficiaries are for your retirement plans, workplace retirement accounts, and investment accounts, and you both need to know where the relevant paperwork is located.

A shared vision of retirement is great, and respect for individual variations on it is certainly just as vital. A conversation about how you see retirement today can give you that much more input to prepare for tomorrow.

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Citations. 1 – SSA.gov, 2022 2 – Fidelity.com, 2021

THIS COULD BE WHEN EVERYTHING



With a fun-filled summer behind you and surrounded by the beautiful fall leaves in transition, what better time to consider making an important decision about your financial future? Is it time to finally let a professional help you strategize for your retirement and family financial goals? Or perhaps get a second opinion on your current plan?

For more than 60 years Northeast Planning Associates has been helping clients plan for their future...
and all the changes of life's seasons.



Dominic M. Lucente, CFP®, RFC®
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& a great New Year!*

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ELDER FINANCIAL EXPLOITATION

Elder Financial Exploitation (EFE) is a growing problem for our aging population and our society at large. Since the onset of the Covid-19 pandemic EFE has seen an explosive increase. As our population ages, presently the Baby Boomer generation, we find ourselves with a situation where EFE will increase dramatically in a short period of time. Being aware of the problem and how to protect yourself or, a loved one, is an essential part of growing older.

EFE, simply put, is the “illegal or improper use of an elder’s funds, property, or assets.” (AARP) Many cases of EFE go unreported every year. People may not know who to contact, may not be aware of the exploitation, may not want to implicate a family member in a crime or may be too embarrassed to report it. A report of federal and state data analyzed by Comparitech, a cybersecurity research company, revealed that “more than 369,000 incidents of financial abuse targeting older adults are reported to authorities in the U.S. each year, causing an estimated \$4.8 billion in losses.” According to an AARP BankSafe report,

titled Responding to the Pandemic-Era Uptick in Financial Exploitation, “87.5% of older adults victimized by trusted others do not report the abuse versus 33% victimized by a stranger who do not report.” Despite the large number of incidents and financial losses that are reported there are a staggering number of incidents that still go unreported.

The pandemic only exacerbated this growing problem. Due to isolation, illness and the need to use new technologies quickly, our seniors were left even more vulnerable to phishing scams and familial exploitation. “Elder financial exploitation by trusted others has increased by two to three times pre-pandemic levels globally”, and “while cybercriminals are getting more and more effective at scamming people to take advantage of them, family members, on average, steal twice as much as strangers.” (AARP)

Our seniors are vulnerable for several reasons. They’ve spent a life-time gaining their wealth and many are personally responsible for managing this wealth during times of changing health situations. While this is one of the reasons why they are targeted it may surprise you to know that less affluent seniors among us are also extremely vulnerable. They may have property to acquire, a personal-item of value or a regular source of income from a pension that a family member or care-giver is trying to access. Age-based isolation and loneliness, increased by Covid-19 restrictions during the pandemic, also leave our seniors more vulnerable to cyber-related scams and care-giver exploitation. Dependency on others for daily assistance also means they may need to share personal financial information for their daily care and needs.

To help you begin to understand how to protect yourself or a loved one we’ve included a few websites to visit that have valuable information

AARP website has multiple options and resources. One of them can be found at: <https://www.aarp.org/money/scams-fraud/info-2021/prevent-elder-financial-exploitation.html>

US office of Consumer Finance https://files.consumerfinance.gov/f/documents/cfpb_ymyg_native-communities_preventing-elder-financial-exploitation.pdf

The American Bankers Association <https://www.aba.com/advocacy/community-programs/consumer-resources/protect-your-money/elderly-financial-abuse>



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SCHOOL ENROLLMENT DROPS AGAIN IN NEW HAMPSHIRE

by Ethan Dewitt

New Hampshire bulletin New Hampshire public schools opened this school year with 1,845 fewer kids than they did last year - a 1.1 percent drop. But when it comes to the state's enrollment trends, the change was hardly surprising.

For 20 years, attendance in New Hampshire schools has steadily declined, with no signs of a turning point.

The state had the largest number of children in public school in its history in 2002: 207,684. But 2002 was the last year of growth. In 2022, the number of kids had fallen to 161,755, a 22 percent drop over two decades, according to the Department of Education this month.

And the proportion of children in New Hampshire has plummeted compared to other states. The state saw the largest percentage decrease of children under 18 of any state between 2010 and 2020, according to an analysis by the New Hampshire Fiscal Policy Institute, at a drop of 10.6.

"What we're seeing in New Hampshire is the number of women of childbearing age is about the same, and yet the number of births occurring has diminished," said Ken Johnson, a professor of sociology and the senior demographer at the University of New Hampshire's Carsey School of Public Policy. "So in other words, the birth rate - the number of births per woman - has diminished."

Courtesy of New Hampshire Bulletin

BOW WELCOMES A NEW BUSINESS!



Selectman Matthew Poulin and Town Manager David Stack, in conjunction with the Concord Chamber of Commerce, attended the Grand Opening of the ARON LABRIE STATE FARM AGENCY on 3A. Welcome to Bow Aron!





Visit our Online Calendar to sign up for upcoming programs and events at bakerfreefoundation.org.

FEATURED EVENT



Life Sized Candy Land

Wednesday, December 28th
Friday, December 30th
10:30am-3:30pm

Play a life-sized version of the classic board game with family and friends! Reserve a time for your group to play through the game, and see who reaches Candy Castle the fastest. Candy will be awarded to all participants. Online registration is NOT available for this event. Please visit the library

or call (603) 224-7113 to reserve your time slot. Registration will open on December 5, 2022.

CHILDREN'S PROGRAMMING

Shimmy & Shake Storytime | Tuesdays, at 10:30am

Encourage school readiness with a Storytime for active bodies and minds! Each class includes music, instrument play and movement activities, and ends with a family dance party. Designed for Ages 3-5, but siblings are welcome to attend.

Toddler Time | Thursdays, at 10:30am

Explore a new topic each week through stories, songs and rhymes, and engage in literacy activities designed to spark your child's imagination. Each storytime ends with open play time, allowing families to meet and socialize. Designed for 18 Months - 3 Years, but siblings are welcome to attend.

Page Turners Book Club | Thursday, Jan. 5th at 3:30pm

A book club for readers in grades 5-8. Read any book of your choosing based on a monthly prompt, then share your book with other readers! Enjoy snacks, crafts and activities at every meeting while exploring new topics and genres. Registration is recommended.

Art • Lab | Wednesday, Jan. 11th at 3:30pm

A monthly program for artists and makers in Grades K-4, in the company of a caregiver. Listen to a new story each month, then explore sensory, engineering and process art activities with materials provided by the library. Registration is required each month.

Homeschool Meet-Up | Friday, Jan. 20th at 10:00-11:30am

A drop-in program for homeschooling families! This casual, drop-in gathering is intended to provide a social outing to both caregivers and their children. Exchange ideas, discuss curriculum, work on projects and portfolios, and meet new friends! Simple crafts and activities will be provided by the library, and families are invited to bring any projects or activities they would like to work on. Registration is not required.

Magic Treehouse Book Club | Monday, Jan 23rd at 3:30pm

Travel the world and explore new time periods with books from The Magic Tree House series. Copies of the book will be provided by the library. Recommended for readers in Grades 2-4. Registration is required each month.

ADULT PROGRAMMING

Spark! Adult Craft Club | Tuesday, Jan. 3rd at 6:00pm

Calling all crafters! Join us the first Tuesday of every month to work on your art in the company of friends. Amelia will prepare a brief 30 minute art exercise to SPARK! your creativity, then provide the space for you to complete your specific craft projects and socialize with fellow

makers and DIYers. Miscellaneous materials will be provided for those looking to try something new.

Adult Book Talk | Tuesday, Jan. 10th | 12:30pm & 6:30pm

Adult Book Talk Group takes place on the second Tuesday of January. We will be discussing *The Weight of Water* by Anita Shreve. Copies of the book are now available at the Circulation Desk to check out.

The White Rock Book Group will be meeting at White Rock Senior Center on Jan. 17th at 1pm.

Love mysteries? Contact Amy at amy@bakerfreelib.org to learn about the mystery-themed book club, the Whodunits! The Whodunits' next meeting is at White Rock Senior Center on Jan. 3rd at 1pm.

From Sap to Sugar: A Maple Sugaring Workshop with Beaver Brook Maple. Wednesday, Jan. 18th | 6:30pm-8:00pm. Learn the process of maple sugaring in your own back yard!

Andrew Mattiace from Beaver Brook Maple in Bow will delve into the world of maple sugaring in NH while discussing the basics of tree science, process of maple sugaring, modern technology used and more. Learn when, where, and how to tap maple trees in this fun and interactive workshop. Samples of different syrups and maple syrup products will be available to try! Registration is required, visit our Library Calendar to Sign Up.

IN THE GALLERY

DECEMBER 5 THROUGH JANUARY 7

Current Exhibit: Eric Anderson | Photography



Eric has been capturing the Town of Bow's history through his beautiful photography for many years. He frequents most of our Town's events and gatherings and his photographs have been featured in our Annual Reports, displayed at the Town Municipal Building and Baker Free Library and are featured monthly throughout the BFL eNewsletter and The Bow Times.

To learn more about Eric Anderson, please stop by the Gallery between December 5 and January 7th and enjoy some of his hand selected favorites of winter time in Bow.

If you are interested in being a Featured Artist in the Gallery in 2023, contact Amelia at amelia@bakerfreelib.org.

Visit our Online Calendar to sign up for upcoming programs and events at bakerfreefoundation.org.



Fire Pond | Eric Anderson



Cats | Eric Anderson

STAYING ON TRACK DURING THE HOLIDAYS

by Jim Olson

The holidays are primed for over indulgence, but you can stay on track by eating healthy and exercising regularly. Plan in advance to enjoy the holidays without feeling deprived or guilty.

Make a calendar that includes holidays, parties, and other occasions you don't want to miss.

Schedule events on your calendar and plan to eat a small amounts of certain foods.

Decide in advance how you'll handle each event.

Anticipating a situation can help you handle it more easily and effectively. Maybe you can eat a light meal *before* going out or bring your own healthy dish.

Include your workout plans on the calendar

Keep track of your progress, and make adjustments as needed. Use the extra free time during holidays to be more active.

If you're going on a long drive, pack healthy food...

Try trail mix, yogurt, apples, whole-grain crackers, and hummus. Avoid stopping at restaurant or fast-food drive-throughs.

Read the labels at the grocery store.

It's shocking how much sugar and sodium are found in packaged foods. Search for the better options.

Ditch the Big Bads.

Enjoy the pie without the whipped cream. Watch the alcohol consumption. Use low-fat dairy and substitute healthy sweeteners for sugar. If you're cooking, take control of the ingredients — instead of butter use olive oil, instead of sugar use cinnamon or fruit, etc.

Wait before piling on second helpings.

It takes our brains approximately 10 minutes to register that we've had enough. Wait 10 minutes and see if you really want it then.



Jim Olson

Plan some physical activity before or after the Big Meal. Go for a walk around the neighborhood. Have a video workout ready. Throw the football around.

Don't skip your workout just because it's a holiday!

Keep your workout schedule, even if it's less intense. Keep the rest of the routine intact as well, with your journaling, meditation, etc.

Eat before you go.

If you go shopping, be sure to eat something first. Then you won't be as tempted by mall food or a barista high-fat concoction of calories. Parties and gatherings will tempt you to over-indulge, try eating beforehand. This will reduce the chance you'll be hungry and end up eating something unhealthy.

Make Smart Choices.

Holidays are a special time of year, but if you don't take care of yourself, they can sabotage your efforts and make you want to give up. Make a plan so that you can have fun and stay healthy this season! You do not have to ruin your health goals because of the holiday season. It is simply one time of year where healthy eating usually takes a back seat to indulgence. If you slipped up one day (and who hasn't?) don't beat yourself up over it! Let go of your guilt and resolve to do better with your diet or workout.

So, use these tips, enjoy moderately and enjoy the season while still looking and feeling your best.

*Wishing you all a most joyous
and Happy Holiday*

from all of us at Individual Fitness, LLC!

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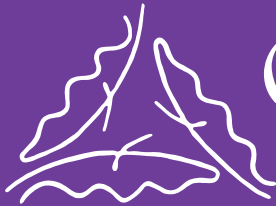
Join us for 30 days towards a healthier you!

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Hopkinton Real Estate Sales – NOVEMBER

ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
11-02 Old Stagecoach Road	LAND	LAND	2.817 Acres	\$160,000
100 Spring Street	3 Bedrooms 2 Bathrooms	1,309 Square Feet	0.64 Acres	\$200,000
00 Briar Hill Road	LAND	LAND	20.38 Acres	\$220,000
1399 Briar Hill Road	3 Bedrooms 1 Bathrooms	2,120 Square Feet	0.91 Acres	\$250,000
1037 Upper Straw Road	3 Bedrooms 2 Bathrooms	1,829 Square Feet	1.878 Acres	\$375,000
23 Woodwells Garrison	3 Bedrooms 2 Bathrooms	1,374 Square Feet	0.42 Acres	\$375,000
73 Cedar Street	3 Bedrooms 3 Bathrooms	1,532 Square Feet	0.46 Acres	\$399,000
Lot 51.2 Gould Hill Road	LAND	LAND	25.815 Acres	\$530,000
51 Willoughby Road	5 Bedrooms 5 Bathrooms	4,435 Square Feet	2.95 Acres	\$770,000
960 Briar Hill Road	4 Bedrooms 3 Bathrooms	3,038 Square Feet	36.3 Acres	\$1,300,000

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HOPKINTON - CONTOOCCOOK TOWN CRIER

by Kathleen Butcher
724-3452, kathb123@comcast.net

TWO VILLAGES ♥ ONE HEART

BEAUTIFUL ANTIQUE SLEIGHS & CARRIAGES can be found throughout December, at Storms Fitness, Merrimack County Savings Bank, Riverside Pizza, Slusser Center and Hopkinton Town Library. Come view and drop-off donations. Thank you Brian Erikson and Dottie Brown for their displays and collecting of food.

SHOPPING FOR GIFTS? Give Hopkinton Hawks pride to everyone on your list this year! <https://www.hopkintonpta.org/shop>.

THE TWO VILLAGES ART SOCIETY annual Winter Member Show is open. Support over 30 local artists as you shop prints, watercolors, greeting cards, ornaments, jewelry, clothing, felted animals, wooden bowls, hand carved spoons, poetry books, and more! Gallery hours, Thursday through Sunday from Noon to 4:00.



HOPKINTON HISTORICAL SOCIETY stop in to view the current exhibit, *Gather Round: Telling Our History Through Food*. You can check out vintage aprons, share your favorite (and not so favorite) foods, and find out about recipes using native plants. We also have a fresh shipment of our Contoocook River tee shirts and Two Villages aprons. Open on Friday from 9:00-4:00 and Saturday from 9:00-1:00.

MERRIMACK'S ANNUAL MITTEN TREE DRIVE is officially underway. Drop off new handmade or store-bought mittens, gloves, hats and scarves at any of our locations and for every item we collect we'll donate \$2 to local food pantries! The Contoocook branch of Merrimack County Savings Bank is located at 35 Kearsarge Avenue. Lobby hours are Monday through Friday 8:30-5:00.

EVERY TUESDAY 5% of proceeds from sales at Indigo Blues & Co., Maple Street Mercantile and Witching Hour Provisions will be donated to local Hopkinton non-profits. December recipient is Contoocook Carry Community Fund.

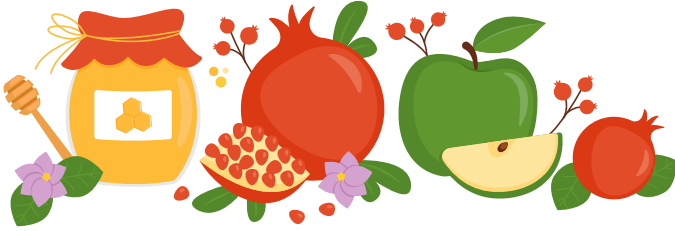
OPERATION HOLIDAYS With this year's dramatic rise in heating costs, your support for Operation Holidays is especially needed. Community donations will help ensure that every family in our town has a bright holiday season. For those wishing to help, checks should be made out to Hopkinton Human Services (memo line/ Operation Holidays) and mailed to Hopkinton Human Services Department, 330 Main Street, Hopkinton, NH 03229.

Hopkinton residents in need of assistance with heat, food, housing, and medication should contact Human Services Director Alicia Presti at 603-746-8244 or email humanservices@hopkinton-nh.gov.

CONTOOCCOOK CREAMERY EGGNOG is back in full force just in time for the Holiday Season! Until New Years, shelves will be stocked at select Independent retailers, including Market Basket and Hannaford supermarkets! Eggnog also is available at Bohanan Farm, 945 Penacook Road in Contoocook. Our farm store is open seven days a week during daylight hours (follow the road into the farm all the way to the back).

THE SLUSSER CENTER offers in person dining for Wednesday Senior Lunch. A \$5 donation is requested. Information at (603) 746-8263 or www.HopkintonRec.com. Feel free to stop in the Slusser Center Monday-Friday from 9:00- 4:00 for a tour and to pick up a full list of programs for adults 50+.

DIAL-A -RIDE is open for rides for Hopkinton/Contoocook residents for medical appointments and any other errands such as shopping, banking and barber or hairdresser appointments. The office hours at the Slusser center are Monday, Wednesday and Friday 10 AM to noon. Call 603-746-4357 to schedule an appointment or to volunteer.



CONTOOCCOOK FARMERS' MARKET is open Saturday 9-noon inside Maple Street School. Stay up to date by visiting the Facebook page Contoocook Farmers' Market. SNAP/EBT accepted.

CONTOOCCOOK RAILROAD MUSEUM is entering the last phase of its Semaphore Mast Replacement Project. The semaphore, or signal mast, is the large wooden timber that extends beyond the roofline of our depot. The semaphore holds the signaling mechanics and lantern once used for signaling information to oncoming railroad vehicles. The project to replace the mast, which had significant weather damage, began four years ago and is expected to be completed Spring 2023. For photos and information go to www.contoocookdepot.org/semaphore.html.

HOPKINTON TOWN LIBRARY This month's Book Group selection is *The Book of Longings* by Sue Monk Kidd. Copies of the book (regular print and large print) and audiobook are available at the desk at the library. In addition the audiobook is available to download via Overdrive/Libby. Book Group discussion will be on Wednesday December 14th at 1:00. The meeting will be held in the Local History Room and via Zoom.

SOCIAL EMOTIONAL LEARNING BACKPACKS are available to check out at the Hopkinton Town Library. Through a partnership between the Hopkinton Town Library and the school district, there are assembled backpacks for families to borrow filled with books, activities, resource recommendations and games supporting healthy and age appropriate social emotional development including: PreK-kindergarten: friendships, likes, dislikes, feelings, grades 1-3: calming strategies, communicating feelings, contributing to community, consideration, empathy, many cultures, when problems seem really big. Come to the Hopkinton Town Library and check the out! This initiative made possible with support from the Hopkinton Library Foundation.

WINTER PARKING BAN in effect through April 15. For the purpose of snow removal and winter highway maintenance, there shall be NO PARKING upon any public right-of-way, or in any public parking lots within the Town of Hopkinton between the hours of 11:00 p.m. and 7:00 a.m. Exceptions: Cedar Street parking lot – 6 marked spaces facing toward and running perpendicular to Cedar Street. Municipal parking lot at Riverway Park – 5 marked spaces facing toward the bandstand and running parallel to the Contoocook River. All vehicles found in violation are subject to fine and may be towed. Costs of removal and storage fees shall be at the expense of the owner of the vehicle.

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&
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HOPKINTON POLICE DEPT.

10 Arrests 7 Accidents 215 Traffic Stops NOVEMBER 2022 ARREST LOG

11/04 Michael Trombley, 62, of 491 Schoodac Road, Warner, was arrested for DUI.

11/08 Francis Tansey, 68, of 125 Brookwood Lane, Hopkinton, was charged with Conduct After Accident.

11/12 Joseph Tafuri, 31, of 59 2nd NH Turnpike, Hillsboro, was charged with Drive After Revocation/Suspension and Suspension of Vehicle Registration.

11/18 Alexander Apanyin, 39, of 560 East 82nd Street, Brooklyn, NY was arrested for Reckless Conduct and Reckless Operation.

11/21 Walter Fredette, 61 of 498 Stickney Hill Road, Hopkinton, was charged with Dog; Menace, Nuisance, Vicious.

11/24 Matthew Beal, 33, of 15 Spring Street, Laconia, was arrested on Warrant.

11/26 Christian Green, 18, of 73 Bullard Lane, Sharon, VT was arrested for Reckless Operation, Possess/Use Tobacco Product by Minor and Misuse/Fail to Display Plates.

11/27 Jeremy Arroyo, 19, of 13 Cobble Hill Drive, Dover, was arrested for Transport Alcohol by Minor, Open Container, and Manufacture/Possess Fake ID.

11/29 Tyler Whitford, 30, of 349 South Beech Street, Manchester, was arrested for Cntrl Drug: Sched 1-4; Possession and Drive After Revocation/Suspension; DUI.

11/29 Justin Murphy, 50, of 365 Bridge Street, Manchester, was arrested for Cntrl Drug: Sched 1-4; Possession and Open Container.

TOP LEVEL



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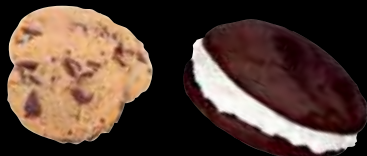
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ONE FAMILY AT A TIME!**

A GIFT FOR YOUR FAMILY DURING THIS HOLIDAY SEASON: *Part 1*

If we were speaking financially about the value of a *gift* that someone could give to you or your family (of course that is not a conversation we would tend to have, I mean who does that, really?) and I had the desire to give you a more beneficial *gift*, then I would provide you with the following *gift of advice*, which is likely one of the best financial *gifts* (of sorts) you are likely to ever receive (for many families this would absolutely be an accurate statement).

Well Ben, I love to receive gifts, what is this gift? Before we get to the gift, let me lay some groundwork first.

You, like many of my clients, have saved your money, collaborated with a financial advisor and an accountant for many years, resulting in financial security for you and your spouse. Your retirement years are looking most *joyous*.

What can go wrong? As you very well know, long-term care costs are significant (the average nursing home cost per month in New Hampshire in 2020 was approximately \$11,000) and can place a massive dent in the family coffers in relatively short order, leaving the healthier spouse (community spouse) much less comfortable, financially speaking, over his or her remaining years.

THE ROLE OF THE ELDER LAW ATTORNEY. I have written in the past regarding two areas of focus for an elder law attorney, *asset protection* and *applying for Medicaid to pay for long-term care*, and how it is the role of the Elder Law Attorney to utilize his/her knowledge of those laws to benefit clients.

SPEND-DOWN. The Elder Law Attorney takes on the very important task of developing (I like to use the term quarterbacking) a spend-down plan (often working with financial planners/accountants). What is a spend-down you ask? Without going into too much detail, a family's total assets must be under a specified dollar amount in order for Medicaid to be approved to pay the bill for the spouse that is now residing in long-term care (institutionalized spouse). The experienced Elder Law Attorney has a number of tools to utilize in assisting a family in achieving the spend-down. The point of a carefully crafted spend-down plan is to keep as much value as possible, within the confines of current law, for the support the community spouse. Once this is completed, the next step is to file a properly compiled Medicaid application resulting in approval for Medicaid benefits to pay for the long-term care cost for the institutionalized spouse.

END PART I: the powerful conclusion will be available next year!

In the meantime, may you and your loved ones have a Merry Christmas (or other holiday) and Happy New Year!

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GIVING

Welcome to December 2022! Where is the time going? As I write this we have 20 more days until Christmas. Likely far less when you are reading this. I looked back over my December articles for the past seven (yes 7!) years and discovered that I have not once written to you about giving in these articles. So, at long last, here it is.

It is the season of giving. I hope you take time throughout the year to give to yourself and others. Yes, we all focus on it here at the end of the year as we head into celebrating Christmas and Hanukkah (and likely other religious holidays that I am unschooled in). It is important to remember to give as much and as often as you can.

I realize not everyone can give money, not everyone can give time, not everyone can give many things, but everyone can give something. Most all of us can smile, say nice words or even just wave to other people. We can share what we do have. As you can gather, giving is not just a monetary thing. It is not just presents and things we buy.

We have many talents we can share. Some sing beautifully, some play the music, some of us cheer and clap. Some dance, some cook, some paint, some write or speak or even simply pray for others. There is always something that we have to give.

Often in life, the simple, easy, free things we have to offer are the best gifts to share.

Please remember to open the door for another, hand them the cart you were about to pull out for yourself, step aside so others can get by, say excuse me as you step by others. Say hello to the people ringing the bell and wish them well, even if you do not have money to put in the kettle. It makes them feel much happier than you intentionally ignoring them.

Simple kindnesses makes the biggest difference. Share your gifts of kindness with as many people as you are able - all year long! You will be giving yourself a gift as well. When we do something nice for someone else and they appreciate it we have just made both people happy.

I am sending love and kindness out to all of you. I hope you will share it with everyone you encounter as well. May your holidays and all of 2023 being your best, happiest and kindest days yet! Donna



DUNBARTON NEWS



LIBRARY'S BOOK GROUP will hold their No Book Party on Dec 21 at noon. FMI dunlib@gsinet.net.

HOLIDAY RECESS Dunbarton Elementary School will have early release on Fri Dec 23. The Holiday Recess runs Mon Dec 26 through Mon Jan 2. Town Offices will be closed all day on Mon. Dec. 26.

CHAIR YOGA with Sherry Gamble-*Please meet on the first floor of the Vestry* on Thurs. Dec 29 at 11am. Wear comfy clothes.

TOWN HALL CONSTRUCTION UPDATE: the LULA chair is now in place, but still needs more electrical work. Finish work begins after this is completed. Due to construction delay, the library will continue curbside delivery into the New Year. Please stay out of the area for your own safety.

THE LIBRARY'S PICK-UP BIN was moved into the Town Offices at 1011 School Street to keep materials dry. Find the bin just inside the hallway on the Building Department--right side of the building. Call 774-3546 for assist.**Pick-up only until 4:00 pm---when Town Offices Close** On Saturdays, the bin will be outside next to the Book Drop. With the time change, and limited lighting around the building, library hours were modified for safety of patrons and staff: Current Hours: Tues, Wed and Thurs 10:00am to 5:00pm (pick-up until 4:00pm), Fri 10:00am to 4:00pm, and Sat 10:00am to 2:00pm.

TO THE MAP CASE! Discovering Your Ancestor's World using Local Maps VIRTUALLY presented by Erin Moulton, Thurs, Jan 5, 2023 at 6:30pm via Zoom. Historic Maps are not necessarily a first stop on the genealogical journey, and yet maps can provide you with clues to further your research as well as give context into your ancestor's lives. But where do you begin? What maps are out there? We'll make pathways from local history books through physical map cases and then head out into the web to explore epic digital collections. FMI email the library dunlib@gsinet.net for the link.

MAKING VEGAN SAUCES with Leslie Cercier scheduled for Tues, Jan 10, 2023 at 6:30 pm via Zoom. FMI email the library dunlib@gsinet.net

NH HUMANITIES - VIRTUAL Perspectives Book Discussions. The library will again host humanities presenters as book club facilitators for Jan and Feb adult book groups. Thanks to a Perspectives grant from NH Humanities, the library will host: Damian Costello on Wed, Jan 18, 2023 at 6:30pm for a discussion of Black Elk Speaks by Nicholas Black Elk and John G. Neihardt.

Nora LeDuc
dtowncrier@gmail.com • 603-774-3141

DUNBARTON POLICE DEPT

ARRESTS & OFFENSES

Dunbarton Police Officers handled various arrests/incidents leading to charges/offenses during the month of October which include, but may not be limited to:

STALKING, DEFAULT OR BREACH OF BAIL CONDITIONS

An adult female was charged with stalking and default or breach of bail conditions after violating conditions imposed following a domestic violence related arrest.

ATTEMPTED SECOND DEGREE ASSAULT – STRANGULATION (FELONY)

An adult female was charged with attempted second degree assault, domestic violence assault, and simple assault following a domestic disturbance investigation.

OPERATING AFTER REVOCATION/SUSPENSION

An adult male was charged with operating after revocation/suspension, change of address and an equipment violation following a traffic stop.

PROTECTIVE CUSTODY

Mental Health: An individual was taken into protective custody for a mental health evaluation.



MARK YOUR CALENDARS FOR THE SPECIAL OLYMPICS OF NH POLAR PLUNGE!

Members of the Dunbarton Police Department will be participating in the Special Olympics of New Hampshire's Polar Plunge in March, of 2023!

For 2022's event we raised nearly \$1,500 and we'd love to top that this time around! Please consider making a donation to support this outstanding organization!

We are working on scheduling community events in 2023. If there is a specific event or topic that you'd like to see, please e-mail Chief Remillard at chrisremillard@gsinet.net.

At present, we are working on the Special Olympics of NH Polar Plunge, Coffee with a Cop, our Annual Bicycle Rodeo, and a Fraud Awareness Presentation in partnership with the New Hampshire Attorney General's Office.

Dunbarton, N.H. 03046

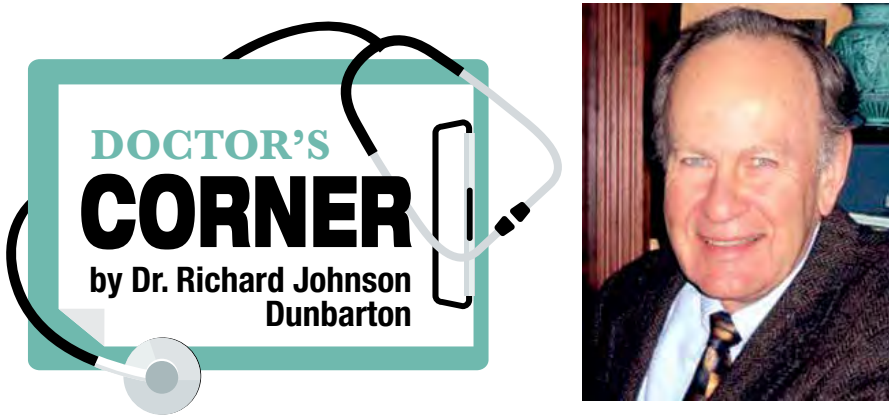
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INTIMATE PARTNER VIOLENCE

We are in the “holiday season” with Veterans Day on 11 November, Thanksgiving on 24 November, Hanukkah on 18 December, Christmas on 25 December, New Year’s Eve on 31 December. There are between 10 and 20 different governmental, religious, cultural, and fun events celebrated on each day in November and December! Despite these times of celebrating with friends and families, Intimate Partner Violence does not take a break. Here are some possible reasons: there is increased stress at this time involved with money and planning. There is frequently more alcohol (and possibly other drugs) consumed. And there is more opportunity for the abuser and victim to be together.

Intimate Partner Violence (IPV) is a term describing physical violence, sexual violence, stalking, and psychological aggression by a current or former intimate partner (1). The CDC defines an intimate partner as a spouse (married, civil unions, domestic partners, common-law), boyfriends/girlfriends, dating partners, and ongoing sexual partners. The intimate partners may or may not be cohabiting and can be of the opposite or same sex (2).

Nearly one in four adult women and one in seven men report being a victim of IPV during their lifetime. In the US IPV is the leading cause of serious injury and death to women ages 18-24. IPV victims are at increased risk of developing major depression and PTSD, attempting suicide, and abusing drugs and alcohol. Women exposed to IPV have a fivefold increased risk of suicide.

40% of women who are homicide victims are killed by an intimate partner (1). 88 – 94% of the physical injuries from IPV to women involve the head and neck. 45% of these injuries involve the eyes, hence IPV is the third leading cause of orbital fracture. If the woman is pregnant her abdomen and breasts become the focus of injury.

Besides the devastating personal injury, the lifetime cost to our society is about \$3.6 trillion. For a given woman, the lifetime cost is about \$104K (5).

Because the victim of IPV may be financially dependent on the abuser and at times the victim may feel that they are a shield for their children it may take domestic violence survivors seven times to leave the relationship for good. Although you may want to step in and remove the victim who is sustaining IPV, it is important to remember that such an action, like the abuse, takes away the victim’s autonomy. They are the only one who can decide what is good for them, and they must make their own decision. You certainly can be supportive and help the victim develop a safety plan. Encourage the victim to talk to people who can provide help and guidance (3). In 2017 the CDC developed strategies to address the problem of IPV (6), and I encourage everyone to read it and think about how you can make a difference in your town, your school, your family.

The National Domestic Violence Hotline is open 24/7: 1-800-799-7233. There are several phone apps designed to help victims of IPV (4).

1.

www.facs.org/for-medical-professionals/professional-growth-and-wellness/ipv/

2.

www.cdc.gov/violenceprevention/pdf/intimatepartnerviolence.pdf

3.

www.ccdv.org/helping-someone-you-know/

4.

www.divorcestrategiesnw.com/2020/07/lifesaving-apps-for-survivors-of-domestic-violence/

5.

www.cdc.gov/violenceprevention/intimatepartnerviolence/fastfact.html

6.

www.cdc.gov/violenceprevention/pdf/ipv-technicalpackages.pdf

HIGH SCHOOL NEWS

BOW HIGH SCHOOL GIRLS SOCCER COACH HONORED

The New Hampshire Soccer Coaches Association released its All-State rosters and the typical end-of-season awards.

Bow High School girls' varsity soccer coach, Jay Vogt was recognized by his peers by being voted into the NSA Hall of Fame after leading the Falcons to the top seed in Division II for 2022.

Vogt, who has led Bow's program for the past 19 years, coached the Falcons to a 153 record and an appearance in the semifinals for the 13th straight year. In his 19 years as head coach, Bow has won six championships (most recently winning the D-II title in 2021 and 2017) and made 10 finals appearances between D-II and D-III.

Bow had the most All-State and Honorable Mention picks of all area programs, and had the most Twin State Lions Cup selections out of any team in the state. Falcon forward Lyndsey LaPerle, midfielder Bella LaPerle and defender Marissa Green were selected to the an all-star squad, comprised of the best seniors across all four NHIAA divisions. New Hampshire's senior all-stars will play in the annual Twin State Lions Cup against the top seniors from Vermont next summer.

HOPKINTON STARS PICKED FOR DIVISION III SOCCER

DIVISION III

First Team: Hopkinton’s Lexi Lawler (defense).

Second Team: Hopkinton’s Elise Miner (midfield) and Lizz Holmes (forward).

SECOND QUARTER HONORS		
BISHOP BRADY		
HIGH HONOR ROLL		
Joseph Richardson	Grade 9	Hopkinton
Claire Chimienti	Grade 10	Hopkinton
Emma Richardson	Grade 10	Hopkinton
Caroline Michaud	Grade 11	Dunbarton
Nathan Steigmeyer	Grade 12	Bow
Nicholas Steigmeyer	Grade 12	Bow
HONOR ROLL		
Gwyneth McLaughlin	Grade 9	Bow
Talon Perkins	Grade 10	Dunbarton
Ana Badau	Grade 11	Hopkinton
Evan Dow	Grade 11	Bow
Meghann Geiger	Grade 11	Hopkinton
Xander St. Pierre	Grade 12	Bow

BOW GARDEN CLUB

The Garden Club would like to thank the many generous citizens of Bow who contributed to this year's annual Pajama and Book Drive. Thanks to you, hundreds of needy children will have at least one pair of new pajamas and a new book of their very own.

Collection boxes were set up in the entrances of both the Baker Free Library and the Bow Community Building on October 1st and they were filled and emptied several times over the following six weeks.

A number of private donations were also accepted at members' homes, which altogether accrued a total of 348 pairs of pajamas and 237 books for the children serviced by Family Promise, Friends of Forgotten Children and Bow Human Services. "Thank You, Bow!"

Neither snow, nor the rain that fell on Saturday, December 3rd could dampen the Garden Club's enthusiasm for their annual Poinsettia Pre-Sale "Pick Up" and "Greens Sale" event.

Patrons arrived at the Bow Community Building throughout the early afternoon hours to pick up beautiful red, white or pink poinsettias they had pre-ordered in mid-November. And while picking up their reserved plants, they also had the opportunity to browse through the myriad of decorated Christmas wreaths, freshly made swags and festive planter pots that our "BGC Elves" had enjoyed making throughout the day.

Beautiful handmade holiday bows of various sizes and patterns were also for sale. Once again, the Garden Club would like to thank the citizens of Bow for patronizing both their Poinsettia and Greens Sales.

The Garden Club will be "hibernating" for the winter months of January through March, with the exception of Executive Board members who will continue to meet to plan out both the new educational programs that will be offered at our monthly membership meetings in 2023 and to coordinate next year's civic beautification projects. Anyone interested in joining the club in 2023 can visit our webpage for information about us and to access membership information. You should also feel free to contact Club President Keryn Anderson at (603) 731-6425.



Collection of Pajamas and books delivered to Friends of Forgotten Children. Left-Right: Erika Flewelling, BGC member; Pam Smith, Founder and Director of Friends of Forgotten Children; Joyce Kimball, Bow Garden Club member.



Poinsettias were delivered to waiting cars by the "wagon load."



Lisa Richards, seen here with examples of festive planter pots.



Some of the many fresh green swags available at the "Greens Sale".

Happy Holidays
from the Bow Garden Club!

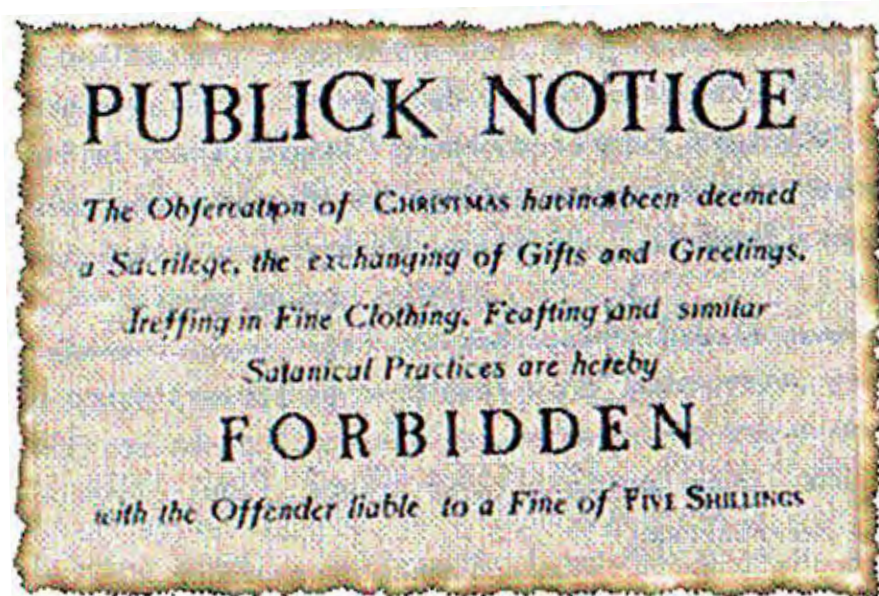


A Little History on Christmas in New England

Going way back to when the Pilgrims came to America in 1620, they were very strict and because the Bible did not name any holiday except the Sabbath, Christ's birth didn't originate as a Christian holiday. Puritans didn't celebrate it throughout the 17th and 18th centuries. On the first Dec. 25 the settlers spent in Plymouth Colony, they worked as they would any other day.

Puritans in the English Parliament eliminated Christmas as a national holiday by law in 1645, amid widespread anti-Christmas sentiment. Settlers in New England went even further, outlawing Christmas celebrations entirely in 1659 and they remained banned until the 1680s. Evergreen decorations were discouraged in New England homes and merry-makers were prosecuted for disturbing the peace. Anti-Christmas sentiment flared up again around the time of the American Revolution. Colonial New Englanders refused to mark it as a holiday and it was only in the following decades that disdain for the holiday slowly faded away. Clement Clarke Moore's poem "A Visit From St. Nicholas" - aka "Twas the Night Before Christmas" — was published in New York in December of 1823 to enormous success.

It wasn't until the 1830s and 1840s that Christmas celebrations were beginning to be accepted in New England. In the aftermath of the Civil War, Christmas became the festival highpoint of the



American calendar. In 1870, President Ulysses S. Grant formally declared it a federal holiday in an attempt to unite north and south. For decades thereafter, Christmas was celebrated with nativity scenes and the wish for all to have a Merry Christmas.

According to the Pierce Brigade, a group that operates The Pierce Manse in Concord, it is believed that in 1856 President Franklin Pierce, a New Hampshire native, was the first President to introduce a Christmas Tree to the White House, however, according to the White House Association, the first recorded Christmas tree in the White House was by President Benjamin Harrison in 1889. The first President to add a religious image, a nativity scene, to the White House Christmas card was President Kennedy in 1963, although the card was never sent as he was

assassinated just days before they were to be mailed. Not long ago, the magic of Christmas was seen everywhere as stores, main streets and churches were beautifully decorated and children freely sang Christmas carols in the classroom and cut out nativity scenes to be hung up. You won't find that today as schools now are censored. Gone is a time when teachers would share the story of the nativity, angels and shepherds.

Today, religious objects are not usually displayed in school, whether it is a Menorah, Star of David or Nativity scene, for fear of offending someone. Religion has been replaced in classrooms with The Polar Express story, Rudolph and the "Elf on a Shelf."

Schools cautiously straddle the line of our freedom of church and state. In *Allegheny v. American Civil Liberties Union* (1989), the Supreme Court ruled that Christ-

mas trees have the standing of cultural icons and, thus, are not religious practices. And in *Florey v. Sioux Falls School District* (1980), the court wrote:

"The First Amendment does not forbid all mention of religion in public schools; it is the advancement or inhibition of religion that is prohibited." ... Hence, the study of religion is not forbidden "when presented objectively as part of a secular program of education." ... We view the term "study" to include more than mere classroom instruction; public performance may be a legitimate part of secular study."

The Supreme Court has held that the Christmas tree, as well as a Hanukkah Menorah, is a secular symbol of the holiday season; therefore, the *temporary display* of either in a school does not violate the Establishment Clause.

This holiday season is now celebrated in many different ways: Wiccans and some Atheists celebrate the Winter Solstice; Buddhists celebrate Bodhi Day; Christians celebrate Jesus' Birth on Christmas; Jews celebrate Hanukkah and light candles on a Menorah; Kwanzaa is a week-long celebration.

However you celebrate, remember the main vein of all of these religions is to share faith, hope, belief, thankfulness, rebirth, enlightenment and unity.

Let's all show love and kindness this season.



BOW PIONEERS CLUB 50TH ANNIVERSARY

The Bow Pioneers Club is a non-profit organization established in 1972 to promote fun and family enjoyment for all seasons. Our trail system encompasses over eighty miles of trails in the towns of Bow, Dunbarton, Concord and Hopkinton.

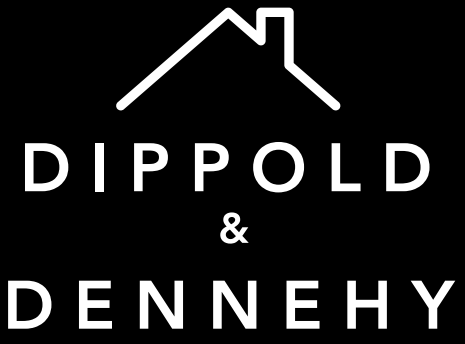
We started as the Bow Pioneers Snowmobile Club and our recreational trail system has seen thousands of hours of upkeep over the years and it

has evolved to something that isn't just for winter sports, we maintain it for all seasons and all outdoor enthusiasts.

For those that know us, you know what is near and dear to everyone's heart, it is the Saturday morning "four hours," of trail work, right... four hours, where the small group of eleven diehard volunteers work to repair rotting bridges, clear downed trees, remove annual brush growth, wind damage, creating and sometimes re-routing trails for all residents to enjoy year-round.

You may not know it, but YES, WE DID, we built the Longest Snowmobile Club Trail bridge in Southern NH! After two years in the permitting process the largest bridge project the club has ever attempted is now complete! After countless hours working with Bureau of Trails, Department of Environmental Services, the Town Planning Board, Fire Department and Conservation Commission we finally were able to complete the permitting process and ultimately start and finish this enormous project. There is no way we could have finished this without the employment of some key organizations, fellow members, and volunteers.

With three groomers, five drags, a UTV (trail work), chainsaws, pole saws, various other tools and equipment we maintain for trail work along with the eighty miles of trail, we really have no shortage of projects, however, the trails committee always likes to hear from you, the "trail enthusiasts" in town, so send us your input on what areas need trail work! Please email the club at bowpioneers@email.com, we hope to see you enjoying the trails with us this winter!



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NOVEMBER 2022 REAL ESTATE SALES IN BOW

ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
15 Evergreen Drive	3 BR 2 BA	2148 Square Feet	1 Acre	\$382,500
70 Woodhill Hooksett Road	4 BR 2 BA	1824 Square Feet	2 Acres	\$399,900
1280 Route 3A	5 BR, 4 BA	2156 Square Feet	2.17 Acres	\$417,500
72 White Rock Hill Road	3 BR 2 BA	2000 Square Feet	1.14 Acres	\$435,000
15 Albin Road	3 BR 2 BA	2162 Square Feet	1 Acre	\$521,000
40 Stone Sled Lane	3 BR 3 BA	3110 Square Feet	CONDO - shared acreage	\$600,000
3 Surrey Coach Lane	4 BR 3 BA	3260 Square Feet	2.3 Acres	\$603,000
25 Poor Richards Drive	4 BR 3 BA	3175 Square Feet	1.3 Acres	\$619,000
29 Tonga Drive	3 BR 4 BA	3740 Square Feet	2.04 Acres	\$712,500
12 Chelsea Drive	4 BR 3 BA	2784 Square Feet	2.81 Acres	\$725,000
18 Merrill Crossing	4 BR 3 BA	2863 Square Feet	2.25 Acres	\$789,000

NOVEMBER 2022 REAL ESTATE SALES IN DUNBARTON



ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
0 Everett Road Extension	LAND	LAND	7.00 Acres	\$66,500
11-7 Hilltop Lane	LAND	LAND	13.55 Acres	\$275,000
1274 Montalona Road	2 BR 1 BA	975 Square Feet	2.50 Acres	\$300,000
71 Overlook Drive	3 BR 2 BA	2210 Square Feet	2.08 Acres	\$660,000
1007 School Street	MULTI-FAMILY	7800 square Feet	6.59 Acres	\$925,000
15 Flintlock Farm Road	4 BR 7 BA	4885 Square Feet	10.06 Acres	\$1,210,000

Sales Data for NOVEMBER 2022 provided by the NHMLS.

TESIMONIAL

From Another Satisfied Customer

This fall my wife and I listed our Bow condominium for sale with Dippold and Dennehy and a month later we were under contract for over our asking price. Ann was professional and always available by phone or text for our questions and updates on possible buyers. She made recommendations on how to enhance our home’s appearance and presentation. She also scheduled showings working with our schedule to accommodate everyone involved. She knows the Bow and Concord area market and we highly recommend her whether you are buying or selling.

Chuck and Debra Douglas



Merry Christmas
AND
HAPPY NEW YEAR

Ann, Bianca, Erin, Gary, Heather and Joya



LORI FISHER SELECTED MAINE STATE LIBRIAN

The Maine Library Commission is pleased to announce that after a national search, it has selected Lori Fisher as the next State Librarian. She will begin her tenure on January 3, 2023.

Ms. Fisher comes to the State Library from The New Hampshire State Library where she has worked as the Assistant State Librarian since May 2019. Prior to her

work at the State Library, Ms. Fisher was Director of the Baker Free Library in Bow, NH for 11 years.

“Lori brings with her a wealth of experience that she can immediately put to work here in Maine,” said Heidi Grimm, Chair of the Maine Library Commission. “Her familiarity with state government, managing New Hampshire’s federal funds from the Institute of Museum and Library Services, and her experience from a largely rural state are just a few of the strengths Lori will bring with her to Maine. We are confident she is the right person at the right time to take the helm at the State Library.”

In addition to Ms. Fisher’s experience at the state library she is active in several professional organizations. She is the NH Library Association chapter councilor to the American Library Association (ALA) governing body and a member of various

national committees such as the ALA Committee on Legislation, the United for Libraries Intellectual Freedom & Advocacy Committee, and ALA Policy Corps. Ms. Fisher also has received recognition for her work within the library profession, including the 2017 NH Library Trustees Association Library Director of the Year award, the 2017 Ann Geisel Award of Merit from NH Library Association, the 2020 NH Library Trustees Association Dorothy M. Little award, and the 2021 Impact Award from the NH School Media Library Association.

“I am thrilled to be the next Maine State Librarian, said Fisher. “This is a once-in-a-lifetime opportunity to help the dedicated staff of MSL grow the partnerships that support and enhance the lives of all Mainers. I look forward to building on the work that has been accomplished across the state in our libraries and communities.”

Ms. Lori Fisher replaces Jamie Ritter who had been State Librarian since 2014.

THOUGHT FOR THE DAY

“When I look back, I am so impressed again with the life-giving power of literature.

If I were a young person today, trying to gain a sense of myself in the world, I would do that again by reading, just as I did when I was young.”

Maya Angelou

RESPONSE ACTIVITY LOG NOVEMBER 2022



- 12 Basic Life Support Transports
- 19 Advanced Life Support Transports
- 30 Non-Transport Care Refusal
- 0 Paramedic Intercepts
- 29 Fires/Hazardous Conditions/Alarms
- 19 Service Call Incidents/Good Intent
- 11 Overlapping Incidents
- 110 Total Calls for the Month



It’s fun to decorate for the winter holidays, but holiday decorations can increase your risk for a home fire. As you deck the halls this season, be fire smart.



Half of the home decoration fires in December are started by candles.



More than 1/3 of home decoration fires are started by candles.



Christmas is the peak day for candle fires.



Keep candles at least 12 inches away from anything that burns.



A dry Christmas tree can burn very hot and very fast.



More than 1 in every 5 Christmas tree fires were caused by a heat source too close to the tree.



Read manufacturer’s instructions for the number of light strands to connect.



Make sure your tree is at least 3 feet away from heat sources like fireplaces, radiators, space heaters, candles or heat vents. Also, make sure your tree does not block exits.



Get rid of your tree after Christmas or when it is dry.



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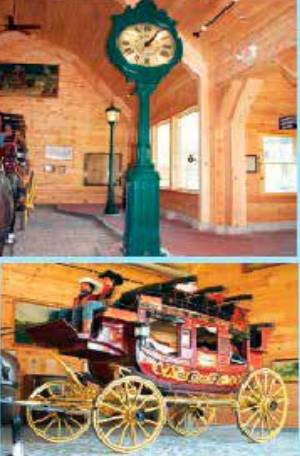




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WISHING ALL A WONDERFUL HOLIDAY SEASON AND A

Merry Christmas!



BOW POLICE LOG

NOVEMBER 2022 ARREST LOG

11/1 Payson Tracey, 28, Allenstown, was summonsed for driving after suspension subsequent offense

11/4 Shawn Labonville, 53, Laconia, was arrested on two counts of possession of a controlled drug and transporting drugs in a motor vehicle

11/5 Kelly Delisle, 32, Derry, was arrested for stalking and criminal threatening; Jeremy Desmond, 32, Weymouth, MA, was arrested for transporting drugs in a motor vehicle, Possession of a controlled drug; premises were kept and driving after suspension

11/6 Carol Andrews, 50, Limington, ME was arrested for driving while under the influence and resisting arrest or detention

11/7 Daniel Bonina, 43, Littleton, was arrested on an electronic bench warrant for DV-Simple Assault

11/8 Peter Emanuel, 60, Bow, was arrested for witness tampering, stalking, breach of bail, and unauthorized use of a motor vehicle

11/9 Robert Sandiford, 43, Bow, was arrested on two counts of criminal threatening and disorderly conduct

James Feltham, 58, Concord, was arrested for driving while under the influence, resisting arrest, and disobeying an officer

11/10 Leslie Wright, 54, Bow, was arrested on an electric bench warrant for failure to appear

Sean Deshnaw, 32, Concord, was arrested on a warrant for receiving stolen property

11/12 Adam Dolloff, 32, Holderness, was arrested on two counts of identity fraud, obtaining personal information

Ashton Garland, 31, Bow, was arrested on an electronic bench warrant for failure to appear

Jason Weisberger, 47, Hudson, was arrested on two counts of possession of a controlled drug and felonious use of a firearm

11/17 Scott Lansill, 50, Waynesville, NC, was arrested on a warrant for stalking

11/19 Peter Emanuel, 60, Bow, was arrested for violation of a protection order

11/22 Peter Emanuel, 60, Bow, was arrested for violation of a protection order

11/23 Sylvia Stokes, 72, Hooksett, was arrested for operating after being deemed a habitual offender and driving under the influence

11/24 Nicole Hebert, 39, Concord, was arrested for possession of a controlled drug and on three electronic bench warrants for failure to pay court fines

Pablo Rodriguez, 22, Port Arthur, TX, was summonsed for operating without a valid license

11/27 James Walsh, 21, Bow, was summonsed for driving after suspension- subsequent offense

11/30 Catherine Lennon, 72, Bow, was arrested for stalking, violation of a court order; Other: One person was placed in protective custody

DEPT WELCOMES OFFICER PETERSON



Pictured left to right: Lt. Pratte, Officer Peterson, Lt. Lamy and Chief Miller are pictured at the graduation ceremony.

On Friday, November 18, 2022, Officer Micah Peterson graduated from the 190th New Hampshire Police Academy. Officer Peterson completed 16 weeks of intensive training provided by the New Hampshire Police Academy including physical fitness, NH law, firearms, driving, and scenario-based training. Officer Peterson will now be assigned to field training where he will work directly with Bow Police field training officers. His training officers will continue to teach and help improve Officer Peterson's skills and knowledge base of being a police officer. **Congratulations Officer Peterson!**

COMMAND TRAINING COMPLETED



The Justice System Training and Research Institute at Roger Williams University in Bristol, Rhode Island, in partnership with the New England Association of Chief of Police, recently recognized Lt. Phil Lamy (left) and Lt. Matthew Pratte (right) of the Bow Police Department for the successful completion of the "Command Training Series: Executive Development Course," a seven week comprehensive training program for senior police managers.



IMPORTANT CHANGES TO HELPSY CLOTHING AND TEXTILE RECYCLING PROGRAM

HELPSY now providing monthly textile Home Pick-up and Three Bag Minimum

The Town of Bow continues its partnership with HELPSY for free home pick-up of clothing and household textiles to residents. Pickups will now happen in Bow on the **THIRD SUNDAY** of the month, and there is a three bag minimum for each pickup. Sign ups still take less than a minute at www.helpsy.co/bownh. Once a timeslot is booked a driver will be scheduled to pick-up on the selected date. Clothing and textiles should be clean, dry, bagged and left outside close to the street prior to 7 am the morning of pickup.

HELPSY **accepts clean, dry, and bagged textiles** regardless of condition, and will accept used, stained, worn, or torn items such as clothing and accessories (including gloves, hats, belts, wallets, purses), suitcases and backpacks, shoes, towels, bedding, costumes, curtains, tablecloths, and stuffed animals. Even if you have one shoe or sock, or a broken zipper, these items are accepted by HELPSY for reuse or recycling.

Items that will not be accepted include breakable houseware or glass, electronics, furniture, building material, scrap metal, appliances, mattresses, encyclopedia sets, phone books or magazines.

A list of acceptable items can be found at:

www.bownh.gov/801/HELPSY-Clothing-and-Textiles-Pick-Up.

This Bow textile recycling program continues to be in addition to the drop-off containers at the Bow Community Building (the Bow PTO container) and the container at the Bow Mills Methodist Church, as well as other local programs that resell, reuse and/or recycle clothing and other textiles. Please continue to use these drop-off containers and programs as well. We hope the convenience of curbside pickup will encourage more people to recycle their clothing, textiles as well as the other items described above. The home pick-up program began in Bow in May of 2022, and since November of 2022, HELPSY has collected over 4000 pounds of clothing and other textiles.

For information contact the Town of Bow Recycling and Solid Waste Committee at bowrecycles@gmail.com. To learn about HELPSY municipal partnerships or to schedule a clothing drive fundraiser go to www.helpsy.co.



BOW PRINCIPAL STANDS BY GRAPHIC ILLUSTRATIONS IN GENDER QUEER NOVEL

by Mark Hayward

The principal of Bow High School said he was concerned when he first saw explicit sexual images in a graphic novel that is available to any student in the school's library collection, but he softened his view after reading the work.

Facebook posts by conservatives, most notably Manchester Alderman Joe Kelly Levasseur, have drawn attention to the Bow High library and the availability of the 2019 work "Gender Queer: A Memoir," written and illustrated by Maia Kobabe. The work focuses on a teen dealing with gender identity issues.

Its cartoon drawings feature male genitals and two people engaged in oral sex. The American Library Association said it was the most challenged book of 2021.

Bow High Principal Brian O'Connell said he reviewed the book after receiving an email from a Bow parent who was concerned about the images. "This book is in the High School here in Bow," said Bow resident Ryan Johnston, who posted the explicit content on his Facebook page. "This is porn. The school is grooming."

"At this point, I'm comfortable with it in the library," O'Connell said. The school has a process to challenge library material, and he informed the parent of the steps to take. Courtesy Union Leader



YOU EITHER HAVE TO BE
FIRST, BEST OR DIFFERENT.

– Loretta Lynn



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**Happy Holidays
and a Joyous New Year
from all of us to all of you!**



OBITUARIES

JAMES ALLEN BENNETT

James Allen Bennett 74, of Hopkinton, died peacefully at home on November 21, 2022, after a lengthy battle with pulmonary fibrosis. Allen was born on January 14, 1948, to James O. and Caro Bennett. He grew up in Penacook and was part of a large extended family, with several family members living on the same street.

Allen was proud of the 13 years he spent serving on the Concord City Council, especially his work that allowed overnight parking in the city and the reinvention of Main Street and the downtown. Allen was a problem solver and didn't care as much about adopting "policy" for the city as a councilor as he did about finding practical solutions to real dilemmas and everyday problems. He worked very hard to make things happen.

Allen is survived by his beloved wife of 38 years, Maura.

In lieu of flowers, the family asks that you donate in James' memory to the Granite VNA at 30 Pillsbury Street, Concord NH 03301.

SHAWN STANLEY FRYE

Shawn Stanley Frye, age 35, of Contoocook passed away on November 15th surrounded with the love of family and close friends.

He was the son of Vicki (Nelson) Frye and the late Charles Frye.

Shawn worked for 15 years in the restaurant world working his way up the ladder to sous chef. He could blend flavors that would have your mouth watering from the aroma alone. The last couple years he worked for Contoocook Stoneworks and enjoyed the meticulous process of building stone walls as well as other stonework. One of his favorite past times was playing disc golf with his Sunday group of friends at their favorite NH courses as well as seeking out courses in other states.

In addition to his father, Shawn was predeceased by his maternal grandparents, Stanley and Evelyn Nelson and paternal grandfather Ellsworth Frye, and aunts, Nancy Faith Nelson and Katie Carrigan.

In addition to his mother, he is survived by his paternal grandmother, Mildred Frye; Aunts, Uncles, many cousins, a very large circle of friends, the Barnhart and Carrigan families.

Donations may be made to the Pope Memorial SPCA, 94 Silk Farm Road, Concord, NH 03301, where he found his beloved dog, Reba.

MARY LA VALLEY

Mary D. (Ring) LaValley, age 72 of Dunbarton, wife of Paul R. LaValley passed away on November 17, 2022, surrounded by her family.

She was born on May 21, 1950, in Chelsea, MA. She was the daughter of John and Dorothy Ring. She is survived by her siblings: John Ring, Dennis Ring, and Kevin Ring. She was predeceased by sisters: Madilyn Firth and Maureen Gallagher. She had worked at the post office when she was younger and had finished her career as a real estate broker. After retirement she worked for the board assessors in Dunbarton.

In addition to her husband of 21 years, she is survived by her children Michael Barry and Adam Peschke. As well as her beloved grandchildren: Hannah, Alexis and Liam Barry, Joshua and Dylan Mason, Noah, Riley, and Fiona Peschke, as well as many nieces and nephews. She was preceded in her death by her son William Barry II.

ROBERT BOB LEBLANC

Robert (Bob) C. LeBlanc, 89, of Dunbarton passed away peacefully November 22, 2022, at his home with his family by his side.

Bob was born on Amory Street in Manchester, September 3, 1933. He was the son of Rosaire and Isabelle (Crete) LeBlanc. Bob grew up in Manchester and graduated from Manchester schools. In 1950, at the age of seventeen, he enlisted in the United States Army and was honorably discharged in 1953 after serving in the Korean War.

Bob was a self-made man who worked hard every day. He will be remembered as a devoted husband, brother, father, Pepere, and friend.

He served as a member of the Veterans of Foreign Wars along with being a faithful member of St. Elizabeth Seton Church for over 55 years.

Family members include his wife of 66 years, Nancy (Godbout) LeBlanc; his children Roland LeBlanc & his wife Annette, Lynda Lewis, Deborah LeBlanc, Paul Robert LeBlanc who predeceased him, and Karen Elsasser & her husband Steve.

In lieu of flowers, donations may be made to Honor Flight New England, at honorflightnewengland.org/donate/, or PO Box 16287, Hooksett, NH 03106.

MARY ANNE SHAND

Mary Anne Shand, age 72, of Bow passed away unexpectedly the morning of October 31, 2022. Raised in Norwalk, CT, Mary started her lengthy career at Burndy Corporation in the early 70's, and held a variety of managerial positions at Burndy until her retirement in 2018.

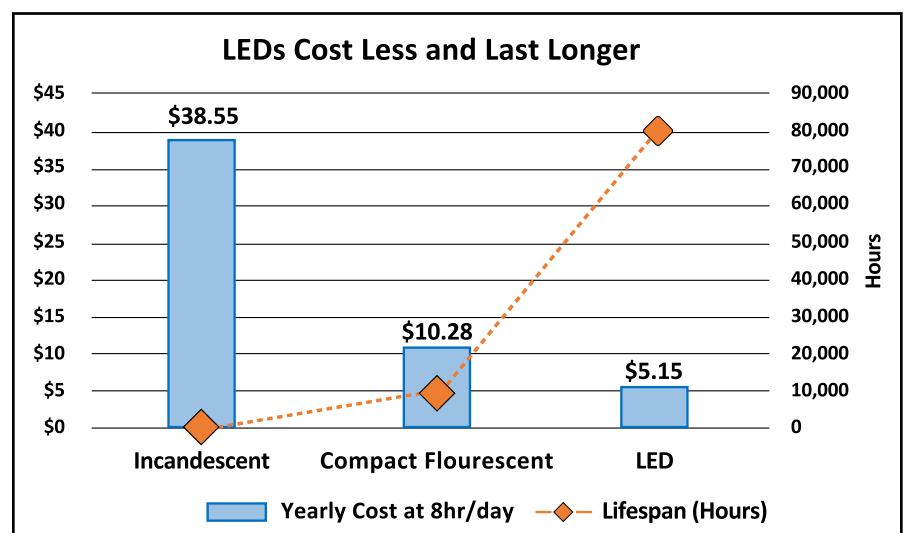
Married to the love of her life, Peter M. Shand, in 1992, until his death in 1997. She was also predeceased by her parents, Joseph and Margaret Tomey and brother Joseph, Jr. She is survived by sisters Martie (Doug) Dow, and Betsy (Dennis) Mahoney & Shae Mahoney, all of Bow, as well as Peter's children and grandchildren.

In lieu of flowers, donations may be made in her memory, to the Bow Volunteer Fire Department, 7 Knox Road, Bow, NH 03304 or Granite VNA 30 Pillsbury Street, Concord, NH 03301.



TOWN OF *Bow* ENERGY COMMITTEE

A participant in the Business Expo at Baker Free Library told us they give their father an LED lightbulb for Christmas every year. We think that's a bright idea! Here's why...



SAVINGS LED lights are amazingly efficient, consuming up to 90% less energy than their incandescent equivalents. Most LEDs also have a rated lifespan of 80,000 hours or more; if used eight hours per day, that's 27 years! Compare that to 1,000 hours for incandescent and 8,000 hours for compact fluorescent bulbs. Using much less energy and lasting much longer, LEDs provide a fast and easy way to lower electricity bills.

SAFETY LED lights generate much less heat than older lighting technology, reducing risk of burns; their rugged construction lowers risk of injury from broken glass; their longevity means less time on ladders and lower risk of falls; finally, most LEDs are made from non-toxic materials.

COLOR AND CONTROL LEDs come in every color temperature (warm white to daylight) and millions of colors/hues. LED fixtures can be integrated into a network controlled by a wall switch or smartphone, and additional sensors can brighten or dim the lighting as needed.

Read our full LED information sheet on the Bow Energy Committee's webpage. Whether it's your kitchen light or Christmas lights, LEDs bring the gift of savings to every season of the year.

Talking Trash

by Danielle Ruane

that some of our garbage and recycling totes might be overflowing. Here are some simple tips on how to reduce waste, and to recycle right during this holiday season:

GIFT WRAP: Plain wrapping paper is recyclable, but any wrapping paper that has foil, metallics, lamination, flakes or glitter cannot be recycled. Tissue paper is also not recyclable. The good news is that tissue paper and large pieces of wrapping paper can be reused by simply flattening the paper on a table, using your hands to smooth out the creases and wrinkles, and then folding and storing it for future uses.

GIFT BAGS: Paper gift bags can be recycled so long as they do not have any metallic inks, foil, wire, or glitter. The string handle must be removed from your gift bag before placing in the recycling tote. Gift bags should be reused or, if damaged, can be thrown in the trash. If you are not sure whether the gift bag can be recycled, the safest choice is to place it in the trash to avoid contamination.

RIBBONS AND BOWS: Ribbons and bows are not recyclable, but most can be reused. It is important to avoid putting them in the recycling tote because these items are “tanglers” that damage machinery at single stream recycling facilities.

HOLIDAY GREETING CARDS: Greeting cards and envelopes can be recycled unless there is metallic ink, foil, glitter or other embellishments on them, in which case, they should be placed in the trash. Greeting cards printed on photographic paper are not recyclable.

PACKAGING: Cardboard and paperboard packaging is accepted in our curbside recycling. Bubble wrap and air pillows used as packaging inserts should not be placed in the recycling tote, but can be popped and recycled at locations which accept plastic grocery bags. Plastic film can also be recycled at those locations. Plastic packaging such as rigid plastic packaging (the type often used for electronics that is hard to open without scissors), blister packaging, and Styrofoam are not accepted by our recycling program,.

PLASTIC GIFT CARDS: Plastic gift cards are not recyclable. Some retailers will let you reload an existing gift card in-store, but otherwise the used plastic gift card should be placed in the trash. An obvious alternative to a plastic gift card is an electronic gift certificate which can be printed on paper and placed in a card, or sent by email or text message to the recipient.

PADDED ENVELOPES: Plastic mailers such as plastic Amazon envelopes lined with bubble wrap can be recycled at locations which accept plastic grocery bags (do not put in the curbside recycling tote). Mixed-materials packaging such as paper envelopes lined with bubble wrap are not recyclable, unless you can painstakingly manage to separate the plastic from the paper completely and recycle them separately. Otherwise, it goes in the trash.

ELECTRONICS AND HOLIDAY STRING LIGHTS: Many types of electronics can be recycled for free at Best Buy and Staples (please visit their websites for information about items accepted). Holiday string lights and other cables can be dropped off at Schnitzer Steel in Concord. Electronics and holiday lights can also be dropped off with the electronics vendor during the town’s annual Household Hazardous Waste Day.

DISPOSABLE SERVING ITEMS: Disposable plates, paper take out containers, napkins, # 6 rigid plastic cups (such as Solo cups) and cutlery are not accepted by our recycling program. These items should be placed in the trash, although disposable cutlery can be washed and reused. For those who participate in winter composting, paper plates can be composted. Terracycle has a program for recycling #6 rigid plastic cups if you want to return and mail them to the company for free. Please visit www.terracycle.com for more information.

Have a safe and happy holiday! If you have a question about whether an item is recyclable, please visit www.recyclesmartnh.org.

HOLIDAY RECYCLING TIPS

The holiday season is a great opportunity to spend time with family and friends, which usually means parties, food and gifts. It also means

Pick up a copy of
The Bow Times
at one these 30 locations!

- | | |
|------------------------------|----------------------------------|
| Baker Free Library | Hampton Inn |
| Blue Seal Feeds | Hopkinton Village Store |
| Bow Mobil | Individual Fitness |
| Bow Recreation Building | Irving's Circle K |
| Bow Town Offices | Johnson Golden Harvest |
| Chen Yang Li | Lakehouse Tavern |
| Colonial Village Supermarket | Merrimack Co. Savings Bank |
| Curios on the Common | Nina's Bistro, Hall St., Concord |
| Concord Chamber of Commerce | Pages Corner Store |
| Concord Food Co-Op | Riverside Pizza |
| Crust and Crumb | School Street Café |
| Dunbarton Town Office | South Street Market |
| Everyday Café | Sugar River Bank, Concord Hts. |
| Flanagan's South Ender Deli | Tucker's Restaurant |
| 7 Eleven on 3A | White Rock Senior Center |



“STATE POPULATION
TO DOUBLE
BY 2040,
BABIES TO BLAME.”
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babies to knock it off?)

As reported by Thomas Walton
in The Daily Miracle.



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