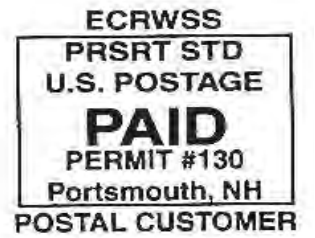


The Bow Times

"Of the People, By the People, For the People"



BOW, NH

ISSUE 3

May, 2015

FREE

TOWN OF BOW MEMORIAL DAY BARBECUE AND PARADE - MAY 25

By *Charlie Griswald,*
Parade Chairman

The annual Bow Memorial Day Parade is scheduled for Monday May 25 at 5:30 p.m.

Pre-parade assembly begins at 4:30 p.m. in the Bow Memorial School Parking lot.

ROUTE: Parade begins at the Bow Memorial School, proceeding down Bow Center Road to White Rock Road, ending at the Bow High School Football Field. Please be advised there will be traffic delays in the vicinity of the parade route.

A chicken barbecue will be held at the Community Building from noon to 3 p.m. Price is \$12.00 per person.

Chicken Barbecue includes 1/2 chicken, potato salad, corn on the cob, roll, water, ice tea, lemonade, and ice cream.

Organized by the Bow Community Men's Club and the



Town of Bow, this parade honors our Nation's war dead. The parade will consist of the Bow High School Marching Band and Professional Firefighters of New Hampshire Pipes and Drums. The following groups will march or enter a float in the parade: Bow Community Men's Club, Bow Town Officials, New Hampshire Patriot Guard Riders,

Bow Rotary, Town of Bow Fire and Police Departments, Bow Department of Public Works, Town of Bow Recycling Committee, antique military vehicles, antique cars, miniature horses, Merrimack County Sheriff's Department, Marine Corps League and many more. There will also be local sports teams, Police Explorers, Boy

Scouts, Cub Scouts, Girl Scouts, and Brownies representing Bow.

Ceremonies honoring our Nations War dead will be held at the Bow High School football field upon conclusion of the parade by various dignitaries, playing of our National Anthem and other songs performed by the Bow High School Marching Band, Professional Firefighters of New Hampshire Pipes and Drums and the Bow High School Chorus. Invocation will be given by Reverend Greenleaf of Saint Paul's School, and a Roll Call of New Hampshire's fallen patriots will be read followed by Taps.

A Wreath Ceremony will be held at the Town Pond at 5:00 p.m. in memory of our fallen sailors, Coast Guardsmen and Merchant Marines.

CONTACT: Charlie Griswald, parade chairman – (603) 228-9621 – info@bowmensclub.org website – www.bowmensclub.org.

Bow Rotary Open Car Show Set for May 16

The Fifth Annual Bow Rotary Car Show, featuring an array of vintage and newer vehicles recalling America's automotive history and style, will be held on Saturday, May 16, between 8 a.m. and 2 p.m.

The event, to be held in the field at 508 South Street, Bow, behind the Allied Insurance Agency offices and just north of Exit 1 off Interstate 89, will include a variety of cars, trucks and motorcycles reflecting the different eras of our motoring past. The spectator entry fee is just \$3, with children under 12 and seniors over 70 admitted free.

All types of vehicles and motorcycles are welcome. Registration for each vehicle is \$20. Registration can be on the day of the event or by submitting

an entry form that can be found on Bow Rotary Car Show's website, www.BowRotaryCarShow.com. A variety of 16 trophy awards will be presented, including categories for People's Choice and Best of Show. Owners of the first 100 vehicles registered will receive a "Goodie Bag" and a dash plaque. Over 25 items will be raffled off. The goal for the event is to attract over 200 vehicle owners to participate this year.

The family friendly Car Show also features a Kids' Car Park (look out for Lightning, Luigi and Mater) as well as a bouncy house, Angry Birds and other great activities for youngsters. All of these activities are free.

New this year is an offering of favorite breakfast and lunch selections served at Flo's Café



beginning at 8:00 a.m.

Bank's Chevrolet, Merrimack County Savings Bank, Bond Auto Parts and The Concord Group are major sponsors of the event. All proceeds from the event will be used to fund community and international projects of the Bow Rotary Club Foundation.

Established in 1970, the Rotary Club of Bow is a service organization of approximately 50 women and men who engage in a wide variety of volunteer

activities, ranging from Winterfest, roadside trash pickups, higher education scholarships, camperships, support of community projects, Career Day at local schools and community beautification projects in Bow to building schools and implementing clean water programs in Latin America.

For further information, contact:
Gerry Carrier (603) 224-1286
Email: gerrycarrier@msn.com

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SELECTMEN SHOULD FORGET ABOUT THE ROUNDABOUT

Some Selectmen seem to want to revive a roundabout at Knox and Logging Hill Roads so roundly defeated last year. The siren call of “free” federal and state money beckons.

But if trust is to be restored in town then the will of the people should be respected based on the overwhelming voice vote at last year’s town meeting. It would be divisive to try and revisit something so rejected.

The genesis of the issue was a 2010 town meeting vote on Article #5 that provided as follows:

“**ARTICLE #5** To see if the Town will vote to raise and appropriate the sum of \$450,000 for the construction of Intersection Improvements at the intersection of Knox Road, White Rock Hill Road, and Logging Hill Road; to authorize the receipt of federal and

state grants in the amount of \$300,000 and the withdrawal of \$150,000 from the unreserved fund balance of the General Fund for this purpose. This will be a non-lapsing appropriation per RSA 32:7, VI which will not lapse until the earlier of project completion or June 30, 2015. “**PASSED** by majority vote.”

That vote did not specify a roundabout and that word nowhere appeared in it as finally approved and quoted above.

A study was done on four options by Dubois and King in August 2013, but the selectmen’s chosen solution was a roundabout. Guess what was priced out by the engineers for the 4 options at that intersection? Only a roundabout.

Then at town meeting last year Article #10 called for \$316,000 “to complete the construction of a roundabout...originally approved at the 2010 Town Meeting.” John Martin of 96 Woodhill Road pointed out that the Article was false because the word “roundabout” had been deleted in the 2010 article.

Selectman Crisp at the 2014 meeting claimed the cost of a signal was essentially the same as a roundabout, yet the Dubois & King Engineering study omitted any costs for alternatives. My request to them for the other option numbers have been ignored to this date.

The Fire Chief said he supported a signal but not a roundabout. At a recent Selectmen’s meeting on April 6 Jackie Peterson of Fiddlehead Circle spoke for the voters when she asked why the selectmen were even talking about this again.

The reply? Selectman Crisp said that while funds were voted down “the vote for a roundabout was moved forward.” He must have been at a different meeting than the one that voted down Article 10 last year. Under RSA 32:10, I(e) the “no means no” provision governs and there is no appropriation for a roundabout.

Respect the will of the people and forget a roundabout.

For a free press, jus suis Charlie.

AN EDITORIAL BY
CHUCK DOUGLAS

BOW POLICE LOG

April 2015 Arrests

04/02 - Ivan J. Kelso, 24, 117 Rand Rd, Northfield, arrested for two counts of theft by unauthorized taking.

Cody J. Lang, 22, 27 Holly St, Apt B, Concord, arrested for driving after revocation/suspension and operating with a suspended registration.

04/03 - Brandy A. Hager, 35, 88 Bow Center Rd, Bow, was arrested on a warrant.

Keith P. Desimone, 29, 53 Bickford Rd, Hillsboro, was arrested for driving after revocation/suspension, operating with a suspended registration, and possession of a controlled drug.

Zachary D. Hawkins, 32, 3 Gove Rd, Biddeford, ME, was arrested for possession of drugs in a motor vehicle and a bench warrant.

Serene N. Hull, 29, 27 White-water Dr, Concord, was arrested for driving after revocation/suspension, operating with a suspended registration and possession of a controlled drug.

04/06 - Tyler S. Newman, 22, 512 West River Rd, Apt #118, Hooksett, was arrested for driving after revocation/suspension, and possession of drugs in a motor vehicle.

04/07 - Sarah J. August, 32, 49 South Bow Rd, Bow, was arrested for driving after revocation/suspension and operating with a suspended registration;

Lindsay M. Simon, 26, 33 Fordway St, Derry, was arrested for possession of a controlled drug.

An adult was taken into protective custody for intoxication.

04/13 - Louie P. Trudeau, 32, 34 South Bow Rd, Apt. B, Bow, was arrested for three counts of domestic violence simple assault, and criminal threatening.

04/19 - Robert C. Kenyon, 57, 285 Village St, Apt #5, Pena-

cook, was arrested for possession of a controlled drug with intent to distribute, and a warrant.

04/21 - Tess M. Hibbard, 27, 59 Knox Rd, Bow, was arrested on a warrant and resisting arrest or detention.

04/23 - Kathleen Hibbard, 59, 59 Knox Rd, Bow, was arrested on two counts of hindering apprehension or prosecution.

04/25 - Ryan M. Everett, 27, 42 Parkwood Dr, Allentown, was arrested for driving while intoxicated.

Debra J. Cloutier, 53, 9A Downing St, Concord, was arrested for driving after revocation or suspension.

04/26 - Philip M. Roux, 45, 24 Cypress St, Apt #2, Manchester, was arrested for driving while intoxicated.

04/27 - Robert K. Wilder, 23, 193 Woodhill Hooksett Rd, Bow, was arrested for possession of a controlled drug.

04/28 - Scott A. Gagne, 25, 597 Montgomery St, 3 Flr, Manchester, was arrested on a warrant.

04/29 - Gavin R. Guay, 23, 14 Dow Rd, Bow, was arrested on a warrant.

04/30 - Alex Crowder, 26, 384 Bridge St, Manchester, was arrested on a warrant.

TRAVEL WITH THE TIMES



Chuck Douglas of Bow reads *The Bow Times* on the Eastern Shore of Virginia, the Delmarva Peninsula

Send us your picture when you travel with the Times.

The Bow Times

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LETTERS POLICY: We will print letters to the editor on a space available basis. Letters should be no more than 200 words, typed or e-mailed. Letters must be signed with an address.

PHOTO SUBMISSIONS: We encourage individuals and groups to submit photos of their events or activities, by email or call the Technical Editor.

CORRECTIONS POLICY: We strive to present accurate news reports. We will correct factual inaccuracies in our coverage. We encourage readers to tell us if we have made a mistake.

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HOUSE FIRE LEADS TO PRAISE, THANKS AND FUNDRAISING

By Debra Douglas



Around 10 P.M. on Sunday, April 26, a fire burned part of a home at 46 Bow Center Road. Fast acting by neighbor Eric Ives and his wife Jennifer led to a call to 911. Bow, Hooksett, Concord, Pembroke and Goffstown firefighters were on the scene and saved half the house and the garage.

Praise to all who responded so professionally and thanks to the Ives for fast response.

The home is owned by retired library employee Charlotte Buxton who was not there at the time. She was at Concord Hospital battling cancer.

A fund has been set up to help Charlotte at Merrimack County Savings Bank, with

all donations directly benefiting her. To make a donation, please visit any Merrimack County Savings Bank branch and make your donation to the Charlotte Buxton Donation Fund.

Cards and get-well wishes can be dropped off at the Library, and they will be delivered to Charlotte.

For questions or more information, please contact Lori Fisher at 224-7113 or bfldirector@comcast.net.

Thank you in advance for your generosity to help one of our fellow citizens who gave over 20 years of service to Bow residents!



BOW ROTARY CLUB

BOW STUDENTS WIN ROTARY SPEECH CONTEST

By Bob Couch

Bow Rotary held its 2015 Four-Way Test Speech Contest on March 31st at White Rock Senior Center in Bow. Five students competed for prizes and the chance to move on to the next level of competition.

The First Place winner was Sohani Demian, a Bow High Senior.

Second Place went to Kailey Andrew, a home schooled student.

Third Place went to Poonam Kumari, a youth exchange student from Pakistan.

Our first place finisher, Sohani Demian, went on to compete in one of the four District semi-finals and came in First Place so she will go on to the Rotary District Conference in Portland, Maine, on May 29th to compete against the other four semi-finalists. **We wish her good luck!**

SUDOKU PUZZLER

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By Ian Riensche

			6			2		
		2	7	5		6		
6	1						8	
1	4		5		6			
	8			2			7	
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		3		9	1	8		
		1			5			

Use logic and process of elimination to fill in the blank cells using the blank cells using the numbers 1 through 9. Each number can appear only once in each row, column and 3 x 3 block

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Bow Garden Club

By Joyce Kimball

The Bow Garden Club's new club year started off with a flourish as a great majority of its members attended the first meeting of the year, joined by several guests who came to hear the evening's program and to learn more about the garden club.

Organic gardener Laura Morrison, pictured at right, of Concord presented a very informative and interesting program, utilizing Power Point photos to demonstrate to attendees how to "build" a raised bed garden from "scratch" needing only a small area of lawn, etc.

Morrison pointed out the correct layers of soil, compost, chopped leaves and other organ-



ic materials needed to create a successful raised bed garden and how to best plant summer crops ensuring a good harvest.

For more information on the Bow Garden Club, please visit www.bowgardenclub.org.



l-r, Peggy Nadzan, new BGC member; Kerry Buckley, BGC Co-Civic Beautification Chrm; Beverly Gamlin, BGC Vice-President and Harry Judd, Bow Rotarian and Town Selectmen Chrm. take a break

Garden Clubbers and Rotarians Clean Up"

By Joyce Kimball

It was a cooperative effort of both members of the Bow Garden Club and the Bow Rotary as they performed the annual "Spring Clean-Up" of Rotary Park and the Town Gazebo gardens on Saturday, April 18th. Early risers started plying their rakes and hand tools as early as 8 a.m. and were joined by a dozen other volunteers throughout the morning, finishing up way before lunchtime. Thanks to the good turnout of volunteers from both organizations.

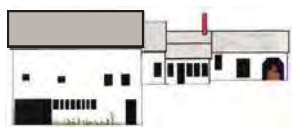


l-r Bow Garden Club President Susan Johnson, Catherine Wittliff, Susan Smith and Kerry Buckley took on the leaf removal task at the gazebo

Bow Garden Club Plant Sale

May 23 8am-1pm

Bow Community Center



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THE SECRET CODE TO DECREASING STRESS IN SOME OF LIFE'S MOST DIFFICULT TIMES

By Attorney Benjamin John Kiniry



Last month I wrote the following words: "Elder Law is the use of state and federal law to create a plan that best suits a family's needs and wishes for CONTROLLING what happens in the event of a family member's decline in health, incapacity, eventual death and the final disposition of their assets." I also discussed the alleviation of STRESS and saving family relationships.

When asking others what an estate plan is, a typical response is "signing a Will". That is, generally speaking, the basic understanding that most people have in regards to estate planning. The reality is that good planning is much more significant than "signing a Will". The world today is far more complicated and having a Will is a good start, but only a small part of prudent planning.

This article is an attempt to convince you to think about a relationship with an Elder Law Attorney and the use of Estate Planning as tools for CONTROL. By taking advantage of these tools you will decrease the STRESS in the lives of all the people who you love and who love and care about you. Given that there is a direct correlation between stress levels and the perceived level of control we have over our environment, Elder Law Attorneys are attempting to exert an element of control over some of the more stressful events families face in life by proper proactive planning.

This dynamic is not how many people would think about planning. In fact, the STRESS/CONTROL relationship did not come to be evident to me until recently, as is illustrated in the following exchange.

Late last year I was attending an event at the Hartford Club,

located in Hartford Connecticut. I became involved in an interesting discussion with a marketing guy named Tim. Tim was attempting to get to the heart of what I accomplish from the perspective of clients as opposed to my perspective (lawyers in general have a difficult time with this). "Why do clients hire you, what is it that they receive from you that provides the value?" he asked. I offered Tim some typical responses regarding the utilization of the law to benefit clients, saving money and proactive planning. Tim was not satisfied and continued to challenge me to dig deeper. "What is it that clients receive from you that motivates them to pay for your services?"

It finally hit me, STRESS. Elder Law Attorneys decrease family stress (and turmoil). We help alleviate stress first and foremost by creating an estate plan which controls, as much as possible, the numerous variables involved in good planning, and second, by acting as an advisor, informing clients of various options, and if necessary, representing them in matters requiring legal assistance.

Tim made me realize that my perspective as an Attorney is significantly different from the client's perspective. Clients listen to advice, learn about the law, receive documents to accomplish various goals and, in the end, understand there is a plan in place and how it suits their needs. This is what I "do" after all, and is the firm's product so to speak. However, what clients receive as a benefit, what really provides the value, whether consciously or not, is the alleviation of stress.

It was also through Tim's prodding that I realized no clients ever say "Attorney Kiniry we want to thank you for the Last Will & Testament, it was really awesome!" In reality clients and their family come to me with a smile and a hug, and though the actual words spoken differ, what is often said relates to how the role of advisor and the planning made the difficult time(s)

(because they are still difficult times) more manageable and less stressful.

Our conversation also brought to mind why I have asked many clients "What will help you sleep best at night?" or "if you are awake at night thinking about your plan, then something is wrong with the plan." Because of Tim, I now understand WHY these types of questions and comments are relevant to client relationships. At the end of the conversation I joked with Tim about how oblivious I was about stress reduction services being the real product of the Kiniry Law Firm, as well as being unaware of my competition in the marketplace with yoga and meditation instructors.

So here it is, the secret code to decreasing stress in some of life's most difficult times is through planning, as follows: If you are approaching retirement age, then you may be wise to conclude that someday you will experience a decline in both physical and mental health and will eventually die. In the meantime many decisions will be made by you so long as you have the capacity to do so. Since you wish to know all your options you will reach out to a professional with whom you will develop a relationship prior to experiencing a decline in your cognitive abilities because you wish to create your plan while of sound mind.

Together, we will create a written plan which informs the world of your desires. You will name decision makers who will be well informed of your wishes and their sole



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task will be to carry out your wishes, both while you are living and the final disposition of your estate after death. These decision makers will have the written authority to implement your plan.

By being proactive is consistently and significantly more financially cost effective than being reactive. This may sound like *marketing* but I'm confident that my fellow Elder Law Attorneys would use another word to describe this article: *Reality*.

So what are we controlling exactly? For the answer to this and many other questions, please see my future articles in this paper.

Attorney Benjamin John Kiniry is the owner of the Kiniry Law Firm, PLLC located in Bow, New Hampshire.

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HOME - AUTO - BUSINESS - RECREATIONAL

Friends Youth Mentoring Program Seeks Bow Volunteer Mentors

At the April meeting of the Bow Community Men's Club, Susanne Stich, represented the Friends Youth Mentoring Program in an informative presentation highlighting their work on behalf of children and families in Merrimack County.

The Youth Mentoring Program is now celebrating their 40th year facilitating community service opportunities in the region. Ms. Stich spoke of the need for interested adults to mentor children from Bow. These children are in need of healthy role models in their lives.

There are currently five Bow children waiting for a 1:1 mentor. They range in age between 8 and 14 years. They were brought to the agency's attention by parents and professional educators as children predicted to benefit from a preventative mentoring program. Children who have mentors often do better in school, at home, and in the community.

Established volunteer mentors with the program enjoy helping build community by investing in young people.

When approached for further information for this article, Lia Tarbell, Program Coordina-

tor said, "I have been moved by the tremendous difference a mentor can make in the life of a child. Whatever interests and life experiences a mentor candidate brings, we have a child who would benefit greatly."

Community-based mentors make a minimum of a one year commitment for at least 3 hours per week to one child.

Youth Mentoring Director, Terri A. Smith, stated, "Volunteers are the centerpiece of the program and we would not be able to reach these deserved children without them. In this our 40th year and during April which is National Volunteer Month, we celebrate the time, talents, and knowledge they give to children in need or at risk. I am well aware these children and their families are deeply appreciative."

The next Mentor Orientation is Tue., May 19, 2015, 5:30-8p for adults.

It is held at the Friends Program offices at 202 North State Street in Concord, NH.

For more information, please contact Lia Tarbell at 228-7607 or visit the program at www.friendsprogram.org.

Real Estate Sales in Bow

By Chris Evans, Broker

Bow Home Sales for April 2015

51 Grandview Dr 1775 Antique Cape 1617 sq ft, 7 rooms, 4 bedrooms, 2 car attached garage on .52 acres - sold \$100,000

462 Robinson RD 1960 Ranch with 992 sq ft, 5 rooms, 2 bedrooms, no garage on 1.00 acres sold \$169,900

13 Woodhill Rd 1978 Contemporary Cape with 1600 sq ft, 7 room, 3 bedrooms, no garage on 2.4 acres - sold \$150,000

50 Bow Bog Rd 1960 Ranch with 1344 sq ft, 8 rooms, 3 bedrooms, 2 car attached garage on .7 acres sold \$187,700

87 Allen Rd 1987 Ranch with 1056 sq ft, 7 rooms, 3 bedrooms, 2 car detached garage on 1.9 acres sold \$191,000

8 Lincoln Dr 1967 Ranch with 1400 sq ft, 7 rooms, 3 bedrooms, 2 car garage under on 1.26 acres sold \$223,000

26 Evergreen Dr 1974 Raised Ranch with 1684 sq ft, 8 rm, 3 bedrooms 1 car attached garage on 1.6 acres - sold \$241,900

6 Hampshire Hills Dr 1997 Colonial with 1980 sq ft, 8 rooms, 3 bedrooms, 2 car attached garage on 2.91 acres - sold \$295,000

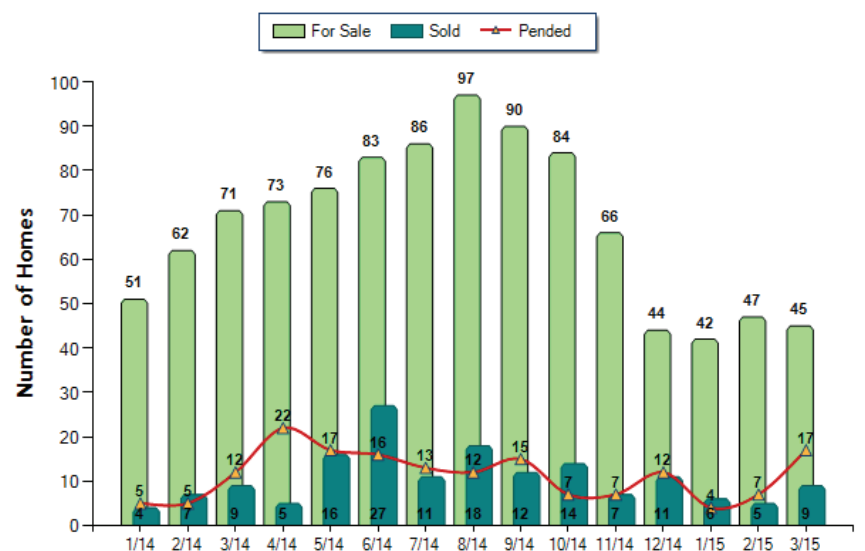
45 Hampshire Hills Dr 1997 Colonial with 1980 sq ft, 7 rooms, 3 bedrooms, 2 car attached garage on 2. acres - sold \$302,000

10 Knox Rd 1963 Cabin with 2377 sq ft 8 rooms, 3 bedrooms, 2 car attached garage on 2.02 acres - sold \$310,000

15 Timmins Rd 1988 Bow Roof Cape with 1978 sq ft 9 rooms, 3 bedrooms, 2 car detached garage on 2.2 acres - sold \$330,000

17 Lewis Rd 2015 Detached Condo Ranch with 1883 sq ft, 5 rooms, 2 bedrooms, 2 car attached garage on common acreage - sold \$357,415

Bow's real estate market- The following graph depicts the NUMBER of HOMES listed "For Sale," "Pended" listings, and homes "Sold" on a month by month basis from January 2014 to March 2015. Generally there will be a higher number of sale through the spring and early summer market and inventory has been somewhat lower than average. (Graph created from Trendgraphic Inc).



Bow Average Sales Prices

The average sale price in April 2015 was \$238,160 with an average per sq. ft. price of \$123. The average sale price for 32 sales 2015 to date is \$271,804 at an average of \$119 per sq ft. (with a March high \$321,892. at an average of \$128. per sq. ft.).

Comparing last year to this year, the number of sales for each month is running about the same. There were 145 sales in 2014 with an average price of \$303,567 at \$119 per square foot. Average price for March

Christopher Evans, a licensed NH Real Estate Broker for over 33 years is a Broker/Associate with Berkshire Hathaway Home Services Verani Realty /Concord Division.

Christopher has resided in Bow for 17 years with his three children.

2015 to March 2014, prices were actually down 1.2% from \$325,000 at an average of \$130 per square foot.

On a quarterly comparison, First Quarter 2015 average sales prices of \$291,000, were down 7% compared to last year First Quarter at \$313,000. On a year to year comparison, the averages look a bit better. From April 2014 to March 2015 (\$301,000) sold prices were up 9.1% compared to April 2013 to March 2014 (\$276,000), and up 5.6% compared to April 2012 to March 2013 (\$285,000).

Questions, comments, complimentary market analysis on your home- call or text 603-759-9777, email chris.evans@verani.com, website www.verani.com/chrisevans.

Data based upon information from Northern New England Real Estate Network, Real-Data &/or Trendgraphix, information deemed reliable but not guaranteed.

NEIGHBOR TO NEIGHBOR

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METABOLISM AND WEIGHT



As we get older it's easy to blame weight gain on a slowed metabolism. Although your metabolism does slow slightly with age, its slowing has more to do with lifestyle changes, such as reduced activity or an unhealthy diet, than it does on the actual aging process.

These three tips can actually rev your metabolism so that you can start shedding unwanted pounds easily and effectively.

Eat more food.

Although, it is important to reduce calories slightly for weight loss, going too far with calorie restriction can actually be detrimental to your weight loss goals in the long run.

If you tend to go on low calorie diets to lose weight, then chances are you have a slowed metabolism. When you

severely restrict calories your metabolism will slow down in order to conserve energy. The result is a slowed metabolism and increased fat storage.

It's also a major reason many individuals gain weight back within just a few weeks after a calorie restricted type diet. Instead, reduce your calories by no more than 15-20% of your daily maintenance calorie level. So for most women, reducing calories to 1500 to 1700 per day to lose weight is ideal.

For most men, reducing calories to 2,400 to 2,800 depending upon activity level.

Eat enough so you're not hungry throughout the day, because feeling hungry is a sign that you aren't feeding your body what it needs to function properly and efficiently.

Add more muscle.

A large reason most people's metabolism slows as they age is because they become less active and thus lose metabolically active muscle tissue.

With desk jobs, time spent in a car commuting, and chilling on the couch to watch TV shows in the evening, it's likely your

activity level is much less than it was when you were younger.

The good news is that muscle is very metabolically active and needs a lot of energy in order to be maintained. So adding just a few pounds of muscle can increase your metabolism. The best way to do this is with regular strength training sessions that are challenging as well as regular physical activity and movement.

So be sure to schedule regular cardio and strength training workouts throughout the week, but also make an effort to stand more during your workday and try getting up to move every 1-2 hours.

Get more protein.

Your body burns twice as many calories to digest protein than it does fats or carbohydrates. This is known as the thermic effect of food.

So essentially, just eating protein can boost your metabolism. Also, it can often leave you feeling full faster and longer, so you eat less in the long run.

Additionally, protein is important because your muscles are made up of protein and

your body needs it to build and maintain hard earned muscle.

If you're not getting enough protein it's going to be difficult to build metabolically active muscle, so make sure you are getting ample protein, especially around your workouts.

Ideally, aim to get a 3-5 ounce serving of protein at each meal.

Great sources of protein include eggs, fish, grass fed beef, chicken, turkey, or pork. Additionally, nuts and nut butters, beans, and dairy are good sources of protein too.

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The Mini Page

Betty Debnam, Founding Editor and Editor at Large



Seekers of Knowledge

Young Citizen Scientists

Hundreds of thousands of kids and adults are helping to solve the mysteries of Earth and beyond. They are known as citizen scientists.

Although these volunteers are not professional scientists, they are making valuable scientific discoveries throughout the world. They are gathering data on thousands of subjects, ranging from monarch butterfly migration, to galaxy shapes, to water quality, to penguin lifestyles.

In order to learn more about young citizen scientist explorers, The Mini Page talked with experts from the National Science Foundation (NSF), the National Oceanic and Atmospheric Administration (NOAA) and the National Aeronautics and Space Administration (NASA).



A student checks the timing of flowering and insect pollinators. She is working with a network that monitors seasonal events.



This middle school student is collecting a water sample from a local creek in Santa Barbara, California. He is a citizen scientist with the NOAA Channel Islands Argonaut program.

Citizen detectives

Amateurs have been making important scientific discoveries for thousands of years. Since the late 1800s, professional scientists have been joining forces with these volunteers. For example, in 1900, the National Audubon Christmas Bird Count organized birders to gather data. It is the longest-running citizen scientist group survey in the world.

The number of citizen scientists has exploded in the last 15 years. Technology, such as the Internet, apps, smartphones and GPS, has made it much easier for everyone to join in the hunt for knowledge.

Hand in hand with experts

Citizen scientists usually work closely with scientific experts. Often, professional scientists need help collecting or analyzing a lot of data over a wide area and over a lot of time.

For example, the Hubble telescope has collected hundreds of thousands of images of the universe, far too many for astronomers to look at closely. Citizen scientists help analyze the huge amounts of data in these images. Sometimes, citizen scientists set up their own projects. Volunteers may follow up on something that has made them curious, or they may want to find ways to help their community.

Kids can work on their own on a project, but most kids work within their classes or youth groups such as 4-H, Boy Scouts or Girl Scouts.



When she was 14, Caroline Moore discovered a very rare type of supernova.



Mini Spy

Mini Spy is keeping count of the monarch butterflies that visit her backyard. See if you can find:

- q word MINI
- q large butterfly
- q peanut
- q parrot
- q bucket
- q dragon
- q frog
- q teapot
- q bandage
- q cat
- q man's face
- q horseshoe



Try 'n' Find

Citizen Scientists

S D S Y G O L O N H C E T S K
 T H A P S R O T I N O M C C N
 U R U T A K N N R A E L I I O
 D E C N A C Y W P Q N H T E W
 E C W L T B E T A P V E I N L
 N O B E A T I K I T A L Z T E
 T R U L B S A R I D E P E I D
 S D D S E A S G D C E R N S G
 N O I T A T I P I C E R P T E

Words that remind us of citizen scientists are hidden in the block above. Some words are hidden backward or diagonally. See if you can find: APP, BIRD, BUD, CITIZEN, CLASS, DATA, HELP, HUNT, KID, KNOWLEDGE, LEARN, MONITOR, PRECIPITATION, RECORD, SCIENTIST, SEA, SKY, SPACE, STUDENTS, TAG, TECHNOLOGY, TIDE, WATER, WEB.

Studying Nature Around Us

A win-win situation

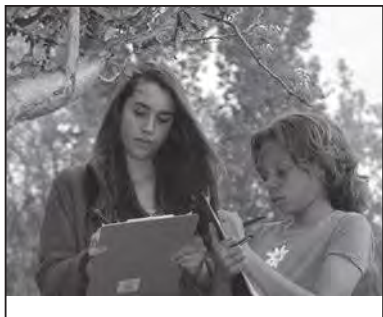
Citizen scientists learn to notice the world around them. Under the guidance of professional scientists, they learn to compare data and question what the information means.

Doing the actual research is exciting. Many students get their first real experiences in nature through citizen scientist projects.

It is especially important when kids become citizen scientists. The world needs people who have learned how to think creatively and to look for answers that are backed up by tests and research, experts say.

Collecting accurate data

Studies have found that trained students usually collect information that is as accurate and high-quality as that from professional scientists. Citizen scientists have often helped contribute to important discoveries. They may help scientists see the world in a new way and ask new questions.



Two students record observations for Project BudBurst.

Recording changes

In Project BudBurst, 13,000 citizen scientists are recording information on when plants start changing each season. For example, they record when leaves change color in the fall and when plants begin to flower in the spring.

This helps scientists monitor the effects of temperature changes and rainfall and to gather information about climate change.

You can learn more at: BudBurst.org

Measuring rain and snow

In an NSF/NOAA project called CoCoRaHS (ko-ko-RAHS), observers measure precipitation that falls near their homes. When whole communities come together to monitor the precipitation, it gives groups such as the weather service, farmers, insurance companies, water supply managers and outdoor lovers a better idea of patterns. It helps them predict what to prepare for.

Even one real-time report of major precipitation can speed up emergency responses such as flood warnings, experts say.

A father and son measure rainfall in Concord, North Carolina, as part of CoCoRaHS.

You can learn more at: cocorahs.org



Students in the Monarch Larva Monitoring Project examine a Mexican butterfly weed, which is in the milkweed family. You can learn more at: mlmp.org

On wings of beauty

A lot of what we know about monarch butterflies has come from citizen scientists. Many monarch groups rely on help from families, students and groups such as 4-H.

Young scientists identify and monitor monarchs and their larvae. Citizen scientists have also helped tag individual butterflies to help scientists study migration.

Monarch Watch, based at the University of Kansas, helps monitor monarchs and has started a Waystation Program. It encourages people to plant flowers that monarchs like and milkweed, which the larvae need.

You can learn more at: monarchwatch.org

from The Mini Page © 2015 Universal Uclick

Ready Resources

The Mini Page provides ideas for websites, books or other resources that will help you learn more about this week's topics.

On the Web:

- scistarter.com
- science.nasa.gov/citizen-scientists
- 1.usa.gov/1zLQBPv
- bit.ly/1zrdqYl

At the library:

- "Citizen Scientists: Be a Part of Scientific Discovery From Your Own Backyard" by Loree Griffin Burns

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Smile in Style

Travel Journal: Getting to Know Foreign Investments

By Dominic Lucente

Foreign investments can play an important role in helping to diversify a domestic equity portfolio. But before plunging into international waters, it's important to understand the differences between developed and emerging markets and the risks inherent to each.

Emerging Trends

Once upon a time, the United States was considered an emerging market. In the late 1800s, British financiers, noting America's growth potential, invested in the companies that were building the nation's infrastructure, particularly the early railroad companies. In doing so, they were accepting more risk than they would have with investments in their own market. The United States, after all, was still maturing and political and social change, as well as many other factors, could have made it a volatile investment market.

The same risk/reward characteristics apply to today's emerging markets, which are found in every corner of the globe. Because they are still maturing they may have more room for growth than long-established markets, such as the United States. Because the road to maturity is not always a smooth one, there may be bumps along the way.

In general, emerging markets have three characteristics:

- Low or moderate personal incomes.
- Economies that are in the process of being industrialized.

- Financial infrastructures, including stock markets, that are still being developed.

A developing infrastructure is what may give an emerging market its growth potential. For example, in an emerging market an industry such as banking might be just beginning to establish itself and therefore have above-average growth potential.

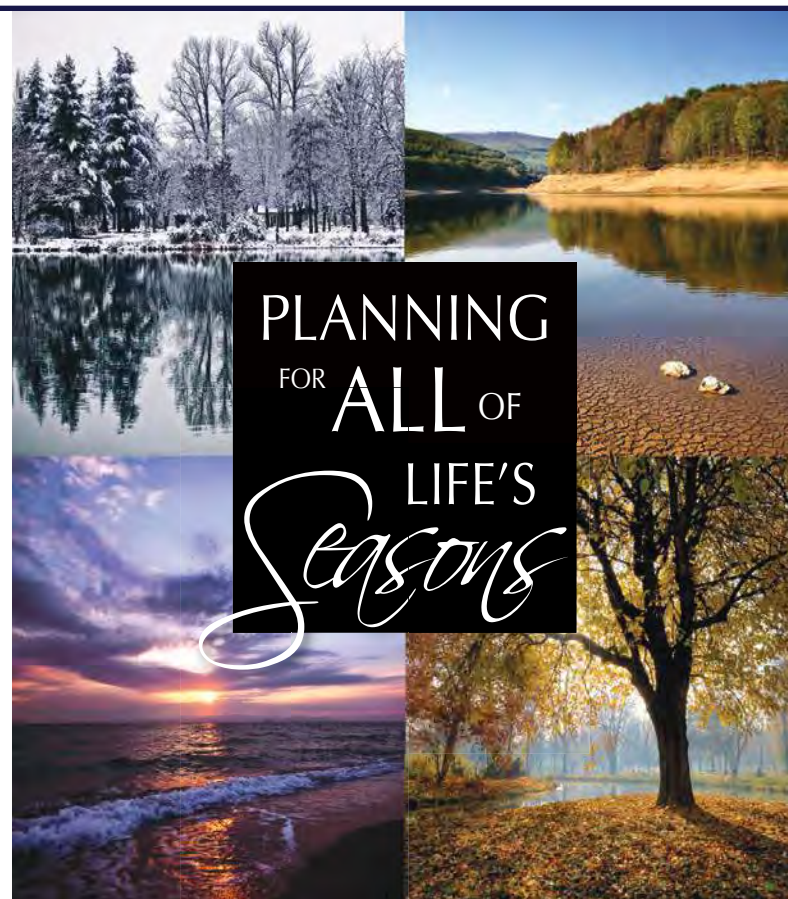
Of course, you need to keep in mind that emerging market investments are generally suitable for patient investors with long-term time horizons. Emerging market stock prices can take dramatic swings and it is essential that you have the time to ride them out.

Ongoing Opportunity

Developed markets typically have higher average incomes than emerging markets, as well as established financial institutions and markets and modern infrastructures. Of course, they may still offer investors the potential for continued growth.

By the same token, like emerging markets, developed foreign markets may be subject to greater risks than domestic investments. Foreign markets may be less efficient, less liquid and more volatile than those in the United States. They are also subject to the effects of foreign currency fluctuations and differing regulations.

If you decide to build an international element into your investment portfolio, consider



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seeking professional guidance. Professional portfolio managers often have access to information that's not widely available, not to mention the time and experience required to track events in a variety of markets. Before expanding your portfolio beyond U.S. borders, contact a qualified financial professional who can help you prepare for this investment journey.

Stock investing involves risk including loss of principal. International and emerging market investing involves special risks such as currency fluctuation

and political instability and may not be suitable for all investors.

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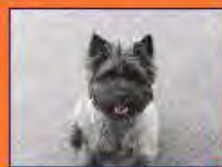
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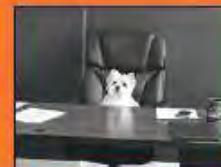
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BOW TEAM WINS REGIONALS

BY PAULA BOURASSA

On Saturday March 28, the Bow Extracurricular Enrichment Team, after winning the Regional Tournament, moved into the State Tournament and took 2nd Place in the "Making Waves" Challenge, which earned a spot to represent New Hampshire in the Global Tournament. The Global Tournament will be held in Knoxville, TN, from May 20th through May 23rd.

Each of the 50 states and about 30 countries will have representatives competing to be the global winner. It's an exciting, challenging event where we will meet and compete against students from around the world.

Destination Imagination is an extracurricular enrichment program in which a team is tasked with solving one of six challenges. Teams have about six months to figure out how to solve their challenge without receiving any assistance from their team managers nor anyone who is not a team member. The teams are scored on their successful completion of the challenge, their creative approach, innovation and design.

Our team spent over 100 hours in meetings, building out our designs (props) and writing a very unique script.

The team is made up of seven team members, some members have been participating for 11 years in the program. Their Challenge Making Waves is a Scientific Challenge and their skit to solve their solution was based on the Aurora Borealis. The team goes by the name of "Aurora Bow Realis".

Team Members are Paige Bourassa, Ben Garfield, Emma Garfield, Julia Hollinger, Bryn Mayo, Aditya Shah and Hayden Udelson. Team Managers are Mike Garfield and Paula Bourassa.



In order to get to the Global competition we need to raise funds to pay for registration, room, board and travel.

Our registration fees alone are over \$7000 and travel is approximately \$500 per person! If you would like to support our team, we would appreciate your support and donation.

We have multiple fundraisers planned.

We currently have a "GoFund-Me" account and our direct link is (gofund.me/makingwaves2TN).

On May 18 & 19 there will be a Bake Sale and Raffles at the Spring Bow High School Play "39 Steps" 7PM at Bow High School.

If you wish to send a monetary donation, checks can be mailed to :

Bow POPS @ BHS

55 Falcon Way

Bow, NH 03304

Contact Info:

beepdi@hotmail.com

Thank you for your Support!



STUDENT CONSTITUTIONAL LAW CONTEST

1ST PRIZE \$100.00

Unlike Christianity, where there are statutes and paintings of likenesses of saints and Jesus, the Islamic faith does not believe in creating images of the Prophet Mohammed. Obviously cartoons involving the prophet are objected to as they are often drawn in a negative way.

A newspaper in the United States has decided to run the same cartoon that a newspaper in France named *Charlie Hebdo* ran as a satire to show it was a "not for prophet newspaper." A few months ago 11 employees and editors were killed by Muslim extremists in Paris at the *Charlie Hebdo* newspaper offices.

A devout Muslim in New Hampshire learns a U.S. newspaper will soon run the same cartoon and is deeply offended by it. He argues in federal court that under the First Amendment to the Constitution he has a right to the free exercise of his religion without its founder being the subject of a cartoon. He does not object to written or press criticism of his faith, but says the line should be drawn at something he considers to be blasphemy, which is any likeness of the Prophet.

You are a federal judge. In 500 words or less write an opinion citing United States Supreme Court cases as to why you are, or are not, enjoining the newspaper from publishing the cartoon.

RULES:

1. Teachers and parents may help with research, but the student must write the opinion.
2. Contest is open only to students currently attending the Bow schools no matter where they reside.
3. Please remember the issue is not whether or not the cartoon is a good or bad idea; it is what the Constitution

of the United States permits or denies a newspaper and a court to do.

"Opinions" can be emailed or mailed but must be received by June 20 to be judged by three attorneys residing in Bow including John Laboe and two others.

The 1st and 2nd prize winning "opinions" will be printed in the July issue of *The Bow Times* and checks will issue thereafter.

The winners will be designated as *Bow Times* Constitutional Law Scholars.

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- ◇ The ATM machine.
- ◇ League of New Hampshire Craftsmen
- ◇ Common Man Express Grill
- ◇ Common Man Express Deli
- ◇ The General Store
- ◇ The Hi-Way Dinner
- ◇ NH Attractions Booth
- ◇ NH State Liquor & Wine Outlet

Local area resident traffic can also enjoy the opportunity to patronize these establishments by access from N.H. Route 3-A. Parking areas at the rear entrance allow for customers to use the ramp and stairs to enter the facility. Banking, ATM, food, gifts, beverages and more. *Enjoy!!*

ANNOUNCEMENTS



Births, Graduations, Engagements, Weddings, Anniversaries, etc.

Use The Bow Times to share and save remembrances of important events in your family. Provide a written description with a black and white photo to info@thebowtimes.com to be included in the next issue. Rates for a 1 column wide announcement are \$10 per inch. Add \$20 for a color photo.



TOPS (Take off Pounds Sensibly)

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2	5	9	1	8	7	4	6	3
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8	2	1	4	6	5	3	9	7

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SUPPORTER GROUP HOLDS BREAKFAST

By Cindy Greenwood



On Saturday, April 18, members of the Bow Fire Department, the Town Emergency Management Director, Bow Public Safety Supporters and members of the Bow community came together to cook and serve a pancake breakfast.

Approximately one hundred and fifty people enjoyed a variety of pancakes, bacon and sausage, while visiting with their fellow neighbors.

The breakfast was the first community fundraising event for the construction of a new public safety building.

The Bow Public Safety Supporter group is happy to report that, to date, a total of \$1,300.00 has been

raised between the breakfast event and outright donations.

Anyone wishing to contribute to the New Public Safety Building Fund may do so by sending their donation to the Bow Fire Department, 10 Grandview Road, Bow, NH.

Checks can be made to the Bow Volunteer Fire Department with a notation in the memo line stating "New Public Safety Building Donation".

Any donation amount is greatly appreciated.

The next breakfast will be held on Saturday June 27th, 8:00 a.m. to 10:30 a.m. at the Bow Community Building.

Bow Young at Heart Club Begins 39th Year

By Faye Johnson

This month Bow Young at Heart Club begins its 39th year of providing fun and fellowship to Bow's senior citizens. The original objective of the Club was to be "doers not donefors" thru service to others, community participation and social get-togethers. That is still true today.

Membership is open to all Bow residents over 55 and annual dues are \$10. We currently have 80 members.

Meetings are held at the Bow Community Building at 11:30 AM every 2nd and 4th Wednesday of the month (November, December, January & February 2nd Wednesday only. New members can join at any meeting and are eligible for Club benefits after attending three meetings.

Four trips are scheduled this year as follows:

May 21 Sister Act at the Ogunquit Playhouse, lunch at Warren's.

July 16 Boston Duck Tour, lunch at Venezia, Faneuil Hall & Quincy Market.

Sept 4 York River Landing Lobster Bake, Kennebunkport Tour.

Dec 3 Sleigh Bells Swing @ Winnepesaukee Playhouse, lunch at Hart's Turkey Farm.

39 years ago these trips were taken in a Bow School Bus. Happy to say we now have air-conditioned coaches. Non-member Bow residents are welcome to sign up for any of these trips to fill vacant seats. Bow Seniors stop by and check us out!

Contact Faye Johnson, Publicity
603-228-8149



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SCHOLAR OF THE MONTH



In last month's publication of Honor Roll students the list we obtained from the high school omitted the name of Katrina Wells (and obviously so did we).

We correct the list and are pleased to make Katrina Wells, with high honors in the eleventh grade, our Scholar of the month!

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Organ Recital June 18

By Faye Johnson

The First Methodist Episcopal Church and Society built what is now known as the Bow Bog Meeting House in 1835, and in 1880 acquired a Prescott reed organ from the Prescott Organ Company located on South Main Street in Concord. Prescott was known for building exceptionally well made, elaborate pianos and organs and enjoyed a stellar reputation nationwide.



Photo by Eric Anderson

This beautiful instrument provided music for the congregation through 1951 when the "Bog Church" was dissolved and the Bow Bog Meeting House Society acquired the building to keep it from becoming a barn for livestock. As part of the Society's 1970 restoration of the Meetinghouse, the organ was moved to the "singing gallery." This was by no means an easy task as the stairs are too narrow to accommodate the organ. A newspaper article from August 1970 states: "The [job] was accomplished with good old "Yankee ingenuity" and ..sheer manpower in the form of a few enthusiastic members Hauled by rope up a long stepladder ...the organ was then "flipped over the railing of the balcony" ... by a local plumber who was, fortunately, a former football player and a man of tremendous muscular dexterity".

There the organ continued to provide music for ecumenical services, weddings, funeral services and celebrations, such as our country's bicentennial and our town's 250th anniversary. Since then, time and environmental conditions have contributed to its internal decline.

As part of the current restoration, the Bow Heritage Commission engaged Edgar Boadway, well known restorer of reed organs, to do a full restoration, paid for with generous donations from Carol Goodsell Bailey, Louise Carr in Memory of Carol Allbee Gouin, and the Family of Dana Abbott in Memory of Virginia F. Abbott and Olive W. Totten.

The Heritage Commission encountered the same moving problem as the Bow Bog Meeting House Society, so 45 years later the organ made its way back down from the singing gallery with the expertise of the Bow Department of Public Works, using the same age old method of ropes and ladder. It will remain on the first floor, once again providing music for visitors.

On Thursday, June 18, at 7:00 p.m., the restored pump organ will provide music when the Bow Heritage Commission presents NH Humanities Council program New England Colonial Meetinghouses and their Impact on American Society. Built mostly with tax money, meetinghouses served as both places of worship and town meetings, and were the centers of life in colonial New England communities.

Using photographs of the few surviving "mint condition" meetinghouses as illustrations, Paul Wainwright tells the story of the society that built and used them, and the lasting impact they have had on American culture. Maryellen Haynes of the Bow United Methodist Church will be the organist. Refreshments will be served. Event is free. Seating is limited.



The Bow Bog Meeting House
Photos by Eric Anderson

BUSINESS NETWORKING IN BOW

By Bill Klubben



Photo by Eric Anderson

The Town of Bow Business Development Commission, together with the Library Trustees, hosted an after-hours Business-to-Business event on April 22nd at the Baker Free Library. Approximately twenty Bow business leaders networked with Town officials and Business Devel-

opment Commissioners over food and door prizes. Guests also learned about the current and future renovations planned for the Baker Free Library. The next Bow Business-to-Business event will be held in the fall. To be added to the invitation list, send an email to admin@bow-nh.gov.



Photo by Eric Anderson

Lori Fisher, Director of the Baker Free Library, showed local business owners the plans that are now underway for the Library's lower level renovation.



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BAKER FREE LIBRARY NEWS

By Lori Fisher

SAVE THE DATE!

The grand opening of the Phase 1 Lower Level Renovation will take place on the same day as our Summer Reading Kickoff Event, Friday June 19 from 4 p.m. to 7 p.m.

The theme for this year's Summer Reading is "Master the Art of Reading." Families are invited to join us as we kickoff eight weeks of special summer events and classes.

Children can register for the Summer Reading Club, put up paint splotches for any books they have already read, and participate in several fun activities. A picnic dinner is provided for all who attend.

In addition, families and Bow residents are encouraged to tour the newly renovated spaces in the Lower Level, see our new elevator, and enjoy the re-opening of the Friends Book Sale.

The Bow Heritage Commission will display some Bow artifacts and explain their plans for the

Baker Heritage Room. So come enjoy some food, tour the new spaces, and meet up with your neighbors! For more information, please contact Lori Fisher, Library Director, at 224-7113 or by email bfldirector@comcast.net.

REBECCA RULE AT BOW SCHOOLS

NH Humorist and Storyteller Rebecca Rule will be visiting with students at Bow Elementary School, Bow Middle School, and Bow High School between May 28th and June 1st. She will be telling stories and/or conducting writer's workshops with groups of 3rd through 12th graders.

Her presentations are made possible by a bequest from the estate of Robert Morgan, as well as donations made to the Baker Free Library in his memory. Mr. Morgan retired from the Bow school system after teaching there for over 20 years, and his legacy of supporting youth literacy will be

enhanced by this series of presentations.

Interested families can purchase books by Rebecca at the Library from May 26th through June 5th (cash or check only). For more information, please call the Library at 224-7113 or email bowbakerfreelibrary@comcast.net.

FRIENDS OF BFL BOOK SALE DONATIONS

The Friends of Baker Free Library will begin accepting donations of used books again beginning on Saturday June 6. Books must be in good condition (no mold or staining), and they cannot accept encyclopedias, magazines, VHS tapes, or cassette tapes.

Stay tuned for more information by visiting the Library's web site www.bowbakerfreelibrary.org.

The Friends Book Sale will re-open to the public at the Sum-

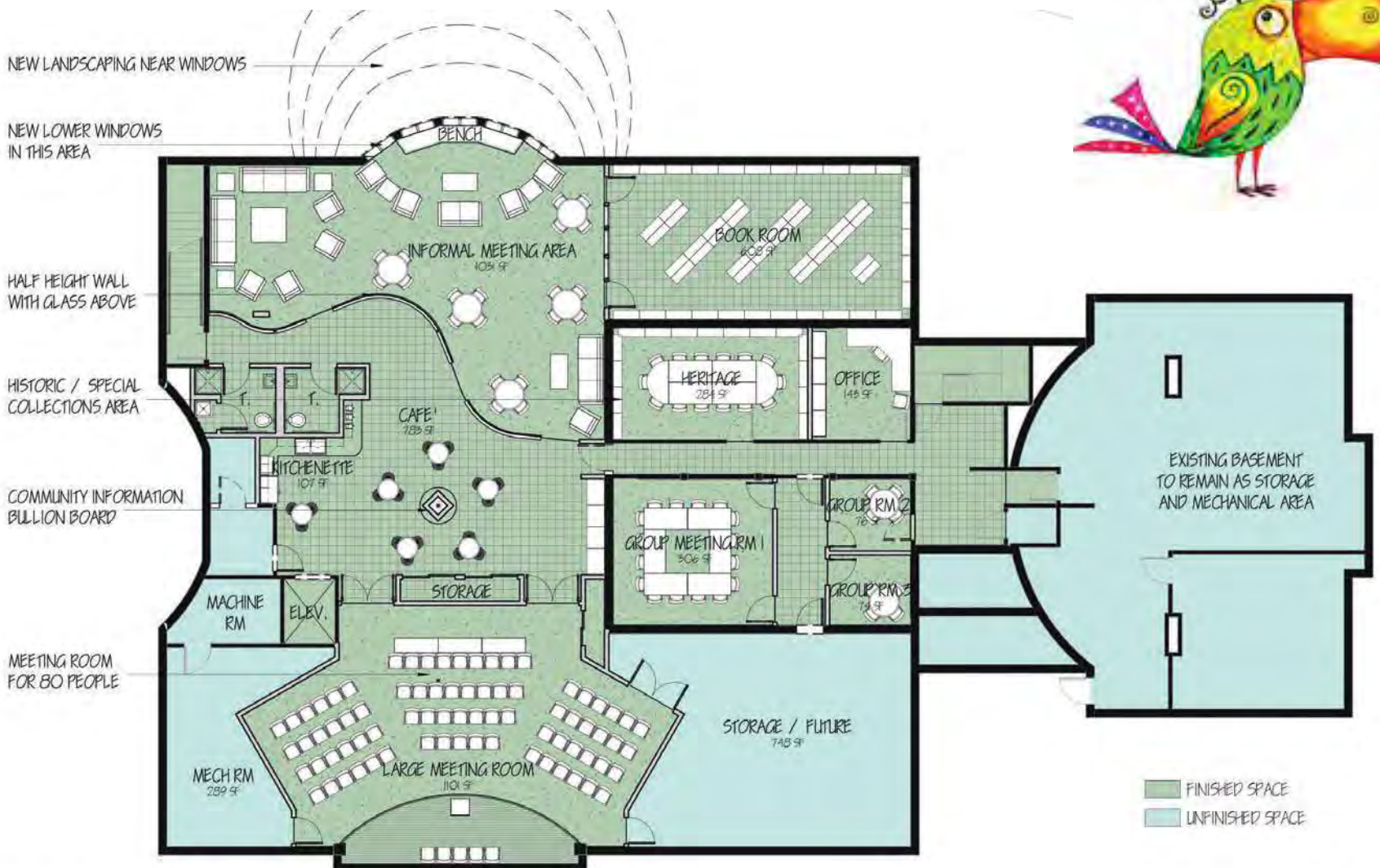
mer Reading Kickoff event on Friday 6/19, and will be open during regular Library hours thereafter.

LIBRARY CLOSURES AT THE END OF MAY

The Library will CLOSE EARLY AT 2 P.M. on Saturday May 23, 2015 for our annual carpet cleaning.

The Library will be CLOSED on Monday May 25, 2015 in observance of Memorial Day.

The CD/DVD drop and book drop are always available when the Library is closed, and renewals/reserves on materials can be done through the Library website www.bowbakerfreelibrary.org - click on the link to the catalog at the top of the home page.



LOWER LEVEL FIT-UP

BAKER FREE LIBRARY - BOW, NEW HAMPSHIRE

PROPOSED LOWER LEVEL PLAN

SCALE: 3/32" = 1'-0"

DATE: 02.20.13



My Table – Your Table

By Debra Barnes

*“Food is love – Share your food
& Share the love”*



Picnic or Pik-Nik - a meal that is eaten outdoors especially during a trip away from home; a trip or party that includes a meal eaten outdoors; something that is pleasant or easy.

Tis the season for picnics! May brings so many wonders like leaves on the trees, lilacs in blossom and weather warm enough for an outdoor picnic.

When I was very little we had a child size picnic table in our back yard. I sat at that table every chance I had with our dog Zip by my side. Peanut butter and jelly and a cold glass of milk were my customary foods of choice. We moved to Pembroke in 1973 and had to leave that table behind. I scouted our property for a new spot to enjoy my picnics. Outside the front door and behind a tall blue spruce, was a mammoth granite rock with a flat area that was perfect. There again I would continue my picnic adventures.

40 years later, I still enjoy the rituals of a picnic. The best part is you can have one absolutely anywhere! Nothing fancy is needed and planning should only take a few minutes. Here are a few items that we always have ready for a spur of the moment picnic.

1. A blanket, oversized towel or collapsible chairs, small cutting board
2. Small Cooler with ice packs (I always store a few of these in my freezer)
3. Salt & Pepper shakers, plastic silverware, a sharp knife and wine/bottle opener
4. Melamine or paper plates, cups, acrylic wine glasses, napkins/ wet naps and a trash bag
5. All Natural Bug Repellant!

When we picnic there are “always” a few foodie staples that Randy and I can’t live without. Cheese, wine and antipasti are must haves as well as classic a French baguette or light crackers, olives and Marcona almonds. Other delectables that can make any picnic a success: classic potato salad (my mother in law makes the best), sandwiches made with cold cuts or a simple peanut butter and homemade jelly, or an all time favorite...fried chicken! No matter what’s in your basket, picnics are a time to enjoy who you are with, where you are and a bite to eat. So pack a picnic, throw a kite in your trunk and head out for what can only be a great time!

Kitchen Tip – Herbs and spices will lose their flavor over time. I put the date on the lids of all mine. Every three months or so, take a look and see what needs to be replaced.

Kitchen Quote- “Salt is born of the purest parents: the sun and the sea.” Pythagoras



Here are a couple of quick and easy recipes for your next picnic:

Grilled or Roasted Asparagus with Garlic & Balsamic Vinegar

Serves 4

- 1 lb. thin asparagus, bottom ends trimmed
- 2 TBSP Extra Virgin Olive Oil
- 2 large garlic cloves, smashed and chopped
- 1 TBSP Balsamic Vinegar
- ½ t. kosher or sea salt
- ½ t. fresh ground black pepper

Preheat an oven or grill to 400 degrees.

Wash and dry asparagus spears. Gently toss the rest of the ingredients with asparagus. Lay in a single layer on cookie sheet or on a grill. Cook for about 10 minutes. Be sure to check the grill for flames as the asparagus does have oil on it.

This dish is best served at room temperature

Prosciutto and Mozzarella Sandwich

Serves 4

- 4 - Scali Rolls – this sesame seed topped knot roll can be found at most grocery stores
- 16 - slices of very thinly sliced Prosciutto
- 1 - Locally Grown and preferably Heirloom Tomato
- 4 - slightly thicker slices or super sharp Provolone cheese
- 2 T - Extra Virgin Olive Oil – Italian is perfect for this sandwich

Small Bunch of Fresh Basil

Fresh Ground Black Pepper

Slice rolls and lightly brush each side with the olive oil. Lay 2 pieces of prosciutto on each top and bottom. Lay a piece of cheese on the bottom of each roll and top with two slices of tomato and basil. Grind pepper over both halves and place the top on the bottom. Wrap in parchment paper and tie with butchers twine or simply wrap in tin foil.

Debra Barnes lives in Bow with her husband Randy. She is a graduate of the Cambridge School of Culinary Arts and chef/owner of Wellington's Marketplace in Concord at 124 No. Main St., Concord.

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