



The Bow Times

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FREE

OUR FOUNDING FATHERS AND OUR FREEDOM

By Dominic M. Lucente

The Battle of Yorktown in October of 1781 represented a resounding victory for George Washington’s continental army and effectively ended the American War for Independence.

I was fortunate enough to walk those very fields with my wife, Meredith, and our son during our vacation a couple of weeks ago. My seven year old son, Jack, was very excited to see and touch the actual cannons used in that battle. As I watched the wind move through the tall grass on those fields an overwhelming sense of thankfulness came over me. I explained to Jack that the founders of this country had fought, and some had died, to win the freedoms that we enjoy today. From Yorktown we visited several other historic sites in Virginia.

In Jamestown, we toured the archeological dig that started in 1994 and has unearthed over 1 million artifacts from the 1607 Jamestown settlers. Jack listened very intently as the guide described how they carefully exhumed the body of a 14 year old boy who was one of the original settlers. The archeologists were startled to find an arrowhead near the thigh bone of

the boy. It is now believed that he was the likely the first fatality at Jamestown and was probably killed by a Powhatan Indian arrow. Jack quickly realized that life 400 years ago was much different than the comforts we have in Bow in this age of technology.

Meredith spent a while in the museum looking at the jewelry recovered from the early women that started to come over around 1610. All three of us had a great appreciation for the trials the first Americans endured when they settled in the new world. After a few more stops here and there in Virginia we ended our trip with a couple of days in Washington D.C.

One of the very first attractions we visited was the World War II Memorial adjacent to the Washington Monument. President Clinton authorized the building of the monument in 1993, and in 2004 President Bush presided over the memorial dedication. The memorial is a beautiful tribute of fountains, pillars and pavilions all with a special meaning in remembrance of all those served in the armed forces during WWII. More than 400,000 Americans died defending our freedoms in WWII.



VIETNAM WAR MEMORIAL

As we spent our time observing the many different parts of the memorial, my wife and I found some time to stand quietly near the inscription for Iwo Jima. Meredith’s grandfather, Harold Marvin, a prior Bow resident, fought bravely as a Marine on Iwo. I spent a little more time holding Jack’s hand as we searched for the pillar dedicated to the heroes from New Hampshire. We visited the Vietnam Veterans Memorial on Fathers Day. There was a ceremony on the lawn next to the memorial at the time that we visited. Hundreds of sons and daughters had gathered to lay flowers at the wall to honor their fallen fathers. Long lines of people waited, while bagpipes played, to lay a rose where their

father’s name had been inscribed on the wall. With a lump in my throat I was very thankful to witness a portion of this tribute with my family.

Toward the end of our stay in the nation’s capital we found the First Division Monument. This was special to me as my father is a veteran of the 1st Infantry Division of the US Army. The monument is divided into several sections honoring those that died in the different wars while serving in the 1st Infantry. Large weathered plaques are inscribed with the names of each man that gave his life in the service of our nation. Jack ran his fingers over the rows of names not fully comprehending the sacrifice represented by each of those names. By the time this is published we will have gathered together with families and friends to observe Independence Day, to celebrate this great country we live in. We should never forget those who went before us who fought for our freedom and those that continue to do so.

CONGRATULATIONS TO OUR BOW HIGH SCHOOL GRADUATES

BOYS GOLF DIVISION III STATE CHAMPIONS 2013

GIRLS TENNIS DIVISION III STATE CHAMPIONS 2013

GIRLS SOCCER DIVISION III STATE CHAMPIONS 2013

FOOTBALL DIVISION III STATE CHAMPIONS 2013

GIRLS NORDIC SKI DIVISION III STATE CHAMPIONS 2014

GIRLS SOCCER DIVISION III STATE CHAMPIONS 2014

BOYS GOLF DIVISION III STATE CHAMPIONS 2014

GIRLS CROSS COUNTRY CLASS 8/9 STATE FINALIST 2003 2004 (1)

BASEBALL CLASS M STATE FINALIST 2004 2009

BOYS BASKETBALL CLASS I STATE FINALIST 2006 2011

WRESTLING DIVISION 12 STATE FINALIST 2008

WRESTLING STATE CHAMPION 2009 2010 2011 2012 2013 2014 2015

PRESIDENTIAL
CANDIDATE INTERVIEW

of Governor
Scott Walker on page 3

Next month
Democratic candidate
Governor O'Malley
of Maryland is interviewed

Merrimack Station May Finally Lose its Power



However, after many formulas were applied, including operating expenses, discounted cash flow analysis, potential revenues, and uncertainty in the electric supply market, the net plant value for Bow assets became \$10 million.

Over the years PSNH, which serves 70% of the electric customers in New Hampshire, sold its remaining share of the Seabrook Nuclear Power Plant. Due to failed attempts in electric restructuring in California (and the Enron debacle) and at the urging of our state legislature, PSNH retained ownership of its fossil and hydro generation facilities. Now that electric restructuring and choice is more mature and more options for alternative electric generation have become available, the legislature has decided it is time for PSNH to divest itself of all generation facilities. To be sure, parameters have been set for those who wish to buy these assets. If the plant is sold, the buyer must agree to pay the existing taxes to Bow but for only three years.

History tells us what a sale of generating assets might look like: A single company could come in and purchase all of PSNH’s generation facilities in the State, collect revenues under current contracts then close any facility it wished after meeting the terms of the sales contract. There is history to support such an action because this is what happened at the Brayton Point coal generation facility in Somerset, Mass. Brayton Point was sold in August 2013 as part of a larger purchased package. Even after a \$1 billion investment in plant upgrades, the new owners announced the plant will close in 2017.

Total valuation for Bow is \$1,054,318,690 according to page 11 of the 2014 Town Report. The plant is assessed for \$108,000,000 or about 10% of our tax base with a credit of \$25,500,000 for an air pollution control exemption granted by the State. That leaves the net assessed value at \$82,500,000 according to our town contract assessor.

If that is lowered to \$10,000,000 that would be a tax base reduction of \$72,500,000 or 7% of the total value of properties. If your

This sale of generating assets in our state really began back in 1996 when the NH Legislature ordered the NHPUC to develop a statewide restructuring plan to implement electric retail choice for all customers by January 1, 1998. The Commission issued a restructuring plan in February 1997, although its implementation was slowed by subsequent litigation that constrained the Commission to consider only voluntary filings of settlement agreements or compliance plans. As a result, electric utilities in New Hampshire restructured at different times and in somewhat different ways. Several electric operating utilities in the state, Liberty, NH Electric Coop, and Unitil did sell off their generating assets and now must put their electricity on the open market from a mix of alternative energy sources.

Forty years ago, PSNH assets in Town made up about 75% of the tax base. After several reductions in assessments and normal depreciation, coupled with normal growth of the non-utility tax base, that proportional tax base figure is now around 15% for all assets.

Last year, a PSNH generation asset and valuation report commissioned by the New Hampshire Public Utilities Commission (NHPUC) and conducted by La Capra Associates of Boston was released. This report looked at all of the PSNH generation assets in New Hampshire, including their three fossil fueled plants, both combustion turbines and their nine hydroelectric sites. The Net plant value of the entire fleet of generation came in at \$660 million. Of that number, assets located in Bow were initially valued at approximately \$500 million.

For decades now, Bow residents have been hearing about the likely shut down of PSNH’s (now Eversource) Merrimack coal fired power generation station, its continued devaluation and its eventual sale to an entity that may only buy it, run it for three years then sell it to China for scrap value.

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BIRCHDALE ROAD – WHITE BROOK BRIDGE CLOSURE

The Town of Bow closed the bridge on Birchdale Road over White Brook on July 7. The State Department of Transportation has notified the Town that “there is no remaining live load capacity for this bridge, resulting in a required posting of “BRIDGE CLOSED.” The Town has developed a traffic detour plan and advanced warning signs will be installed.

The bridge has been included on the Department of Transportation’s Municipal Red List of deficient bridge structures. “Red Listed” bridges are inspected biennially by the Department and during the last underwater inspection the bridge was found to have critical structural deficiencies.

The Town will be working with its engineers, Dubois & King, and the Department of Transportation, to develop plans for reconstruction or extensive rehabilitation of the bridge. A timetable for the work has not yet been established.

house is assessed at \$300,000 and the tax rate three years from now were to be \$31 a thousand that \$9,300 tax bill would go up 7% or \$651 more. For the elderly and those on fixed incomes, that is quite an impact. Fiscal restraint is in order for Bow.

*Chuck Douglas,
For a Free Press
Je suis Charlie*

QUESTIONS & ANSWERS

WITH CHUCK DOUGLAS & GOV. SCOTT WALKER OF WISCONSIN

Chuck Douglas: Why do you think you're the best Republican to take on Hillary Clinton?

Gov. Walker: Because I think people, not just Republicans, but Independents, if I were to run, want someone who can fight and win for people like them. What I mean is there are really two types of candidates emerging in this race. There are fighters and a lot of the senators have been good fighters; they fought the good fight, they carried the banner, they took on Obama, but they have yet to win anything substantial. Then there are winners, many of them are either current or former governors who are good at winning elections and they got elected and re-elected. They are really good at winning, but they haven't taken on any really big fights. I think if we were to get in what would make us unique is we fight the good fights, we won those battles, not just winning three times in four years, but literally winning the battle that people care about for reform in government.

Chuck Douglas: What are some of the reforms that you would bring to Washington that you did in Wisconsin?

Gov. Walker: Well, one of the big things is taking power out of the hands of the big government special interests. In our case, we went after the union bosses and some of the other powerful interests. In Washington, reform is literally taking the power out of the hands of Washington and sending it to Madison, to Concord, so I take everything from Medicaid to other social service programs to transportation, to work-force investment, to education. Take those dollars out, send them back to the states where they are more effective, more efficient and certainly more accountable.

Chuck Douglas: And let me ask you, I know you mentioned senators and I would like you to compare your experience as a chief executive with about a dozen senators running; why you would say to an Independent or Republican, to choose you rather than senator x?

Gov. Walker: One of the differ-



ences is leadership. If you've got to hire someone to run a company, you would like to have someone who ran a similar company, albeit, maybe somewhat smaller. That gives you the best idea that that person is capable of handling the challenges of being in charge.

I think not just for Republicans, but for Independents and even honest Democrats, they'd say part of the failure of this presidency has been Obama's inexperience as an executive because he's never run anything before. It's why before Barack Obama the last time Americans had selected someone from congress was 1960. We want someone who's got a proven track record. We either elect governors, presidents for re-elections, or vice-presidents and historically that has been the case.

Chuck Douglas: Governor, you have been on the ballot three times in four years over strong labor union opposition, including a recall election. How have you prevailed?

Gov. Walker: I told voters we need to think more about the next generation than we do about the next election. And the good news is because of our reforms, we took the power out of the hands of big government special interests and put it firmly in the hands of a lot of working parents. We not only got our finances back, but we took a 3.6 billion budget deficit and turned it into a surplus last year and our rainy day fund is 165 times bigger than when we took office and our pension system is the only fully funded state plan. We got our finances in order, but we also helped our economy get better by getting the government out

of the way and understanding that people create jobs, not the government. The unemployment rate that was once at 9.2%, last month went down to 4.4% in Wisconsin.

Chuck Douglas: Tell us about your education changes in Wisconsin?

Gov. Walker: One of the great things I'm proud of for our schools is we don't have tenure anymore. We can hire the best teachers based on performance and this gives us the best and the brightest in our classrooms and we can keep them there. Today, more than 4 years later, graduation rates are higher, third grade reading scores are higher and ACP scores are now the second best in the country for states where more than half the kids take exams. And so we showed that common sense conservative reforms can work.

Chuck Douglas: How do we grow the economy?

Gov. Walker: First off, there is a huge difference between people like Barack Obama, Hillary Clinton and the rest of us. The president and Hillary Clinton think when it comes to growth, that you grow the economy by growing Washington, right? Think about this, last year reports showed 6 of the top 10 wealthiest counties in America were in and around Washington, D.C. That says that they believe you grow the economy by growing Washington. But we can grow the economy in cities, towns, and villages all across this great country, where people create jobs, not the government. One of the best ways to do it is to get the government out of the way by fewer regulations, repeal-

ing Obamacare, putting patients and families back in charge. Use all of our abundant energy supplies here in America and across the continent, not only reining in things, but lower the tax burden, not just on individuals, but on job creators to bring more American jobs back from overseas to put more of our fellow Americans back to work. Our property taxes are lower today in Wisconsin than they were 4 years ago, not just lower rates, but lower actual property taxes are reported. We've done all those things in a state that sadly was the home of the first state income tax, but we have turned things around.

Chuck Douglas: What are your views on national security in 2015?

Gov. Walker: Some call it national security, but I call it national safety. The reason I say that is because when you think about the videos of the Jordanian pilot burned alive in a cage, when you think of the Christians from Egypt and elsewhere around the world who were beheaded because of their faith, it's something you feel, not just something you read about. It's not just something happening in the Middle East, we see it in France, in Belgium; we see it in Canada, actually we saw it just a month or so ago in Texas, right here in the United States.

We have a president who drew a line in the sand and allowed people to cross it in Syria. The president, who called ISIS just this last year the JV squad and Yemen a success story also calls Iran a place we could do business with. We need a commander in chief who understands going forward that radical Islamic terrorism is a threat to us all and we have to do something about it.

We need someone who will stand up and recognize that Israel is an ally and start treating it like it is. Someone who is going to tell the American people something that might be tough to hear.

I was in Israel a few weeks back, but about a month before that I met with a number of the Persian Gulf state leaders. And it was interesting, I asked what's the (continued on p. 6)

Bow Garden Club

By Joyce Kimball

PRESIDENT'S TEA

Bow Garden Club members Susan Johnson and Joyce Kimball attended a traditional "President's Tea" in honor of



Joyce Kimball and Jane Goodwin

Jane W. Goodwin of the Atkinson Garden Club on June 17th.

Goodwin was installed as President of the New Hampshire Federation of Garden Clubs, Inc. at the organization's May 27th Annual Meeting held in Jackson.

Goodwin will serve a two-year term.

Johnson is President of the Bow Garden Club and Kimball is 1st Vice-President of the state organization.

NATIONAL GARDEN WEEK CELEBRATED

The Garden Club celebrated "National Garden Week" June 7th-13th by having a display at the Baker Free Library showcasing both a vintage and the most recent (and 1st place winning) historical club scrapbook for library patrons to peruse.

Members created two fairy gardens to decorate the display that were given away as door prizes to library patrons at the end of National Garden Week. National Garden Week is a week where garden clubs across the country encourage pride in their communities and cooperation among groups interested in educating the public on the importance of civic beautification and gardening in general.



National Garden Week display at the Baker Free Library and the fairy gardens created by Bow Garden club members to be given away as door prizes to one adult and one child.

GREG MARQUIS, DAYLILY HYBRIDIZER



that he has worked on over the years and answering attendees' questions throughout the program.

Marquis' quest is to perfect certain daylilies' performance in the northeast in regard to color combinations, re-blooming and extending their growing season.

Bow resident Greg Marquis, a licensed NH Plant Grower, enthralled a roomful of Bow Garden Club members and guests at the club's June 8th meeting with a Power Point presentation showcasing dozens of daylilies

Marquis brought three day-lily plants with him which were raffled off with proceeds donated to the club.

Check out his website: www.capitoldaylilies.com

SUDOKU PUZZLER

By Ian Riensche

www.sudoku-puzzler.com

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

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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WHAT IS AN ADVANCE DIRECTIVE?

By Ben Kiniry
Elder Care Attorney

Who Will Speak for You?

When I ask clients what an advance directive, health care proxy or living will is, a typical response is “it tells them to pull the plug”. Well, there is some truth to that statement; however, here is a little more you may want to know about this topic.

What is an advance directive?

An advance directive is a document executed by a competent person (the principal, you) giving another person (the agent; often a spouse, son or daughter) the authority to make health care decisions on your behalf if you are unable to communicate decisions for yourself. In New Hampshire we call this a Durable Power of Attorney for Health Care.

Why have an advance directive?

In case you ever become incapacitated (for example if you suffered a stroke) by executing an advance directive, the individual you appoint as agent steps into your shoes and thereby ensures that the directions that you have given him or her will be carried out. If you don’t have an advance directive, those you trust most in the world may be shut out of decisions regarding your medical care. You may also want to know that if you have not appointed a decision maker, then your family may very well end up in a probate court proceeding to have an individual ap-

pointed. This may or may not be the person you would or could have picked. Think time, money, lack of control over your affairs and completely avoidable. As a practical matter, though I don’t want to discredit the healthcare community, having a trusted someone directing and overseeing your medical treatment may very well result in a more positive outcome.

Whom should I appoint as my agent?

It goes without saying: someone you trust who will follow your wishes. Before executing an advance directive, you should talk to the person whom you want to name as your agent about your wishes concerning medical decisions, especially life-sustaining treatment. If you want to avoid family conflict, you may want to inform everyone of your wishes.

I would also point out that not everyone is capable of acting as an agent. For many people the idea of acting as an agent is simply deferring to the doctor’s opinion (not saying this is a poor decision, after all he/she is a doctor) or stating to the doctor “please do everything you can to save my loved one.” This is NOT the role of the agent. The agent should ask good questions, direct the doctor in their actions and follow up. A “squeaky wheel” if you will.

Also, if you do decide to name an agent, don’t name everyone. Why? If you name everyone there is the opportunity for your agents to disagree about your medical treatment. Will they disagree? From my experience, yes they will disagree. I often say to clients, “your children can’t agree on a restaurant for lunch, how are they going to agree on what type of action to take in regards to a serious health care matter involving your life?”

Perhaps a story will be instructive: Alycia was insistent her five children be named as co-decision makers. I told Alycia that at

least one of her children would be unable to direct her medical care and went on to tell her my restaurant analogy, but she was unmoved. Almost two years later I received a call from a local hospital “are you Alycia’s Attorney?” I could hear her children screaming in the background, in the intensive care unit. Apparently, they could not agree on a restaurant or the menu of items available in regards to Alycia’s medical treatment. If you have been appointed as an agent and need to act, here are a few questions to ask as a starting point:

What is/are the health issue/diagnosis?

What are the available treatments/alternatives?

What if no treatment is performed? (this is a valid question, ask it).

What are the pros and cons of the various treatments?

What are the side effects, complications and risks of each proposed treatment?

Health Insurance Portability and Accountability Act (HIPAA)

There is also the small matter of a Federal Law often referenced as HIPAA. In a nutshell healthcare professionals are not allowed to disclose your individually identifiable health information to your family without being authorized by their patient (you), generally by signing a HIPAA release prior to becoming incapacitated. Imagine, you have signed an advance directive naming your daughter, Tammy, as your agent with the authority to make medical decisions on your behalf. You fall ill. Tammy arrives at the hospital ready to do a great job for you. Tammy provides the doctor with your advance directive, including a living will. Clearly, Tammy has the authority as the agent to make medical decisions on your behalf. So far so good, right?

Tammy then asks a very important question “Doctor, what is wrong with my mother?” The doctor reviews the advance directive and then informs Tammy that he cannot disclose your medical information to her as you failed to include a HIPAA release allowing the doctor to share your protected health information. I’m sure you can see the dilemma for both the family and the medical professionals involved.

Should I have a living will? A living will provides your agent with instructions on what type



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of care you would like. If you wish, you may include a living will in your advance directive or have a stand-alone living will. It may include specific instructions concerning the initiation or termination of life-sustaining treatment, to include your wishes regarding medically administered nutrition and hydration, or a more broad statement granting general authority for all medical decisions that are important to you. If you don’t have a living will what is the result? Perhaps some of you remember the Terri Schiavo case. Terri suffered massive brain damage and her husband wanted to remove life support but her parents did not. The court battle lasted seven years. If Terri had signed a living will then her family and doctors would have known her wishes. How do you want your last day, weeks or years on this planet to be? So in my opinion, yes, you should you have a living will.

You may also want to know:

An advance directive takes effect only when you require medical treatment and are unable to communicate your wishes concerning your treatment. If you become able to express your wishes at any time, you will be listened to and the advance directive will have no effect.

What is the moral of this writing? It is the same one in regards to estate planning in general: speak for yourself while you still can!



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(continued from p. 3) number one threat to world leaders? Do you know what they said? The disengagement of America. I don't think we should go in on every war, but I think the lack of American leadership actually puts us more at risk in many regards than we were, and I think it's so serious that those leaders have great doubts about our role.

Chuck Douglas: We're borrowing half a trillion a year and largely that is due to entitlement programs that are on auto-pilot with no caps, not limits, no reform, is that something that you would hope to change after 4 years as president or just leave it status quo?

Gov. Walker: No, I think it needs to be changed. Obviously if we were to run we would lay out a more detailed plan in the future, but part of the reform I'm talking about is shifting power from Washington to the states and that includes programs like Medicaid. I think if states got a block grant with no strings attached we should send money back to the states. Wisconsin and NH might be vastly different than NY and California in terms of how we administer programs. Plus, take many of those federal programs and send them back to the state

and local governments where they're more effective, more efficient and certainly more accountable. It also frees up the congress and the president to really wrap their arms around the things we should be concentrating on like the defense of our country and grappling with Social Security and Medicare.

Chuck Douglas: What about changing Social Security?

Gov. Walker: When it comes to Social Security, I was born on Nov. 2, 1967, and my sound commitment to people born before me, as they made decisions based on their career or about their retirement based on their expectation about where they would be when they retired, is that I'm not going to touch the Social Security of people older than me. But, for people my age and younger, there need to be reasonable reforms and if we were going to get in the race we would lay out more details about that, but I want to make it absolutely clear that no one born before Nov. 2, 1967, would have anything altered when it comes to Social Security.

Chuck Douglas: Thank you, Governor for sharing your ideas with Bow.

FREE SENIOR CITIZEN FITNESS PROGRAM SET FOR JULY IN BOW



Rhonda Duhamel, of Bow, is a longtime fitness instructor who is newly certified in FLEX™, a cardiovascular and strength-training program offered to those who receive Medicare.

Rhonda is the only FLEX™-certified instructor in New Hampshire and invites local senior citizens to partake in 12 free classes during the month of July at Creative Dance Work-

shop (CDW) at 1125 Route 3A in Bow.

For those who do not have Medicare, the classes would normally cost \$20 per month.

In July, it is free for all senior citizens.

The classes are held three times a week: Monday, Wednesday and Friday, from 10 a.m. – 10:45 a.m.

FLEX™ is designed for people ages 62 and older and promotes safe, age-appropriate cardio movements and integrates the use of free weights. "Everyone is welcome to this class, there is no age limitation," Rhonda said. "I believe age is an attitude."

To register for the FLEX™ program, contact New Hampshire FLEX™ representative Amy Rafferty, by calling: (412) 545-3179, or by emailing:

asrafferty@yahoo.com.

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THE TRUTH ABOUT CARDIO



By Jim Olson

I have something to tell you that may be shocking...

Cardio training has been crowned the king of fat burning for many years. When trying to lose weight or get a leaner body, it's easy to put a lot of focus and effort into cardio training. However, recent research has actually shown that long sessions of steady state cardio are NOT the ideal method for burning fat.

Really? Yes! Actually, the truth is that these long cardio sessions are the least effective method for fat loss. Now please keep in mind I'm not saying cardio is bad or that you should never

do cardio. Cardio is a great way to build endurance and enjoy activities you love. It's also a great option for those in between days when you need a break from high intensity activity, so I'm not saying it can't be or shouldn't be a part of your program, but if cardio is the main component of your weight loss routine, then it may be time to rethink your routine.

I know it may be hard to believe but unfortunately we've been mislead and misinformed. Steady state cardio just doesn't maximize calorie burn like other forms of more intense exercise, it doesn't do much for muscle building, and it can actually lead to increased hunger and cravings.

These added hunger pangs and cravings often lead to eating more calories and falling off your healthy eating plan, so it's easy to replace those burned calories with food! So, if you're goal is to shed a few pounds of unwanted fat there are some techniques that will give you results more quickly. What are these important components?

Watch What You Eat

Your diet and nutrition will have the BIGGEST impact on reaching your goals, whether that's fat loss or muscle building. So if you want to reach your target with any workout program, it's very important to also have a healthy nutrition plan in place that supports your goals.

Start With Strength Training

Strength training builds muscle and gives you that toned, defined look, but the benefits don't stop there. Strength training leads to an increased metabolism and increased calorie burn after workout. These benefits certainly go far when trying to drop a few unwanted pounds. So before even worrying about a cardio routine, have a strength-training program in place. If that's all you have time for during your workouts, then focus on strength training first.

Try Interval Training

Interval training is the ultimate way to get the most out of your cardio workouts. Not only do you


burn more calories in less time, but you also burn more calories post workout. Interval training is intense, so you only need about 15-25 minutes to complete an interval workout. So if you are going to do cardio, choose this option first and schedule it in for 1-2 times per week.

And Finally Steady State Cardio


Yes this one made last on the list! If you are going to do steady state cardio, stick to 30-40 minutes max. Anything over that can increase your hunger and cravings, and like I said, it's just not an effective use of your time when your goal is to burn fat.

I realize it may be difficult to give up that belief that cardio is the best way to lean out, but ask yourself, "How has doing lots of cardio worked for reaching my goals far?"

If you're not getting the results you truly desire it may be time to try something new or make a few changes to your current program.



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**A Testimonial
By
Jamie Landrigan**



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I have lost, a total of 80 pounds.
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SAVE THE WORLD CLUB STARTED BY A THIRD GRADER

Article and Photos by Dr. Deborah Winings, Principal

Melanie Labreque, third grader, used her persuasive writing assignment to convince the administration to create a SAVE THE WORLD CLUB at Bow Elementary School.



She wanted to organize a drive for the homeless. Her idea was embraced and 12 other third grade students joined the cause. Many other students would have loved to participate, but they kept the group small for the first project.



The club educated themselves and invited a representative from Families in Transition (www.fitnh.org) to meet with their group.

They asked amazing questions and then quickly organized a drive that was held at the Bow Elementary School Education Fair.

The drive collected over 200 bags of needed supplies for homeless families in Concord and Manchester.

The energy, goodwill, and hard work of these young students resulted in an effort that will truly make a difference in the local communities.



AWESOME JOB!

Melanie Labreque, Alden Betterly, Sage Judkins, Elise Brady, Mason Marquis, Aislyn Reed, Olivia Selleck, Sidney Roberge, Maiya Foley, Alex Sloat, Kristen Perry, Owen Miller, and Maia Kimball

Brian Johnson
Karen Johnson

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Johnson Golden Harvest

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SUDOKU ANSWER #2						By Ian Riensche		
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5	9	7	2	3	8	4	6	1
8	1	3	4	7	6	2	5	9
2	6	4	5	1	9	7	8	3
9	8	5	3	2	1	6	4	7
3	7	1	6	4	5	9	2	8
6	4	2	9	8	7	3	1	5
7	3	8	1	6	2	5	9	4
1	5	6	7	9	4	8	2	3
4	2	9	8	5	3	1	7	6

June Real Estate Sales for Bow

By Chris Evans

530 Clinton St. raised ranch built in 1966 with 944 sq. ft., 7 rooms, 3 bedrooms, 1.1 acres with 1 car garage under -- sold for \$198,000 on 6/19/2015

32 Logging Hill Rd. cape built in 1935 with 1788 sq. ft., 7 rooms, 3 bedrooms, 4.9 acres with 1 car garage attached -- sold for \$229,900 on 6/26/2015

1 Bona Vista Dr. ranch built in 1965 with 1784 sq. ft., 7 rooms, 3 bedrooms, 2.1 acres with 2 car garage attached -- sold for \$224,900 on 6/22/2015

7 Surrey Dr. split entry built in 1970 with 1566 sq. ft., 8 rooms, 3 bedrooms, 1.1 acres with 2 car garage under -- sold for \$215,000 on 6/19/2015

9 Bela View Dr. split level built in 1980 with 1536 sq. ft., 8 rooms, 4 bedrooms, 1.0 acres with 2 car garage attached -- sold for \$235,000 on 6/26/2015

98 Bow Bog Rd. cape built in 1955 with 1400 sq. ft., 8 rooms, 3 bedrooms, 4.78 acres with 1 car garage attached -- sold for \$255,000 on 6/10/2015

8 Evergreen Dr. cape built in 1980 with 2628 sq. ft., 10 rooms, 3 bedrooms, 1.0 acres with 2 car garage attached -- sold for \$259,900 on 6/15/2015

21 Dean Ave. Garrison built in 1978 with 2002 sq. ft., 8 rooms, 4 bedrooms, 2.5 acres with 2 car garage attached -- sold for \$283,500 on 6/29/2015

4 Morgan Dr. contemporary built in 1996 with 2122 sq. ft., 9 rooms, 3 bedrooms, 2.2 acres with 2 car garage under -- sold for \$295,000 on 6/17/2015

11 Dean Ave. cape built in 1978 with 1953 sq. ft., 7 rooms, 4 bedrooms, 1.1 acres with 2 car attached -- sold for \$295,000 on 6/12/2015

22 Cedar Ln. colonial built in 1992 with 2180 sq. ft., 8 rooms, 3 bedrooms, 1 acre with 2 car under -- sold for \$312,000 on 6/18/2015

10 Essex Dr. colonial built in 1991 with 1728 sq. ft., 8 rooms, 3 bedrooms, 5.4 acres with 2 car attached -- sold for \$317,000 on 6/30/2015

3 Stoney Brook Rd. colonial built in 1988 with 2276 sq. ft., 10 rooms, 3 bedrooms, 2.0 acres with 2 car attached -- sold for \$340,000 on 6/19/2015

6 West Gate contemporary built in 1987 with 3689 sq. ft., 10 rooms, 4 bedrooms, 2.6 acres with 3 car attached -- sold for \$385,000 on

6/8/2015

5 Longview Dr. cape built in 1991 with 3699 sq. ft., 9 rooms, 4 bedrooms, 2.4 acres with 3 car attached --sold for \$433,200 on 6/30/2015

9 Ogden Dr. colonial built in 2003 with 3026 sq. ft., 9 rooms, 4 bedrooms, 2.3 acres with 2 car attached -- sold for \$470,000 on 6/18/2015

7 Whitier Dr colonial built in 2001 with 3066 sq. ft., 9 rooms, 4 bedrooms, 1.5 acres with 3 car attached -- sold for \$487,000 on 6/30/2015

6 Ogden Dr colonial built in 2002 with 3329 sq. ft., 9 rooms, 4 bedrooms, 2.6 acres with 3 car attached --sold for \$535,000 on 6/12/2015

BOW POLICE LOG - JUNE

06/01 Robert O'Reilly, 50, PO Box 6308, China Village, Me, was arrested for driving after revocation or suspension and driving without giving proof; Albert Emery, 19, 1401 Maple St, Hopkinton, was arrested for operating with a suspended registration;

06/04 Cameron Scarlett, 19, 28 Warren St, Apt #3, Concord, was arrested for possession of controlled drugs;

06/06 Drew Fields, 29, 5 Rollins Apt#2, Concord, was arrested for driving after revocation or suspension;

06/09 A juvenile was arrested for possession of controlled/narcotic drugs(2x);

06/11 Kaitlyn Bartrum, 24, 373 Village St, Apt#2B, Penacook, was arrested for possession of controlled/narcotic drugs;

06/15 Victor Ratliff, 26, 68 N Spring St, Concord, was arrested for harassment and criminal threatening; Sarah August, 32, 54 Clark Mill Rd, Weare, was arrested for possession of controlled/narcotic drugs (2x), driving after revocation/suspension, operating with a suspended registration, and on a warrant;

06/16 Brenin Reale, 28, 59 Knox Rd, was arrested for possession of controlled/narcotic drugs (2x) and possession of controlled/narcotic drug with intent to distribute;

Rebecca Santy, 32, 33 River Rd, was arrested for sale of controlled/narcotic drugs;

Keenan Hibbard, 29, 59 Knox Rd, was arrested for bail jumping, possession of controlled/narcotic drugs, resisting arrest, bench warrant, and possession of controlled/narcotic drugs with intent to distribute;

06/18 Mark A. Miller, 47, 20 Badger St, Concord, was arrested for driving while intoxicated (subsequent offense);

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06/19 Charles H. Chesley, 36, 69 Main St, Apt#6, Pittsfield, was arrested for driving after revocation or suspension and operating with a suspended registration; Keenan Hibbard, 29, 59 Knox Rd, was arrested for possession of controlled narcotic drugs and receiving stolen property (2x);

06/20 Robert Law, 18, 99 Horse Hill Rd, Concord, was arrested for criminal mischief (vandalism) (2x);

06/21 Brenin Reale, 28, 59 Knox Rd, was arrested for possession of controlled/narcotic drugs (4x) and possession of controlled/narcotic drugs with intent to distribute (4x),

06/22 Rebecca Santy, 32, 33 River Rd, was arrested for possession of controlled/narcotic drugs (4x), possession of controlled/narcotic drugs with intent to distribute, sale of controlled/narcotic drugs, and default or breach of bail conditions;

06/25 Christopher Parker, 32, 13 Keasarge Mtn Rd, Warner, was arrested on a bench warrant;

06/27 Thomas G. Marquis, 35, 17 Old Dover Rd, Concord, was arrested on a bench warrant; John S. McGregor, 29, 74 Larkspar Pl, Concord, was arrested for driving after revocation/suspension, possession of controlled/narcotic drugs, bench warrant, and operating with a suspended registration;

06/28 Molly Ledoux, 37, 36 Logging Hill Rd, was arrested for domestic violence assault and simple assault;

Robert Barnard, 53, 17 Oak Hill Rd, Hooksett, was arrested on a warrant;

06/29 Samantha N. Miller, 14 Park

St, Apt#2, Pittsfield, was arrested for driving after revocation or suspension and operating on a suspended registration; Victor Ratliff, 26, 68 N Spring St, Concord, was arrested for default or breach of bail conditions.

WHITE ROCK NEWS



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The Mini Page

Betty Debnam, Founding Editor and Editor at Large



Mini Spy

Mini Spy and her friends are visiting the Capitol Visitor Center. See if you can find:

q kite	q ring	q bird	q elf face
q horse head	q heart	q sword	q bell
q ladder	q pencil	q word MINI	q lion's face
q letter H	q muffin	q letter A	q sailboat
q ruler	q oil lamp	q mouse	q envelope

Summer Fun

Off to the Museum

This summer, you may be setting out to explore ...

- art
- ancient civilizations
- space
- interesting animals
- historical artifacts
- and so much more!

If so, your schedule probably includes visits to one or more museums.

This week, The Mini Page learns more about museums and how to make the most of your visits.

What is a museum?

There are many different kinds of museums. But in general, a museum is a building where objects of lasting interest or value are displayed.

"Museum" comes from the Latin word meaning "a place for the Muses, for the study of special arts and sciences." The Muses were the nine Greek goddesses of the arts and sciences.

What other common word do you know that has "muse" as its root word? (Hint: Is there a song you love to sing?)



Museums nearby and far away

The greatest thing about museums is that they're everywhere! You can find museums in the smallest of towns and the largest of cities — maybe even right around the corner from your home.*

Important objects

The first "museum" was in Alexandria, Egypt, more than 2,300 years ago. It was a palace where people came to study and learn.

During the Middle Ages, about 1,000 years ago, people collected and valued relics, or the remains of saints. For example, a church might have an object that a saint used, or even a bone from his body.

Wealthy families collected curious objects or art to display in their homes. But once the collections got too big to display, people moved the items to museums.

In Rome, two of the oldest museums, the Capitoline Museums and the Vatican Museums, began in the 15th and 16th centuries.



The Smithsonian

The Smithsonian Institution is not just one museum, but the largest collection of museums in the world. It has 19 museums and galleries, plus the National Zoo. Two of these are in New York; the rest are in Washington, D.C.

Each year more than 25 million people visit these museums. All but one in New York are free to the public.



The first Smithsonian building in Washington, D.C., was the Castle. It held all the museum displays and research facilities. Today it is the headquarters of the Smithsonian.

James Smithson's remains are buried in a small chapel inside the Castle.

The beginning

Congress had a lot of fights over how to use Smithson's money. Some wanted to use it for research in farming. Some wanted a library. Some wanted a college.

But finally, on Aug. 10, 1846, Congress passed a bill that set up an institution for learning. It was to be used for research and exhibiting objects about art and science. The Smithsonian Institution was born.

An Englishman's gift

In 1829, an English chemist, James Smithson, willed his fortune to America. He wanted to found an institution to spread knowledge.

James Smithson had never set foot in the United States. No one is really sure why he left his money to the United States.



James Smithson

Bags of gold

When his donation arrived in the United States in 1838, it was in the form of half a million dollars in gold coins. The coins filled 105 bags, each containing 1,000 gold sovereigns. The gold was melted down and reminted as U.S. currency.

Be a Supersport!



Since 1969, athletes young and old have been featured as Mini Page Supersports. Many sports and games have been covered — baseball, basketball, golf, ice hockey, field hockey, volleyball, tennis, badminton, bowling, swimming, diving, wrestling, cycling, skiing, motor racing, football and soccer, to name a few.

Sports are important and enjoyable because you must use your body and your mind at the same time. Team sports rely on teamwork, working together in a common purpose. In individual sports, a competitor must take up a challenge alone, but preparation and success or failure will always be shared with others.

Winning or losing is never the most significant part of being an athlete. Fair play, sportsmanship, respect of oneself and one's opponent, and respect for the game itself are all important ideas that help to make our many sports fun, thrilling and irreplaceable. You certainly don't need to be a superstar, but always be a Supersport!

• Take it easy. Museum visiting is fun, but it can be tiring and overwhelming. Bite off a little bit at a time.

• Dress comfortably. Be sure to wear comfortable shoes. You will be doing a lot of standing and walking.

• Learn something about what you will see before you even go. Read a book or guide.

• Stop at the information desk. Pick up a map and exhibit information. Also, find out where restrooms, restaurants, water fountains and museum shops are.

• Together with your family, decide what to see. Parents and kids each could choose a few things.

• Decide how long the visit should last. One expert thinks that a young kid's visit should not be more than 30 minutes. Older kids might stay up to two hours.

• Plan a route. This way you can see the most in the least time.

• Give yourself many breaks. Stop for a snack, or go sit outside and talk about what you've just seen. Then go back in refreshed.

• Mix looking at museum displays with hands-on activities. Many museums have areas where visitors can touch the exhibits.

Many museums also have special shows, workshops or storytelling times, along with interactive exhibits.



© Laurence L. Dreyer/Smithsonian - National Art Gallery Washington Photo

Be a thoughtful visitor

You can help make the museum trip a happy visit for other people, too. Here are some tips for being a courteous tourist.

- Pick up litter. Take care of the museum property.
 - Keep your hands in your pockets or to yourself.
- Many areas of a museum will be strictly hands-off.
- Pay attention to the rules and listen to the directions given by museum and tour guides.
 - Wait your turn in line patiently.
 - Keep your voice down inside the museum and other public places.
 - Thank the tour guides.
 - Be courteous to tourists from other lands.
 - Respect rules about using your cellphone.

Visiting a Museum

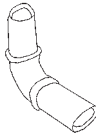


Mighty Funny's

Mini Jokes

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

Alan: What do you call a plumber's new assistant?
Anna: A drainee!



Aletha: What did the plumber say to his noisy helper?
Addison: "Pipe down!"

Aaron: What is a plumber's favorite kind of shoes?
Alicia: Clogs!



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Smile in Style

The Bow Times Congratulates its High School Honor Roll Students

Bow High School is pleased to announce the Fourth Quarter Honor Roll

High Honors recognizes students who received an “A” grade in all of their classes. Students need to carry a minimum of four Bow High School classes to qualify.

The Honors List recognizes students who received “A” and “B” grades while carrying a minimum of four classes.

High Honors List

Grade 12

Sarah Bailey
Brianna Belair
Kristen Duval
Lily Mooney
Lillian Naimie
Stephen Panella
Haley Parker
Kathleen Perry
Audrey Reed
Lauren Scarpetti
Emma Stewart
Jordan Vachon

Grade 11

Madison Beauchain
Julia Currier
Ian Gillespie
Margaret Jensen
Brooke Johnson
Kaitlynn Leary
Samantha MacEachron
Cameron Mayo
Owen Molind
James Petzold
Aditya Shah
Kaythi Tu
Hayden Udelson
Katrina Wells
Dylan Wheeler
Shane Wunderli
Sarah Zecha

Grade 10

Kailey Andrew
Austin Beaudette
Duke Biehl
Pavel Burke
Lucas Cohen
Sohani Demian
Mason Elle-Gelernter
Eliorah Finkelson
Andrea Fortin
Riley Hicks
Nandita Kasireddy
Conner Lorenz
Hallie Lothrop
Joseph Lulka
Cassandra Meaney
Jon Merchan
Michael Mullen
Samuel Neff
Bryce Northrop
Brandon Parker
Samantha Perry
John Rich
Colin Tracy
Timothy Underhill
Isabella Urbina
Sadie Warburton

Brendan Winch

Grade 9

Claire Aurilio
Brayden Binder
Mark Borak
Susannah Budd
Lea Crompton
Sonya DeLorie
Nolan Filteau
Shannon Ford
Dillon Hicks
Laura Hoeker
Kathleen Jenkins
Grant Johnson
Cole Johnson
Alison Lambert
Molly Litt
Katherine McCully
Christian McDonald
Joseph Milano
Gwen Molind
Michael Murdough
Patricia Nordin
Valerie Pascetta
Lina Patel
Nicole Perry
Emma Roberge
John Rolla
Amanda Sampo
Samuel Selleck
Brianna White
Mikaela Zabielski

Honors List

Grade 12

Olivia Afshar
David Anderson-Nelson
Sydney Bator
Caroline Bibbo
Lily Blau
Jonathan Chern
Leeanna Cmar
Tyler Cole
Janna Corsetti
Laura Dickey
Mikaela Dowd
Jeremy Duhamel
Zachary Erickson
Mackenzie Evans
Sean Fraser
Collette Gould
Anna Greenwood
Casey Iasillo
Sarah Lane
Samantha Lulka
Austin Martin
Michael McCarthy
Taylor Morrison
Hunter Murray
Jordan Mylod
Rebecca Rotman
Logan Sanborn

Nicole Sardella
Andrew Schwartz
John Sheffer
Jason Smick
Charles Smith
Sean Stewart
Avery Van De Water
Alexander Woody

Grade 11

Jeffrey Bell
Samantha Benoit
Shannon Benson
Hailey Carter
Madeleine Cheney
Madison Constant
Casey Day
Jillian DeLand
Keith Descoteaux
Maria Forrest
John Graham
Anna Heindl
Benjamin Hendryx
Alexander Hoeker
Maxwell Johnson
Hadley Johnson
Robert Joscelyn
Caitlyn Keenan
Samantha Knapp
Gavin Lacourciere
Michael Malette
Justin McCully
Ryan Murray
Claire Murray
Michelle Neal
Benjamin Podis
Nicholas Powell
Corbin Provost
Christopher Robbins
Madison Robinson
Jacob Scott
Benjamin Segal
Samrawit Silva
Naina Vig
Robert Watt
Allison Wilber

Grade 10

Crista Alfano
Sara Anoli
Hunter Bakos
Jackson Bator
Kristen Benson
Nicole Bernard
Saara Bliss
Gianna Celenza
Douglas Champagne
Robert Ciotti
James Colquitt
John Colquitt
Lauren Craven
Michael Darrach
Taylor Darrell
Collin Devaney
Athina Fanaras
Henry Fleury
Sebastian Grasso
Abigail Horner
Paige Johnson
Rebecca Katz
Mac Kimball
Alexandria Klug
Aidan Koornneef
Olivia Krause

Megan Marshall
Leah Mitnitsky
Emily Montebianchi
Justin Mooney
Molly Morrison
Claire Mulvaney
Mackenzie Murdoch
Andrew Nicholls
Jack Olson
Elizabeth Pizzi
Colin Plumb
Joshua Reed
Henry Tanner
Karina Thompson
Jack Vachon
Riley Whelan
Kirsten Wiesner
Elysia Woody

Grade 9

Stephano Alvarez Rivera
William Angarella
Allison Beaudette
Grady Beaulieu
Kathleen Begley
Daniel Belair
Dominique Biron
Erin Boldwin
Brian Bushnell
Abigail Coe
Abigail Connor
Jack Corriveau
Victor DeOliveira
Danielle DesRuisseaux
Desiree Doucet
Bridget Ehrenberg
Karly Elliott
Nicole Epstein
Jennifer Ess
Haley Fleury
Amanda Fleury
Brendan Fournier
Christopher Gallier
Mikayla Gobis
Benjamin Guertin
Elizabeth Gunn
Julianna Hager
Amanda Hamilton
Julia Hollinger
Reagan Irish
Gabriella Kelly
Gillian Ladd
Justin Leach
Rebecca Lessard
Sarah Martin
Gillian Martin
Kyle Mason
Caleb Mercier
Sydney Mills
Nathan Murphy
Shannon Murray
Meredith Osburn
Diana Pollock
Justin Porath
Brett Provost
Juliet Reed
William Russo
Delaney Sawyer
Jonathan Scott
Cydnee Szumierz
John Tellifson
Brandon Tibbetts
Samuel Valas
Cheryl Young

HISTORIC BOW CENTER - PART 2

By Dick Stevens

Bow Center grew with the organization of Bow Calvinistic Baptist Church in 1816 followed by the construction--at a cost of about \$1600--of their impressive church sanctuary in 1833, (now Crossroads Community Church and Joyful Noise Pre-school and Learning Center) located at 6-8 Branch Londonderry Turnpike East.



In 1847, the (old) Bow Town Hall was built and used for Town Meeting, town clerk and private and church functions. Bow Center was growing quickly with many residences, farms and businesses, including Stillman and Hadley’s blacksmith shop, stables for travelers coach horses and oxen, Morgan’s Store, a cobbler’s shoe shop, Green Cemetery adjacent to the Crossroads Community Church, and earlier Daniel Messer’s wheelwright shop.

The Wood Hill School was closed in 1923 and the Bow

Center Schoolhouse built in the summer of 1924 and operated until 1946 when the schoolhouse and lot were bought by the Baptist Church for \$100 and referred to as the Chapel and used for Sunday School classes.



The one-room Bow Center Schoolhouse shown above is now owned by the Town of Bow. The Clough Hall store and tavern was an important meeting hall before the 1847 Town Hall was built. It is noted in the 100 Acres More or Less history by Bundy that “Isaac Clough was in trade at Bow Center, licensed to sell liquor and delivered from his store... and that Isaac was Town Clerk from 1826-1836, with Town Meetings also held in Clough Hall.

In the 1830’s Clough was “Inspector of Schools”. In 1833, a U. S. Post Office was established in Bow at Bow Center. Isaac Clough was the first postmaster for the town and operated the Post Office in his store.

In 1840, Deacon Obed Gault became the owner of Clough Hall and he and Bow’s leading abolitionist, the Reverend Henry Archibald of the Baptist Church,

held anti-slavery meetings: “Under Rev. Archibald’s direction the Bow Anti-slavery Society was formed and on January 15, 1839, Archibald held a public meeting at Clough Hall and called upon his town to support the cause of abolition.

Mr. Gault was treasurer of the Bow Anti-slavery Society, and with Reverend Archibald and other prominent Bow citizens represented Bow at state and national Antislavery Society meetings, as by 1841 the antislavery movement was by far the most popular cause of reformers.” (Bundy, 100 Acres More or Less, pp.284- 289).

In 1851, Deacon Gault conveyed Clough Hall residence/store and tavern to the Bow Calvinistic Baptist Church (Crossroads Community Church) for use as a Parsonage.

For the next 118 years, Clough Hall served as the Baptist Church Parsonage, housing the succession of ministers and hosting church school, events and meetings. In 1971 the Parsonage (formerly Clough Hall) was purchased as a residence by Dick and Alna Stevens.

Prior to 1924, the five road intersection and the Branch Londonderry Turnpike West was 83 feet from the front of the Clough Hall/Parsonage, but, has slowly migrated with road “improvements” from 83 feet to 48 feet.

Note: BOW CENTER should not be confused with the "Bow Corners:/"Bow Crossing" intersection at Fire Station/Community Center and Gazebo.



The historical significance of Bow Center is highlighted on the Bow Center Historical Corner sign located at the corner of Bow Center Road and Branch Londonderry Turnpike East.

Works Cited :

Bundy, David A. 100 Acres More or Less: The History of the Land and People of Bow, New Hampshire. Canaan, NH: Published for the Bow Town History Committee by Phoenix Pub., 1975.

Colby, Harrison. History of Bow, N.H. (personal hand typed) on file at Bow Heritage Commission

Photos by
Eric Anderson

10th GRADE STUDENT IS CONSTITUTIONAL SCHOLAR PRIZE WINNER

The winning essay by home schooler Madison Lemon of Bow follows regarding a cartoon of the Prophet Mohammed. The contest involved writing a judicial opinion as to whether to enjoin a newspaper from running the cartoon.

The question that lies before us is whether or not to prohibit an American newspaper from republishing a distasteful cartoon portraying Mohammed that offends a devout Muslim in New Hampshire. In light of the freedom of the press, the newspaper **should be able** to print the cartoon. However, this Muslim claims that in printing this item, the newspaper would be infringing upon his freedom of religion.

The image may be, as he claims, blasphemous to his religion and potentially offensive to many others, but, as the late Justice William Brennan aptly put it, “... [the] government may not prohibit the expression of an idea simply because society finds the idea itself offensive or disagreeable.”

The US Constitution prevents the infringement of ‘certain inalienable rights’ and states that it shall not ‘deprive any person of...liberty...without the due process of law’. It also states that ‘Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof, or abridging the freedom of speech, or of the press’.

Every US citizen has the right to exercise his religion without interference, just as we all have the right to the freedom of the press.

Just because an individual feels strongly about something, does not mean that others around him have to conform to his beliefs. As author Craig Biddle said:

“There was a time when westerners were unable to criticize religion...for fear of punishment or death; it is called the Dark Ages. To lose our freedom to speak our minds would be the end of peaceful civilization and the beginning of a new, **darker** Dark Age...”

Even **IF** the cartoon is offensive to this Muslim and may be encroaching upon his personal

religious beliefs, the US government acknowledges that there are certain materials that cannot be banned as inappropriate, i.e. obscene, unless it passes certain tests (described in *Roth vs. United States*).

Also, the premise that the government cannot proscribe speech was established in *Cantwell vs Connecticut*.

Under the Amendments to the Constitution and under our law, the newspaper should have the freedom and the right to print the cartoon.

If the Muslim and others supporting him find it offensive, they are not forced to look at the cartoon or even buy the paper in which it is run.

MEMORIAL DAY PARADE THANK YOU!

By Charlie Griswold, 2015 Parade Chair

First, a heartfelt thank you to all of the townspeople who took the time to attend the Bow Memorial Day observance and to those who participated by marching with us or cheering us on. Thanks also to the Bow Times for a front page article about the event. Many Bow residents have served and have made the ultimate sacrifice dating all the way back to the Revolutionary War. We honor all of these men and women on this special day, not just from Bow, but throughout the land, with a special emphasis on those who cannot answer "Present" at roll call.

A celebration of this magnitude does not just happen – it takes many hands and mind to pull it off successfully. Thanks then to my co-chair Bryan Westover, and members Mike Wayne, Town Manager Dave Stack, Select-woman Colleen Hunter, Bow Police Sergeant Art Merrigan and Lee Kimball, Emergency Director. Thanks also to the Bow Fire and Police Departments and the Department of Public Works.

Thanks to the Bow School District and, more specifically Bow High School staff Tom Klaproth, Jim Kaufman and Bob Jaques, Bow High School music director Michelle Jaques and chorus director Sara Evans. Thanks also to Bow Memorial School music director Matt Davis, whose musicians entertained spectators prior to the arrival of the main procession.

Another special thanks to the New Hampshire Patriot Guard Riders who once again provided the awesome and colorful flag ceremony. Ours was the fourth event of their busy day, according to their spokesman, Rick Rain. The North Shore Pipers provided a touch of grandeur and solemnity to the event. North Country Golf Carts made it possible for elder veterans such as myself to be a part of the parade, so a big thanks to them. We also would like to thank Ray DeCorse, a World War II Navy Corpsman, for being our Grand Marshall and also Reverend Courtwright from St. Paul's School, Merrimack

County Sheriffs Department, the Girl Scouts, Boy Scouts, Bow Police Explorers, antique car and military vehicle owners, New Hampshire State Representatives Bill Kuch and John Martin, The Marine Corps League, all the veterans who marched with us, the Bow Select Board, the Bow School Board, the Caring Paws Therapy Dogs, Excel Corp., Matt Brown Tuck Repair and the Side-by-Side Recreation Club.

Lastly, this event has become so big that we can no longer function without the many generous sponsors and lots of volunteers who wore many hats over the course of the day. This year donations were received from the Town of Bow, Venture Construction, Bow Rotary Club, Bow Community Men's Club, Classic Curb, Bow Auto Salvage, Fieldhouse Sports, Pine Tree Products, Tom and Barbara Francis and Lee Kimball. Every year the Bow Garden Club provides the beautiful hand-crafted wreaths for the ceremonies. Thank you all so very much!

19th ANNUAL BOW HIGH SCHOOL FALCONS BOOSTER CLUB GOLF TOURNAMENT

Monday, August 10th

8:30 a.m.

**Stonebridge Country Club
Goffstown, NH**

Sponsorship Opportunities Still Available

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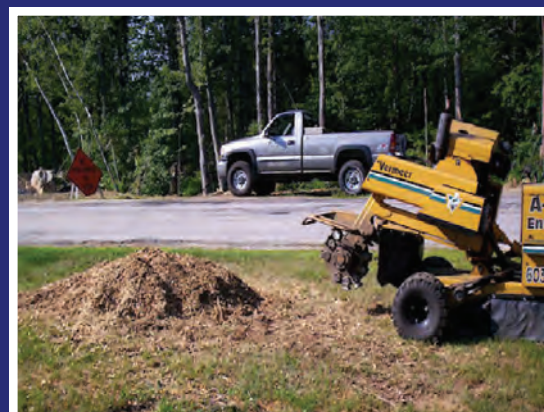
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BAKER FREE LIBRARY NEWS

BY LORI FISHER

Summer Reading is in full swing and all ages can participate!



Three Bow students create artwork in the style of Michaelangelo's Sistine Chapel (he painted the ceilings there while lying on his back on scaffolding) during the Baker Free Library's Summery Reading Kick-Off on June 19th.

The threme for this year's summer reading program is "Mastering the Art of Reading."

The Summer Reading Club is going gang-busters here at the Library, not just for the elementary and middle school students, but for high school students and adults as well! If your elementary school-aged child hasn't signed up yet, they can do so any time by coming to the Library and filling in a Summer Reading Log, located in the Children's section. This log stays at the Library, and every time your child reads a book, they enter the title on the log.

For every three books read or audio books listened to, they receive a paint splotch to put up on the wall, making them eligible for prizes. Middle school students, high

school students, and adults can also participate in our Summer Reading Program by filling out an entry form for each book they read or listen to, which will enter them for weekly drawings for each age group.

Prizes include gift cards from Irving Gas, Constantly Pizza, Cimo's Deli, Granite State Candy, iTunes, Dunkin Donuts, Red River Theatre, Gibson's Bookstore, and Orange Leaf Frozen Yogurt. The more books you read and submit entry cards for, the more chances you have to win!

You can fill out the entry card form online instead of coming to the Library...visit tinyurl.com/BFLSRP2015. Questions? Contact Betsy Mahoney at 224-7113 or bowbakerfreelibrary@comcast.net.

Fundraising for Lower Level Continues This Summer



Ann Hoey, Baker Free Library Board of Trustees Chairman (left) and Eric Anderson, Baker Free Library Foundation Director (right) stand in front of the new donor tree at the Library.

The Tree recognizes donor contributions of \$500 or more from individuals and businesses to support the Lower Level Renovation project.

We're trying to meet the \$200,000 private fundraising donation level by the end of August! Please consider helping us continue to raise funds for Phase 2 of the Lower Level Renovation.

Currently we've raised \$250,000 through town taxation, and over \$190,000 in private donations. We still need to raise \$110,000 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 new Donor Tree on the first floor of the Library (if the donation is \$500 or more). Donor cards can be picked up at the Library and dropped off with a check when completed. Or, make your donation online through our PayPal link. For more information, contact Mark Leven, Baker Free Library Foundation Director, at 490-8217 or mleven@cisco.com, or Lori Fisher, Library Director, at 224-7113 or bfldirector@comcast.net.

Friends of BFL Book Sale is Open!

The Friends of the Baker Free Library is again open!

Visit the book sale any time the Library is open for regular hours.

Donations to the Friends book sale will only be accepted on book collection/review days unless other arrangements are made in advance with Library staff and/or the Friends. Donation review will be held on the last Saturday of every month at the Library 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.

The Friends do not accept encyclopedias, magazines, CDs/audio tapes, or text books.

Here are July and August book donation review dates:

Saturday	July	25th
Saturday	August	29th

Questions? Call Christine Carrey at 225-7224.

Page Position Available Starting in August

The Library currently has one position opening up in August (start date 8/19):

Library Page: 5 hours per week, year-round. 2.5 hours on Wednesdays and 2.5 hours on Saturdays. Time of work must occur during Library open hours. The above days are NOT negotiable. High School students 14 years old and above are encouraged to apply.

Physical requirements include bending, lifting 25 lbs., reaching overhead, pushing, and standing.

Applications accepted through 7/17/2015. Application and job description are available at www.bowbakerfreelibrary.org.

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My Table – Your Table

By Debra Barnes

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

Rub’n It Up New Hampshire Style!

Summer simply screams for anything you can cook on a grill or smoker! I have a rub that I discovered years ago. Tweaking the recipe, I came up with a delicious, slightly spicy rub that we use on “everything”. Although, our favorite is ribs! Cooked low and slow in our smoker until they won’t absorb one more spec of flavor. Don’t have a smoker? These ribs can be cooked in the oven and finished on your grill. Use your favorite barbecue sauce to finish.

Be sure your herbs and spices

Mojo Rub Recipe

1 ½ cups Spanish paprika (I prefer Spanish over Hungarian for this recipe)
3 TBSP chili powder
2 TBSP cayenne pepper
½ cup black pepper
3 TBSP smoked paprika
4 TBSP dried oregano
4 TBSP dried thyme
2/3 cup kosher or sea salt
½ cup granulated garlic
3 TBSP dark brown sugar – *you will need to add a slice of bread to the container that you store the rub in. This will prevent the sugar in the recipe from getting hard.*

Mix all of the ingredients in a large bowl and whisk to combine. Store the rub in an airtight container. I always make a large batch because once our friends taste it, they want some to take home!

are fresh and not out of date for this rub, otherwise it will lack the full flavor punch you want!

Ribs Cooked in the Oven

2 Racks Baby Back Ribs
½ to ¾ Cup
Mojo Rib Rub

Remove the membrane from the underside of the ribs. This may be difficult as it’s pretty slippery when handling, but worth the extra step. Coat the ribs thoroughly top, bottom and sides. Place ribs in a single layer, bone side down, on a cookie sheet style pan. If possible, let sit overnight. Preheat oven to 220 degrees. Wrap each rib in heavy duty tin foil careful not to puncture any holes. Seal tightly pushing the foil tight to the ribs.

Place on a cookie sheet in the oven for 5 hours. Preheat a gas or charcoal grill to 375 degrees. Remove ribs from oven and tin foil. Be careful of steam when opening! Brush your favorite barbecue sauce on ribs and set on grill (we serve some on the side too). Cook until sauce is starting to caramelize, about 10 – 12 minutes. Serve with your favorite coleslaw and corn on the cob!

Kitchen Tip - When using a blender, place a piece of plastic wrap on the bottom of the lid to cover and overlap, this will help make clean up a breeze!

Kitchen Quote - “Cooking is Love Made Visible”

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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.

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Capital Toastmasters -- Improving Public Speaking and Leadership Skills

By David Mills

Have you ever sweated or felt nervous when called to speak in front of people? Have you ever had trouble coming up with a good short answer to a question for which you weren't prepared? Or perhaps you'd just like to learn to express your points of view better especially when those views might not be universally accepted by the people around you? Capital Toastmasters can help you in all of these areas.

Toastmasters is an international organization focused on helping people become better communicators and leaders and have some fun along the way. Being a bit of a skeptic myself, I prefer to showcase toastmasters not through a sales pitch but from my own experience.

I joined Toastmasters about eight years ago with virtually no leadership skills, little confidence, and definitely sub-par speaking skills. In the years since then I have given dozens of speeches and participated in various leadership roles. My speaking ability and self-confidence is a lot better than it was when I first joined. This is proof that there is no magic potion that makes you a great speaker or leader. You work at it.

Dale Carnegie, in his book, *the Art of Public Speaking*, aptly explained the importance of improving one's speaking skills by getting out and practicing. He compared the process of learning how to speak in public to reading a book about learning how to swim. He wrote "A book may give you excellent suggestions on how best to conduct yourself in the water, but sooner or later you must get wet, perhaps even struggle and be 'half scared to death.' There are a great many 'wetless' bathing suits worn at the seashore, but no one ever learns to swim in them. To plunge in is the only way."

Luckily at Capital Toastmasters taking the "plunge" into public speaking occurs in a very supportive environment. My favorite part of Toastmasters is the support network that is available.

There is a mentor program, where a more experienced Toastmaster within your club offers feedback and encouragement. The support network also extends beyond the individual clubs. There are local conferences, trainings and competitions throughout the year. The international Toastmaster "support network" extends across the country and across the globe through social media sites such as Facebook and Linked in.



Danielle Ruane, Resident of Bow and Vice President of Education at Capital Toastmasters

Capital Toastmasters has been helping residents of Bow and the surrounding communities for years. Capital Toastmasters meets every Monday night from 6:30 pm - 8pm at Granite Ledges of Concord.

The Toastmaster organization is non-profit, and the cost to join most of the local clubs is priced modestly at 80-100 dollars per year (depending on the club). Dues at Capital Toastmasters are 40 dollars for six months. You are also welcome to visit the club as a guest at no charge.

Given that communication skills are among the skills most sought after by employers, and important to one's personal life as well, enrollment in a Toastmasters club is one of the best and most cost effective investments you can make in yourself. For more information, you can send an email to Capital Toastmasters at contact2112@toastmastersclubs.org or visit the website at <http://capital.toastmastersclubs.org>.

CATCH DEDICATES NEWEST APARTMENTS IN BOW

By Erin Schaick

CATCH Neighborhood Housing hosted a dedication and open house for its newest affordable housing community, Bow Highlands II, on Thursday, June 11.

The ceremony on DiCandra Drive marked the completion of the second phase of Bow Highlands, which consists of 16 new, affordable apartments.

The first phase, which was completed in 2010, includes 20 apartments that local families now call home.

CATCH President and CEO, Rosemary M. Heard, opened the ceremony by thanking the Town of Bow and the many partners and funders who made Bow Highlands possible. She emphasized the complexity and dedication of the many moving pieces that were critical to making this development a reality.

"Many of you here today represent a thread of financing used to complete these amazing developments," said Heard. "Alone, a single thread has limited use, but when woven together with opportunity, relationship threads, as well as financing threads, it creates strength and texture and the result combines affordability, function, beauty, and longevity – the fabric of CATCH communities."

The dedication ceremony was also a celebration of National NeighborWorks Week, a nation-wide celebration of community promoted by NeighborWorks America.

Chris Harper-Fahey, Senior Relationship Manager at NeighborWorks America, joined in on the festivities. "We are so excited to be a part of this with Rosemary and with CATCH," said Harper-Fahey. "But more

important than NeighborWorks Week is that 16 families will have a place to call home.

A lot of people just need a place to live that's affordable. Bow Highlands is one of those places where people can afford to live a high quality of life and be able to share time with their children and be happy."

Bow Highlands was constructed to be affordable for families being paid working-class salaries, which is about \$50,000 for a family of four in Merrimack County.

The residents of Bow Highlands include city and state employees, nonprofit professionals, teachers, lawyers, and a wide range of other professions.

Bow Highlands II was completed thanks to financial support provided by Centrix Bank, now Eastern Bank, the Community Development Finance Authority, Merrimack County Savings Bank, Northern New England Housing Investment Fund, NeighborWorks America, New Hampshire Housing Finance Authority, TD Bank, and the U.S. Department of Housing and Urban Development.

Architectural services were provided by Warren Street Architects and construction services were provided by North Branch Construction.

For more information on CATCH Neighborhood Housing call (603) 225-8835 or visit www.catchhousing.org.

To learn more about renting a CATCH property, visit www.alli-ancenh.com.

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BOW ATHLETIC CLUB 2015 WHEELER AWARDS

By Andrew Bushnell



Congratulations to Sam Berube and Libby Parker, who received the Bow Athletic Club 2015 Wheeler Award.

The award is given annually in memory of Robert Wheeler, who was instrumental in the formation of a youth sport program for Bow, to one boy and girl that will be entering into their freshman year at Bow High School in the fall.

The Bow Athletic Club has presented this award to Bow students since 1983. The winners



are chosen based on long-term achievement in the BAC and/or Bow school athletic programs, including a demonstrated commitment to the ideals of teamwork and sportsmanship.

A plaque located in the hallway of Bow Memorial School, near the gymnasium, lists the winners and the year they won.

Winners are also commemorated on the Bow Athletic Website (www.bowathleticclub.com) on a page dedicated to the Wheeler Award.

POULIN GRADUATES FROM BASIC TRAINING

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 and Nancy Poulin of



Airman 1st Class David Poulin

Bow, N.H., brother of Thomas Poulin, stepson of Emily Bibbo and stepbrother of Caroline and Gloria Bibbo.


He graduated in 2014 from Bow High School.

CORRECTION --When this photo was run last month we omitted by mistake David's proud mother's name so we rerun the story as corrected.

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@thebow-times.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.



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By Dr. Mostafa El-Sherif

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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.



This dental technology has helped a lot of denture patients to enjoy their life better, without worrying that their teeth will come out during any function.

Now denture patients can have a better life with implant supported dentures.

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



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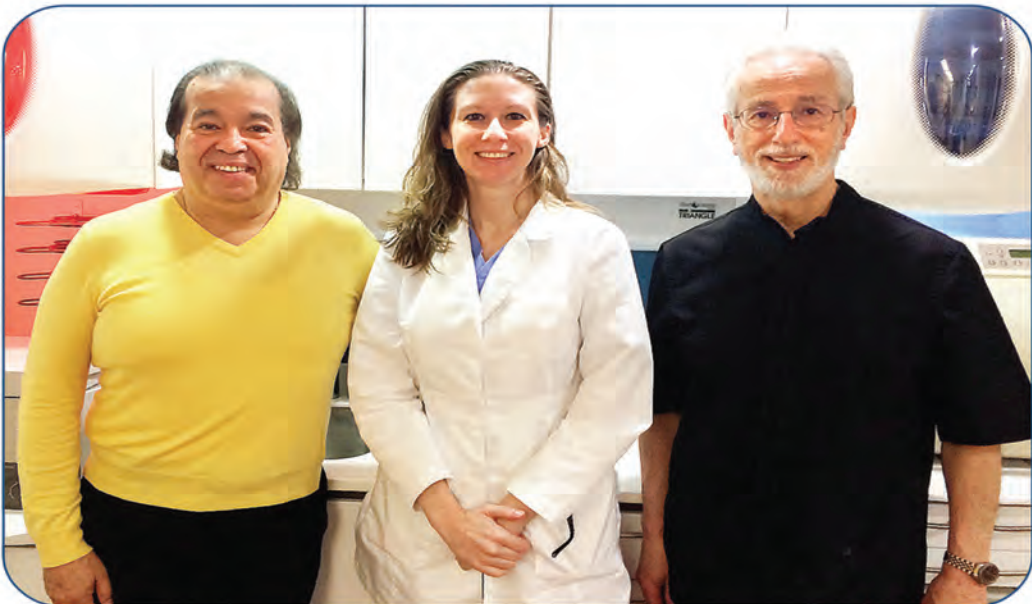
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BOW PRIDE WEEK A GREAT SUCCESS



Cheryl Stack

After the call went out from Town Manager David Stack and this paper the response to buff up and clean up some of our “rough edges” was overwhelming. Individuals and groups stepped up to the plate and proved the Bow spirit is alive and well.

The list below is of 16 completed projects.

In August the Garden Club, Men’s Club and others who complete their 10 projects will be recognized.



Bill Kuch & Rob Hollinger

Location: Community Building

Project: Paint entrance areas on south and west sides **DONE!**

Concerned Taxpayers of Bow

* * * * *

Location: Community Building

Project: Clean out paved drainage swale – Knox Road into parking lot **DONE!**

Town/Bryan Westover, Lee Kimball, Lee’s grandkids

* * * * *

Location: Community Building

Project: Paint inside wall on stage end of building **DONE!**

Town/Cindy Rose; Anne-Marie Guertin; Malinda Blakey

* * * * *

Location: Community Building

Project: Clean kitchen and wash mats **DONE!**

The Guertin Family

* * * * *

Location: Gazebo

Project: Reset stepping stones and add new ones **DONE!**

Dept. of Public Works

* * * * *

Location: Old Town Hall

Project: Clean and Paint **DONE!**

Bow Community Men’s Club

* * * * *

Location: Municipal Building

Project: Rake and clean up areas in back right corner and north end of parking lot **DONE!**

Town/Bruce Buttrick; Charlie Smith; Tonia Lindquist, David Stack; Colleen Hunter

* * * * *

Location: Municipal Building

Project: Sweep up along retaining wall along south side of parking lot **DONE!**

Town/Charlie Smith; Tonia Lindquist

Location: Municipal Building

Project: Sand and paint/stain break room table **DONE!**

Town/Myrt Fellows

* * * * *

Location: Municipal Building

Project: Paint front entrance **DONE!**

The Kiniry family (Ben, Tammy, Dylan and Madison)

* * * * *

Location: Front of Chen Yang Li; south of Town Sandpit-Rte. 3A; other locations

Project: Trim around historic site signs; repaint/stain; straighten **DONE!**

Town/David Stack; Heritage Commission/Mark Leven

* * * * *

Location: Evans Cemetery, White Road Hill Road

Project: Re-paint Evans Cemetery Sign **DONE!**

Bill Stavros; Cheryl Stack; Town/David Stack

* * * * *

Location: Green Cemetery

Project: Re-paint Green Cemetery Sign **DONE!**

Bill Stavros; Cheryl Stack; Town/David Stack

* * * * *

Location: Various

Project: Clean up and paint rural fire hydrants **DONE!**

Town/James Beaudoin; Keith Lambert; Fire Department

* * * * *

Location: Various

Project: Paint equipment bay doors **DONE!**

Town/Rick Bilodeau; Greg Brown; Fire Department

* * * * *

Location: Goodwin and Gordon Fields

Project: Paint dugouts **DONE!**

Austin Beaudette, Brendan Winch, Duke Biehl – Bow High baseball



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