

# The Bow Times

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

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ISSUE 4

June, 2015

FREE

## PRESIDENTIAL CANDIDATE INTERVIEWS IN THE TIMES

In 2016 our State will celebrate the 100<sup>th</sup> anniversary of our first presidential primary. We remain the time-tested presidential primary proving ground.

We are knowledgeable voters because we do our homework. Months before the primary, the state's voters are attending meetings with the candidates, listening to speeches and sorting through the issues they believe important.

Consider these statistics: Polls taken during the primary season show that 50% of New Hampshire voters actively seek out information on one or more of the candidates.

More than 25% say they have attended a candidates rally or information session. And an amazing 25% report they have met at least one of the candidates in person.

The local media in New Hampshire do their part as well. Newspaper, radio, and television coverage of presidential candidates is thorough, energetic, and equitable.

Bow is a good microcosm of the State with 2,387 Republicans, 1,679 Democrats and 1,982 undeclared for a total of 6,048 registered voters.

Candidates will be in and out of Merrimack County both on

the Democratic and Republican side. All reasonably viable candidates in the opinion of the editors are going to be offered the opportunity to be interviewed for a page in the Bow Times. Because so many are running, there will have to be some selectivity involved.

We are pleased that our first interview with Carly Fiorina is in this issue on page 10.

We hope that all major Democratic and Republican candidates will avail themselves of this opportunity to help you, the Bow voter, decide what you want to do next year in the primaries for our next President.

Chuck Douglas

For a free press, Je suis Charlie

### FREE CONCERTS

### ON THE

### GAZEBO

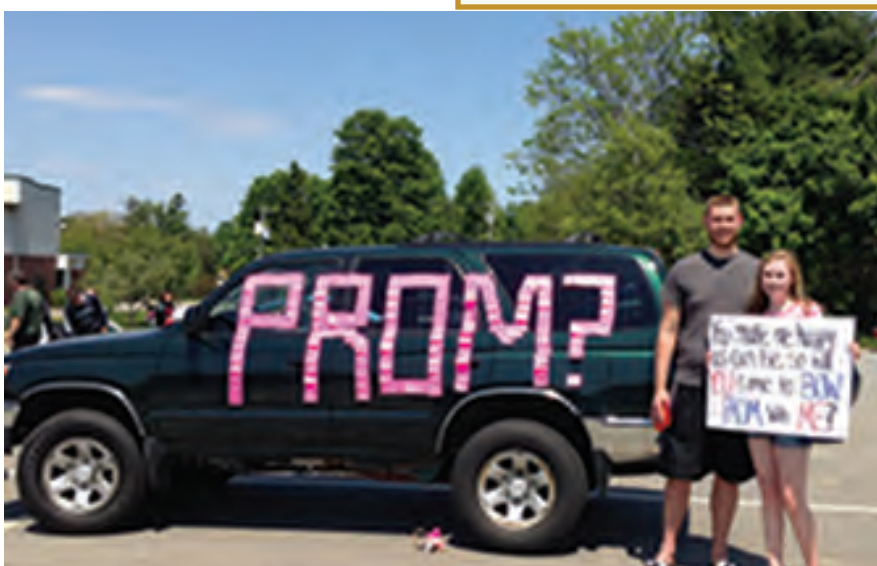
**SUNDAYS, 6-8 P.M.**

## WEST POINT HONORS FOR TWO FROM BOW



On May 23rd, Emily Buck and Maggie Crisman, both Bow High School Class of 2011, graduated from the United States Military Academy at West Point and were commissioned as Second Lieutenants in the United States Army. Maggie, a 4-year member of the Army Women's Basketball Team, will go to Fort Sill, Oklahoma to attend the Basic Officer Leadership Course and then report

to Fort Hood, Texas where she will serve as a Field Artillery officer. Emily, who was designated as an Honor Graduate, was a 4-year member of the Army Women's Cross Country Team. She was selected by the Army to attend Medical School at the Uniformed Services University for Health Sciences in Bethesda, Maryland. After completing Medical School, Emily will serve as an Army Physician.



Emma Stewart of Bow wanted to be sure her friend at Pembroke Academy would be her date for the Bow High School Prom on May 30. Scores and scores of Post Its on his car did the trick!

## BAD WATER? GOOD WATER?

### Drinking Water Test Day

**Bow Community Building June 20, 2015**

**8 am to 2 pm**

One in five bedrock wells in New Hampshire has a high probability of having unhealthy levels of arsenic. Is your well one of them? Does your water filter remove arsenic and radon, which are the most common contaminants in Bow wells?

Come over to the Fire Station / Community Building at 2 Knox Road to pick up a water test kit and discuss your water questions with Bow Drinking Water Committee volunteers. Your water is important! Test your well every year for bacteria and nitrate, and every three years for arsenic, lead, uranium and other common contaminants. See more information at [Bowdrinkingwater@gmail.com](mailto:Bowdrinkingwater@gmail.com).



**MONTHLY BOW TIMES DELIVERED TO 3,000 RESIDENTS AND BUSINESSES - FREE**



## LETTER TO THE EDITOR

I am writing this paper to express my sincere thanks to the many businesses, government agencies, and non-profit organizations that have participated in Bow School to Career activities throughout the years. Your willingness to offer Bow students valuable experiential learning opportunities such as internships, job shadows, informational interviews, work-site tours, and guest presentations is truly appreciated.

In addition to sharing the knowledge, skills, and education required of your professions, you have demonstrated essential skills such as communication, collaboration, and team work which are so important in today's workforce.

Thank you for the time, expertise, and enthusiasm you have shared with our students. We are truly fortunate to have such a supportive and responsive business community!

Mary Ann Gaschnig  
Bow School to Career Coordinator  
Bow High School

### The Bow Times

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**ADVERTISEMENT ERRORS:** We will be responsible for errors in advertisements only to the extent of correcting the same in the next issue using space equal to the items in error.

**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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**A proud member of the New Hampshire Press Association**



## REPORTER HANNAH KEARNS JOINS THE BOW TIMES' STAFF

Hannah Kearns of Logging Hill Road has come on board for the summer to do reporting.

She is the News Editor of the Vermont Cynic, the University of Vermont's award winning student newspaper.

Hannah graduated from Bow High School in 2013 and is a junior at UVM.

**WELCOME!!**

## BOW POLICE LOG

### MAY, 2015

**05/01** James P. Putnam, 29, 15 Gilmore, Concord, was arrested for possession of controlled/narcotic drugs; Gregory J. Davies, 31, 24 Rocky Ledge Rd, Windsor, was arrested for possession controlled drug with intent to distribute and on a warrant; Sarah N. Monette, 25, 5 Vindale, Hooksett, was arrested on a warrant; Darrellen J. Sharman, 31, 20 True Rd, Apt #95, Meredith, was arrested for driving after revocation/suspension.

**05/04** Shawn M. Mounsey, 31, 243 Pleasant St, Apt #89, Concord, was arrested for possession of controlled/narcotic drugs.

**05/05** Joseph A. Frazier, Jr., 36, 15 Old Henniker Rd, Hillsboro, was arrested for driving after suspension/revocation; David B. Foss, 36, 341 Buck St, Pembroke, was arrested for operating after suspension/revocation and negligent driving.

**05/07** Shaun P. Turgeon, 27, 33 Woodland Dr, Weare, was arrested for disobeying an officer, possession of controlled/narcotic drugs, possession of drugs in a motor vehicle, bench warrant, and driving after revocation/suspension.

**05/08** Frederick A. Temple, 30, 34 School St, Apt#C, Franklin, was arrested on a bench warrant.

**05/10** Khalid H. Shaga, 28, 181 Loudon Rd, Apt#309, Concord, was arrested for operating without a valid license.

**05/12** Brian Poole, 18, 13 Crockett Dr, was arrested for resisting arrest or detention; Scott R. Prince, 46, 10 Elliot St, Penacook, was arrested for aggravated driving while intoxicated.

**05/15** Kalibb T. Vaillancourt, 25, 210 Cobble Hill Rd, Swanzey, was arrested for driving after revocation/suspension.

**05/16** David M. White, 47, 238 N. Main St, Concord, was arrested for a bench warrant.

**05/17** Benjamin J. Rockwell, 33, 180 South Lincoln Apt#4, Keene, was arrested for driving after revocation/suspension and operating with a suspended registration.

**05/18** Jeffrey L. Hall, 43, 674 Grove St, Apt#3, Manchester, was

arrested for driving after revocation/suspension; Brian S. Soucy, 43, 1619 Front St, Manchester, was arrested on a warrant.

**05/21** Zachary D. Rebholz, 21, 520 Dubuque St, Apt#3, Manchester, was arrested on a bench warrant; Jason D. Crosby, 39 Morgan Dr, Plymouth, was arrested for driving after revocation/suspension and operating with a suspended registration.

**05/22** Andrew R. Kirwin, 26, 15 Hampshire Hills Dr, was arrested for driving while intoxicated.

**05/26** Reana Moran, 25, 6 Alice St, Concord, was arrested for driving after revocation/suspension, possession of controlled/narcotic drugs, possession of controlled/narcotic drugs with the intent to distribute; Brenin Reale, 28, 59 Knox Rd, was arrested on a warrant.

**05/27** Christopher Barrington, 20, 14 Clearview Dr, was arrested for criminal trespass and possession of controlled/narcotic drugs.

**05/30** Richard Fournier, 45, 31 Dunbarton Center Rd, was arrested for simple assault (x4) and second degree assault.

**05/31** Ahmad Abdulkarim, 32, 181 Loudon Rd, Apt#3, Concord, was arrested for operating without a valid license.

Three (3) people were taken into protective custody for drunkenness during the month of May.

One (1) juvenile was arrested for possession of a controlled drug and transportation of an alcoholic beverage by a minor.

One (1) juvenile was arrested for criminal threatening.

Arrests - 30

Motor Vehicle Stops -180

Warnings - 164

Citations -16

Accidents -7

Parking Tickets -7

Restraining Orders -0

Incident/Investigation Reports - 61



# BOW'S BOOK BINDERY

By Hannah Kearns

Photos by Hanna Kearns

Residents of Bow may not realize that hundreds of books are bound each day just minutes from their homes.

The New Hampshire Bindery, located on Dow Road, is owned and operated by President and CEO Tom Ives of Bow.



The business has been an “evolving process,” Ives said. His father owned the company previously, and Ives has worked at the bindery since 1972 when he was just a junior in high school.

The business started in Concord in 1934 and moved to Bow three years ago. “We’re a tight family,” Ives said. This is the 20th year that Tom has owned the bindery, since his father passed it down to him in 1995.

Walking through the bindery, workers are busy gluing and pressing bindings, folding pages, applying gold edging and many other tasks.

The sounds of machinery fill the warehouse, and stacks of different books, bibles and yearbooks fill the tables.

Although machinery has replaced most of the handwork, employees at New Hampshire Bindery still inspect each book as it comes off the bindery line with a meticulous standard of quality control,” the bindery’s website stated.

Currently, with the end of the school year approaching, the bindery is working on several volumes of yearbooks from

schools across the country, Ives said.

The bindery has also produced catalogues for companies such as New Balance, and also worked on binding Steven Colbert’s popular novel “I Am America.”

Now however, the bindery is more focused on shorter and higher end runs, he said. “It’s hard to try and find that type of work.”

The bindery also focuses on the restoration of books and bibles.



When he first started in the business, Ives said that “little old ladies” would come in, and ask him to repair their Bible, which most likely had been in their family for generations.

It is this type of work that Ives said makes the business worth it. He talked about the importance of literacy, and keeping family heirlooms intact. Old distressed book covers for bibles, cookbooks and other family heirlooms are painstakingly restored at the bindery.

“The books that folks bring us mean more to them than just the printed words on the page,” explains bookbinder Patrick Ives, “these are often family heirlooms, or things that have been with them for most of their life, and there’s an intrinsic value to a thing like that.”

And so it is the bookbinder’s job to find a happy medium: a point



# BOW ROTARY CAR SHOW

The Rotary Car Show fundraiser featured quite an array of vintage cars. Photos by Eric Anderson.



Noreen Christensen, Donna Deoss and Gail Kenison

**HAPPY ROTARIANNS!**

A word of thanks to both Gerry Carrier and David Gazaway for pulling together all the pieces to produce another great car show that raises the funds that helps benefit our local Bow community.

where the owner can recognize the book as their own while still being able to open and interact with it. In practice this involves a careful surgery, using antique tools and instruments that are often older than the books themselves. The bookbinder carefully lifts the book out of its old binding, repairs the books with new materials, then rebinds the book around its old cover. If the book’s cover is beyond repair, or if the book’s owner elects to do so, a new cover can also be crafted and stamped and embossing to match the appearance of the replaced cover.

As its website says: “New Hampshire Bindery blends the craftsmanship of those old bindery days with the consistency and uniformity obtainable from high-speed in-line machinery that will produce books of high quality at competitive prices.”

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→ BINDERY ←

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# Bow Garden Club

By Joyce Kimball



**Greta and Ken Cook of “Rusty’s Heirloom Tomatoes”**

Ken Cook of “Rusty’s Heirloom Tomatoes” located in Dunbarton regaled the Bow Garden Club with his vast knowledge and experience in the area of heirloom

tomatoes at their May 11<sup>th</sup> membership meeting. Ken, along with his wife Greta, expanded their garden considerably when Ken retired five years ago and now sell their heirloom tomatoes and other veggies to the public, the Concord Co-op, several restaurants and at both the Dunbarton and Bedford Farmer’s Markets. Each spring they offer 24 different heirloom tomato plants for sale. By the way, “Rusty” is actually the President and CEO of Rusty’s Heirloom Tomatoes” and claims to be “the hardest working farm cat in the business” according to his published bio. Visit [www.rustysheirloomtomatoes.com](http://www.rustysheirloomtomatoes.com) for more information.

## HYBRID DAYLILIES

The garden club’s June 8th membership meeting featured a program on hybridizing daylilies, presented by Bow resident Greg Marquis.

Marquis began collecting daylilies in 1998, purchasing them from hybridizers from all over the country. He says his original goal was to trial and distribute newer varieties to this area however after numerous disappointments, he decided to try his luck with hybridizing, concentrating on plant performance here in the northeast.

Although most hybridizers set out thousands of seedlings each year, as a hobbyist, Marquis limits his seedlings to 3 to 4 hundred per year, concentrating on re-bloomers and late season bloomers that extend the flowering



season into autumn. Marquis registered 6 cultivars and released 5 to the public and 3 more are being readied for fall release with several others still in the evaluation phase.

Greg Marquis is a member of the American Hemerocallis Society and a licensed NH Plant Grower. Visit his website at [www.capitoldaylilies.com](http://www.capitoldaylilies.com) to learn more.

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## Real Estate Sales in Bow

*By Chris Evans, Broker*

### May 2015

**1350 Route 3A** 1930 Cape with 7 rooms 3 bedrooms 1080 sq ft on .71 acres sold for \$146,000

**51 Bow Center Rd.** 1974 Ranch with 5 rooms 2 bedrooms 1104 sq ft on 3.6 acres sold for \$120,000

**17 Hooksett Tpk.** 1972 Contemporary with 5 room 2 bedrooms 1208 sq ft on 1 acre sold for \$191,500

**2 Blueberry Lane** 1963 Colonial with 8 rooms 3 bedrooms 2646 sq ft on 1 acre sold for \$239,900

**2 Woodland Circle** 1967 Ranch with 9 rooms 3 bedrooms 1964 sq ft on 1 acre sold for \$ 241,400

**7 Clough St 1970** Garrison with 12 rooms 5 bedrooms 2718 sq ft on 1.8 acres sold for \$309,000

**20 Poor Richards Dr.** 1971 Garrison with 8 rooms 3 bedrooms 2194 sq ft on 1.2 acres sold for \$298,000

**1 Arrowhead Dr.** 1993 Colonial with 8 rooms 4 bedrooms 1872 sq ft on 2.2 acres sold for \$300,000

**3 Hemlock Rd.** 1969 Colonial with 11 rooms 4 bedrooms 2464 sq ft on 1 acre sold for \$ 333,000

**25 Hampshire Hills** Dr Colonial with 9 rooms 4 bedrooms 2276 sq ft on 3.9 acres sold for \$345,500

**5 Nesbitt Dr.** 1996 Colonial with 8 rooms 4 bedrooms 2702 sq ft on 2.3 acres sold for \$400,000

For May the average price per overall square foot rose 3.4 % to \$121 per square foot compared to 2014’s average of \$117. per square foot. The average sales price for the 11 sales in May was \$265,845 with 79 days on the market.

Sales data compiled by Christopher Evans of Bow, a NH Licensed Real Estate Broker with Berkshire Hathaway Home Services Verani Realty of 143 N Main St Concord (603) 224-0700.

### Volunteers Needed for Town of Bow

The Town of Bow Board of Selectmen seeks residents to serve the community by joining various Town boards, committees and commissions. There are currently openings for regular or alternate members for:

- Bow Business Development Commission
- Bow Conservation Commission
- Bow Drinking Water Protection Committee
- Bow Heritage Commission
- Bow Planning Board
- Bow Recycling Committee
- Bow Zoning Board of Adjustment
- Upper Merrimack River Local Advisory Committee
- Bow Zoning Board of Adjustment

Please visit the Town of Bow’s website at [www.bow-nh.gov](http://www.bow-nh.gov) and click on “Boards and Committees” to find more information about each group and to fill out a volunteer application. Or, interested candidates may contact Nicole Gage, Administrative Assistant, at 228-1187 ext. 110 or via e-mail at [admin@bow-nh.gov](mailto:admin@bow-nh.gov). Applications should be returned no later than Friday June 26, 2015.





## LOST OPPORTUNITY

*By Attorney Benjamin John Kiniry*

I recently received a call from Robert, a friend and client, regarding his neighbor, whose situation is reminiscent of clients that Elder Law Attorneys have counseled nationwide.

The neighbor (hereinafter "Mr. Neighbor") informed Robert of the following: he is 80 years of age, is experiencing a decline in health, his wife has been diagnosed with Alzheimer's and is in need of care, his son resides with him but is disabled and has special needs, and his daughter lives many states away. Mr. Neighbor also stated he is not a man of great means and has never consulted an attorney (I get it, lawyers charge fees and if you don't see the value why would you hire one).

Mr. Neighbor's primary goal is to leave an inheritance for his disabled son's security and wellbeing.

**Opportunity:** If Mr. Neighbor consulted an Elder Law Attorney, the plan may very well look something like this (depending on all the facts of course): The Attorney would help Mr. Neighbor create a plan of action in regards to Mrs. Neighbor's care, paying for the care and location of the care (home or long term care facility) along with a wide variety of other planning opportunities based on current law (see previous and future articles).

For example, all family assets would be transferred to Mr. Neighbor's name alone, an application for the Medicaid long term care benefit would be prepared for Mrs. Neighbor, resulting in financial savings and decreased stress for the whole

family. Most likely a Revocable Trust would be created for Mr. Neighbor to avoid the probate process (think money, time and stress for the daughter who lives many states away, who we know will be handling the probate process). A Special Needs Trust would also be included to hold his son's share of the inheritance (generally speaking, this type of trust pays for items that public benefits don't pay for).

If Mr. Neighbor needed long term care prior to his passing, then all of Mr. Neighbor's assets would be transferred to the son's Special Needs Trust and Mr. Neighbor would thereby qualify for the Medicaid long term care benefit immediately (and yes, this means no inheritance for the daughter). The Special Needs Trust would hold the inheritance and the son would continue to qualify for most public benefits such as Supplemental Security Income (income benefit) and Medicaid (pays for a variety of medical services). Mr. Neighbor's goal of benefiting his son, the result he so badly desires, would be accomplished.

**Lost Opportunity:** Unfortunately, to date, Robert has been unable to convince Mr. Neighbor of the benefit of consulting an Elder Law Attorney so he may very well spend most or all of the family assets on Mrs. Neighbor's long term care, as well as his own. If Mr. & Mrs. Neighbor should die before their assets are completely depleted, then their estates will go through a probate process. The likely end result is one-half of the remaining estate being distributed outright to each child.

Due to the receipt of the inheritance, the son would be disqualified from Supplemental Security Income and Medicaid. He will not re-qualify until the inheritance is spent, at which time he will have to jump through hoops to reacquire them. Realistically and unfortunately, there is the

potential for a period where he may not have funds to pay for his needs and at the same time won't be receiving benefits. By the way, who is managing his inheritance and aiding him with his day to day needs, as well as reapplying for those public benefits (an issue for another day)?

Though Robert was kind enough to pass on some of my thoughts to Mr. Neighbor, to date he has failed to contact an Elder Law Attorney to proactively plan for a better result for his family. I'm still hopeful that Mr. Neighbor will seek appropriate counsel before it's too late.

As always, feel free to email your questions regarding estate planning and elder law to [ben@kinirylawfirm.com](mailto:ben@kinirylawfirm.com). Please see the Firm's website [www.kinirylawfirm.com](http://www.kinirylawfirm.com) for additional information.



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## STUDENT WRITER'S CORNER

### Bow High School Wins Education Of Excellence Award

On May 4, 2015, Bow High was one of three public schools honored for the Education of Excellence Initiative of 2015.

Our school was picked out of the other hundreds of schools in New Hampshire. This year marks the 21st anniversary of the "Edies" Awards, given out to schools that excel both in and outside the classroom.

Students commented on how much they love Bow High School. Sophomore, Olivia Krause said, "We have clubs and sports, and everyone in the school can get involved in something, and I just think it's great." This shows that students are encouraged to be involved beyond learning. Because students interact with others and the students do what they love makes Bow High one of the best schools in NH.

Zach Ponzio said, "At the end of the day, it's what the

student is willing to give to the teacher, and what the teacher will give to the student. That is why I love Bow so much, and that is why Bow is so great."

Bow teachers play a big part in a student's success, because Bow High teachers want their students to succeed, and they're willing to do the impossible to do so.

The other 2 schools honored with the Education of Excellence Award of 2015, were Parker Varney school in Manchester, and Ashland Elementary school in Ashland.

A gala was held on June 6, in honor of the winners of 2015.

*By: Felicia Robinson  
Freshman at BHS*





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# BOW PRIDE WEEK JUNE 22-27

Proud of Bow?

## Want to Help Buff Up Some Rough Edges?

Town Manager Dave Stack has asked all the energetic clubs and groups, and residents in Bow to help out on some small do-it-yourself projects you can sign up for to spruce up our town. The Public Works crews are busy with road projects but you can pitch in and sign up for a list of projects through Dave Stack's office at [townmgr@bow-nh.gov](mailto:townmgr@bow-nh.gov) or 228-1187, ext. 112. Go online to see the lists and commit your group or club (or just yourself) to help.

### Community Building:

- Paint entrance areas on south and west sides
- Clean out paved drainage swale – Knox Road into parking lot
- Paint inside wall on stage end of building
- Clean out garden on south side of building and add new plants

### Gazebo:

- Scrape and paint gazebo
- Reset stepping stones and add new ones
- Pain/Stain Town Information kiosk

### Old Town Hall

- Clean and Paint Kitchen
- Rake and clean up areas along parking lot

### Municipal Building

- Rake and clean up areas in back right corner and north end of parking lot
- Sweep up along retaining wall along south side of parking lot
- Sand and paint/stain break room table
- Clean and paint break room walls and cabinets
- Paint front entrance

### Evans Cemetery

- Repaint Evans Cemetery Sign, White Rock Hill Road



Community Building East Wall of Hall



Community Building South Door Entrance

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# HOW TO STAY MOTIVATED TO STICK TO YOUR FITNESS AND NUTRITION PLAN



By Jim Olson

## Step 1: Write a list of ALL the goals you want to reach around your health and fitness.

It's important to have a destination to your journey so start by writing out all the goals and outcomes you'd like to reach for.

These goals could be physical such as fitting into smaller clothes, losing a few pounds, gaining muscle or getting more toned.

They could be health related such as lowering your cholesterol or blood pressure, being more energetic, or managing stress.

They could even be more psychological or emotional such as overcoming the sugar craving battle, feeling more confident, or having a more positive attitude.

Don't hold back here, brainstorm whatever comes to mind and think of as many outcomes you'd like from the hard work you're putting in. Write out all the things you want to achieve for your health and fitness in the future.

## Step 2: Discover WHY these outcomes are so important to you.

It's not enough to simply decide the goals you want to reach. Having a goal in mind will not always keep you motivated in the long run. Sometimes large goals can even be discouraging because they seem so far away. So, rather than leave it at that try

asking yourself WHY you want to achieve your goals. Now it is very important to dig deep here. The first few answers are likely not getting to the real motivation that's going to stick with you and keep you inspired for the long run. Instead, keep going. Ask yourself WHY at least five or six times.

Dig to get the real deep burning desire you have for achieving your goals. If you don't know the real reason why you want to achieve your goals it will be hard to maintain discipline when faced with challenges and obstacles.

Often when working toward goals we become unmotivated and quit, but having that WHY in front of you constantly reminding you why you want to make healthier choices will keep you inspired.

So don't be afraid to really explore here and find your real and true reason WHY you want to achieve your goals that will keep you inspired!

Here's a great quote from Victor Frankl, "If you have the right WHY you can come up with almost any HOW."

So if you can't find the WHY to your goals it'll be hard to find the HOW to succeed. So determine your WHY. Keep asking yourself WHY until you find the true reason you don't just want to succeed but the reason why you MUST succeed. It has to be really BIG. Something moving and emotional.

Something big enough that even when faced with tough challenges there's no question that the best choice is the healthy choice.

**Are you ready to look better, feel better, increase your self confidence and improve your overall quality of life?**

**Please feel free to call or email me now and I would be happy to help you with anything that you need.**

*Jim Olson*



## INDIVIDUAL FITNESS

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**A Testimonial**


**By**

**Jamie Landrigan**





**Before**



**After**

**Individual Fitness is the best place in Concord to exercise. I have been working out at IF for a year. I really like John, my personal trainer. His individual attention has helped me get in better shape. He sometimes calls me "Rocky". He checks on me when I am doing the cardio workout, so that I don't get lazy.**

**John always compliments me on how much weight I have lost, a total of 80 pounds.**

**It took me three years of dieting and exercise to lose the weight.**

**Jim and Jeff are very friendly and keep encouraging me in my exercise routine.**

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PRESIDENTIAL CANDIDATE INTERVIEW:  
CARLY FIORINA

Our first candidate interview is of the former Hewlett-Packard CEO and the only woman declared as a candidate on the Republican side of the ballot.

Ms. Fiorina started out as a secretary for a small real estate business. She typed, filed paperwork and answered the phone. Eventually she would become a leader in technology, business and charity. In just fifteen years Carly went from an entry-level employee to leading AT&T's spin-off of Lucent Technologies and, later, Lucent's North American operations. In 1999, Hewlett-Packard recognized the tremendous challenges facing their company and asked Carly to be their new chief executive. As CEO of HP she was the first woman to lead a Fortune 50 business.

Chuck Douglas interviewed her on April 28 when she was visiting New Hampshire.

Excerpts follow.

**CHUCK:** Tell me what it's like to be campaigning in New Hampshire vs. California?

**CARLY:** Well, New Hampshire is a place where getting to know the candidate's detailed politics really matters. And you can cover the ground here. It's not that people don't want to know the candidates in a place like California but it's a huge state. And so people pay more attention to other indicators like media and polls. I would say New Hampshire is among the most sophisticated consumers of politics anywhere in the nation because they're sophisticated and because they have the opportunity to really get to know the candidates and the candidates take the time to get to know them.



**CHUCK:** What are some of the things that propel you into a race against Hillary Clinton?

**CARLY:** Well, as I travel here in New Hampshire I think people have deep disquiet. They feel we're losing the sense of limitless possibility that has always defined this nation. They believe that things have bumped along in sort of the same way for a long time in Washington, DC. They believe that the professional political class isn't necessarily solving the problems that need to be solved. And so I think they're looking for leadership and I'm very, very encouraged by the response I get all throughout New Hampshire.

**CHUCK:** I see also in addition to your obviously impressive background you're a cancer survivor, as am I. How do you think that affects your view of the future?

**CARLY:** Well, by the way, congratulations on your survivorship as well. It is a sisterhood and brotherhood. First of all, I think it really puts things in perspective. You know, bad press, grumpy reporters or nasty opponents aren't very scary after chemotherapy.

Secondly, I hope that it makes me a more patient and empathetic person. And third, I think I appreciate time differently. And I don't think we have endless time to change the course we're on. I don't think we have endless time to restore possibilities for all Americans. I don't think we have endless time to get a bloated bureaucracy called the federal government under control. And I don't think we have endless time to once again lead and the world needs our leadership.

**CHUCK:** What are some of your thoughts having come out of private industry?

**CARLY:** Business and government are different in many respects just like business and charity are different in many respects. And yet, what I've found as I've advised various government agencies, whether it's the CIA or the Department of State or, as I've led various charities, there are certain differences from business or even sound home budgeting that apply. So, for example, you need to know where you are spending your money but with the federal government we have no idea.

We only argue about the very very smallest tip of the iceberg of the federal budget. So we need



to know how we're spending our money so we can reprioritize how we're spending and that will require zero based budgeting.

Another example is that in a well functioning organization there are goals for performance and consequences for a failure to perform. Neither of those things exist in the government. So you can watch pornography all day long and get the same pay, pension and benefits as somebody trying to do a good job. That outrages the American people and it outrages me. Every year we get reports in excruciating detail about the hundreds upon hundreds of billions of dollars in fraud, waste, abuse and corruption but nothing ever happens. And something should happen. So I think those are really basic common sense things. Anyone who has ever looked at their budget around the kitchen table understands this. And we've just never done it with the political class in Washington. But we should.

**CHUCK:** The V.A. as you know seems to have a system of bonuses for some of the top tier folks across the country but I'm not aware there's any downside, such as termination if you underperform. Is that the type of structural change you may want to at least consider?


**CARLY:** Of course. And in fact, it's interesting that you bring up the V.A. because I use the V.A. as an example all the time of government that has turned in on itself and has forgotten who it is there to serve. Because we're not serving our veterans. And this has been going on for a very long time, but when the scandal of the Arizona V.A. delays broke, Congress responded to the outrage of the American people and they passed a bipartisan bill in pretty short order to allow the V.A. to fire the top 400 senior executives when they didn't perform. It's a really good idea! We should do

it throughout the entire government.

**CHUCK:** With regard to the Mid East and Iran, do we have a foreign policy at the moment?

**CARLY:** Well we have one. It's just a bad one. The foreign policy we have at the moment is aid to Iran. And it also fails to give our allies what they're asking for to help fight ISIS. That's our strategy and it's a bad one. I've spent a lot of time in the Middle East and in Israel so let's just talk about Iran for a moment.

We did everything wrong with the nuclear negotiations. We rewarded bad behavior by continuing to talk while Iran uses its proxies to sell instability and dissention throughout the Middle East. We have failed to achieve a single goal in these negotiations that the President outlined. Not a single nuclear facility will be dismantled. Not one of the 19,000 centrifuges will stop spinning and Iran no longer agrees to send uranium to Russia, now it insists it's just going to keep its uranium in country. Secondly, we've never (cont. on p. 11).



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# HOW TO HELP KEEP IDENTITY THIEVES AWAY

By Dominic Lucente

The more business we do and information we share online, the more identity theft becomes a growing threat to our financial security. There are ways you can help protect your good name and credit. Here are some tips to help keep you and your family safe.

## Monitor Your Accounts

This goes for everything you have financially -- credit cards, banks, brokerages, credit unions -- as well as email and social networking accounts. You should also monitor your phone bills (both cell and landline), as thieves can "piggyback" on your plans.

But above all, be sure to check your monthly financial statements carefully. If you notice something strange -- even if it is just for a small amount -- call the issuing financial institution immediately and report it.

Sometimes identity thieves test, or "phish," stolen account numbers by running a small charge or debit -- often of a dollar or less -- to make sure the account number is legitimate. Most accountholders don't notice the transaction or don't think it's worthwhile to alert their financial institution. That is, until a few weeks or months later when thieves wrack up big credit card purchases or drain a bank account. Bottom line: If you see something "fishy," no matter how small, report it right away.

Vigilance is the word for your email and social media accounts. The more information you share with the world -- say, by posting your birth date to your Facebook

profile -- the easier you are making it for thieves to find that information. Check your privacy controls, and keep checking. Facebook for one is notorious for changing its policies with little or no notice. Also check the information your children are sharing online. They are less likely to be aware of privacy concerns and the consequences of sharing sensitive information.

Finally, you should Google yourself periodically to see what type of information about you or your family is publicly available. You may be in for a surprise.


## Shred Sensitive Documents

You don't have to shred every piece of mail you receive, but anything with account numbers or other personal data should be shredded. You should also be sure to shred certain pieces of junk mail -- especially those unsolicited pre-approved credit card offers that seem to show up in your mailbox on a weekly basis.


You can further reduce or even eliminate these nuisance offers by opting out of the lists aggregated by credit bureaus, who then sell your name to lenders. Go to [www.optoutprescreen.com](http://www.optoutprescreen.com) or call 888-567-8688 to get your name off these lists.

## Check Your Credit Reports


The Fair Credit Reporting Act gives all American consumers the right to access their credit reports from the big three credit bureaus (Equifax, Experian, and TransUnion) for free once a year. Many unscrupulous firms will



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offer access to these reports for a fee or on a subscription basis. You shouldn't pay anything for this access. To get the reports, go directly to the source: [www.annualcreditreport.com](http://www.annualcreditreport.com).

You can also place a security freeze that will prevent anyone from viewing your credit report who is not affiliated with a company that you already have a financial relationship with or certain government and exempt agencies. You have to visit each credit bureau individually to do so.

**Note:** Security freezes are not free. Each agency charges a fee for this service, unless you are already the victim of an identity theft.

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# The Mini Page

Betty Debnam, Founding Editor and Editor at Large



## Our Electric Skies

Lightning is both glorious and terrible. It kills or injures hundreds of people each year in the United States. But people often ignore this powerful force, staying outside to play or work even when lightning is nearby. The top time for lightning storms is in the summer, when we want to be outside.

To learn more about the safety and science of this awesome part of nature, The Mini Page talked with a scientist at the National Oceanic and Atmospheric Administration (NOAA).

### Electric world

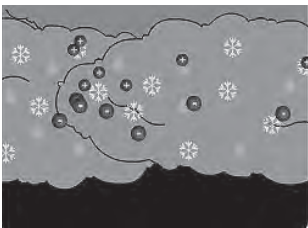
Lightning flashes about 50 times every second around the world. About 2,000 thunderstorms are occurring at any one time.

More than 1.2 billion thunderstorms hit every year around the world. Central Africa gets the most lightning flashes per square mile. The polar regions get the least.

## Lightning!



photo by J Schmidt; courtesy NPS



Ice crystals and graupel bump each other and move apart to cause electrical charges.

### Electrical charge

During a thunderstorm, moist, warm air rises quickly into the atmosphere. As it rises, it cools and forms a cloud. Tiny flakes of ice crystals and a kind of soft hail called **graupel** (GRAU-puhl) form in the cloud.

The ice crystals and graupel collide and bounce apart in the clouds. When they rub against each other, the ice and graupel become electrically charged. This is similar to how static electricity builds up when your feet rub against the carpet in winter.

The ice crystals become positively charged. The graupel becomes negatively charged. This means they have opposite electrical charges. Opposite charges attract each other. Like charges push each other away, or **repel**, each other.

When you hear a crackling in the skies, you're hearing lightning within the clouds. When you hear loud, booming thunder, you're hearing lightning jumping from a cloud to the ground.

## Don't Wait: Go Indoors

### A serious force

In 2014, lightning struck about 250 people in the United States, killing 26 of them and seriously injuring most of the rest.

No place outdoors is safe. If you hear thunder, get indoors fast. Lightning can strike more than 10 miles away from where it is raining.

### Safe places

Even if the skies are clear overhead, there may be clouds off to the side. If you are hearing thunder, it's not safe to stay outside.

Two places are safe in a lightning storm. The best place to be is inside a building such as a house, church, store or office. The second place is inside a hard-topped vehicle with the windows closed. Cloth-topped vehicles don't provide safety.

Stay safely inside for 30 minutes after the last thunder has passed.

### Safe inside

Once inside a building, stay away from anything that plugs into the wall. For example, stay off corded phones or a plugged-in computer. (Cellphones are OK because they are

not connected by wiring.)

Keep away from the plumbing. Metal pipes could conduct the lightning's electricity. Don't take a shower or do dishes during a thunderstorm.

### Car protection

Once you're in the car, roll up the windows. Don't touch anything metal such as the ignition or the radio.

People are safe inside a vehicle (or an airplane) because lightning follows the vehicle's outer metal shell, passing safely around the people inside. Tires do not have anything to do with the protection.

### Most dangerous areas

When lightning strikes, it usually hits the tallest object. This includes people if they're out in the open. Never stand under trees.

The most dangerous place of all is on or in the water. Water is a strong conductor of electricity. The highest number of lightning deaths happen to people fishing.

If you hear thunder, get out of the pool and away from any water. Even indoor pools can be dangerous.

## Mini Spy



Mini Spy reports the weather, and she predicts lightning storms! See if you can find: q toothbrush

letter E	peanut	boomerang	muffin
number 3	word MINI	dolphin	olive
letter A	ladder	safety pin	basket
umbrella	number 7	sailboat	flower
pencil	kite	leaf	ruler



from The Mini Page © 2015 Universal Uclick



Basset Brown's

### Try 'n' Find

## Lightning

Words that remind us of lightning are hidden in the block below. Some words are hidden backward or diagonally. See if you can find: AIR, CHARGE, CLOUDS, DANGEROUS, ELECTRICITY, FIRE, FLAKES, FLASH, GRAUPEL, GROUND, HEAT, HIT, HOT, ICE, INDOORS, LIGHTNING, ROARS, SAFE, SKY, STRIKE, SUN, THUNDER, THUNDERSTORM.

FE R I F S U O R E G N A D G  
LC R I A G N I N T H G I L R  
A H M R O T S R E D N U H T A  
S A H I E F A S D N U O R G U  
H R S O C T I H E K I R T S P  
S G U K T E V S R O O D N I E  
K E N S R A O R S D U O L C L  
Y L R E D N U H T S E K A L F  
T A E H Y T I C I R T C E L E

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Mighty  
Funnys

## Mini Jokes

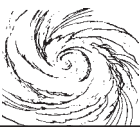
All the following jokes have something in common. Can you guess the common theme or category?

Larry: What is a tornado's favorite game show?  
Leslie: "Wind, Lose or Draw"!



Lauren: What did they call the heavy  
snowstorm that hit the Emerald City?  
Lilly: The Blizzard of Oz!

Lisa: In what wars do hurricanes fight?  
Lester: Whirl wars!



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The Mini Page Staff

Betty Debnam - Founding Editor and Editor at Large Lisa Tarry - Managing Editor Lucy Lien - Associate Editor Wendy Daley - Artist



(cont. from p. 8) stopped talking to Iran.

So even when we weren't achieving our goal, even when deadline after deadline after deadline passed, we just keep talking. And third, our President went to the Rose Garden and celebrated a deal before we had a deal. So, of course, the Iranians conclude, well, we can get an even better deal. And so they're going to keep negotiating until the very last minute but our President continues to give in to their demands. We should stop talking to Iran immediately. If I am in the Oval Office no matter where it stands, I will write punishing sanctions back on Iran because we have a great deal of influence over their ability to move money around the global financial system. We should use that influence and we should not lift the pressure until

they agree to full and unfettered inspections, anytime, anywhere, such as the U.N. unanimously resolved a couple of years ago.

**CHUCK:** What about ISIS?

With regard to ISIS, we have allies in the Middle East who are asking us for help as they fight ISIS because they know it's their fight. King Abdullah of Jordan,

who I've known for many years, has asked us for bombs and materiel if he fights ISIS and he's been very strong in fighting ISIS. Remember what he did when the Jordanian pilot was burned alive? We haven't given him the bombs and materiel.

The President of Egypt, a pious Muslim, very bravely has been publicly saying that there's a cancer in the heart of Islam. The President of Egypt would like us to share intelligence with him. We will not, we have not, but we should.

The Kurds have been asking us for years to arm them—they're

the best fighting force we have to fight ISIS but we haven't done it. So there are a whole set of things that we are in control of that we can do to stabilize the situation in the Middle East so this isn't a hopeless situation, it's just that we need a leader who understands what we can do and then have the courage to do it.

**CHUCK:** Well, I appreciate your time.

**CARLY:** Thank you so much Chuck. I really appreciate your time and letting me have an opportunity to chat with the Bow Times.

**BOW HIGH SCHOOL RANKS 3<sup>RD</sup> IN NEW HAMPSHIRE**

U.S. News & World Reports recently released its 2015 "Best High Schools" edition, and Bow High School is ranked 3<sup>rd</sup> within the state of New Hampshire, and 918 nationally out of 29,070 schools.

Students have the opportunity to take Advanced Placement course work and exams. The AP participation

rate at Bow High School is 51 percent. The student body is 56 percent male and 44 percent female, and the total minority enrollment is 7 percent.

New Hampshire tests high school students in reading, writing and math via state assessments. Students need to complete community service to receive their diploma.

**WHITE ROCK NEWS**

Two gorgeous Cottages Available



**White Rock Senior Living**

**Community**

**Presents**

**"Bone Builders"**

**Fitness Class**

With Ann Marie  
Tuesday—Thursday  
10 AM.– 11 AM.

**All are Welcome**

**Happy Hookers"**

**Knitting Club**

Meets At 9:00 AM  
At White Rock

**All are Welcome**

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# SELECTMEN DEBATE FEES FOR USE OF TOWN BUILDINGS

How much should groups pay to use town facilities? When can alcohol be served? These questions were before the selectmen on May 26. The \$10 fee was established in 1975 and one thought was to continue to offer the \$10 fee to those groups that have contributed to the improvement of the town buildings. The Selectmen discussed the various contributions that the following groups have made to the community at large, and to town buildings specifically: Bow Men’s Club, Bow Garden Club, Bow Open Spaces, Trails Club, and Eagle Scouts. It was noted that groups such as Rotary and the Men’s Club have contributed thousands of dollars and years of service to the physical improvement of town buildings.

The 1976 Town Report at page 29 reported an article was passed to charge certain groups \$10/year. Based on inflation, that is \$43 in today’s dollars. The Selectmen are now authorized to set the fees and those older ordinances were superseded by the currently adopted code.

**The Selectmen concluded the following clarifications to ordinance #15-06 are necessary:**

- a. Special \$10 or \$25 list as discussed by Select men
- b. \$50 for Bow-based organizations with a minimum of 50% Bow membership (this could include a Bow political party)
- c. Bow Residents - \$150
- d. All other (non-Bow) \$250
- e. Security deposits
- f. Police detail, if required by the Chief of Police
- g. Fire detail, if required by the Fire Chief

This issue will be brought back to the next meeting of the board.

## 7th Annual Strawberry Festival

The Bow Mills United Methodist Church

505 South St., Bow

June 27th from 10 am to 2 pm.

Festivities of the day filled with great food, music, vendor displays and activities, demonstrations, animals and much, much more!

Agility course for dogs - Therapy dogs - Puppies and Puppy Kissing booth- Peanut, the Llama room and pet Darcy, the miniature pony

Hug Tucker, the Therapy Rabbit; Canine Massage / Dog Biscuit Making / Free nail cuts

Make Teddy Bears - Knot Tying - Brain Teasers – Weaving

Make a fruit salsa with strawberries

Massage Therapy- Angry Birds Game

Kids Craft Castle for fun creation of tiaras & crowns

Balloon Artist

Blessing of the Animals

Nail Polish painting for kids

The Kid Jazz Band - D’Accord Barbershop Quartet - The Dykens Boys, Hugh and Michael - Cat Tierney, Traditional Irish Music

Strawberry Shortcake.....and more!

Proceeds to benefit the Concord Coalition to End Homelessness and Youth Mission Scholarships. *Bow Mills invites you to come out, enjoy the day, the people and have lots of fun.*

Free Admission – Rain or Shine

**Author/Illustrator, Tracy Kane and Inspired Students at Bow Elementary School to Build Fairy Houses**

By Kim Brewster, BES Library Media Specialist  
Photography by Kim Brewster

If you take a bit of creativity, imagination, nature collections, the outdoors, children, and a visit from the author and illustrator of Fairy Houses, Tracy Kane, what do you get?



Tracy Kane, Bella LaPerle and Amy Desrochers

Whimsical villages of Fairy Houses located around the outside of Bow Elementary School! Students from Kindergarten through Grade 4 collaborated and created Fairy Houses after Tracy Kane read her book, Fairy Houses, and sparked their imagination with examples of pictures of woodland, beach and fairytale houses made out of natural ma-

terials. This was a great opportunity for BES students to work together as a school community, plan, build, and interact with the outdoors. Initial inspiration for this school wide event came from first graders that have a yearly tradition of building fairy houses at Bow Elementary School in the fall. This year the fairy house building process blossomed into a school community event during the week of May 18<sup>th</sup>.



Tracy Kane, Ally Gordon and Sophia Coombs

Funding for Tracy Kane’s visit was made possible with the support of the Bow PTO.

**If you visit these fairy houses, you just might hear the flutter of wings nearby!**

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## Baker Free Library Under Construction!

By Gary D. Nysten  
Bow Heritage Commission

If you have driven by the Baker Free Library on South Street in Bow lately you would notice some indications of some type of construction going on, such as the Cobb Hill Builders sign on the front lawn and a construction dumpster in the parking lot.



For those who utilize the library on a regular basis the visible construction has taken place in the building at the rear entry lobby area, with the installation of a new elevator. Most of the changes cannot be seen at the main floor level, as they have been made to the lower level area including a new small meeting room, two group tutoring rooms, and a new Baker Heritage Room and multi-purpose office area.

Phase 1 of the Lower Level Renovation project is almost complete with a grand public opening on Friday June 19<sup>th</sup> from 4 p.m. to 7 p.m. A floorplan of what has been scheduled for renovation is on display at the library. Contact Lori Fisher, Library Director, at [bfldirector@comcast.net](mailto:bfldirector@comcast.net) or 224-7113 if you have questions or require further information.

The residents of Bow, the Baker Free Library Staff, Trustees, Friends, Foundations, Heritage Commission, and many others have donated time and money to accomplish Phase 1 of the Lower Level Renovation. Lori Fisher, our library director, has led the way on this much needed project. The funding goal having reached 60% of the total, allowed Phase One to be initiated and soon finished.

The project funding goal continues to build with donations being received from supporters of the Baker Free Library in order to address the needs of the community for meeting space and the preservation and presentation of Bow's historic documents, pictures, and artifacts.



View from the Pulpit, Old Meeting House (1773)  
Sandown, New Hampshire, 2007. Paul Wainwright

**PAUL WAINWRIGHT** is a landscape and architectural photographer who works in a traditional manner utilizing sheet film, a large-format camera and silver gelatin printing. Based in New Hampshire, his work is included in private, corporate, and public collections, including the Boston Public Library and Museum of Fine Art. Wainwright's images reflect an eye for space and light, subtle details, and a keen appreciation of history. Learn more at [www.colonialmeetinghouses.com](http://www.colonialmeetinghouses.com).

For more information, please contact:  
Faye Johnson, Secretary, Bow Heritage Commission: 228-8149

## New England's Colonial Meetinghouses Paul Wainwright, Photographer

At the recently restored  
Bow Bog Meeting House of 1835

111 Bow Bog Rd., Bow, New Hampshire

7:00 PM  
Thursday, June 18, 2015

The restored 1880 Prescott Reed Organ  
will also be played by Maryellen Haynes

Seating is limited – Refreshments will be served

A New Hampshire Humanities Council  
40<sup>th</sup> Anniversary Signature Event

Based on Paul Wainwright's book,  
*A Space for Faith: The Colonial Meetinghouses  
of New England.*

New England's colonial meetinghouses embody an important yet little-known chapter in American history. Built mostly with tax money, they served as both places of worship and places for 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.



## BOW RECREATION NEWS

By Cindy Rose



Come and join the Bow Parks & Recreation Department this summer! We have activities and camps for all ages.

Find your inner Katniss and join us for one of our **Archery Clinics** or our **Archery Camp**.

Mark Stewart will be back with our popular **basketball camp** for children grades 1-4 or if you will be in middle school, check out our Summer Basketball program.

Mandy Degelsmith will be teaching **tennis** for children and adults – not interested in lessons, join our summer Round Robin for Adults.

We have two dynamite **Field Hockey Camps** – one for grades 3-5 and one for grades 6-8.

**Wicked Cool Camps** will be offering a **Nature Explorers Camp**,

Mad Science will be here for

**Secret Agent Lab Camp** and Play Well with be offering **Mine, Craft & Build Camps with Legos®!**

Do you like to cook or want to learn? Brenda Lewis will be offering two sessions of **Healthy Cooking Camp** – parents, the children will bring home dinner for four each night!

What about **Scrapbooking**? All you need are some pictures and imagination to put together a beautiful memory book with Kimberlie Berrigan.

**Yoga Camp for Children** is happening again – don't miss out on this camp that will be filled with relaxations, songs, games and art activities.

Is there a **princess** in your house? If so, we have the perfect camp for them filled with themed activities, games, crafts and stories.

Pre-School children are invited to our **Kidz Kamp**. You can come and play with our Cel-

ebating Children Teachers for one or two weeks of outdoor and indoor discovery through exciting activities.

We still have limited spaces for our Bow Recreation Summer Day Camp!

Register now; so you don't miss out. For more information on these and all of our Summer Happenings, check us out @ [www.bow-nh.com](http://www.bow-nh.com), click on Town Departments, then Parks & Recreation and scroll down to our activities brochures.

Or, give us a call @ 228-222 or stop on over at The Bow Community Building at 3 Bow Center Road. You will want to register soon as all programs have maximums allowed.





# BAKER FREE LIBRARY NEWS

By Lori Fisher

## Summer Reading

### Kick-off and Opening of

### Phase I Renovations

### Friday, June 19TH

The Grand Opening of the Phase 1 Lower Level Renovations 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 our 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](mailto:bfldirector@comcast.net).

## Friends of BFL begin Taking Used Books as of June 6th

The Friends of the Baker Free Library are again accepting book donations for the Lower Level Book Sale, starting Saturday June 6, 2015 from 10 a.m. to 4 p.m.

All books will be reviewed at that time, and any donations not accepted will be returned to the donor immediately. Books must be in good condition. We do not accept encyclopedias, magazines, CDs/audio tapes, or text books.

Starting June 27th book donations to the Friends book sale will only be accepted on book collection/review days, which will be the last Saturday of every month at

the Library from 10 a.m. to 4 p.m. June 19th is the grand public re-opening of the book sale! Come and browse while enjoying the Library’s annual summer reading kick-off event and the unveiling of the Phase 1 renovated lower level space! Questions? Call Christine Carey at 225-7224.

## Library Closure July 4th

The Library will be closed on Saturday, 7/4 in observance of the Independence Day holiday. We will re-open on Monday, 7/6 at 10 a.m.

Remember that our book drop and CD/DVD drop are always available 24/7, and reserves/renewals can be done online through the Library’s catalog at [www.bowbakerfreelibrary.org](http://www.bowbakerfreelibrary.org).

# LIBRARY CHARITABLE GIVING IS NEEDED

By Mark Levin



Photo by Eric Anderson

Library Trustee Paris Awalt (center) describes the phased Lower Level Renovation plan to donors Paul Rizzi, President of Merrimack County Savings Bank (left), and Gary and Renia Woods.

Phase 1 renovation is scheduled for public unveiling on June 19<sup>th</sup> with spaces available immediately after the unveiling.

Currently The Baker Free Library Foundation has raised \$250,000 through town fund-



Photo by Eric Anderson

Gary Nysten of the Bow Heritage Commission discusses plans for the new Baker Heritage Room with donors Carol G. Bailey and Terri Goodsell.

ing, and almost 200,000 in private donations.

We have completed two-

thirds of our fundraising goal to date and still need to raise approximately \$100,000 privately, and will ask for the last \$50,000 from the Town at the 2016 Town meeting.

There are a number of naming opportunities still available for donations of \$5,000 or more.

Smaller donations are always welcome and will be recognized on the first floor of the library with our new Donor Tree, which will be in place for the 6/19 grand opening.

There are three different levels of inscribed leaves on the tree:

Bronze, \$500-\$999

Silver, \$1000-\$2499

Gold, \$2500-\$4999

Anyone who has donated \$5000 or more will have an inscribed rock at the base of the tree.

The donor tree is a great way to recognize a loved one, your

family, or your business in a high-traffic area of the Town’s most popular gathering place.


For more information, contact Mark Leven, Baker Free Library Foundation Director, at 490-8217 or [mleven@cisco.com](mailto:mleven@cisco.com), or Lori Fisher, Library Director, at 224-7113 or [bfl-director@comcast.net](mailto:bfl-director@comcast.net).

## TRAVEL WITH THE TIMES



Susan Stevens of Bow reads The Bow Times in Victoria, British Columbia, Canada.

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# My Table – Your Table

By Debra Barnes

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

## "It’s all about the “Dressing”

Wandering the farmers market this past Saturday, it was so nice to see all of the fresh salad greens! Mesclun, green leaf, red leaf, and arugula filled all those beautiful bags of with lettuce love.

First thought, what could I dress those greens with? What wine or cheese would be a delightful accompaniment? One can never go wrong with a classic, robust extra virgin olive oil, lemon juice, salt and pepper...done.

I always dress my greens right before serving because the acid in the lemon juice will start to wilt your greens if done too soon.

White soft fruity wines such as sauvignon blanc, pinot gris or a non wooded chardonnay marry beautifully. A wedge or slice of a soft cheese such as a triple crème brie or goat chevre will balance out your plate. Try coating your chevre with fresh herbs or freshly ground pepper.

Have some sturdy greens such as romaine or iceberg? Make this Green Goddess dressing, add fresh chunks of tomato, sliced spring white onion, paper thin sliced radish, cucumber and snipped chives. Add grilled shrimp to make a heartier version.

### Green Goddess Dressing:

2 cups Hellmans mayo or extra heavy mayo

1 cup sour cream

1 cup thin sliced scallions or chives if you have

1/2 cup minced parsley

2 Tbsp lemon juice

2 Tbsp white wine vinegar

6 anchovy filets, rinsed, patted dry

Salt and pepper to taste.

Add the mayo, sour cream, lemon juice, vinegar, anchovies, a little salt and fresh ground pepper into a blender or small food processor and process for just 10 seconds. Remove to a bowl and stir in the scallions/chives and parsley.

Let the flavors marry for about a half hour, taste and adjust seasoning to your own taste.

So get out there and visit your local farm stands and farmers markets! They will have an abundance of fresh greens and vegetables as well as helping support your local farmers and businesses.

**Kitchen Tip** – Never store your olive oil by light or heat. These will shorten the length of time your oil will still have that intense olive flavor. “Always” check your olive oils to be sure they have not gone bad. I date the bottle on the back of when I opened it.

**Kitchen Quote** - “Cooking with love, provides food for the soul”



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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.

## 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 either a color or black and white photo to [info@thebowtimes.com](mailto:info@thebowtimes.com) to be included in the next issue.


Rates for a 1 column wide announcement are \$10 per inch. For color photos add an additional \$20.

**Bow Public Safety Facility Fundraiser**

Saturday, June 27th from 8:00 to 10:30 AM  
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# Character Building in Bow Elementary School

By Julie Bassi, Ph.D.

At Bow Elementary School, we have an initiative underway to teach character development skills alongside academics. With recent longitudinal brain research studies revealing the significance of a child’s emotional health in predicting lifelong satisfaction and happiness, teachers at BES have begun to partner with the guidance department

Together, teachers and children learn, practice, discuss, and emulate habits such as “being proactive” and “beginning with the end in mind” and “putting first things first.” Weekly lessons from the guidance department are practiced and discussed over the course of each week, with exciting and promising results. Every child is viewed as a “leader,” celebrated for his/her individual strengths.

Through relationship and conversation in a thoughtful, reflective process, teachers and students are beginning to recognize and classify their

cially helpful is the concept of establishing healthy study habits at a young age, emphasizing the ability to take initiative and accept responsibility for moods and actions.

Furthermore, the partnership encourages dialog regarding friendships, social skills, practicing strong listening skills, and most importantly, viewing all classmates as worthy of kindness, respect, and revealing unique gifts.

Demonstrations of the early effects of this emphasis can be viewed in the culture of the classrooms, the artwork on the walls, the songs that we sing, and even in the manner by which reading comprehension and mathematical calculations are discussed.

The 7 habits terms have been woven into written expression activities. One third grade classroom has been inspired by the story of Randy Pierce, a Nashua man who has accomplished incredible feats in his life despite (or perhaps because of) being blind.

This class of third graders singlehandedly took the initiative to invite Randy to speak to our school community and to introduce him in a manner that reflects their appreciation of how he “lives” the 7 habits.

Infusing students with character skills prepares them for the winds or forces that the world brings and to which they will inevitably be exposed, including drugs and alcohol - because they begin to feel a deep sense of wholeness from within, rather than simply being defined by outcome measures and pres-



to integrate the core concepts of Stephen Covey’s *7 Habits of Happy Kids* into the daily fabric of the classroom experience.

actions in relationship to the 7 habits framework, in a manner that they can understand and makes sense from their young perspectives. Espe-

sured to perform as though their identity depends on what they do, rather than who they are. We look forward to further commitment to teaching, discussing, and modeling healthy living habits as foundational and essential building blocks for all learning.

**Julie Bassi, Ph.D. is the  
School  
Psychologist at BES**

## SCHOOL STARS TO BE RECOGNIZED

By Stephen Elgert

The Bow Schools Foundation announces its Bow Star Awards program. As a part of this new fundraising initiative, special awards will be presented to honor those teachers, staff, and administrators who display exemplary service to our students.

Have you ever wanted to recognize or thank a school staff person for his/her time and effort put forth while helping your children on their journey through the Bow School system? Looking for that end-of-year gift for that special teacher? Want to recognize an employee who will be retiring for their years of dedicated service to the district?

Are you an alumnus who wants to give something back to a favorite mentor? Wondering how you can show your gratitude for that school volunteer or bus driver? For a \$20 donation to the Bow Schools Foundation, a certificate will be created to honor

that special employee or friend of the school district that you have chosen to be recognized.

You can personalize your certificate with your own message. The certificates are suitable for framing and will be presented in June and December. The process is simple: Visit the Bow Schools Foundation’s Bow Star Awards webpage at <https://sites.google.com/a/bownet.org/bow-schools-foundation/bow-star-award>.

Complete the downloadable or online form. Once completed, submit the form with payment by check to the Bow Schools Foundation or return to the webpage and use our PayPal system (no PayPal account necessary) to make a tax deductible donation to the Foundation. This is an opportunity to further the Foundation’s work in the Bow School system while at the same time honoring that special someone who makes a difference.



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# HISTORIC BOW CENTER

By Dick Stevens



Prior to 1766, four homesteads were established in the vicinity of Bow Center, settled by Edward Carlton, Thomas Eatton, Eliezer Emerson, and Samuel Smith, Jr. Prior to 1800, four roads converged at Bow Center: White Rock Hill Road, Bow Center Road, Wood Hill Road, and what is now named Branch Londonderry Turnpike East. The travelers and residents on these four roads meeting at Bow Center made an ideal location circa 1783 for the widow Sarah Clough to have her residence and store.

Why is it named Bow Center? Between 1779 and 1801, four different committees of prominent citizens, the last of which consisted of “neutral” parties from outside of Bow were chosen by the townspeople to determine the “Center” in Bow to build a new meeting house (church). Formerly, the two story Town House atop White Rock Hill, opposite Page Road, hosted both Town Meetings and Church services.

Eventually, the Bow Baptist Church meeting house was erected in 1832 at Bow Center, soon to be followed by a new Town House in 1847, now known as the old town hall. I speculate that the convergence of five roads at Bow Center, as well as the difficulty endured by the inhabitants having to travel on dirt

and muddy roads up Page Road hill and White Rock Hill by oxen and cart, horseback, horse pulled wagons and “shanks mare” to reach the old Meeting House, had more to do with the selected location as the actual “geographical” center.

The Londonderry Branch Turnpike corporation was chartered by a group of Bow citizens on June 17, 1812, and soon thereafter constructed a road from Hooksett (Rte 3-A), through Bow Center to Hopkinton, saving approximately a dozen miles for travelers going north towards Vermont. Tolls were ½ cent for every ten sheep or swine, one cent for every ten cattle or horses, and three cents for most coaches and wagons.

This new turnpike going through Bow Center now made it to the intersection of five roads with the addition with what is now called Branch Londonderry Turnpike West. No doubt seeing this growing opportunity for many more travelers, in 1812, Asa and James Flanders of Goffstown operated widow Sarah Clough’s Store and Tavern and also sold liquor. As today’s owner of Clough Hall and Tavern, I believe that it was during this decade that the large two and a half story colonial “Clough Hall” was constructed as an addition on the East end of the 1 ½ story store and residence in the original ell section.

In 1817, Martha Clough, age 19 years, marked James Flanders and they operated the store and tavern until 1825, when Martha’s bachelor brother Isaac Clough, age 25, took over the store/tavern. It became known as Clough Hall for its large meeting hall upstairs. Bow Center became one of the town’s “population centers” where a small village developed and residents gathered for Town

# IN THE MILITARY

U.S. Air National Guard Airman 1st Class David Poulin graduated from basic military training at Joint Base San Antonio-Lackland, San Antonio, Texas.

The airman completed an intensive, eight-week program that included training in military discipline and studies, Air Force core values, physical fitness, and basic warfare principles and skills. Airmen who complete basic training earn four credits toward an associate in applied science degree through the Community College of the Air Force.

David is the son of Matthew Poulin of Bow, N.H., brother



Airman 1st Class David Poulin

of Thomas Poulin, step mother Emily Bibbo and step sisters Caroline and Gloria Bibbo.

He graduated in 2014 from Bow High School, Bow, N.H.

Meetings and church services.



In 1821, Bow’s third Town Pound was constructed out of granite and field stone in Bow Center on Pound Hill (18 Branch Londonderry Turnpike East) and is the Town of Bow’s oldest ex-

isting town-owned structure. This Town Pound is well maintained and may be visited today.

At the second annual Town Meeting in 1768, the farmers voted Rueben Currier and Samuel Alexander as hog constables, also known as hog reeves. It was the duty of the hog constable to impound all straying livestock during the growing season months so as not to damage crops.

Ownership of livestock could usually be determined by a system of ear notches on file at the Town Clerk. The office of hog constable began in Bow twenty-three years before it became N.H. law in 1791.

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By Dr. Mostafa El-Sherif DMD,  
MSCD, PhD



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If it happens, the treatment will have to be stopped until your dental infection is resolved before resuming your cancer treatment again. This will interfere with your results.

For any questions please send them to the Bow Times and Dr. El-Sherif will answer them.

Dr. El-Sherif is a professor in restorative dentistry at Tufts and Oklahoma University with a PhD in addition to being a doctor of dentistry.

He speaks at national and international conferences around the world on implants, crowns, bridges, and cosmetic surgery.

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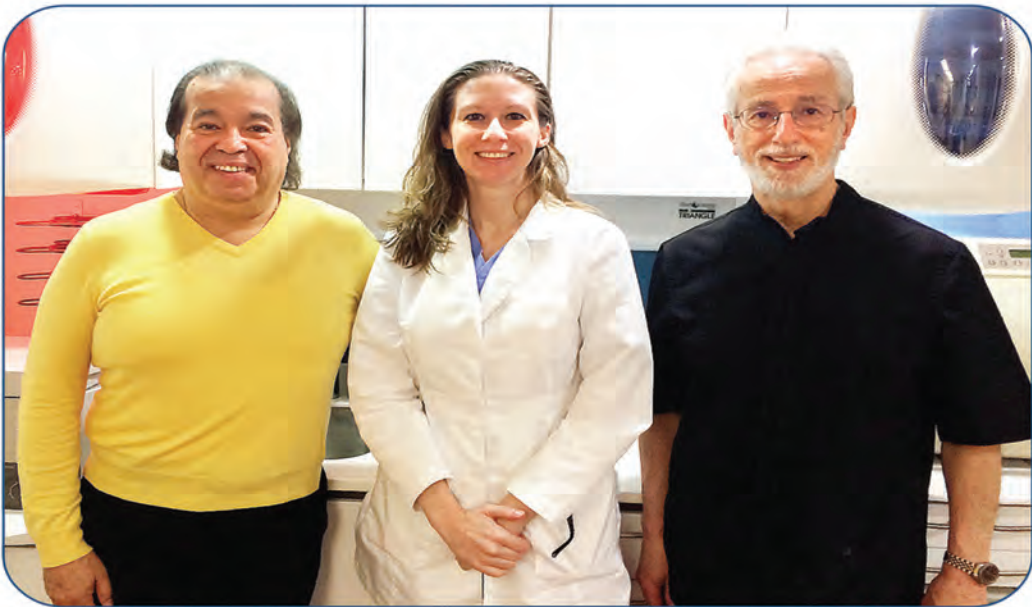
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**BOW YOUTH FOOTBALL GEARING UP  
FOR A NEW SEASON**

By Don Berube, Jr.

Bow Youth Football (BYF) is a private non-profit organization founded in 2005 dedicated to providing the youth of our community with the opportunity to participate in the game of football. The success of the current program can be credited to the founding fathers of the program and the subsequent boards of directors, coaches, parents, and corporate sponsors.

In addition to affording players the opportunity to develop football skills, the program also fosters teamwork, physical and mental fitness, self-confidence, friendships, and pride. The program also serves as a feeder program for the high school, which has witnessed a great deal of success in the last few years.



2014 GSFL JV Champions

The kick-off season of 2005 consisted of only two teams (7<sup>th</sup> and 8<sup>th</sup> grade) with a total of thirty players and seven coaches.

The program is currently comprised of four teams representing (3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> grades) with a total of 85 players and 25 coaches. Although the success of the program is not measured in wins or losses, the 7<sup>th</sup> grade JV team and 8<sup>th</sup> grade varsity teams had a very successful season by winning the championships for their respective divisions of the Granite State Football League.



2014 GSFL Varsity Champions

The BYF Board of Directors are indebted to the numerous corporate sponsors; the Bow High School for the use of the game field and concession stand; PSNH for use of their fields for practice and assistance with lighting, coaches, volunteers, and parents. Visit our website at [bowyouthfootball.org](http://bowyouthfootball.org) or check us out on our Facebook page. Registration is now open for our 10<sup>th</sup> year season.

**Board of Directors**

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Brian Gott, Treasurer	Sebastain Grasso, Secretary
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Lee Kimball,	Steve Krause
Don Berube	Dick Conley

**THE COMETS –**

**FEMALE SOFTBALL ORGANIZATION**

The New Hampshire Comets is an independent softball organization, based in Bow, whose primary purpose is to provide a supportive environment for female athletes to improve their softball skills, and participate in quality tournament play.

2015 will be NH Comets 17<sup>th</sup> year of existence. They typically field competitive ASA (Amateur Softball Association) softball teams at the 10U (10 years old and under) – 18U (18 yrs. old and under) level. In 2015, they will field a 10U team, two 12U teams, two 14U teams, three 16U teams and three 18U teams.

The Comets create teams that can compete at a high level. Athletes are made up of players from Bow, surrounding towns and all over New England. Many of them go on to play college softball.

The teams play 25-40 games each year, traveling throughout New England primarily in June and July tournaments. Every summer the New Hampshire Comets organization hosts the **Bow Turn 2 Invitational Softball Tournament**, one of the largest invitational softball tournaments in New England hosting 72+ teams. The level of play is intense and the environment is fun and exciting.

Visit the NH Comets at [www.nhcomets.org](http://www.nhcomets.org) for more information and schedules.

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