



The Bow Times

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

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FREE

Safety Center Open House Hundreds See the Center After Ribbon Is Cut

Photos By Eric Anderson



Two Area Students Receive \$500 Scholarships From Cobb Hill Construction



Elizabeth West, Jerry Kingwill, Sadie Warburton

Photo courtesy of Cobb Hill Construction

Cobb Hill Construction, Inc. is pleased to announce that two local High School seniors have been chosen for this year's scholarship program. The selected seniors from Bow High School and Merrimack Valley High School each received a \$500 scholarship.

The recipients are Sadie Warburton, a graduating senior at Bow High School, who will be studying Mechanical Engineering at Smith College, and Elizabeth West, a graduating senior at Merrimack Valley High School, who will be studying Civil Engineering at Roger Williams University.

Since 2000, Cobb Hill Construction has been dedicated

to promoting careers in the construction, engineering, and architectural fields. To that end, Cobb Hill annually awards up to \$2,000 in scholarships to deserving area high school seniors.

"These graduating seniors were selected above all other applicants as a result of their demonstrated high ethics and dedication to furthering their careers in the construction and engineering fields," states Jerry Kingwill, President of Cobb Hill Construction. "Our industry needs young people of this caliber to make a career of building better and more energy efficient buildings to improve the future for all of us."



Jeff Knight Appointed to Budget Committee

A recent meeting of the Budget Committee chose Jeff Knight (right), a former member, to replace Chuck Douglas who resigned after two years due to schedule conflicts for the next year.

Knight is the Chief Financial Officer of the Tamposi Companies in Nashua and helped to direct the town toward a successful resolution of the debate over a new Public Safety Building.

Knight is a strong proponent of fiscal responsibility due to the looming crisis caused by the over assessing of the power plant in Bow owned by Eversource.



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The Bow Times

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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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EDITORIALS

The Unions Want a Full-Time Union Employee in the State Senate

They are putting their union money behind Kevin Cavanaugh for State Senate:

Granite State Teamsters	\$500
IBEW local # 103	\$500
IBEW local # 104	\$1,000
IBEW local # 2320 COPE	\$4,000
IBEW local # 2320 COPE	\$2,000
IBEW local # 2321 COPE	\$500
IBEW local # 2323 Telephone Div	\$1,000
IBEW local # 42	\$1,000
IBEW local # 455	\$250
IBEW local # 490 COPE	\$500
IBEW local # 99	\$50
IBEW System Council T-9	\$1,000
Manchester Police Patrolmen's Assn	\$1,000
Massachusetts AFL-CIO	\$500
New England PBA	\$500
NH AFL- CIO COPE	\$2,500
NH AFL-CIO COPE	\$1,000
Plumbers & Steamfitters of NH #131	\$1,000
Professional Firefighters of NH	\$1,000
Sheet Metal Workers #17	\$500
Sheet Metal Workers #17	\$100

Total: \$20,924

May 17 & May 31, 2017 N.H. Secretary of State Campaign Finance Disclosure Reports

Don't let the unions buy this seat. Vote for Dave Boutin on July 25th.

Chuck Douglas, For a free press, je suis Charlie

Hoell is an Obstructionist

Dunbarton's J.R. Howell is out of tune with his party. After compromise (a dirty word for Hoell) 93.2% of House Republicans voted for the budget Governor Sununu signed into law. 14 "Freedom" Caucus members organized by Hoell voted to kill the budget that has funding for our schools, bridges and highways. Gridlock is not the way to move forward.

What J.R. Hoell Voted Against

- Infrastructure Funding from 2017 surplus: \$30 million in local highway aid; \$6.8 million for municipal bridge aid. This is money to help Bow. **Hoell voted no.**
- School Building Aid from 2017 surplus: Establishes the Public School Infrastructure Revitalization Trust Fund at an estimated 48.5 million. This is money that could help Bow. **Hoell voted no.**
- Municipal aid: Distribute \$137.6 million to cities and towns like Bow from Meals and Rooms Tax receipts. **Hoell voted no.**
- Public Safety: Provides funding for five new state trooper positions in 2018, with authority to hire five more in 2019. Corrections: Provides funding for 55 new positions at the new women's prison in Concord, now expected to open in early 2018. **Hoell voted no.**
- Transportation: Fully funds highway block grants to municipalities at approximately \$790 million over the biennium; provides \$87.7 million in gas tax revenue to the Highway and Bridge Betterment Program. This is money to help Bow. **Hoell voted no.**
- Child Protection: Provides funding for 20 additional child protective service workers in the Division for Children, Youth and Families; establishes an associate commissioner position with responsibility for overseeing DCYF. **Hoell voted no.**
- Domestic violence: Allocates \$500,000 per year for sexual and domestic violence prevention programs to be divided among the rape and domestic violence crisis centers operated by the N.H. Coalition Against Domestic and Sexual Violence.
- Mental Health: Adds \$22.6 million for services, including benefits for children with several emotional disturbances, 20 new in-patient beds; 60 new transitional beds and a new mobile crisis team. **Hoell voted no.**
- Drug treatment: Increases funding for the Governor's Commission on Alcohol and Drug Abuse Prevention, Treatment and Recovery from 1.7 percent to 3.4 percent of prior year's profits from the Liquor Commission. **Hoell voted no.**
- Development Services: Appropriates \$510 million for services to developmentally disabled children and adults. **Hoell voted no.**

Chuck Douglas, For a free press, je suis Charlie

LETTERS TO THE EDITOR

Bow Should Find Its Own Water Source

The extension of Concord's water system to Bow Junction is akin to Concord's version of the movie *Groundhog Day*. While there are many considerations that need attention, the first would be a predictable surplus of water.

The first attempt at resolving Concord's shortage situation was an above-ground stainless-steel pipe that was to use water from Turkey Pond – until someone decided it was a good idea to test the water to find out if it was potable. It wasn't. Plan B was to tap into the Contocook River, which not only worked, but is still in use today. I don't believe we have a predictable surplus to

share with anyone.

Even if there were a surplus, you need to think of our water system as a mutual fund. To collect dividends, you need to buy into the fund at net asset value. Do you think Bow tax payers would be willing to pay millions of dollars to provide potable water to a used car lot? Neither do I. And, of course, all this would be subject to review and approval of the Public Utilities Commission.

With all the technical advances made in providing potable water to third-world countries, I think the business owners at Bow Junction could find a solution to their long existing problem and pay for it.

Robert C. Washburn, Concord

Letter to the Editor:

Chuck Douglas received the "Award for Distinguished Service to the Profession" at the annual meeting of the New Hampshire Bar Association, held recently at the Mountain View Grand Resort. I'm writing as I believe this is news that should be in the Bow Times. Knowing Chuck so well, I know the 'editor' wouldn't put it in himself.

I have been friends with Chuck for 30 years, going back to when he represented our state in Congress. Since moving to Bow from Concord in 2013, Chuck has been a good friend to our town of Bow. Always an active citizen, Chuck has given tirelessly of his time to make Bow a better community for all of us. I personally feel that Chuck has done a great service to our town by resurrecting the Bow Times, making it once again a great communication for all of us in Bow. I know that he welcomes submissions to the paper from everyone.

He ran and was elected to our budget committee, from which he reluctantly resigned recently due to an appointment by Governor Sununu to the Judicial Selection Commission.

Chuck's smooth ability of persuasion, used on many a jury in

the courtroom, has also convinced many Bow citizens, myself included, to be more active with our town. I still remember his words when he asked if I would be interested in running for the Budget Committee. When I asked what it would entail, he said, "It's only a couple of meetings." I kept track and it was around 70 hours that first year. But I have enjoyed being on the committee and because of serving, I have become friends with many people that generously give their time to make Bow a better place for all of us.

While politics in Washington seem to get nastier every day, I love the camaraderie that we have in Bow. We have proven that people can agree to disagree and still be civil to each other. Our new Public Safety Building, the fruit of the labor of so many of our citizens in Bow, is a perfect example. Chuck's efforts, both through the Bow Times and the Concerned Taxpayers of Bow, were a part of the reason that Bow was able to build a facility that was desperately needed but at a final cost considerably lower than what was first proposed.

Congratulations, Chuck!

Bobby Arnold, Bow



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By Ian Riensche www.sudokupuzzler.com

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	3		6				7	

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

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Bow Safety Building Up and Running



© Photos by Eric Anderson 7-2-2017



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Flag Made Out of Firehose
By Brandon Skoglund



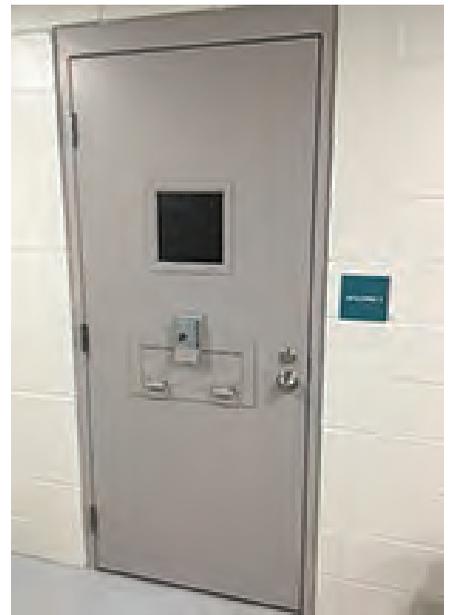
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- Fought for Granite Hammer funding – busting Lawrence drug dealers
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Sources:

¹ Senate Bill 1 & 2 – 2015, House Bill 2 – 2015

² New Hampshire Business Review – May 26, 2017

³ The New Hampshire Union Leader September 29, 2016

Paid for and authorized by David Boutin for State Senate. David Boutin, Treasurer.

BRING BACK

Boutin!



Surging business tax receipts have not only refilled New Hampshire's depleted Rainy Day Fund, but have created an anticipated surplus of more than \$100 million.³

DAVID
BOUTIN
STATE SENATE



Bow Young at Heart Club

By Faye Johnson



Bow Young at Heart members had a great time at Foster's Lobster bake and comedy show in June. Member Ken Ball had fun making a 4-claw lobster for his photo above.

At the June 28 meeting it was strawberry shortcake. Thanks guys for preparing the berries and a special thanks to the person providing the gluten free biscuits.

Upcoming Programs

July 26	Robert Vallieres - Eagles and Falcons
August 9	Norma Boyce, AARP Medicare Frauds & Scams
August 23	Meeting is at Beech Hill Farm followed by Ice Cream
September 13	Game Day!

Upcoming Trips

August 16 – A buffet Lunch at the Indian Head Resort followed by a production of Annie at Jean's Playhouse in Lincoln. Cost is \$81.00 per person; payment is due August 9.

October 12 – Quabbin Reservoir Tour, with Lunch at the 1705 Salem Cross Inn where everything is made from scratch (choice of Boston Scrod or Roast Turkey), followed by a stop at Breezlands Orchards. Cost is \$71.00 per person.

All seniors are welcome on our trips to fill seats not taken by members. For trip info contact Carol Walter 753-8000. We are pleased to have several new members. Stop by at 11:30 on the 2nd and 4th Wednesdays of the month and check us out. Bring your lunch. You will find free beverage and dessert.



The Rotary Club of Bow Summer Concert Series!

By Ben Kiniry

How would you like to relax outdoors while listening to the pleasing sounds of live music for **FREE**?

You can, every Sunday evening from 6:00 to 8:00 pm at the Gazebo (band stand) in Bow (across the street from the Community Center). Not only do we have a band each week, we also have Refreshments provided by the "Bow Community Men's Club" and a 50/50 raffle.

Bring your blankets and chairs!

The following are the bands and the dates they will be entertaining us:

July 23, 2017, The Mink Hills Band

July 30, 2017, The Canyon Run Band

August 6, 2017, The Freese Brothers Band

August 13, 2017, The South Street Blues Band

In inclement weather, the fun continues, as we will move the concert inside of the Bow Community Building.

Hero Central Vacation Bible School

By Joan Day

The Bow Mills United Methodist Church, 505 South St., Bow, will hold its **Vacation Bible School** from **July 24th to July 28th** from 9 am to 12 pm for ages 3 years and up.

Get ready for an action-packed 5-day super hero training camp where kids discover their strength in God! Hero Central prepares kids with special abilities to do good. Seek peace and go after it!

Grab your cape and get ready to fly with epic music, spectacular science, craft crafts, heroic recreation and fantastic Bible Stories.

The children will engage in fun and exciting interactive activities on a daily basis while learning about God's call for us all.

Come join us as we engage on this wonderful journey together. Join Flame and friends as you embark on epic adventures and learn about God's special abilities given to you.

For further information, call 603-224-0884 or visit website: www.bowmillsumc.org.



Concord Chamber Awards 2017 Business Grants for Teachers

By Christina Carlson

Gary Miller, Chair of the Greater Concord Chamber of Commerce Business Grants Committee, is pleased to announce the recipients of the 2017 Business Grants.

Through the Business Grants program, the Chamber awards more than \$5,000 annually to teachers who have developed innovative teaching programs for use in Capital area schools.

Funding for the Business Grants program is raised through the Chamber's Annual **Funds**

for Education Golf Tournament which is held annually in August at Beaver Meadow Golf Course and sponsored by Merrimack County Savings Bank.

At **Bow High School**, Michelle Hlavaz's Child Development students will promote literacy through its Connecting Through Books project.

Students will choose books from Gibson's Bookstore that they will read and gift to younger children at day care and community centers throughout the community.



How Many Fruits & Veggies Should You Eat a Day?

By Jim Olson

Fruits and vegetables are extremely important parts of a healthy diet. Generally low in calorie, these foods also supply many vitamins, minerals and phytonutrients that help you stay in good health and avoid potentially serious, chronic diseases. The Harvard School of Public Health reports that most Americans consume well below the recommended number of fruit and vegetable servings in a typical day.

Guidelines

According to the 2005 Dietary Guidelines for Americans, you should consume between five and 13 servings of fruits and vegetables each day. This is equivalent to about 2 1/2 to 6 1/2 cups daily, depending on the amount of calories you need to consume for your weight and level of activity. For example, if you take in 2,000 calories daily, you should consume nine servings, equivalent to about 4 1/2 cups.

These servings should be divided about equally between fruits and vegetables -- four to five servings of each daily. According to the Harvard School of Public Health, the average American consumes a total of only three servings of fruits and vegetables daily.

Vegetables

The U.S. Department of Agriculture divides vegetables into five



Jim Olson

categories: dark green, orange, legumes, starchy and other types, with each vegetable providing slightly different nutrients and benefits. If you consume 2,000 calories daily, it recommends consuming four or five servings, choosing from each of these groups regularly, to maximize your intake of vegetable-derived vitamins and other micronutrients.

For example, carrots, pumpkin and other orange vegetables are rich in carotenoids, precursors of vitamin A, while broccoli, peppers, and cabbage provide abundant vitamin C.

Legumes such as peas and beans and deep-green spinach are rich in folate, one of the B vitamins, while potatoes, squash and bananas are high in potassium.

Fruits

If you take in 2,000 calories daily, your fruit consumption each day should total at least 2 cups, divided into about four servings. To obtain maximum benefits from the fruits you eat, choose whole fruits, including fresh, frozen and canned products, over juices, which generally contain less fiber than fresh fruit.

Orange fruits such as mangoes, apricots, cantaloupe and pink grapefruit provide vitamin A-producing carotenoids, while citrus fruits, strawberries, papaya and cantaloupe are rich in vitamin C. Oranges also contain abundant folate and bananas, and melons are good sources of potassium. If you consume dried fruit, 1/2 cup is equivalent to 1 cup of unpreserved fruit.

Serving Sizes

When you consume fresh fruit or vegetables, one medium orange is equal to about two servings; one medium apple cored and cut into pieces is equivalent to two or three servings. Similarly, four or five medium Brussels sprouts constitute about one serving while 1 cup of cooked green beans provides two servings.

When planning meals or using fruits and vegetables as snacks, measure servings whenever possible,

or estimate amounts to ensure that you consume as many servings of these healthy foods as possible.

Benefits

According to the Harvard School of Public Health, a diet containing abundant fruits and vegetables lowers your risk for many serious disorders, including heart disease and stroke. It indicates that people who consume five servings of fruit and vegetables daily are 20 percent less likely to develop these problems than those who eat few of these foods.

A fruit- and vegetable-rich diet also lowers your risk of developing high blood pressure, a condition that over time can seriously damage your cardiovascular system. Because fruits and vegetables are generally high in fiber, they also benefit your gastrointestinal system by helping move food through your intestines, keeping your stool soft and preventing constipation and other intestinal disorders.

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1988 - THE START OF THE BOW TIMES

At a meeting of the Bow Business Association in Nov. 1987, the sixty plus members lamented the fact that the Town of Bow was then saddled with an anti-business town government.

What could be done to turn this situation around? Horace Bailey put forth an idea, long talked about with former Bow resident Frank Hirsch, and issued a challenge to Jim Bucknam of Bow who was an editor of the Union Leader.

The idea was to establish a local newspaper "of the people, by the people, for the people" as Jim put it. By so doing they might be able to express the concerns of Bow businesses.

Jim Bucknam accepted the challenge and in two months (Jan. 1988) the first issue of *The Bow Times* was published.

Tom Aspinwall, Frank Hirsch and Horace Bailey sold advertising for the first issue. Gary Nylen also sold for *The Bow Times* as he does today.

Boondocks Publishers Inc. was formed by stockholders James Bucknam, Joe Brigham, Horace Bailey, Tom Gagne, Ray Godbout, Ric Hiland, Catherine Hirsch, Frank Hirsch, Don Lahar, Ken Strachan and Clyde Wilber.

The Bow Times enjoyed 12 years of publication under the direction of the late Jim Bucknam and later his daughter Beverly Marcou. The "Times" by 2000 was published by Neighborhood News of Bedford N.H. owned by the Union Leader.

At some point around 2009, after 21 years, the paper ceased publication during the Great Recession.

It was revived in March of 2015 after a six year hiatus thus making the current issue part of volume 24.

The Armed Citizen®

Imagine being jolted awake by the sound of a crash, then seeing a pick axe and a man with a black bandana over his face coming through your bedroom door. A man lived through that situation because he had a loaded gun within arm's reach. After the stranger charged toward him while he was still in bed, the homeowner fired, killing the burglar. Two accomplices, who are charged with planning the crime, have since been arrested. (The Onlooker, Foley, Ala., 3/8/17).

After a father and son saw a man pull a knife and threaten a woman during an attempted robbery, both drew their concealed handguns and put a quick end to the misdeed. The two armed citizens had been driving through a shopping center parking lot when they witnessed the trouble. With two guns aimed at him, the would-be robber gave up and got down on the ground. The armed citizens held him at gunpoint until the police arrived. (easttesasmatters.com, Tyler, Texas, 3/12/17).

Reprinted with permission, June 2017, *American Rifleman*.

High School Juniors Participate in NH Granite Girls State

Three outstanding high school juniors participated in NH Granite Girls State, sponsored by American Legion Auxiliary, Unit 21 in Concord.

Amanda Sampo of Bow High School, Gigi Reece and Emily Allyson, both from Oyster River High School participated in the week long program (June 26-July 1) held at St. Anselm's College.

The girls met NH State Senators and Representatives, ran election campaigns, created platform points and learned about Americanism and good citizenship.

The NH Granite Girls State Program is held annually and began nationally in 1937 to give young women the finest citizenship training possible.

Unit 21 is proud to have sponsored these three remarkably bright and talented girls.



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Bowled Over by Bow's Older Bowlers!

Star bowlers from across New Hampshire battled for state supremacy in the 2017 NH Senior Games Candlepin Bowling Tournament, held Friday June 30th at Lakeside Lanes in Manchester.

Medal Winners for the 2017 NH Senior Games Candlepin Bowling Tournament included:

Age 75-79 (Women's):

Gold Medal - Rita Gonyer, Bow

Age 85-89 (Men's):

Gold Medal - Charles Macomber, Bow

Silver Medal - Larry Gonyer, Bow

Summer Trips With The Bow Times?



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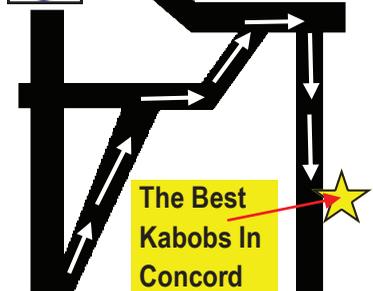


Ground Chuck



Chicken Legs

Country Style Ribs



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**Bow Memorial School Grade 7 Honor Roll
Second Semester 2016-2017**

HIGH HONORS

Rose Anderson, Cailyn Benson, Connor Bernard, Savannah Betterly, Cole Billow, Kate Billow, Leah Boisvert, Nicole Bullis, Cameron Cafasso, Jessica Chamberlin, Ethan Clark, Rorie Cochrane, Andrew Driscoll, Jonathan Erickson, Madeleine Ess, Briana Fournier, Ethan Gray, Sarah Guerrette, Kelly Harris, Jenin Jarrar, Elena Jay, Kyra Johnson, Aurelia Kaufman, Keagan Kelly, Grace Kirkpatrick, Mallory Knight, Molly Knight, Julia Krause, Madeleine Kropp, Jackson Lalla, Katherine Lessard, Hope Marcou, Kyle Martin, Sierra Mason, Shawn Millerick, Cassie Murphy, Ava Noce, Ashley Panzino, Michael Pelletier, AnneMarie Penney, Madison Roberge, Lincoln Routhier, Evan Smith, Amelia Soucy, Madison Speckman, Caleb Stonecipher, Stephen Thorne, Rachel Towne, Addison Trefethen, Clara Udelson, Trista Voisine, Hannah Waltz, Jocelyn Webber, Brayden Wesler, and Ashley White

HONORS

Abby Alexakos, Madelyn Allen, Hayden Amsden, Alisha Anderson, Karl Anderson, Isabelle Blackburn, Alexander Boisvert, Alexandra Boone, Katerina Burke, Victoria Clancy, Andrew Conley, Rylee Constant, Mia Contreras, Matthew Desrochers, Jack DesRuisseaux, Oliver Dolcino, Sydney Ferland, Riley Fortier, Alexandra Fuller, Liberty Furr, Eli Gadbois, Bria Geddes, Amy Gray, Ava Kehas, Sophie Key, Delaney King, Annmarie Labbe, Matthew Lamy, Tatum Laws, Noah Leuchtenberger, Quinn Lewis, Lucy Little, Campbell Lucey, Sydney Mason, Madelyn McLeod, Ryan McSweeney, Olivia Mielcarz, Delana Mooney, Thomas Nelson, Madeleine Paul, Owen Petretta, Theodore Pfeifle, Isabella Pontacoloni, Catherine Rolla, Eva Rook, Jurgen Stich, Madeline Terrell, and Nicholas White.

**Bow Memorial School Grade 8 Honor Roll
Second Semester 2016-2017**

HIGH HONORS

Sydney Abramson, Nicholas Aubrey, Katharine Barker, Lucas Berube, Alexandra Besette, Brooke Biehl, Chloe Binder, Daniel Blandini, Rachel Budd, Matthew Cardarelli, Louisa Carey, Carizza Cayabyab, Amelia Coe, Anthony Constant, Jonathan Cross, Meaghan Danahy, Aiden Fisher, Izak Furr, Annika Geiben Lynn, Paige Grondin, Darby Hartford, Daniel Hoadley, Leah Hoey, Katelin Howe, Owen Libby, Catherine Maurer, Nicholas McGovern, Madeline Michaelis, Justin Murphy, Benjamin Neff, Isabella Parkerson, Samuel Ralston, Joseph Reed, Jack Roberge, Ethan Ros, Emma Van Ham, Wyatt Weber, and Finnian Welch

HONORS

Rosaria Anderson, Ellie Andrews, Emma Avery, Alex Baer, Colin Bayer, Lillian Benoit, Autumn Boisvert, Gracie Bresson, Alexander Cross, Adele Elle-Gelernter, Dalton Gilbert, Abbey Gobis, Barrie Guertin, Elizabeth Hanson, Brooke Hull, Sonia Hunter, Konrad Kremzner, Ethan Krueger, Elise Labonte, Falon Labrecque, Mason Lane, Gabriella LaPerle, Ryan Leonard, Daniel Leuchtenberger, Aden Lipsy, Shaun Lover, Lauren McKeen, Aiden Munro, Saige Murphy, Makayla Murray, Thomas Oglebay, Caleb Paige, Andrew Robbins, Matthew Selleck, Dylan Shedd, Connor Treybig, Sophia Valpey, Journey Vanderveer, Connor Wachsmuth, Jackson Weber, Lily Whittaker, Alexia Williams, and Mikayla Wray

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FRONT ROW (L-R)

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TRAVEL TALK

Bags, Tags & The TSA

By Chase Binder

If you've checked any luggage on any flight over the past few years, you've probably had your bags opened and searched by the TSA at least once or twice. I know my checked bags have been searched more often than not.

How do I know? First, Bud secures every zipper on our bags with electrician's zip ties, the plastic ties that are designed to have one end slip through the other "locking" end. Just thread the tie through the zipper pull and the accompanying loop at the top of the zipper and yank until tight, and voila—you're locked. They are tough, tough, tough. Don't forget a fingernail clipper to cut though and open them. They are cheap, available in many colors and sizes, and easy to find everywhere from Target to your local hardware store. If one of the zip ties is cut and replaced with the official blue TSA temporary lock when I grab my bag off the carousel after landing, I know an agent has been through my things.



Secondly, TSA will leave a message for you—a printed "Notice of Baggage Inspection" that explains their statutory authority for conducting the search, normally stamped with time/date. Sometimes, though not always, the sheet includes a number identifying the officer who opened your suitcase. And sometimes, though not always, the sheet of paper will be folded inside the offending item. This happened to me on our last trip to St. Maarten. I opened my bag and found the TSA notice neatly tucked underneath the rubber bands I use to keep the lid on my favorite box of dominoes. Dominoes?? Hmm... dense plastic composite, rather brick-like in shape. Oh...I get it. It could have been plastique! The thing is, it had never been tagged before...and I rarely go anywhere without my dominoes.



Chase Binder

So, have things changed? Are the officers looking at the contents of bags differently now? Interestingly, the Southwest Florida International Airport (RSW at Fort Myers, Florida) had a media day last month which provided fresh insights into how agents screen bags. Journalists, including Laura Ruane of the Fort Myers News-Press, were allowed into secured areas to see just how the process works.

In brief, Ruane said it goes like so: checked bags are tagged and put onto a conveyor belt, which takes the bags through a computed tomography (CT) machine—these provide much greater detail than X-ray machines and even allow rotation of the image to get a 3-D view. If something seems suspicious, the bag is routed to a room full of officers with computer screens who can examine the image more carefully. Most times, that's sufficient and the bag is shuttled to the plane for loading within 2 or 3 minutes.

But if the suspicious item can't be readily identified, the bag is off to another room to be opened and searched. Officers have many tools they can use to test for explosives, open wrapped packages, peek into dark corners and so on. Most items are like my dominoes—a bit dodgy to begin with, but clearly not a problem. That's when you get a message from the TSA officer. The TSA estimates that about 15% of checked bags are diverted for physical inspection. This process is actually quite speedy and efficient. I remember a recent flight when I had to run flat out to make my connec-

tion—and my bag made it too, despite being searched.

So... other than leaving your dominoes home (for me...never!), how can you avoid being tagged? Pretend you're a CT scanner, looking for dense items, obvious electrical cords, liquids and laptop computers. Separate containers of liquids and gels from cords, charging gear and electronic devices. Think about it...packed closely together, these things might look like a bomb. Make sure all your cords are wound tightly and secured with a rubber band or a zip tie. Put your laptop inside your bag, perhaps cushioned with clothing. If it's in the outside compartment it will block the CT scan, plus be more subject to damage in the loading/unloading process.

In other words, being neat and tidy will probably make your bag's trip much easier.

This also is holding true for recent enhancements to the TSA security lines at several airports

around the country—including Boston, Fort Lauderdale, Las Vegas and Phoenix. Passengers are being asked to remove books, magazines and even food items from their carry-on bags and place them in separate bins to go through the X-ray machines. Why? Changing fee structures for all types of luggage mean that people go to extraordinary and sometimes ridiculous lengths to stuff their carry-ons with as much as possible. This makes it harder and harder for the X-ray machines—and the TSA officers—to do their jobs quickly and efficiently.

There are two things you can do avoid being caught in this time-consuming and frustrating process. First, enroll in TSA Pre-Check (tsa.gov) to get in the special lines for pre-approved passengers. Secondly, pack smart. Imagine you are a TSA officer looking at an X-ray version of what's in your bag. If the image is scary messy, you'd better re-pack or plan for extra time at security.

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What's Happening in OLLI?

By Jacki Fogarty

OLLI Honors Volunteers



Bow resident Peg Fargo (left) and Concord's Diana Ryan (right) greet other OLLI volunteers at Beech Hill Farm on Wednesday, June 21.

Beech Hill Farm in Hopkinton hosted the annual Volunteer Appreciation event for the Osher Lifelong Learning Institute (OLLI) Concord site. When it comes to dozens of flavors and huge ice cream cones, there is no difference between senior citizens and kindergartners – eyes get big, giggles are heard, tongues have to work extra fast to keep up with drips and everybody is extra happy.

And that's why Concord's leadership chose Beech Hill Farm for the second year as the place to say thank you to the volunteers who are responsible for making OLLI a grand success. Philanthropist Bernard Osher, who was responsible for founding 120 OLLIs around

the United States, envisioned the program as a place for vibrant “seasoned adults” to enjoy learning for the fun of it and to have an outlet for the skills and activities that engaged them in their younger years.

In this last year retired software engineers assisted in the implementation of a new member services and registration system, former project managers served as class assistants coordinating the classroom experience for presenters and students, former teachers have continued teaching both in their career fields and in their favorite fun topics. And those who enjoyed decision making and problem solving in their earlier lives (or did they just miss all the meetings they attended) continue to have a positive impact on the lives of their fellow OLLI members by their service on committees and project teams.

If you're over age 50 and you're looking for a way to engage with your peers in a significant way an OLLI membership offers learning for the fun of it and volunteering for the health of it. Check out OLLI at OLLI.granite.edu – there might be an ice cream cone in it for you!

OLLI is affiliated with Granite State College, but offers non-credit, non-college courses generally meeting once a week for two hours for as little as one session or as many as eight. Attend our Fall Preview on August 9 at 1:00 p.m. at Tad's Place, Heritage Heights, Concord to see the courses being offered start-

ing in September.

Presenters Honored by Concord OLLI

At the heart of the OLLI experience is *Learning for the Fun of It*. A whole team of volunteers and staff work diligently to make the learning and the fun happen. At the front of every classroom is a key player – the presenter. Presenters play a crucial role for OLLI. Concord OLLI decided to celebrate presenters with their own special reception where they could be recognized for having enriched the lives of the OLLI members they teach.

The 90 presenters who taught OLLI classes over the last year are volunteers, researching, preparing and teaching their topics with no compensation other than the joy of a class full of eager involved students.

Those who drove through pouring rain and backed-up traffic (car fire on Interstate 93) arrived to find the GSC Atrium converted to a café. Hors d'oeuvres, finger sandwiches, desserts and collegial conversations gave way to a brief program.

Granite State College President (and OLLI member) Mark Rubinstein spoke about the fit of OLLI within the Granite State program, OLLI Program Director Jane Fletcher spoke about the relationship between OLLI and healthy aging and Peg Fargo, longtime member, volunteer and presenter herself,

praised the efforts of and the results achieved by OLLI presenters. Citing “back of the bus” conversations as heard on the many trips taken by OLLI members, Peg said “Maybe I did not get to take your course, but I know your name, and even some of the material you presented, because OLLI members love to share. The ripple effect of your presentation goes on and on . . .”

Presenters in attendance were given a certificate of appreciation and a recognition name tag, small tokens to reinforce the giant impact on the lives of OLLI members.

You Can Get Involved with OLLI



Bow members Phyllis Benoit and Michael Bujnowski greet members and the public at the Preview last year.

Bow members of OLLI are among the most active and involved in the Concord chapter. Holding leadership positions locally and at the state level, presenting classes to

OLLI CONT. P. 12

OSHER
LIFELONG
LEARNING
INSTITUTE

OLLI

at Granite State College

Learning for the fun of it!

Preview of Fall Classes

Wednesday, August 9, 1:00 PM

Program and light refreshments

Tad's Place, Havenwood Heritage Heights

Eastside Drive, Concord

All are welcome!

Check out OLLI! Learn about the program, socialize with OLLI members, meet the presenters and the OLLI staff and enjoy light refreshments. Pick up an advance copy of the OLLI Fall 2017 catalog and get a “sneak peek” at the fall classes.

This event is free and open to the public.

A membership organization providing lifelong learning & social opportunities for adults 50+

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Still Water Fly Fishing!

As an old time fly fisherman I have spent many seasons on the water. Every season without fail, I will see many fly fisherman splashing the surface with a floating fly line with little to no success.

Yes, there is a place for a floating line, however most of our success comes with a super fast sinking fly line. Big trout love to be on or near the bottom, especially now that the surface water is very warm.

The key is to have a line that has a very fast "sink rate." We use Cortland Super Sink lines with a sink rate of 6.25-7 IPS.

For example, if I am fishing in 15 feet of water, I will cast out as far as I can and count from 1001 to 1,030 as the line sinks. This will get my line on or near the bottom. With your stripping hand, keep a slight tension on the line as it sinks.

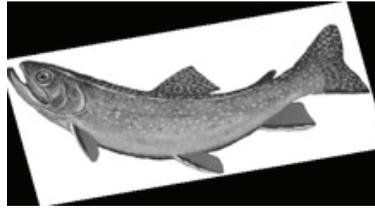
Many times a trout will strike on the drop as the fly nears the bottom. Try to set the hook on any hesitation. Most of the time trout will respond better to a fast retrieve, however there are days in the summer when trout will vigorously attack a fly on a very slow retrieve. Experimenting is important.

Many of us use a dropper fly. I start with about 3 feet of tippet material tied to my line and then splice on a piece about 5 feet long with a blood knot. I cut one lead off short, leaving the other lead about 3 inches long. On this, I will tie on a nymph such as a Usual or a Green Head Caddis. On the tail of the leader I will tie on a small streamer such as the 88, Red Demon, etc.

During the season we will catch many sets of doubles. Our most popular flies include the 88, Red Demon, Harris Special, Usual, Wood Duck Heron, and Green Head Caddis.

Take Someone Fishing

By Ron LaCroix



OLLI CONT. FROM P. 11
fellow members and attending classes, there isn't a meeting or event at which Bow is not well-represented. Want to join the fun?

The Concord site will run 59 courses in the Fall and you can meet the presenters and listen to a brief introduction about most of them at the Fall Preview on Wednesday, August 9 at 1:00 p.m.

Light refreshments and an opportunity to meet other OLLI members makes this an ideal opportunity to see if OLLI is for you.

Although OLLI is affiliated with Granite State College, the courses offered are not college courses. Ranging from one to six weeks of one class each, OLLI courses generally meet for one to three hours each. Both classroom-based and "out-and-about" field trip courses are available.

Topics to be covered in the Fall term include Granny D, Buddhism, Hero Dogs, Handwriting Analysis, Ukulele Playing, Lizzie Borden, Celtic Songs, Immigration, Springsteen, Rise of the Nazis, Quilting, Shakespeare's Macbeth and so many more. Out and Abouts will include visits to Squam Lake, the Dunbarton-Kimball Pond Conservation Area, an alpaca farm, the Capitol Center and Kimball House and more.

The Preview will also offer a chance to learn about how you can use your skills or learn new ones to help this great organization flourish.

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BAKER FREE LIBRARY NEWS

By Lori Fisher

Library as Passport Acceptance Facility

The Baker Free Library has been approved by the US Department of State to be a Passport Acceptance Facility starting in July!

We are only the 2nd library in the state to receive approval (Dover Public Library started their program in January 2017). This means that if you need to apply for a NEW passport, you can do so at our library. You need to bring all appropriate documentation and a color passport photo. We hope to offer the ability to generate passport photos later this year. An extra fee of \$25 is assessed to have us accept your passport, but those monies stay at our library to fund our services. Passports applications can be accepted anytime we are open, until a half hour before we close. We encourage you to email or call ahead and make an appointment so that you don't have a wait time. Questions? Contact info@bakerfreelib.org or call 224-7113. For information on passport documentation needed, visit <https://travel.state.gov/content/passports/en/passports.html>.

NH Senate District 16 Election Information

The Election for NH Senate District 16 will take place at Bow Memorial School on Tuesday July 25, from 7 am to 7 pm.

Access your candidate information packet at www.bowbakerfreelib.org. We have also provided this information to the four other libraries in this Senate district for distribution (Hooksett, Dunbarton, Candia, and Manchester). Our Candidate's Night, co-sponsored by The League of Women Voters of New Hampshire, was held on Wednesday 6/28 and was attended by approximately 50 voters as well as all three candidates. Consider exercising your rights by voting in the election on July 25th!

New Digital Resource: HOOPLA

We are pleased to announce a new digital download resource for movies, music, TV, comics, ebooks, and audiobooks: HOOPLA!

This resource has thousands and thousands of titles available to our patrons all of the time - no waiting. The service is made for mobile devices, and the app is

available free through Android and Apple stores. More information will be sent out when the service is up and available by mid-July. At first, we are going to restrict patrons to 4 items per month from Hoopla, until we get a sense of the usage. We pay only for the items that are borrowed. Visit www.hoopladigital.com for an overview of the service. Questions? Contact Lori Fisher, Library Director, at lori@bakerfreelib.org.

Summer Reading Kicks off for All Ages!

Get your family reading this summer and win prizes!!

Our summer reading program is not just for kids - teens and adults can also participate, and there are weekly drawings for those age groups for prizes donated by over 15 different regional businesses. Listening to or reading a book counts - so make sure you write down all of the books you listen to on those family trips this summer! Record your books on your card at the library, or record online at <http://tinyurl.com/BFL2017bookslip>. Books may be recorded through Friday August 18th.

SAVE THE DATE: The summer reading celebration party takes place at the Library on Wednesday August 23rd from 5:30 to 7:30 pm with ice cream, a magic show by Bob Riordan, and fun activities. Questions? Email info@bakerfreelib.org or call 224-7113.

Teen Movie Night: Friday July 21, 5:30 pm

Join other teens from Hooksett and Concord to watch the movie *Fantastic Beasts and Where To Find Them*. Pizza provided before the movie at 5:30 pm; movie starts at 6 pm. RSVP by 7/20 to kate@bakerfreelib.org.

J.R.R. Tolkien Lecture: Thursday August 10, 6:30 pm

Sponsored by a grant from NH Humanities, this lecture focuses on the fantasy author J.R.R. Tolkien. Clia Goodwin explains how Tolkien's world has a mythic structure that reveals much about the human condition, which contributes to the fantasy genre's popularity and special appeal.

For more information, email kate@bakerfreelib.org.



Lori Fisher, Library Director (left) appeared with Laura Knoy (right) on The Exchange (NHPR) on June 21, 2017 with Michael Hermann (Gibson's Books, Concord) and Dan Chartrand (Water Street books, Exeter) to talk about Summer Reads 2017.

17 Years Ago the Big Story in Bow Was the Library!

4 JULY 6, 2000 THE BOW TIMES

BAKER FREE LIBRARY

Moving 30,000 items into the new addition

By LINDA KLING
Library Director

BOW - On Tuesday, May 30, we began the move into the new building. On June 5, we booted our circulation PC in the new building and began operating from the new circulation desk. Thanks to the following volunteers, we were able to move over 30,000 pieces of material into the new building in two-and-a-half days.

Huges thanks go to: Ann Andrus, Ann Baier, Kelly Bosse, Karen Boyd, Charlotte Buxton, Bernie Conboy, Sandra Czibyk, Georgette Daugherty, Andrea Douglas, Anne Fagan, Bob Foote, George Hogan, Brad Jenkins, Phyllis Jenkins, Brad Jobel, Nils Kling, Bob and Cathy Losik, Betty Lund, Kathy McKernan, Madeline Marceau, Mary Mason, Nina Mulherin, Ann-Marie Murray, Sara Swenson, Ginny Shirk

and Beth Titus.

The children's stacks are back-ordered and we anticipate their arrival by mid-August. Temporarily, we have arranged the entire collection on the stacks intended for the adult fiction and some of the nonfiction collection. When you learn where everything is we will probably move it again.

The reaction to the new building has been very positive and we look forward to having the whole facility available within the next eight weeks. Phase two of the project includes the renovation of the original building. When it is finished, we will use the building for reference, our periodical collection and some of the nonfiction collection. Use the new parking lot and come in and see what your tax dollars have built.

Have You Made Any Changes This Year That Would Affect Your Current Insurance Policies?



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Summer Tips For You and Your Loved Ones

By Donna Deos

Welcome to July! This month I'd like to give you some pointers on keeping yourself and your aging loved ones happy and safe during the summer months (these all work for kids too!).

As things heat up we have several basics we need to remember. As we all end up running our usual routines and staying busy and distracted, I thought it was worth it to remind you of these things you likely already know.

Stay Hydrated

As we get warmer we don't always realize that it is so very important to increase the amount of liquids we take in. However, when you stop and think about it, when you are warmer and sweating more, you are putting out more liquid from your body, so you really need to put more in to offset this.

Here are some ideas to help with this:

- Keep water handy. Bottled water, glasses of water at various favorite sitting locations around the house, etc.
- If water isn't your thing, keep iced tea, lemonade, juices or other beverages handy. Make them easily accessible and in containers that welcome people to grab one and go.
- A nice way to make water tasty and refreshing is to add fruit to it to infuse it with flavor. Some people add mint or other herbs and even sliced cucumbers to the water to add taste and appeal to it.
- Some other drinks which are great to have on hand are V-8's and drinks like Ensure or Boost. These give us key nutrients and proteins depending on the drink. Plus, they usually come in small containers and so they are a good pick me up throughout the day.

The key is to find ways in which to easily stay hydrated and ways that people want to do it without thinking about it. Let's face it no one likes to be constantly reminded "you need to drink more, you need to stay hydrated." It is true, but the more we harp on things the less receptive people are to hearing it, no matter how true it is.

Use Sun Screen

We all know to use sun screen now a days. However, back when our parents and grandparents were growing up covering yourself in baby oil and sitting in the sun was common and sun screen wasn't as prevalent. People didn't know the dangers of sun exposure. Today most everyone does and I have not seen an older adult slather up in baby oil, however, how often do



you see them think to use sun screen at the family gathering?

If you are having an outdoor sunny gathering remember to try and provide shade for people, have sunscreen ready and maybe even a shady hat or two on hand just in case. Likewise, if you're going to an outdoor gathering – even if it's just in your own yard with your spouse – bring a shady hat!

Properly Maintain Your Cooling Mechanisms

Here's one I bet you hadn't thought about! How often do we stop and make sure our fans and air conditioner filters are cleaned out or replaced? This is something that should be done regularly and so you need to stop and think about this for your loved ones, who may not realize that this is necessary.

Likewise, they may have really old and potentially inefficient equipment that should perhaps be updated. You always wonder what to get the Mom or Dad who has everything. Well, maybe it's time that they receive a new piece of equipment or you give them the gift of doing some maintenance and cleaning on the one(s) they already have.

Touch Base With Each Other Regularly

No matter what time of year it is we should be checking in with our loved ones regularly. But hey, life gets in the way. I understand. However, when it's warm we still need to check in and make sure everything's okay. Make sure they have all the food and water they need, that the windows and doors open and close as they want and need them to to maximize air flow. That their screens are in good shape, and that they are staying well fed and hydrated.

One sidebar thing to think about is what the settings for their AC and their Heating systems are at. I've heard many times about people who have these two systems fighting each other because they forgot to turn back the heat thermostat when it became time for the AC to go on! Sounds silly, but it happens more often than you would like to think.

Until then, enjoy these beautiful days!

All my best, Donna



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WHO GETS THE CANE? ARE YOU THE OLDEST RESIDENT IN BOW?



A tradition that began in Boston in 1909 is still being carried out today in Bow, New Hampshire as the Selectmen seek nominees for the oldest resident in town.

Nominations will be accepted through September 15, and the only requirement is that the person must be a resident of Bow for the previous 12 consecutive years. Please nominate a neighbor, loved one, or even yourself!

The Selectmen look forward to bestowing an honorary Boston Post Cane and recognition to our oldest resident. Nomination forms are available at the Municipal Building, Library and Recreation Department as well as on the town website www.bownh.gov. Or you can call (603) 228-1187 ext. 110 to request a form by mail.

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BOW REAL ESTATE SALES

June 2017

127 Peaslee Road, 2756 gla, glaag 2756, 4 br, 2.5 bath, 1.01 acres, 2 car att., Sold \$520,000. Closed 6-30-17.

78 Bow Center Rd, 3659 gla, glaag 2546, 4 br, 3.5 bath, 2 car att., 4.32 acres, Sold \$420,000. Closed 06/28/17

9 Essex Drive, 2600 gla, glaag 2600, 4 br, 3.0 Full baths, 4.02 acres, 2 car att., Sold \$375,900. Closed 6-30-17.

20 Clement Road, 2150 gla, glaag 2150, 3 br 3.5 baths, 1.10 acres, 2 car under, \$380,900. Closed 6-30-17.

1 Fiddlehead Circle, CONDO, 2182 gla, glaag 1732, 2 br, 2.5 baths, 0.0 acres, \$355,000. Closed 6-22-17.

6 Stoneybrook Rd, 2568 gla, glaag 2568, 4 br, 2.5 bath, 2 car att., 2.92 acres, Sold \$355,000. 06/28/17.

16 Timmins Rd, 2128 gla, glaag 2128, 4 br, 2.5 baths, 2 car att., 3.55 acres, Sold \$338,000. Closed 06/01/17.

23 Timmins Drive, 2412 gla, glaag 2412, 4 br, 2.5 baths, 2.10 acres, 2 car att, Sold \$338,000. Closed 6-30-17.

2 Crockett Dr, 2393 gla, glaag 2393, 3 br, 2 Full baths, 2 car att. 2.16 acres, Sold \$335,000. Closed 06/12/17.

1 Fernwood Place, 3175 gla, glaag 2359, 3 br, 2.5 baths, 2 car att., 1.31 acres, Sold \$327,000 Closed 06/16/17.

36 South Bow Rd, 3155 gla, glaag 2083, 3 br, 2.5 baths, 2 car att, 12.10 acres, Sold \$319,000 Closed 6/16/17.

21 Marions Way, CONDO, 1670 gla, glaag 1670, 2 br, 2.5 baths, 2 car att., 0.0 acres Sold \$306,080 Closed 06/28/17.

10 Hunter Drive, 1525 gla, glaag 1225, 3 br, 1.5 bath, 2.01 acres, 2 car under, Sold \$280,000. Closed 6-29-17.

305 Page Rd, 2511 gla, glaag 1777, 4 br, 3.0 Full baths, 2.03 acres, 2 car att, 2.03 acr, Sold \$275,000. Closed 06-30-17.

4 Bow Ctr #H1, CONDO, 1706 gla, glaag 1706, 3 br, 3.0 bath, 2 car under, Sold \$252,500 Closed 06/07/17.

3 Grandview Rd, 2474 gla, glaag 2474, 4 br, 2.5 bath, 2 car att., .94 acres, Sold \$249,000 Closed 06/19/17.

97 Robinson Road, 1605 gla, glaag 1605, 2 br 2.5 bath, 2 car att.,



Linda Hutton
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1.02 acres, Sold \$280,000. Closed 06/30/17.

19 Poor Richards, 1860, gla, glaag 1860, 3 br, 2 baths, 1 car att, 1.05 acre, Sold \$240,000 Closed 06/15/17.

13 Allen Road, 2646 gla, glaag 1346, 3 br, 2.0 baths, 1 car att., 5.00 acres, Sold \$239,900 Closed 06/16/17.

45 Bow Center Rd, 1508 gla, glaag 1508, 3 br, 2.0 baths, 2 car det., 3.00 acres, Sold \$180,000 Closed 06/13/17.

522 Clinton, 1692 gla, glaag 1300, 3 br, 1.5 baths, 2 car under, 1.00 acres, Sold \$180,000 Closed 06/19/17.

LAND None Reported

COMMERCIAL None Reported

(Note: gla = Gross Living Area, glaag = Gross Living Area Above Grade)

These statistics are for all Bow Sales for the period 6-1-17 thru 6-30-17, based on information from the New England Real Estate Network, Inc; deemed reliable but not guaranteed.

Real Estate Consumers: Please click on the link and read this document, which I am required to present to you BEFORE we look at or discuss any specific real estate. <http://bit.ly/KOLvyG>

Provided by LINDA HUTTON. Linda has been selling homes & property in Bow for over 24 years.

Comments, questions, Contact Linda at: Cell 731-2202 (preferred)

Linda Hutton, Broker Associate

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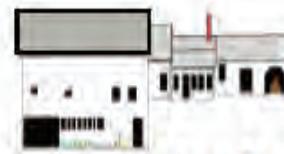


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BOW GARDEN CLUB

By Joyce Kimball

GARDEN CLUB ON HIATUS

The garden club will not be meeting during the summer months in order to allow for members' vacations and time to tend their own gardens! You will be seeing a member or two working at Rotary Park throughout the summer weeks and into the fall, however. Our members volunteer to tend our community garden for a week at a time to keep it weeded, trimmed and colorful. Hope you are enjoying it



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Diplomate, American Board of Oral & Maxillofacial Surgery

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Petals 2 Paint Exhibition

Four members of the Bow Garden Club exercised their creative floral design skills by participating in the East Colony Fine Art's 14th Annual "Petals 2 Paint" exhibition held June 20-22 at the La Belle Winery in Amherst. Bow participants included Club President Beverly Gamlin, who entered a design for the very first time, Sue Johnson, Joyce Kimball and Virginia Urdi. They, along with thirteen (13) other members of the New Hampshire Federation of Garden Clubs, Inc. and several independent designers, created floral interpretations of paintings and other art forms produced by the East Colony artists. The exhibition was free, was open to the public and included a wine tasting and reception on the first evening.



Beverly Gamlin interpreted artist Dee Lessard's painting "Gateway"



Joyce Kimball highlighted artist Larry Donovan's painting "Overflow"



Virginia Urdi's rendition of Barbara Mahar's painting "Chicken March"



Susan Johnson's representation of ceramist's Bob Roy's grouping of vases. "3 Ceramic Vessels"

BOW GARDEN CLUB MEMBERS LEARN "HOW TO LIVE WITH BEARS"



Doug Whitfield and Dennis Walsh, Wildlife Stewards for NH Fish & Game, our presenters

On June 12th Bow Garden Club members and their guests were educated about the increasing problem home owners are experiencing with black bears visiting their properties via a program entitled "Learn to Live with Bears". Doug Whitfield and Dennis Walsh, Wildlife Stewards and volunteers with the Public Affairs Division of NH Fish & Game were the speakers.



Their Power Point Program about New Hampshire's endangered wildlife and black bears was eye opening as attendees learned about increasing problems with some of our native fauna, i.e., moose, deer, bob cats and black bears, due to loss of habitat, exploitation, disease, etc. Whitfield and Walsh were a wealth of information and provided a number of hand-outs for attendees to take home with them and share with others.

Attendees were surprised to learn how underfunded the NH Fish & Game's NonGame and Endangered Wildlife Program was and how NH residents can help. Fishing and hunting license fees cannot be used for this work, so the program must rely on a combination of private donations, a small state-matching grants, federal funds and moose plate dollars.

Donations to develop and implement programs that benefit fish and wildlife and their habitats can be directed to: NH Fish and Game Department, ATT: Non-Game Fund, 11 Hazen Drive, Concord, NH 03301.

Visit www.wildlife.state.nh.us/nongame/endangered-list.html for more information.

A Beginners Guide to Meal Planning

By Meagan Phelan

Ever stare at an empty fridge? It's not pretty! More importantly, what do you do for dinner when the fridge is empty? For many individuals, it means ordering take-out or fast food. Meal planning not only prevents this dreaded event, but can save you money, fight obesity, reduce food waste, and save time by preventing extra trips to the grocery store. And if nothing more, menu planning can squash a big stressor in your daily life: the worry of "what am I going to cook tonight?" Here's how to do it like a pro:

Shop your Pantry and Freezer First. Take stock of what you already have on hand and plan meals that will use anything in danger of spoiling or freezer burn.

Look at Flyers. Chicken breast on sale this week? Guess what's for dinner!? Flyers are a great way to save money, eat seasonally, and get ideas of new foods to try.

Think about the Whole Picture. Menu planning is not just for dinner. To maximize the benefits, include breakfast, lunch, and even snacks in your plan of attack. If you love leftovers for lunch, you have to plan ahead!

Stretch it Out. Choose an interval of time for meal planning that works best for you, whether it's a week, two weeks, or a month in advance.

Do Research. There are so many resources to get inspiration from. From cookbooks, to blogs, even your coworkers, recipes are out there! Consider creating a recipe Pinterest board or an Excel spreadsheet, which you can return to during each menu planning session.

Check the weather. This may seem silly, but if it is pouring rain when you were planning on having that burger...

Make it a Family Affair. If your family has a say in what you're going to eat for the week ahead, it's less likely you'll face pushback at the dinner table.

Put Together the Puzzle. To reduce food waste and save money, avoid selecting recipes that include ingredients that don't fit together. For example, if one recipe calls for ci-

lantro, make sure you have another dish that can put the herb to use.

Do Double Duty. Try to include a few meals in your menu that take advantage of cooking once and eating twice, like a double batch of chili or a rotisserie chicken as a salad one night and tacos the next.

Put Perishables First. Plan out meals so that items like fresh fish and tender greens get used first. Later, rely on foods with a longer shelf life, like eggs and carrots.

Mix it Up. It's OK to fall back on meal favorites, but try to keep your menu interesting. I recommend trying new recipes on days you have more time and energy, such as a weekend. This allows you to fully enjoy the new recipe as well as have time if you don't like the recipe and need to put something else together!

Plan on bad days. Don't feel like cooking tonight despite the meal plan? Have items in the freezer, then you only have to reheat!

Look at your calendar. Have a day that looks stressful? Don't plan on a meal that takes hours to cook and then clean. I even plan for an extra day of stress that isn't on my calendar, just in case!

Get Organized. Try organizing your grocery list by aisle so that you don't waste time back-tracking. The more you walk, the more opportunity to fall prey to impulse buys.

Practice the 90:10 Rule. When creating your shopping list, make it up of about 90 percent nutrient-dense foods (whole grains, a rainbow of produce, lean meats and legumes), and make room for about 10 percent treats, such as ice cream and chocolate. This occasional splurge makes healthful eating sustainable.

Meagan Phelan of Bow is a Registered Dietitian, avid cook, gardener in-training, and dog lover. With experience in nutrition education, research, and counseling, Meagan works with people to expand their knowledge of nutrition and motivate them towards their wellness goals at Nourished Nutrition Counseling in downtown Concord. Visit NourishedNH.com or call (603) 393-3896 for more information.



Nourished Nutrition Counseling LLC is now open in Concord! Registered Dietitian Meagan Phelan believes in a no-diet, body positive approach to nutrition education and counseling. Nutrition services are covered by most insurance providers.

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Considering Selling Your Home Yourself?

By Ann Dippold

It's understandable given the current market that sellers might think this is a good idea. But it's probably not, and here's why:

Scams happen - Common scams include fraudulent papers (appraisals, loan documentation), foreign buyer deposits (scammer sends too much in a bad check and then requests a refund), purchases through a third-party (a fake attorney, etc.) and asking for personal information.

Liability is all on the seller - Everyone makes mistakes. So if homeowners Julie and Mike list "hardwood floors" as a feature and the buyer discovers it's just a wood veneer, chances are Julie and Mike are going to pay for that mistake. An agent would have either caught the mistake or covered it with E&O insurance. Let's face it: this is a litigious society, so what homeowner wants to be a target for lawsuits?

Paperwork is daunting - Sure, ready-made contracts can be downloaded easily enough. But does an untrained seller understand what all that means? Would the seller know how to customize that one-size-fits-all contract?

FSBOs sell for less - In 2015, FSBOs lost about 16 percent of the sales price with a median selling price of \$210,000 (agent-assisted homes sold for \$249,000). Homeowners selling by themselves simply don't have the time to devote to the process, don't know the market value, don't understand market reports and don't properly market the property.

FSBOs lack representation - There's no one looking out for the homeowners who sell on their own. They have no one to call if they have a problem or a question. I found this out the hard way. Long before becoming a Realtor, I attempted a FSBO on my home. Under contract in less than a week, we thought we were well on our way to a closed deal. 30 days in, the buyer backed out. We lost the escrow and instead of selling our home in September, the 30 days lost market time meant we sold it in November instead, at \$10,000 less than the original offer. **An experienced agent would have recognized flaws in the original contract that put us at risk.**

Inspections are problematic - Sellers who don't know the rules can get stuck with unnecessary and costly repairs. Building codes change all the time. What was acceptable when the house was built may not be code today. That doesn't mean the seller has to make the changes. Without the expertise and advice of a seasoned agent, however, they don't know this and can get stuck with unreasonable and costly buyer demands.

Marketing is limited - FSBOs have limited resources to market their home. The 2015 NAR Profile of Home Buyers and Sellers showed 42 percent rely on a yard sign, 32 percent rely on friends and family, and about 15 percent use social media. Agents have an arsenal of marketing tactics they rely on and know which to use and when to use it, based on showing activity, the property, etc.

Hidden costs add up - The mindset for most FSBOs is saving money. Chances are, these sellers are being nicked and dimed into a pretty big chunk of change. They're paying for a lot of extras: signage, flyers, photography, MLS listing, attorney (required in multiple states for FSBOs), home warranty (optional but hard to sell without one), home inspection, a wood destroying pest inspection, credit report for buyers (if applicable), contracts and the list goes on.

Time costs the seller money - The biggest cost to a homeowner is their time. You might hear the argument that it doesn't take an agent that much time to sell a house. And honestly, given the technology at our disposal, that's true — to an extent. But it will take a homeowner a whole lot longer. They don't have the expertise or the access to the resources agents have. What is their own time worth to them? How much time will the seller spend researching the market and contracts? Is the seller going to leave work to unlock the house each time there's a showing?

If you'd like a pricing analysis on your home, call/ email/ or text me. Consultation is always complimentary and confidential.

Ann Dippold is a Realtor with Better Homes & Gardens/The Masiello Group and (20 year) resident of Bow.

SOME THINGS YOU SHOULD KNOW ABOUT NURSING HOME MEDICAID

BY BEN KINIRY, ESQ.

Last year I wrote an article regarding Medicaid, specifically the program that pays for care in a nursing home. In this article I would like to take some time to give you some additional tidbits of knowledge that may be helpful if you, or a family member, ever need to apply for Medicaid to pay for a nursing home stay.

Nursing Home Care is Not for Me

I'm well aware no one wants to live in a nursing home, yet there are many of them and they are full of people. The reality is that people are living longer and many of us will require some nursing home care. In other words, nursing home care is a reality that should be properly prepared for (sorry for the tough love). Another reality is the high cost of nursing home care, which can easily exceed \$10,000 per month. Given the high cost, Medicaid may be the only available option to have these services paid for.

This is Not Easy

You should be warned that applying for Medicaid is a complicated task to say the least. You are not likely to know much about the process, have any knowledge of the law or understand any of the potential traps you could fall into (yes, there are traps, and they are unforgiving). Because of the realities of making an application for Medicaid, I would highly suggest that if you ever need to apply on behalf of yourself, or a loved one, that you seek out competent counsel to guide you through the process. Not only will it save you an incredible amount of stress, in the end, it will most likely result in approval of the benefit at an earlier date and potentially leave your spouse in a better financial position.

Married People and Legal Counsel

I would like you to make a mental note regarding married people. For married individuals who will require nursing home care there are a number of steps that can be taken to place the community spouse (the spouse who continues to reside in the family home) in the best possible financial position.

Knowledge of the Medicaid laws and the strategies that can be utilized in order to best preserve family assets and income can likely only be accomplished by those who specialize in this area of the law.

Income Formula

A good example of this knowledge can be found in the income allocation formula. The income



allocation formula determines how much income the *community spouse* may receive from the spouse who moved into the nursing home. Without additional knowledge, the formula would seem to be set in stone. It's possible, however, to go to court under what is called a "Petition for Separate Maintenance." This type of petition is filed in order to request to receive more funds than the state Medicaid formula would otherwise allow (Note: such petitions can be made prior to applying for Medicaid). At the hearing your income, expenses, age and needs are presented to the judge for his consideration.

If you are able to prove that you are in need of additional income, above and beyond what was determined by the state Medicaid formula, then the judge is likely to rule in your favor. This can result in hundreds and sometimes thousands of dollars in allocation to the community spouse per month.

Five Years of Records

It's necessary to understand that any person applying for Medicaid to pay for nursing home care will have to provide five years of financial records prior to the date of the application. *All records* for every bank account, investments, assets, *everything!*

It's the job of the employees at the Department of Health and Human Services (DHHS) to review these records in great detail. DHHS will see your everyday transactions, such as credit card payments, the cable and phone bills all without issue.

However, you may also have written checks made out to cash, or checks with a blank memo lines or even have taken cash withdrawals from ATMs. In such cases DHHS employees will be asking you (or family member) to provide an explanation of how those moneys were spent. Why, what is the point? DHHS will be looking for gifts.

Be Careful with Gifts

The point of the financial review exercise, in large part, is to find out whether or not you have made any gifts in the five years prior to making the application for Medicaid. Gifts are not allowed in the five years prior to making

an application. Why? As you can imagine, some people may try to intentionally bankrupt themselves in an effort to benefit their family members and then ask the Medicaid program (funded by tax payers) to pay for their nursing home stay. Also, under public policy, we as a society generally agree that people should save funds to pay for any potential cost they may incur in the future. Given this policy, it does not seem reasonable to give away your money when you may need it to pay for your own care.

What is a Gift?

For Medicaid purposes, a gift occurs when you give away an asset or a sum of money and you don't receive something back in return having an equivalent fair market value. I know what you're thinking, what about birthdays, Christmas and anniversaries?

There isn't a specific answer or at least not a specific legal answer. In my field I have heard a range of responses from "don't make any gifts" to not making any gifts in excess of \$500. Some of the factors you should consider prior to making any gifts are your wealth, health and income level. Even with all the facts, it still isn't possible to know what the final determination will be by DHHS regarding an individual's gifting. I would have you give serious consideration before making anything but small pecuniary gifts.

What if I Have Made Gifts?

If you've made gifts over the course of the five year period and you are unable to have those gifts returned (in most cases the people receiving the gifts already spent the money) a penalty will be assessed. The penalty, in essence, means DHHS will not pay the nursing home for a period of time based on the dollar amount of gifts that were made.

The penalty is only assessed after you have run out of money, so as you can imagine, being assessed a penalty would leave you in quite a bind, to say the least.

Don't Use Cash

If you can help it, don't use cash; in fact it would be best if you utilized debit or credit cards because they provide an automatic record of all transactions, which in turn may save you (or your family) a lot of trouble at the time of the Medicaid application. You may not want to heed this warning, you may think to yourself "I can go ahead and use cash, it's not going to be a problem." You would be wrong.

In the end it behooves you to treat your money and financial records in such a manner that someday you will have to explain them in detail to a third-party, because someday you may actually have to do so. Finally, you should start keeping five years of records now, if you don't already do so, and follow the advice stated above.

The information provided in this article does not constitute legal advice.

Jodi Robinson Fundraiser

American Legion Auxiliary Unit 21 in Concord and the American Legion Family (Legionnaires and Sons of the American Legion) wish to thank all who participated in our fundraiser held on June 23 in honor of our past Auxiliary President, Jodi Robinson.

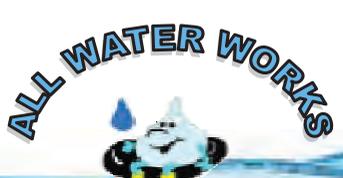
The proceeds of our event (\$1300) will be donated to the NH Veterans Home and to Friends of Forgotten Children, two of Jodi's favorite causes.

Jodi's death on Christmas night, 2016, after a long and courageous battle with cancer, was a big loss to our Auxiliary members in Bow and the area.

Thanks to all who gave time, energy, and their skills to make this event so very successful.

More than thirty area businesses donated goods, services and food to our raffle.

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Will You Be Prepared When the Market Cools Off?

BY DOMINIC LUCENTE

Markets have cycles, and at some point, the major indices will descend.

We have seen a tremendous rally on Wall Street, nearly nine months long, with the S&P 500, Nasdaq Composite, and Dow Jones Industrial Average repeatedly settling at all-time peaks. Investors are delighted by what they have witnessed. Have they become irrationally exuberant?

The major indices do not always rise. That obvious fact risks becoming “back of mind” these days. On June 15, the Nasdaq Composite was up 27.16% year-over-year and 12.67% in the past six months. The S&P 500 was up 17.23% in a year and 7.31% in six months. Performance like that can breed overconfidence in equities.^{1,2}

The S&P last corrected at the beginning of 2016, and a market drop may seem like a remote possibility now. Then again, corrections usually arrive without much warning. You may want to ask yourself: “Am I prepared for one?”³

Are you mentally prepared? Corrections have been rare in recent years. There have only been four in this 8-year bull market. So, it is easy to forget how frequently they have occurred across Wall Street’s long history (they have normally happened about once a year).^{3,4}

The next correction may shock investors who have been lulled into a false sense of security. You need not be among them. It will not be the end of the world or the markets. A correction, in a sense, is a reality check. It presents some good buying opportunities, and helps tame irrational exuberance. You could argue that corrections make the market healthier. In big-picture terms, the typical correction is brief. On average, the markets take 3-4 months to recover from a fall of at least 10%.⁴

Are you financially prepared? Some people have portfolios that are not very diverse, with large asset allocations in equities and much smaller asset allocations in more conservative investment vehicles and cash. These are the investors likely to take a hard hit when the big indices correct.

You can stand apart from their ranks by appropriately checking up on, and diversifying, your portfolio as needed. Thanks to the recent rally, many investors have seen their equity positions grow larger, perhaps too large. If you are one of them (and you may be), you may want to try to dial down your risk exposure.

Do you have an adequate emergency fund? A correction is not quite an emergency, but it is nice to have a strong cash position when the market turns sour. Are your retirement and estate plans current?

A prolonged slump on Wall Street could impact both. Many older baby boomers had to rethink their retirement strategies in the wake of the 2007-09 bear market.

Finally, a deep dip in the equity market should not stop you from consistently funding your retirement accounts. In a downturn, your account contributions, in essence, buy greater amounts of shares belonging to quality companies than they would otherwise.

A correction will happen – maybe not tomorrow, maybe not for the rest of 2017, but at some point, a retreat will take place. React to it with patience, or else you may end up selling low and buying high.

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«Representative Disclosure»

Citations.

1 - money.cnn.com/data/markets/nasdaq/ [6/15/17]

2 - money.cnn.com/data/markets/sandp/ [6/15/17]

3 - fortune.com/2017/03/09/stock-market-bull-market-longest/ [3/9/17]

4 - investopedia.com/terms/c/correction.asp [6/15/17]

WHAT'S NEXT?



Each year, nearly 150 million households file their federal tax returns: digging for receipts; gathering mortgage, retirement, and investment account statements; and trying to take advantage of every tax break the code permits.

This tax season, why not make the most of all that effort?

It's a perfect time to take a critical look at your financial situation. Let us help you analyze both where you are and where you'd like to be, and work with you to craft a plan to work towards financial well-being.



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Join the Bow Police Explorer Post 727



The Bow Police Explorer Post 724 accepts young adults who meet the age criteria and who live in Bow or any of its surrounding communities to include: Allenstown, Dunbarton, Concord, Epsom, Hooksett and Pembroke.

Exploring is Learning for Life's career education program for young men and women who are 14 (and have completed the eighth grade) or 15 to 21 years old. Junior Explorer's are an affiliated club program for 8th graders.

The purpose is to provide exposure to experiences related to the fields of Law Enforcement, Fire Science, and the Military, as well as general life-skills to help young people mature and to prepare them to become responsible and caring adults.

Meeting/Trainings: First Monday of the Month - 4pm-6pm
Third Sunday of the Month - 3pm-5pm

If you are interested or would like more information, please contact:

Officer Michael Carpenter
Bow Police Department, 7 Knox Road, Bow, NH 03304
ph. 228-1240 / e-mail: mcarpenter@bownh.gov

5 Ways to Protect Your Small Business from Ransomware Attacks

Ransomware has become one of the fastest growing malware threats to small businesses in recent years. According to the FBI, in 2015, more than \$1.6 million was lost due to ransomware attacks. The popular malware is used by cybercriminals to freeze business networks and servers and individual laptops and computers, steal critical information and data, and demand that a "ransom" — anywhere between a couple of hundreds to thousands of dollars — be paid.

Sugar River Bank is offering these tips to help guard against ransomware attacks:

- **Educate your employees.** Employees can serve as a first line of defense to combat online threats and can actively help stop malware from infiltrating the organization's system. A strong security program paired with employee education about the warning signs, safe practices, and responses aid tremendously in preventing these threats.
- **Manage the use of privileged accounts.** Restrict users' ability to install and run software applications on network devices, in an effort to limit your networks exposure to malware.
- **Employ a data backup and recovery plan** for all critical information. Backups are essential for lessening the impact of potential malware threats. Store the data in a separate device or offline in order to access it in the event of a ransomware attack.
- **Make sure all business devices are up to date.** Ensure antivirus and anti-malware solutions are set to automatically update and conduct regular scans so that your operating systems operate efficiently.
- **Contact your local FBI field office** immediately to report a ransomware event and request assistance. Visit <https://www.fbi.gov/contact-us/field> to locate the office nearest you.



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Source – American Bankers Association

SUDOKU ANSWER #11
By Ian Riensche

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

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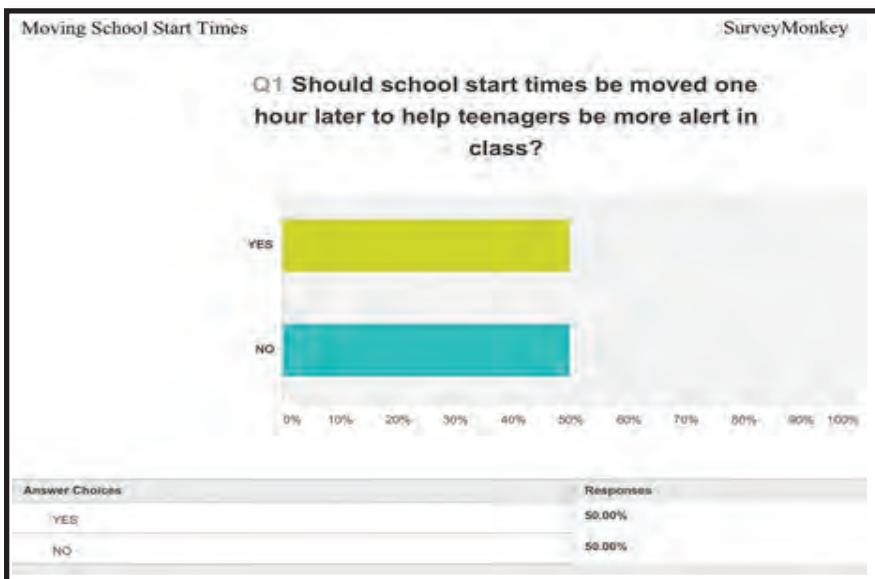
June 2017 STATS

Arrests – 12 Motor Vehicle Stops – 180
 Warnings – 149 Citations – 31
 Accidents – 16 Parking Tickets – 8
 Restraining Orders – 0
 Incident/Investigation Reports – 35

June 2017 Arrest Log

- 6/04 Aaron J. Jones, 41, Fisherville Rd, Concord, was arrested for driving after revocation/suspension, possession of a controlled drug, and carrying/selling weapons.
- 6/09 Robert P. Gallant, 53, Crystal Lake Rd, Gilmanton Ironworks, was arrested for possession of a controlled drug, and a bench warrant.
- 6/17 Cobie J. Gregory, 49, White Plains Rd, Webster, was arrested for resisting arrest, disorderly conduct, simple assault, and three counts of criminal threatening; Jamie Toro, 23, S. Vermont Ave, Gardena, CA, was given a summons for driving after revocation or suspension.
- 6/20 Alyssa M. Westover, 27, Federal St, Concord, was arrested for driving after revocation/suspension, and suspended registrations.
- 6/22 An adult male was taken into protective custody for intoxication.
- 6/24 Valerie E. Fredette, 33, N. State St, Concord, was arrested on a warrant.
- Alan Buber, 26, Shirley Park Rd, Goffstown, was arrested for possession of a controlled drug.
- 6/25 Kaitlin M. Vieira, 26, Woodhill Hooksett Rd, Bow, was arrested on a warrant.
- 6/26 An adult male was taken into protective custody for intoxication.
- 6/28 Neal P. McDonald, 56, Myrtle St, Concord, was given summonses for driving after revocation/suspension, and suspended registrations.
- 6/30 Iris Labrie, 73, Carriage Rd, Bow was given a summons for suspended registrations.

JUNE SURVEY RESULTS TIED



THERE'S A NEW SHERIFF IN TOWN!

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DUNBARTON NEWS

By Nora LeDuc

Men's Coffee Chat every Fri 9 am to 10 am at the Dunbarton library.

A special State Election for District 16 (Bow, Dunbarton, and Hooksett) will be held Tues. July 25 at the Dunbarton Community Center. Polling hours are 8am until 7pm. Contact Linda Landry, Town Clerk if you have questions: townclerk@dunbartonnh.org or 774-3547 x 107.

Tues. July 25 at 2pm come to the library for the Raptor Rapture Program hosted by the NH Audubon Society. Family Friendly.

Wednesday Afternoon, July 26th 1 to 2pm. "Build a Better World" The library's summer reading program presents Arts & Crafts for boys and girls ages 5-up at the library. Call the library FMI.

Drop in Knitting for Kids at the library, for all ages at 2pm. The library has the materials. Bring your own special project if you wish.

Spireside Coffee House & Open Mic is Sat. Aug 19 in Dunbarton and featuring Open Stage Night. Suggested Donation is \$5. Signups begin at 7pm when the doors open, welcoming musicians, poets and storytellers. Performances begin at 7:30. Please join the fun for an evening of a traditional "Open Mic" Coffee House. Enjoy a wonderful evening of song, story and poetry! Buildings and restroom are handicapped accessible. Due to extensive renovations being done at the Vestry, Spireside has been held in the Sanctuary of the Dunbarton Church at 4 Stark Highway North. This space is very conducive to a larger crowd and people have expressed how much they enjoy the Spireside evenings in this setting. Coffee, tea, soup and snacks are available. FMI contact Lizz@dccucc.org. See our website www.dccucc.org

SAVE THE DATE! OLD HOME DAY – 2017 August 19th.
 More information to follow. Coordinator: John Stevens 774-7162

Visit the Curios on the Common at 2 Stark Highway in Dunbarton Center, across from the town hall. Hours of operation are Wed: noon to 6pm and Sat: 9am to 3pm. Browse, in the local author and artisan section. Sit for a spell with coffee or tea. Find the perfect gift or treasure for yourself. The shop is a Non-Profit Thrift and Gift Shop to benefit The Dunbarton Congregational Church. Money is used by the church to help those in need within the community. If you'd like to volunteer or donate unique or gently used items, contact curios@dccucc.org.

Don't be left out in the cold. Find out what's happening in Dunbarton. Visit Dunbarton BOS Uncut. Go to <http://www.dunbartonnh.org/> and look under the Town Calendar section to take you to watch the Dunbarton Board of Selectmen's Meetings.

Congratulations to Dunbarton Chief Sklut who has been named the 2017 South West Region Champion for Children by the New Hampshire School Administrators Association! Congratulations Chief Sklut and thank you for all that you do for the youth of Dunbarton!

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Any Smartphone or Laptop Can Catch Fire

The popular Samsung Galaxy Note 7 smartphone was recalled late last year after dozens of users' phones burst into flames. But while that smartphone was particularly prone to fires because of design and manufacturing defects, any smartphone that contains a lithium ion battery could overheat and catch fire – and virtually all smartphones contain this type of battery. There have been several reported cases of iPhones catching fire, for example.



And it isn't just smartphones that are at risk – lithium ion batteries have become extremely common and are used in everything from laptop computers and tablets to cameras and headphones.

Lithium ion batteries are statistically quite safe, and fires are rare – but they store a large amount of energy in a very small space, so the danger is real. How you use and recharge devices that contain lithium ion batteries could have a significant impact on the fire risk.

Do not rest a device with a lithium ion battery on a bed, couch, pillow or other textile as it charges. These surfaces tend to reduce the device's ability to dissipate heat. Also, if the battery overheats, such things could catch fire.

If you need to replace a lithium ion battery or its charging cord, purchase the same brand battery or cord designed to be used with the device. Batteries or chargers made by third-party companies might not work as well with your device.

Don't leave devices that contain



lithium ion batteries in direct sunlight or in parked cars on hot days if it can be avoided. This can contribute to battery overheating.

If you notice an odd odor coming from the device and/or it feels unusually hot to the touch, report it to the manufacturer—or your cellular service provider if it's a phone—and ask for guidance before using or charging the device again.

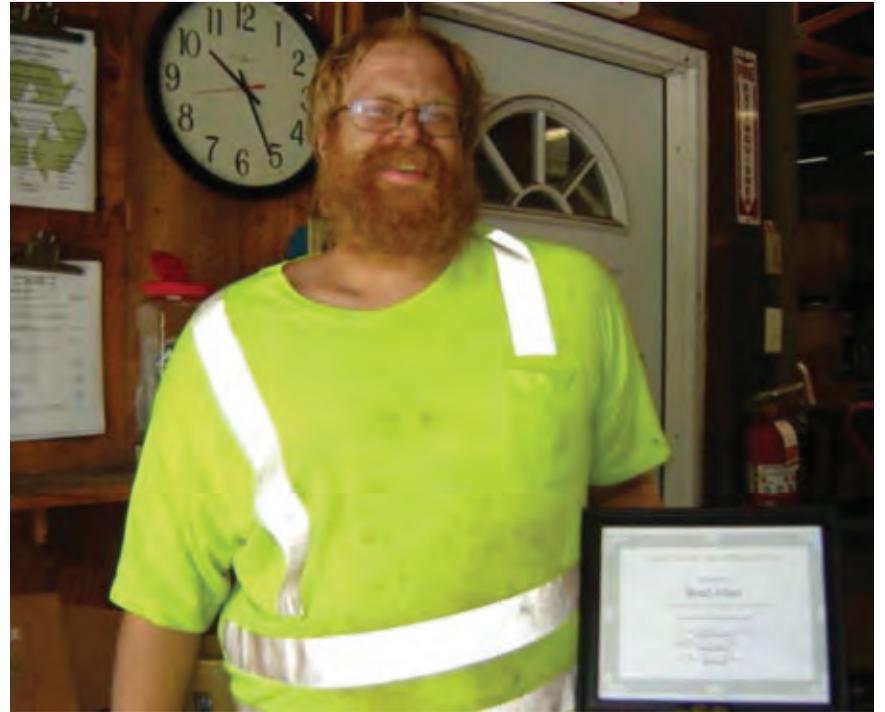
If you see smoke or flames coming from the device, submerge it in water if you can do so without burning yourself. If you can't safely move it, call 911. Important: To eliminate the possibility of electric shock from household current if a device is charging, unplug it before submerging it.

Source: Susan McKelvey, communications manager with the National Fire Protection Association (NFPA). The NFPA is a nonprofit organization based in Quincy, Massachusetts, that has been working to eliminate fire deaths since 1896.

CERTIFICATE OF APPRECIATION

Brad Jobel of Bow has been working for the Town of Dunbarton Transfer Station for over thirteen years.

The Dunbarton Board of Selectmen recognized Brad with a Certificate of Appreciation for his dedication and hard work.



*For your outstanding service to the citizens of Dunbarton
Awarded this 29th day of June, 2017*

Get Out and Vote July 25th!
State Special Election

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Three Bow Residents Riding for a Cure in the 2017 Pan-Mass Challenge



On Aug. 5 and 6, three riders from Bow will cycle up to 192 miles in the [Pan-Mass Challenge](#) (PMC) with the goal of raising \$48 million for critical research and cancer care at Dana-Farber Cancer Institute.

During PMC weekend, more than 6,200 cyclists from more than 40 states and eight countries will return to Massachusetts to participate in the PMC, choosing from 12 routes of varying mileage that run through 46 towns. Cyclists are anywhere between 15 and 84-years-old and range from seasoned triathletes to weekend warriors who trained for this event alone and everything in between.



Many riders participate in the PMC to honor a family member or friend lost to, or being treated for, cancer. More than 600 riders and volunteers are cancer survivors or current patients, considered "Living Proof" of the PMC mission to find a cure. The average cyclist trains for three months, solicits 40 sponsors and raises more than \$7,000. Volunteers, spectators, donors and sponsors are part of the camaraderie on ride weekend, all working together toward a cure.

No other single athletic event raises or contributes more money to charity than the PMC. Since 1980, the PMC has raised \$547 million dollars for Dana-Farber through the Jimmy Fund, its fundraising arm. In fact, the PMC is Dana-Farber's largest single contributor, raising more than 52 percent of the Jimmy Fund's annual revenue.

To make a financial contribution to a rider from your town or become a virtual rider, visit www.pmc.org, or call (800) WE-CYCLE.

Good luck to the following participants from Bow:

- Eric Thum
- Shawn Power
- Tony Sacco

The Bow Times can be picked up at these locations!

- | | |
|-----------------------------|----------------------------------|
| Alltown Gas & Store | Merrimack County Savings Bank |
| Baker Free Library | Merrimack Savings Bank |
| Blue Seal Feeds | Hooksett Northbound (93) |
| Bow Mobil | Patty Lee's Kitchen |
| Bow Recreation Building | Quality Cash Market, E. Concord- |
| Bow Town Offices | South St. Market |
| Chen Yang Lee | Sugar River Bank, Concord Hts. |
| Cimos | Tucker's Restaurant |
| Concord Chamber of Commerce | Veano's, Manchester St. |
| Dunbarton Town Office | White Rock Senior Center |
| Johnson Golden Harvest | |

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Bow Parks & Recreation Department

Looking to keep busy this summer? Think about joining us for one or more of our summer activities.

We will have hikes around Bow, and fitness for all ages, including Yoga, Gentle Yoga, Boot Camp, Teen Fit Camp, Body Blast, tennis, dance camp, ultimate frisbee and more. For a complete listing and full information, check out our website at: <http://bownh.gov/256/Parks-Recreation>.

We are once again offering discount amusement tickets with the NH Recreation and Parks Association. This is a great way to purchase tickets ahead of time and save anywhere from \$6.00-\$22.00 per ticket! We have tickets to Funtown Splashtown, Water Country, Six Flags, Attitash Mountain and Bromley Mountain. We have a limited amount of tickets to each.

Did you know . . . All Bow recreation programs require pre-registration. A completed registration form and payment is due at registration. One registration form is good for each school year. We have a secure drop slot at the front of the Community Building for late night and early morning registrations.

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- Talk to representatives from Admissions and Student Life
- Take a Tour of the Campus



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